

## New 2015-2020 USDA Dietary Guidelines

The USDA recently published the 2015-2020 Dietary Guidelines. The purpose of the guidelines is to help people eat healthfully and reduce the risk of chronic diet-related disease. The guidelines address weight management as well as diet-related chronic diseases. These include type 2 diabetes, heart disease and some cancers.

### The Guidelines:

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic disease.
2. **Focus on variety, nutrient density and amount.** To meet nutrient needs with calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats and sodium. Cut back in foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide from home to school to work to communities. This can include:
  - Healthy US Style Eating Pattern
  - Healthy Mediterranean Style Eating Pattern
  - Healthy Vegetarian Eating Style that includes dairy and eggs.

### Healthy Eating Patterns Include:

- A variety of vegetables from all the subgroups including dark green, red and orange, legumes (peas and beans), starchy and other.
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, nuts, seeds and soy products.
- Oils

### Healthy eat patterns limits

- Saturated fats and *trans* fats, added sugars and sodium.

### Key Recommendations

Several components of the diet should be limited. These components are of particular public health concern in the United States, and the specific limits can help individuals achieve healthy eat patterns within calorie limits.

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consumer less than 2,300 milligrams per day of sodium
- If alcohol is consumed, it should be consumed in moderation up to one drink per day for women and two drinks per day for men and only by adults of legal drinking age.