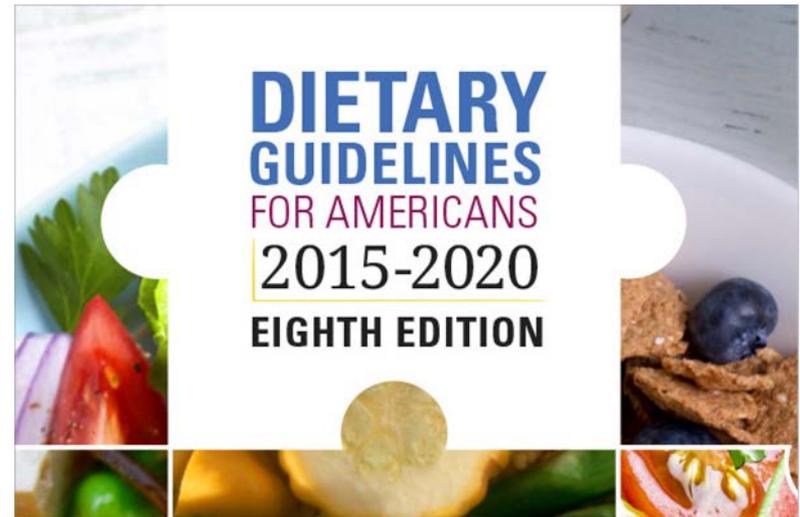


**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**

**An In-Depth
Look at the
2015-2020
Dietary
Guidelines**

Presentation Objectives

- ❦ Provide an in-depth look at the *2015-2020 Dietary Guidelines for Americans*
- ❦ Highlight informative charts and figures





Introduction

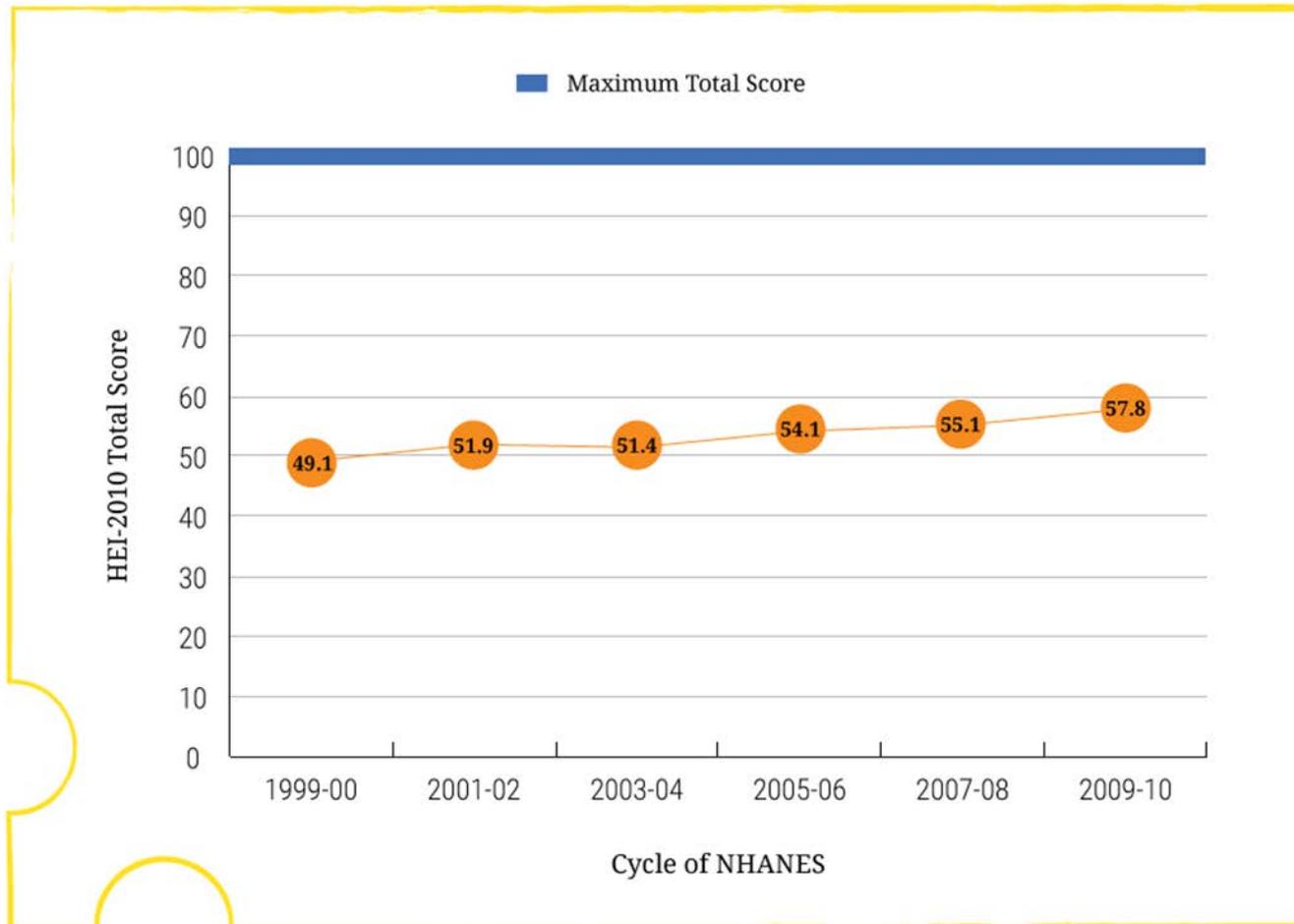
Nutrition and Health Are Closely Related

“About half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor eating and physical activity patterns.”



Adherence to the 2010 Dietary Guidelines

Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Ages 2 Years and Older (Figure I-1)



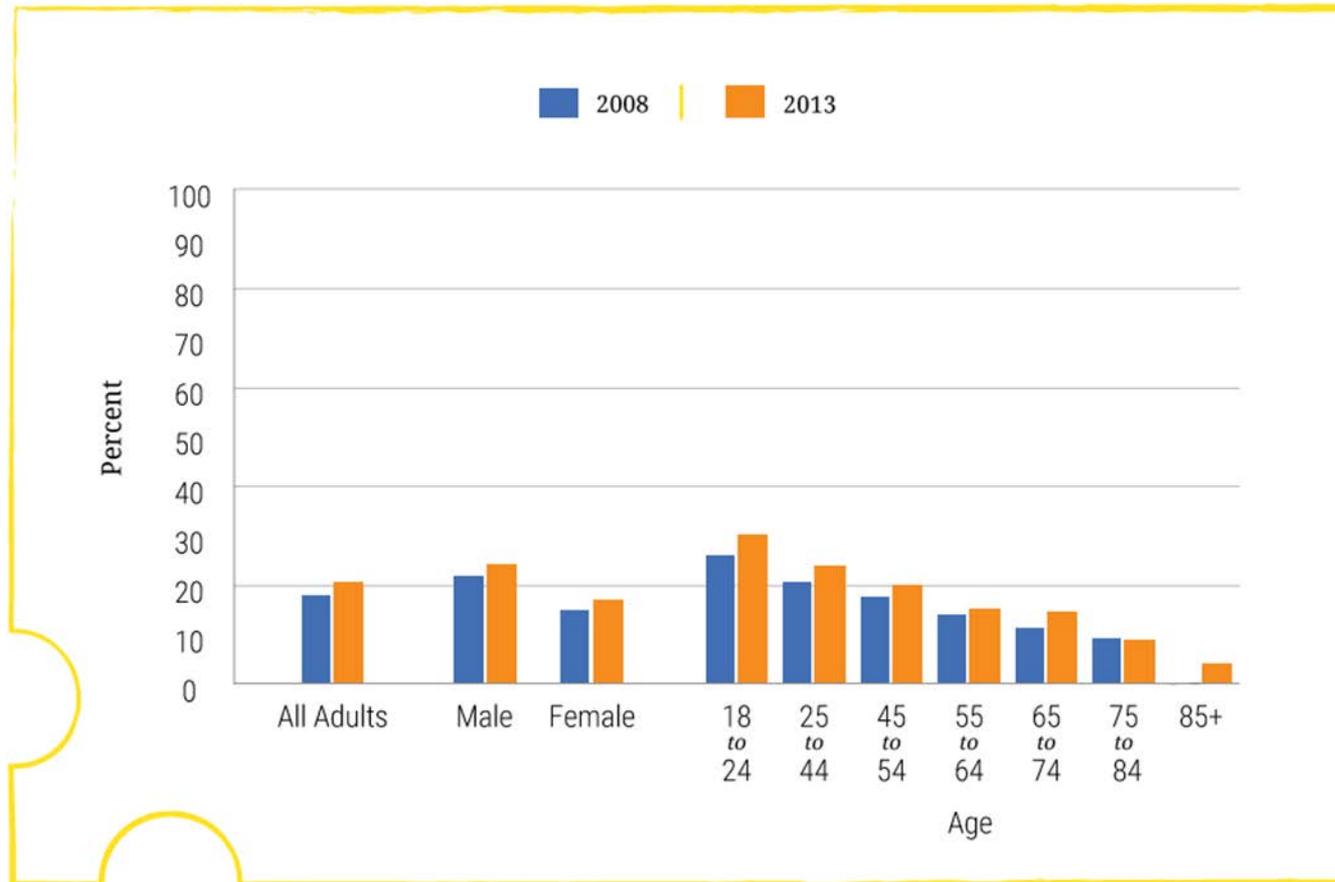
Data Source:

Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010.

Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

Adherence to the *Physical Activity Guidelines*

Percentage of Adults Meeting the Aerobic and Muscle-Strengthening Recommendations (Figure I-2)



Data Source:

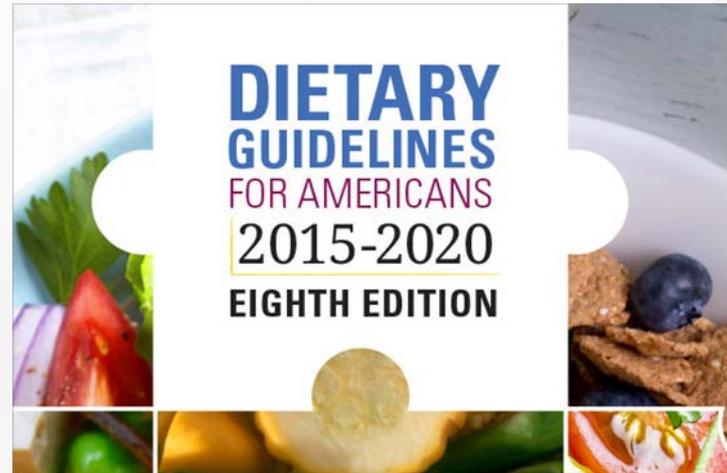
Analyses of the National Health Interview Survey, 2008 and 2013.

Healthy People 2020 PA-2.4. Increase the proportion of adults who meet the objectives for aerobic physical activity and for muscle-strengthening activity. Washington, DC: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, June 3, 2015. Available at: <http://www.healthypeople.gov/2020/data-search/Search-the-Data?nid=5072>.

The *Dietary Guidelines for Americans*:

What It Is, What It Is Not

- Provide evidence-based recommendations about the components of a healthy and nutritionally adequate diet
- Focus on disease *prevention* rather than disease *treatment*
- Inform Federal food, nutrition, and health policies and programs



Developing the *Dietary Guidelines for Americans* (Figure I-3)

1 Review the Science

First, an external Advisory Committee creates the Advisory Report and submits it to the Secretaries of HHS and USDA.

This report is informed by:

- Original systematic reviews
- Review of existing systematic reviews, meta-analyses, and reports by Federal agencies or leading scientific organizations
- Data analyses
- Food pattern modeling analyses

2 Develop the *Dietary Guidelines*

Using the previous edition of the *Dietary Guidelines*, the Advisory Report, and consideration of public and Federal agency comments, HHS and USDA develop a new edition of the *Dietary Guidelines*. The *2015-2020 Dietary Guidelines for Americans* includes:

5 Guidelines



Key Recommendations that support the Guidelines

Science-based nutrition guidance for both professionals and organizations working to improve our nation's health.

3 Implement the *Dietary Guidelines*

Federal programs apply the *Dietary Guidelines* to meet the needs of Americans through food, nutrition, and health policies and programs—and in nutrition education materials for the public.



A Roadmap to the 2015-2020 Edition of the *Dietary Guidelines for Americans*

2015-2020 Dietary Guidelines for Americans:

Contents

- Executive Summary
- Introduction
- Chapter 1: Key Elements of Healthy Eating Patterns
- Chapter 2: Shifts Needed to Align With Healthy Eating Patterns
- Chapter 3: Everyone Has a Role in Supporting Healthy Eating Patterns
- Appendixes

2015-2020 Dietary Guidelines for Americans:

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 within 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 on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

2015-2020 Dietary Guidelines for Americans: The Guidelines (cont.)

- 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.





CHAPTER 1:

Key Elements of Healthy Eating Patterns

Key Elements of Healthy Eating Patterns: 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 within 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 on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

Key Elements of Healthy Eating Patterns:

Key Recommendations

 **Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.**

 **A healthy eating pattern includes:**

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), 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 (beans and peas), and nuts, seeds, and soy products
- Oils

 **A healthy eating pattern limits:**

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

Key Elements of Healthy Eating Patterns:

Key Recommendations (cont.)

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating 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
- 🍯 Consume less than 2,300 milligrams (mg) per day of sodium
- 🍯 If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age
- 🍯 Meet the *Physical Activity Guidelines for Americans*

Principles of Healthy Eating Patterns

- An eating pattern represents the totality of all foods and beverages consumed
 - It is more than the sum of its parts; the totality of what individuals habitually eat and drink act synergistically in relation to health.
- Nutritional needs should be met primarily from foods
 - Individuals should aim to meet their nutrient needs through healthy eating patterns that include foods in nutrient-dense forms.
- Healthy eating patterns are adaptable
 - Any eating pattern can be tailored to the individual's socio-cultural and personal preferences.

The Science Behind Healthy Eating Patterns

- Systematic reviews of scientific research
 - To examine relationships between the overall eating pattern, including its constituent foods, beverages, and nutrients, and health outcomes.
- Food pattern modeling
 - To assess how well various combinations and amounts of foods from all food groups would result in healthy eating patterns that meet nutrient needs and accommodate limits, such as those for saturated fats, added sugars, and sodium.
- Analyses of current intakes
 - To identify areas of potential public health concern.

Inside Healthy Eating Patterns: Food Groups

“Eating an appropriate mix of foods from the food groups and subgroups—within an appropriate calorie level—is important to promote health.”

- Each food group and subgroup provides an array of nutrients.
- Recommended amounts reflect eating patterns associated with positive health outcomes.
- Foods from all of the food groups should be eaten in nutrient-dense forms.



Inside Healthy Eating Patterns:

Food Groups — Examples of Content



Vegetables

- Healthy eating patterns include a variety of vegetables from all five vegetable subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other.
- Include all fresh, frozen, canned, and dried options in cooked or raw forms, including vegetable juices.
- Vegetables should be consumed in a nutrient-dense form, with limited additions such as salt, butter, or creamy sauces.



Dairy

- Healthy eating patterns include fat-free and low-fat (1%) dairy, including milk, yogurt, cheese, or fortified soy beverages (soymilk).
- Fat-free or low-fat milk and yogurt, in comparison to cheese, contain less saturated fats and sodium and more potassium, vitamin A, and vitamin D.

Inside Healthy Eating Patterns: Other Components

“In addition to the food groups, it is important to consider other food components when making food and beverage choices.”

- Added sugars
- Saturated fats
- *Trans* fats
- Cholesterol
- Sodium
- Alcohol
- Caffeine

Inside Healthy Eating Patterns:

Other Components — Examples of Content



Cholesterol

- Individuals should eat as little dietary cholesterol as possible while consuming a healthy eating pattern.
- The Healthy U.S.-Style Eating Pattern contains approximately 100 to 300 mg of cholesterol across the 12 calorie levels.



Caffeine

- Much of the available evidence on caffeine focuses on coffee intake.
- Three to five 8-oz cups of coffee per day can be incorporated into healthy eating patterns.
- Individuals who do not consume caffeinated coffee or other caffeinated beverages are not encouraged to incorporate them into their eating pattern.
- In addition, caffeinated beverages may contain added calories from cream, whole or 2% milk, creamer, and added sugars, which should be limited.

Healthy Eating Patterns: Detailed Information

Call-out boxes provide details on many topics:

- Healthy physical activity patterns
- Importance of calorie balance
- About legumes (beans and peas)
- How to make half of grains whole grains
- About seafood
- About meats and poultry
- Dietary fats—the basics
- Dietary Approaches to Stop Hypertension (DASH)
- Caffeine

Healthy Eating Patterns: Multiple Approaches

“There are many ways to consume a healthy eating pattern, and the evidence to support multiple approaches has expanded over time.”

- Examples of healthy eating patterns in the *Dietary Guidelines* include:
 - Healthy U.S.-Style Eating Pattern
 - Healthy Mediterranean-Style Eating Pattern
 - Healthy Vegetarian Eating Pattern

Major Messages from Chapter 1

- The *2015-2020 Dietary Guidelines* provides clear guidance for individuals.
- Implementation of these Guidelines will help promote health and prevent chronic disease in the United States.
- At the core of this guidance is the importance of:
 - consuming overall healthy eating patterns, including vegetables, fruits, grains, dairy, protein foods, and oils
 - eaten within an appropriate calorie level and
 - in forms with limited amounts of saturated fats, added sugars, and sodium.



CHAPTER 2:

Shifts Needed to Align With Healthy Eating Patterns

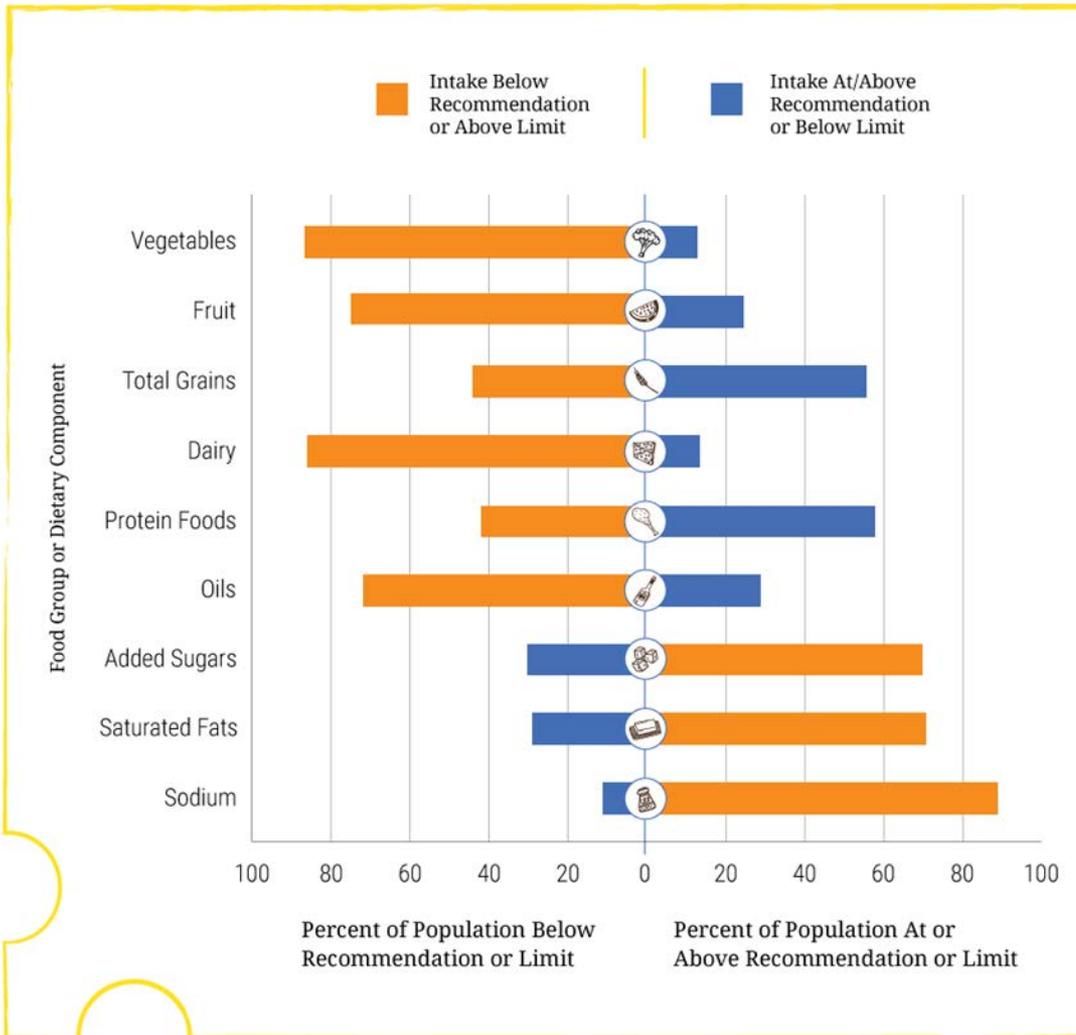
Shifts Needed to Align With Healthy Eating Patterns: The Guidelines

- 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.



Current Eating Patterns in the United States

Percent of the U.S. Population Ages 1 Year and Older Who Are Below, At, or Above Each Dietary Goal or Limit (Figure 2-1)



Note: The center (0) line is the goal or limit. For most, those represented by the orange sections of the bars, shifting toward the center line will improve their eating pattern.

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

A Closer Look at Current Intakes and Recommended Shifts

- Compares current intakes in the United States to recommendations and identifies potential shifts for:
 - Food groups
 - Other dietary components
- Identifies nutrients of public health concern
- Describes the importance of beverage choices

Shifts to Align with Healthy Eating Patterns: Examples

- Increasing **vegetables** in mixed dishes while decreasing the amounts of refined grains or meats high in saturated fat and/or sodium.
- Incorporating **seafood** in meals twice per week in place of meat, poultry, or eggs.
- Using vegetable **oil** in place of solid fats when cooking, and using oil-based dressings and spreads on foods instead of those made from solid fats.
- Choosing beverages with no **added sugars**, such as water.
- Using the Nutrition Facts label to compare **sodium** content of foods and choosing the product with less sodium.

Major Messages from Chapter 2

- The U.S. population, across almost every age and sex group, consumes eating patterns that are:
 - low in vegetables, fruits, whole grains, dairy, seafood, and oil
 - high in refined grains, added sugars, saturated fats, sodium, and
 - for some age-sex groups, high in the meats, poultry, and eggs subgroup.
- Young children and older Americans generally are closer to the recommendations than are adolescents and young adults.



CHAPTER 3:

Everyone Has a Role in Supporting Healthy Eating Patterns

Everyone Has a Role in Supporting Healthy Eating Patterns: The Guidelines

- 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.



Creating and Supporting Healthy Choices

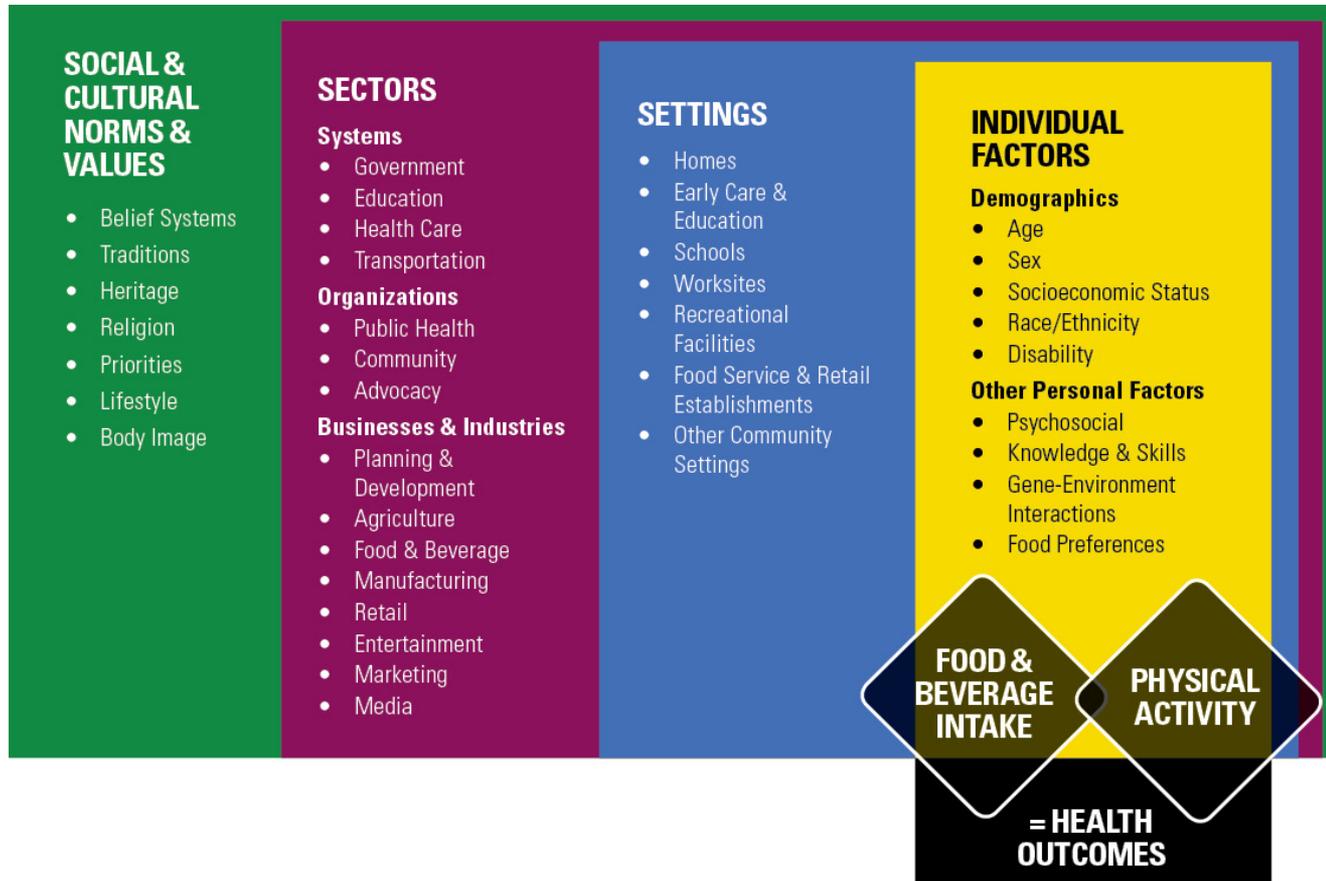
(Figure 3-1)



Data Source: Adapted from: (1) Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. National Center for Chronic Disease Prevention and Health Promotion. Addressing Obesity Disparities: Social Ecological Model. Available at: http://www.cdc.gov/obesity/health_equity/addressingtheissue.html. Accessed October 19, 2015. (2) Institute of Medicine. Preventing Childhood Obesity: Health in the Balance, Washington (DC): The National Academies Press; 2005, page 85. (3) Story M, Kaphingst KM, Robinson-O'Brien R, Glanz K. Creating healthy food and eating environments: Policy and environmental approaches. *Annu Rev Public Health* 2008; 29:253-272.

The Social Ecological Model

(Figure 3-1)



Data Source: Adapted from: (1) Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. National Center for Chronic Disease Prevention and Health Promotion. Addressing Obesity Disparities: Social Ecological Model. Available at: http://www.cdc.gov/obesity/health_equity/addressingtheissue.html. Accessed October 19, 2015. (2) Institute of Medicine. Preventing Childhood Obesity: Health in the Balance, Washington (DC): The National Academies Press; 2005, page 85. (3) Story M, Kaphingst KM, Robinson-O'Brien R, Glanz K. Creating healthy food and eating environments: Policy and environmental approaches. *Annu Rev Public Health* 2008; 29:253-272.

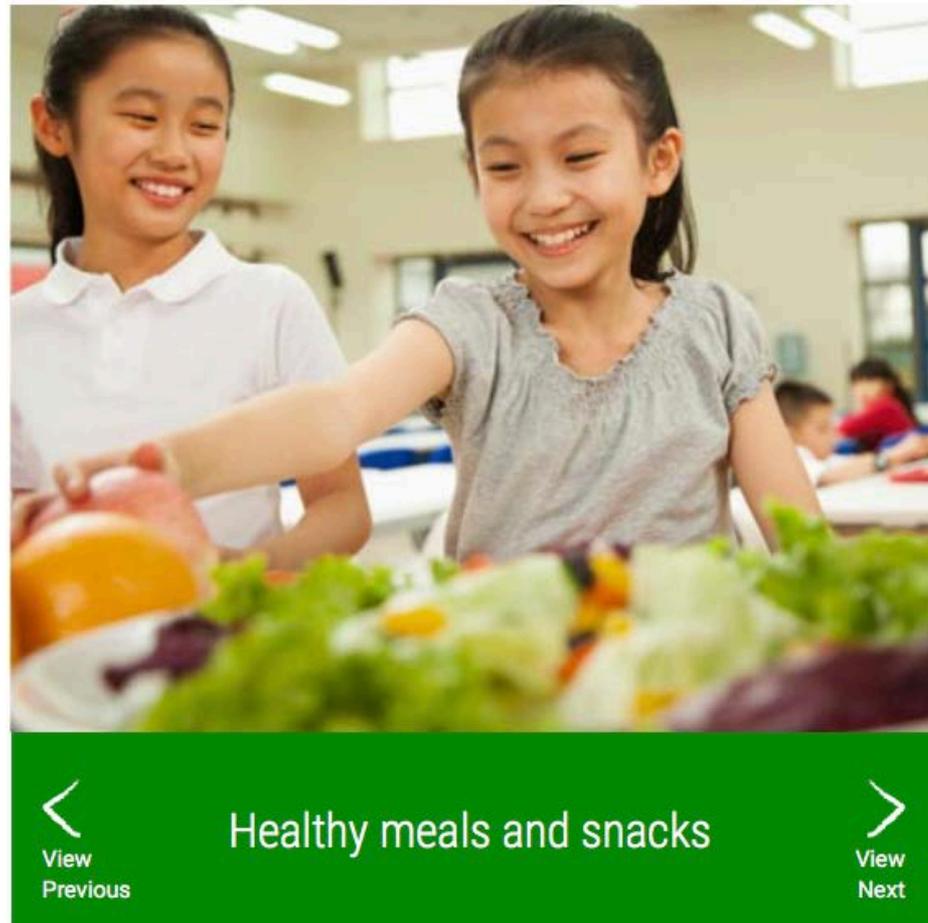
Meeting People Where They Are: Contextual Factors and Healthy Eating Patterns

- Food Access
- Household Food Insecurity
- Acculturation

Strategies To Align Settings With the 2015-2020 Dietary Guidelines for Americans (Figure 3-3)



Example:



Implementing the Guidelines Through MyPlate (Figure 3-2)

MyPlate, MyWins.
Find your healthy eating style and maintain it for a lifetime. This means:



Choose **MyPlate.gov**

Everything you eat and drink over time matters.
The right mix can help you be healthier in the future.



Choose **MyPlate.gov**

Make half your plate fruits & vegetables.

Focus on whole fruits.

Vary your veggies.

Fruits

Vegetables

Grains

Protein

Make half your grains whole grains.

Dairy

Vary your protein routine.

Move to low-fat or fat-free milk or yogurt.

Limit

Drink and eat less sodium, saturated fat, and added sugars.

Start with small changes to make healthier choices you can enjoy.
Visit ChooseMyPlate.gov for more tips, tools, and information.

Major Messages from Chapter 3

- Concerted efforts among all segments of society are needed to support healthy lifestyle choices that align with the *Dietary Guidelines*.
- Professionals have an important role in leading disease-prevention efforts.
- Collaborative efforts can have a meaningful impact on the health of current and future generations.

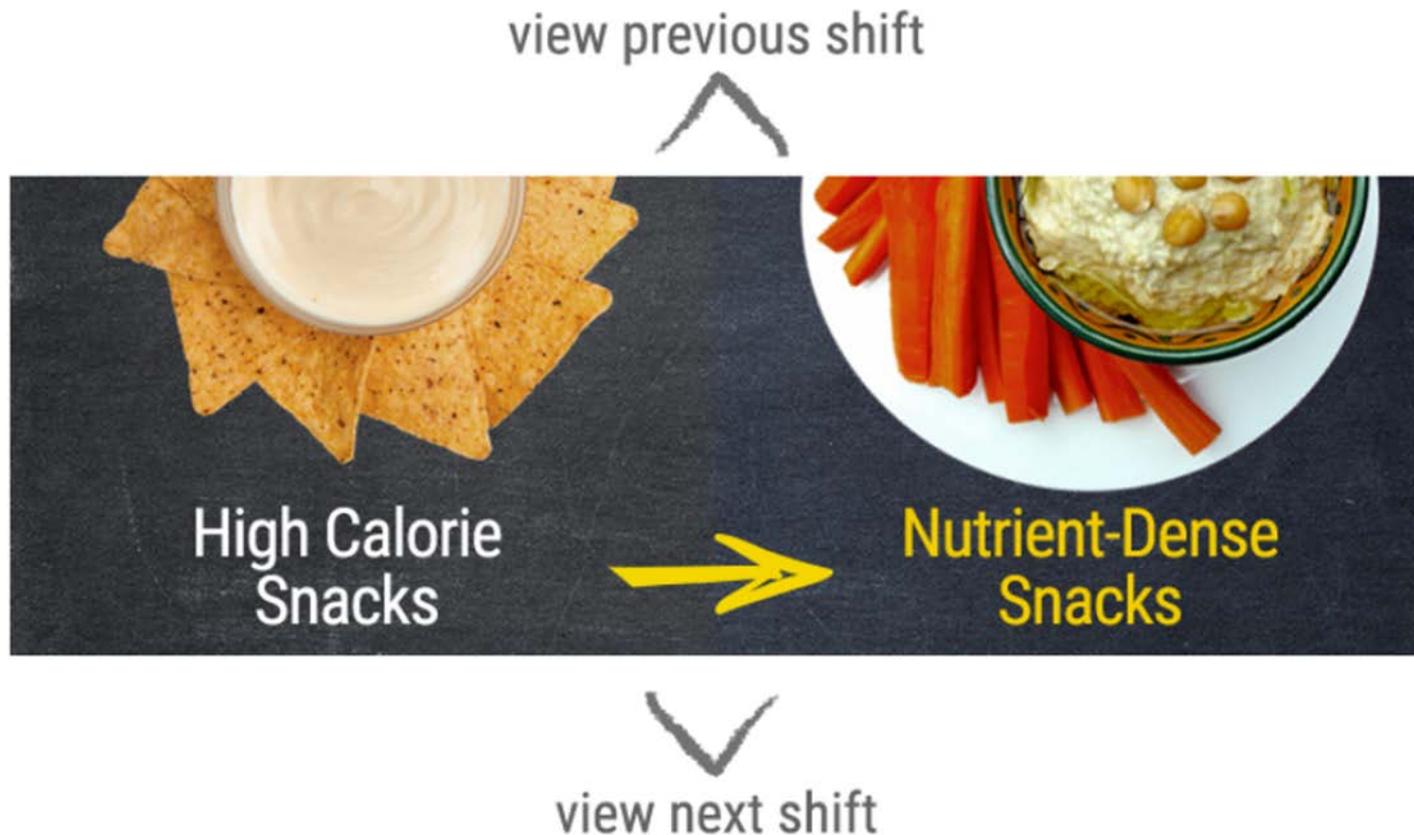




SUPPLEMENTAL INFORMATION: **Charts and Figures**

Interactive Figures

New in the *2015-2020 Dietary Guidelines for Americans*



Healthy Eating Patterns:

Healthy U.S.-Style Eating Pattern at the 2,000-Calorie Level

Food Group ^a	Amount ^(b) in the 2,000-Calorie-Level Pattern
Vegetables	2½ c-eq/day
Dark Green	1½ c-eq/wk
Red & Orange	5½ c-eq/wk
Legumes (Beans & Peas)	1½ c-eq/wk
Starchy	5 c-eq/wk
Other	4 c-eq/wk
Fruits	2 c-eq/day
Grains	6 oz-eq/day
Whole Grains	≥ 3 oz-eq/day
Refined Grains	≤ 3 oz-eq/day
Dairy	3 c-eq/day
Protein Foods	5½ oz-eq/day
Seafood	8 oz-eq/wk
Meats, Poultry, Eggs	26 oz-eq/wk
Nuts, Seeds, Soy Products	5 oz-eq/wk
Oils	27 g/day
Limit on Calories for Other Uses (% of Calories)^c	270 kcal/day (14%)

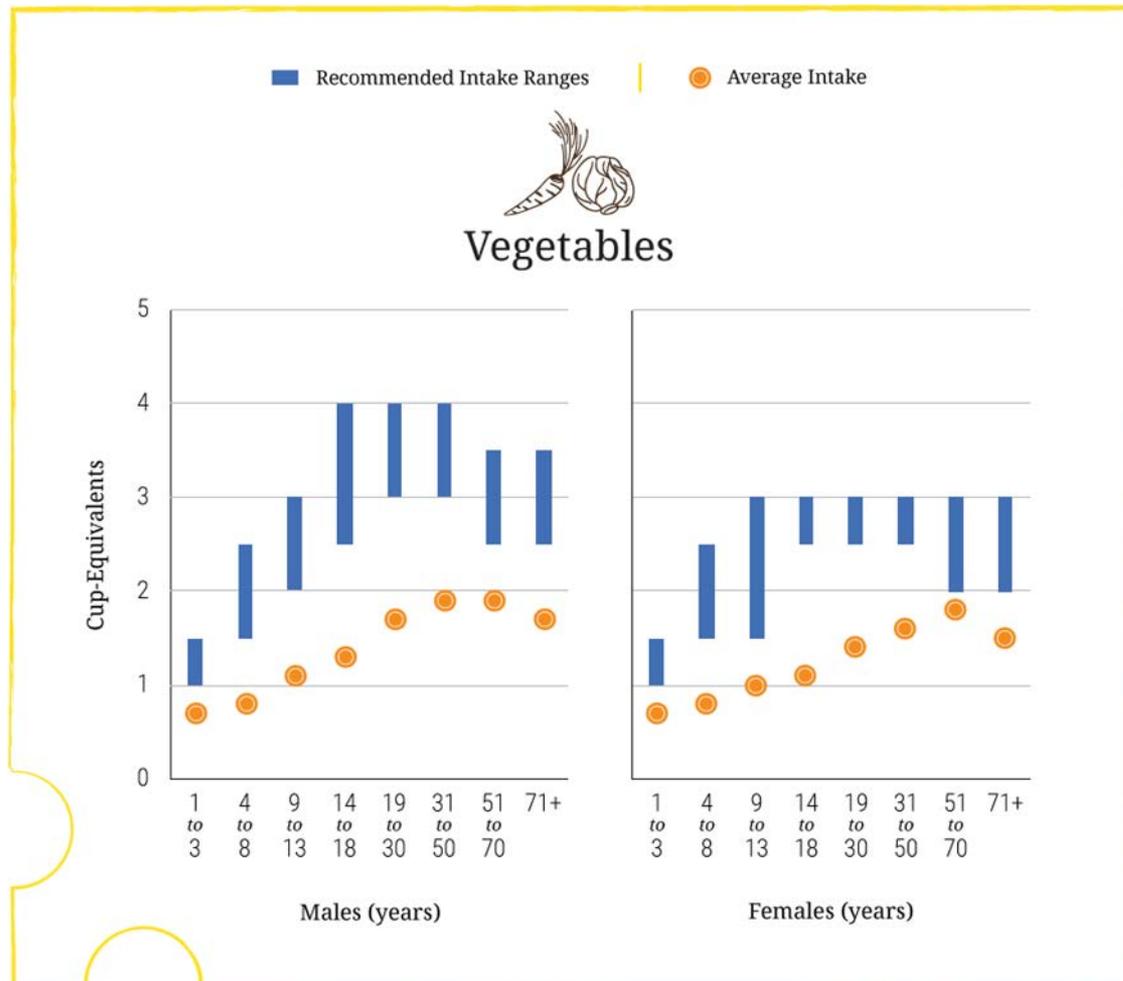
Healthy Eating Patterns:

Healthy Mediterranean-Style and Healthy Vegetarian Eating Patterns at the 2,000-Calorie Level

Food Group ^(b)	Healthy Mediterranean-Style Eating Pattern	Healthy Vegetarian Eating Pattern
Vegetables	2½ c-eq/day	2½ c-eq/day
Dark Green	1½ c-eq/week	1½ c-eq/week
Red & Orange	5½ c-eq/week	5½ c-eq/week
Legumes (Beans & Peas)	1½ c-eq/week	3 c-eq/week ^(c)
Starchy	5 c-eq/week	5 c-eq/week
Other	4 c-eq/week	4 c-eq/week
Fruits	2½ c-eq/day	2 c-eq/day
Grains	6 oz-eq/day	6½ oz-eq/day
Whole Grains	≥3 oz-eq/day	≥3½ oz-eq/day
Refined Grains	≤3 oz-eq/day	≤3 oz-eq/day
Dairy	2 c-eq/day	3 c-eq/day
Protein Foods	6½ oz-eq/day	3½ oz-eq/day^(c)
Seafood	15 oz-eq/week ^(d)	—
Meats, Poultry, Eggs	26 oz-eq/week	3 oz-eq/week (eggs)
Nuts, Seeds, Soy Products	5 oz-eq/week	14 oz-eq/week
Oils	27 g/day	27 g/day
Limit on Calories for Other Uses (% of Calories)^(e)	260 kcal/day (13%)	290 kcal/day (15%)

Vegetables: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)

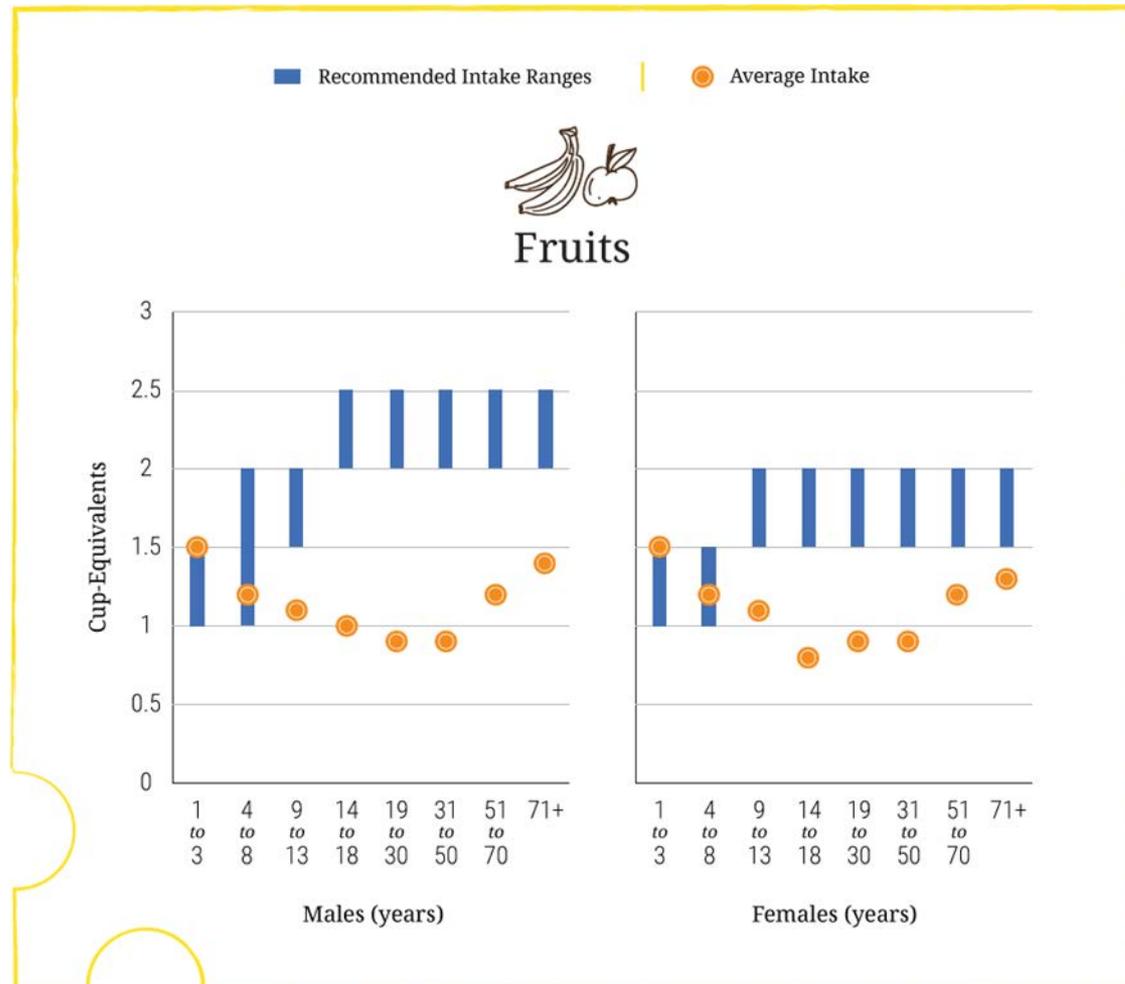


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Fruits: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)

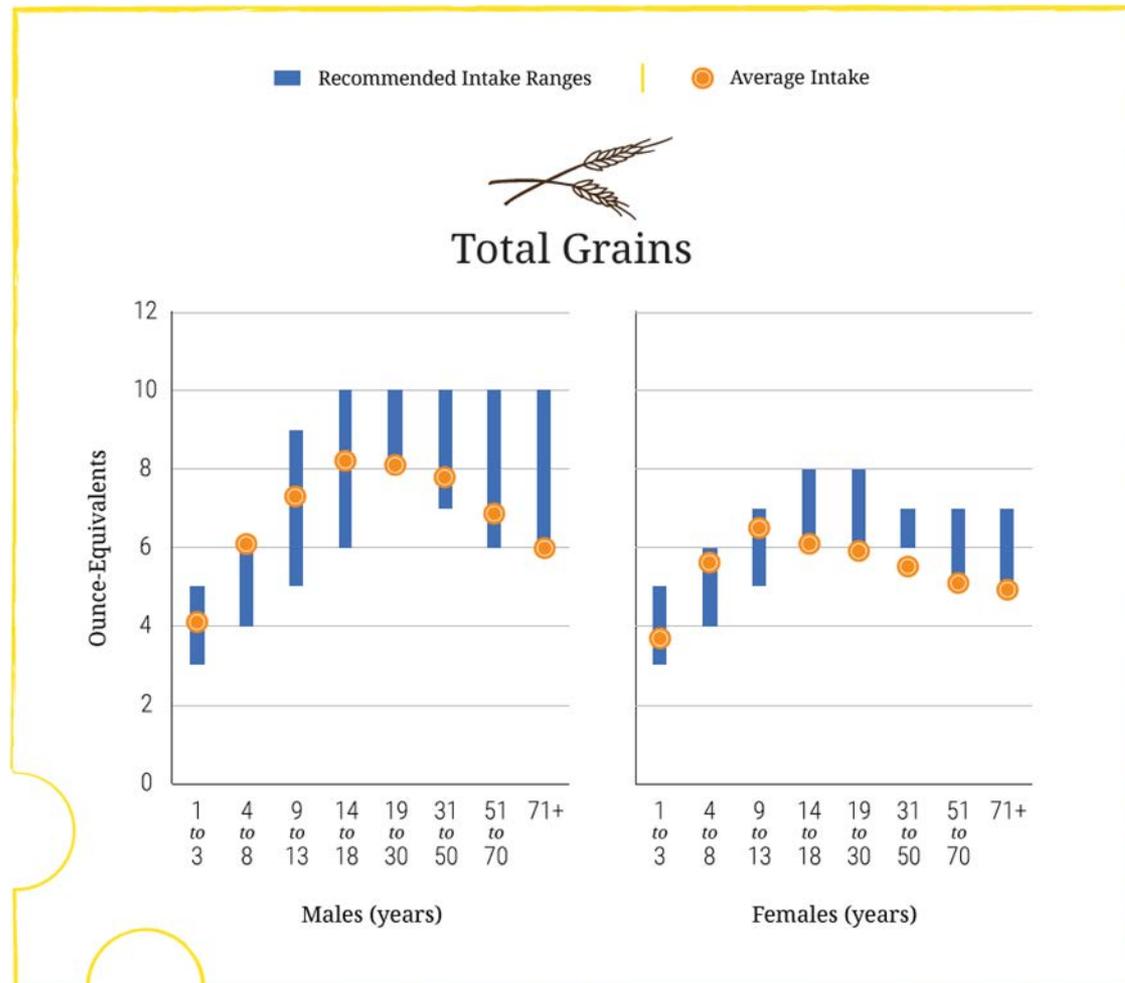


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Total Grains: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)

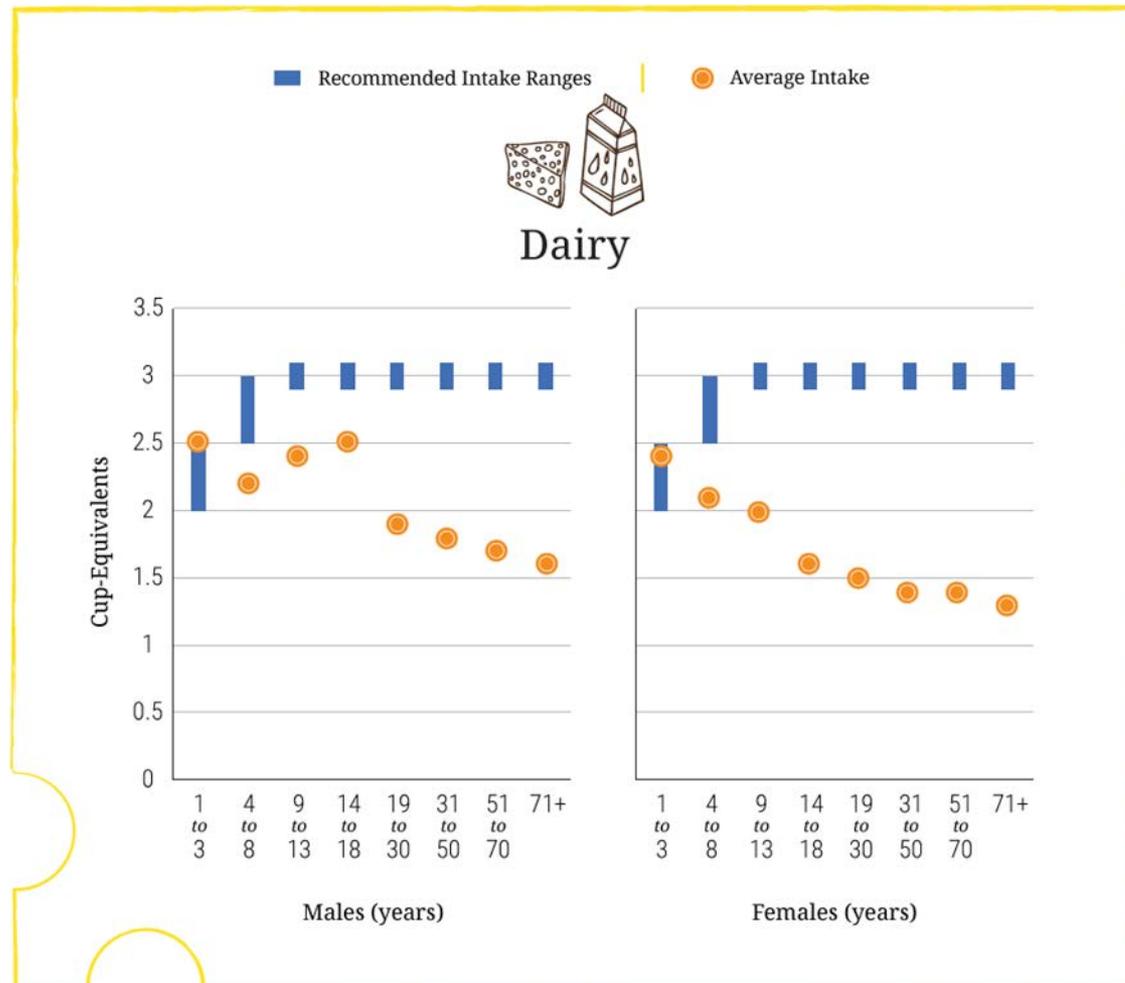


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Dairy: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)

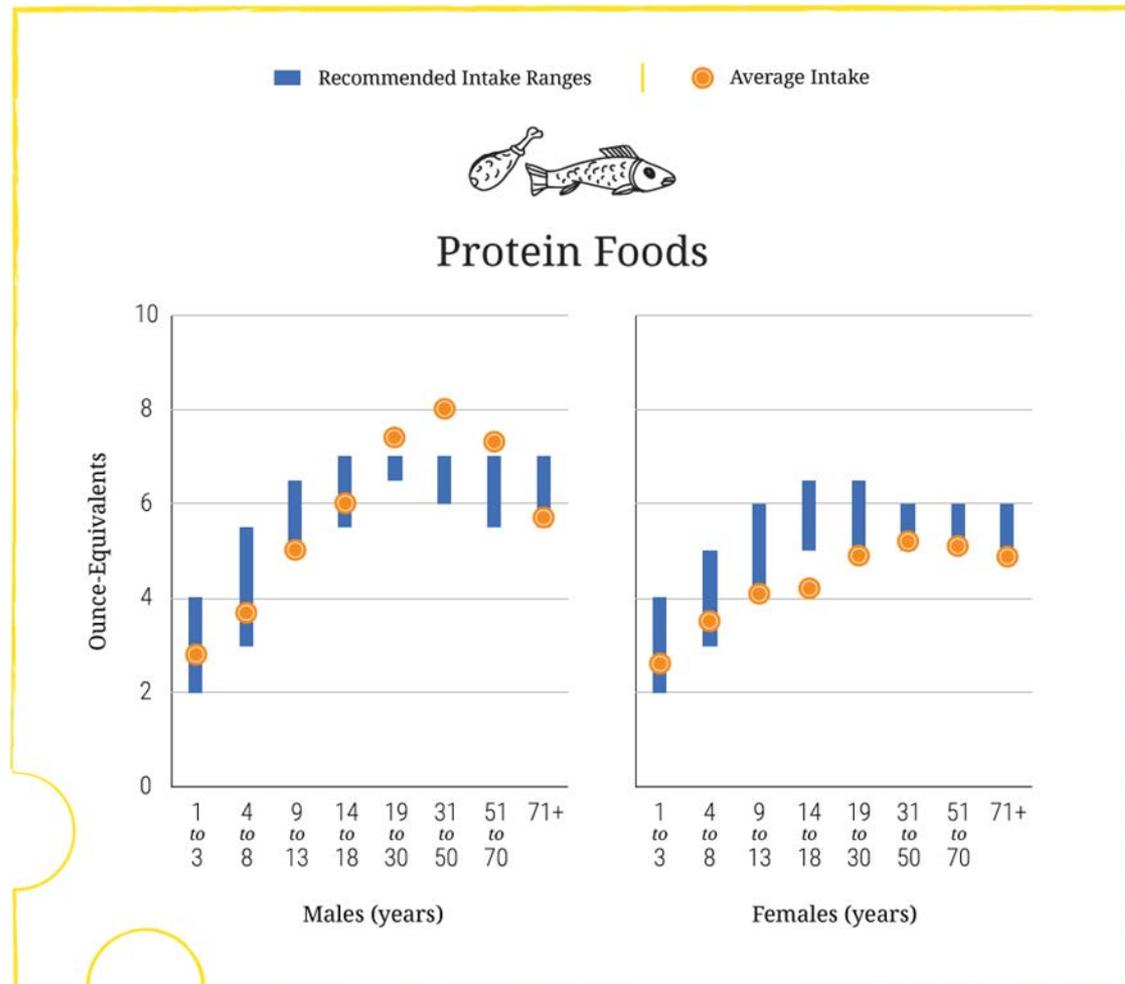


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Protein Foods: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)

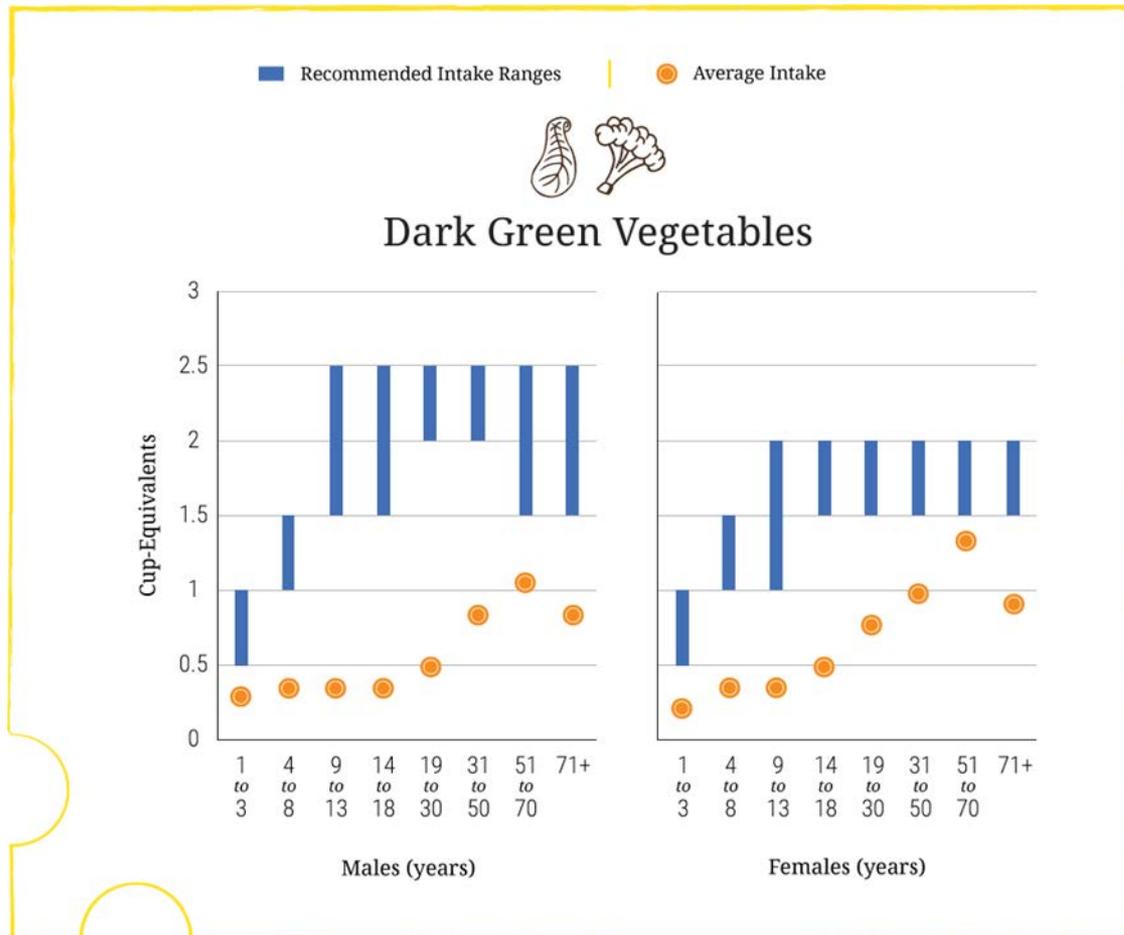


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Dark Green Vegetables: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-4)

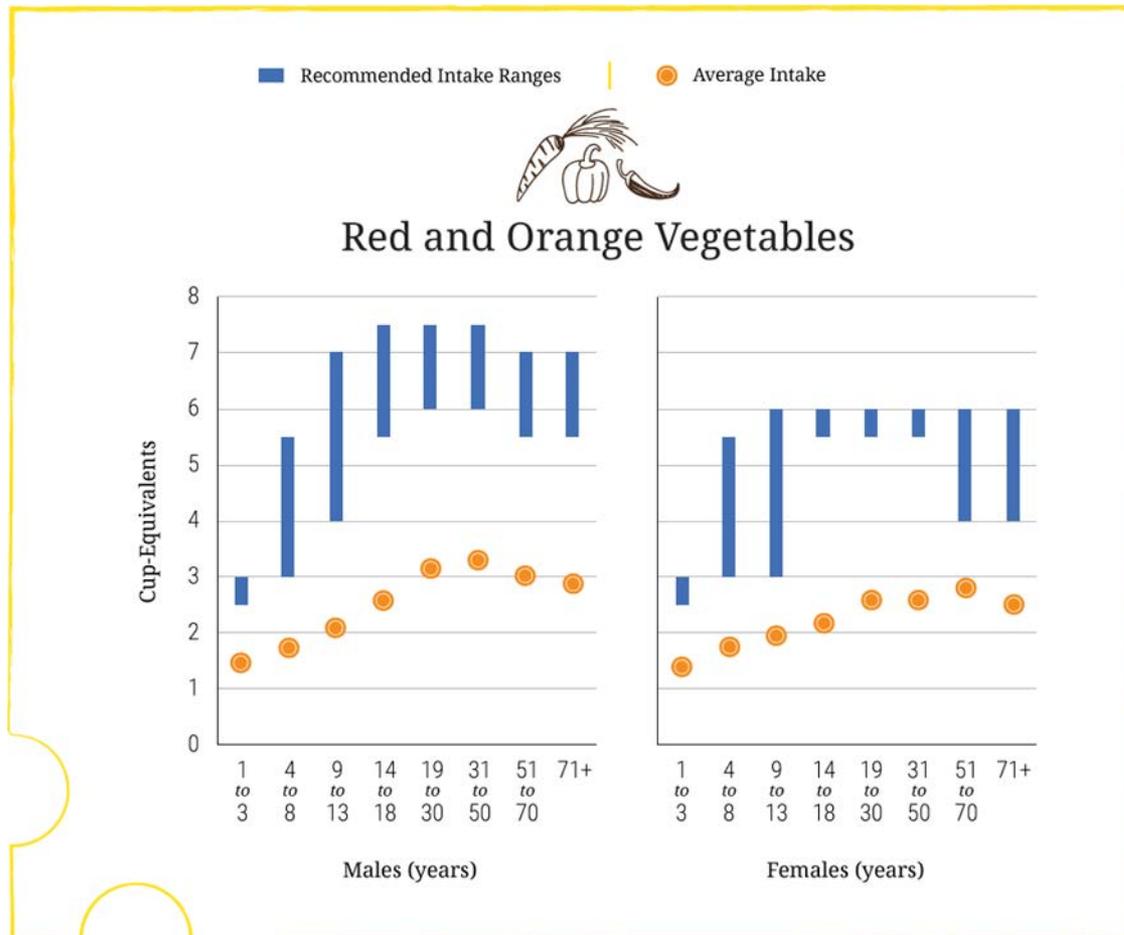


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Red and Orange Vegetables: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-4)

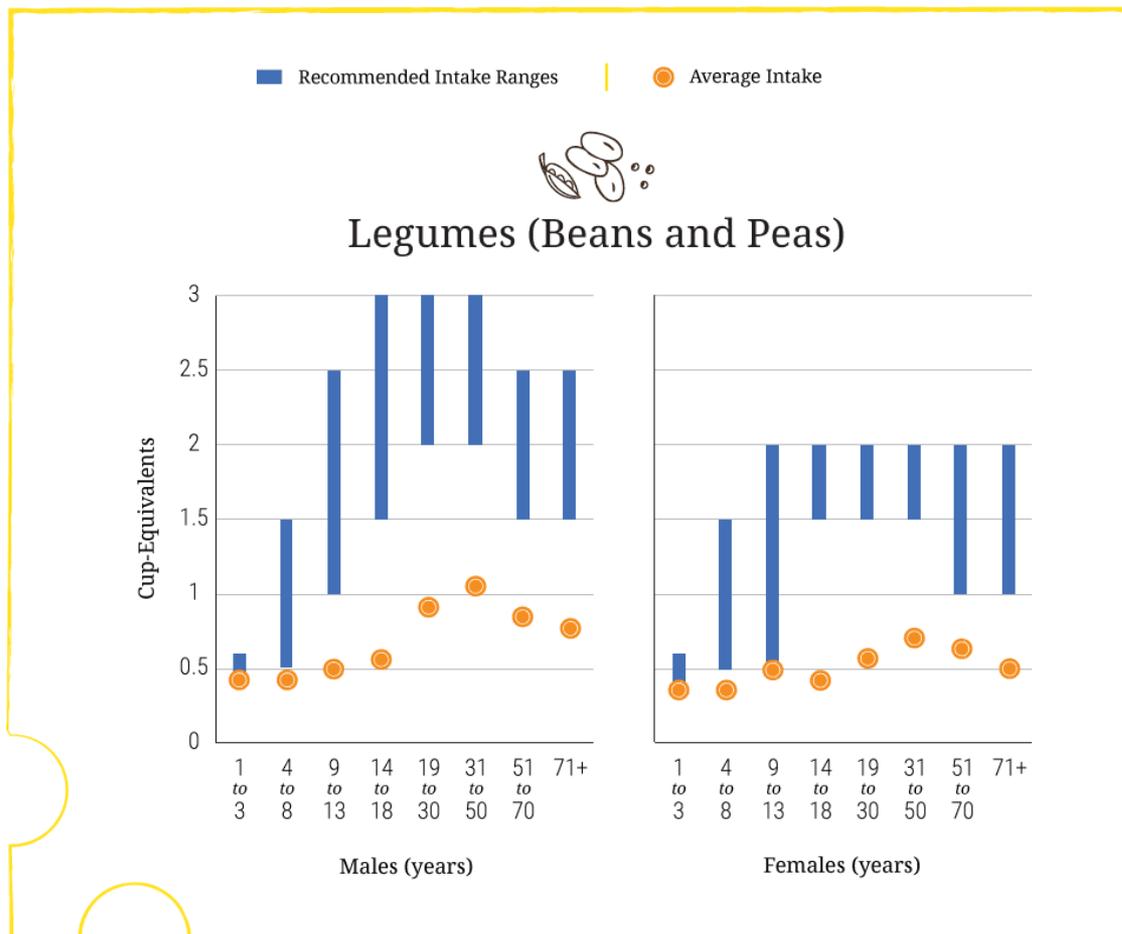


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Legumes: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-4)

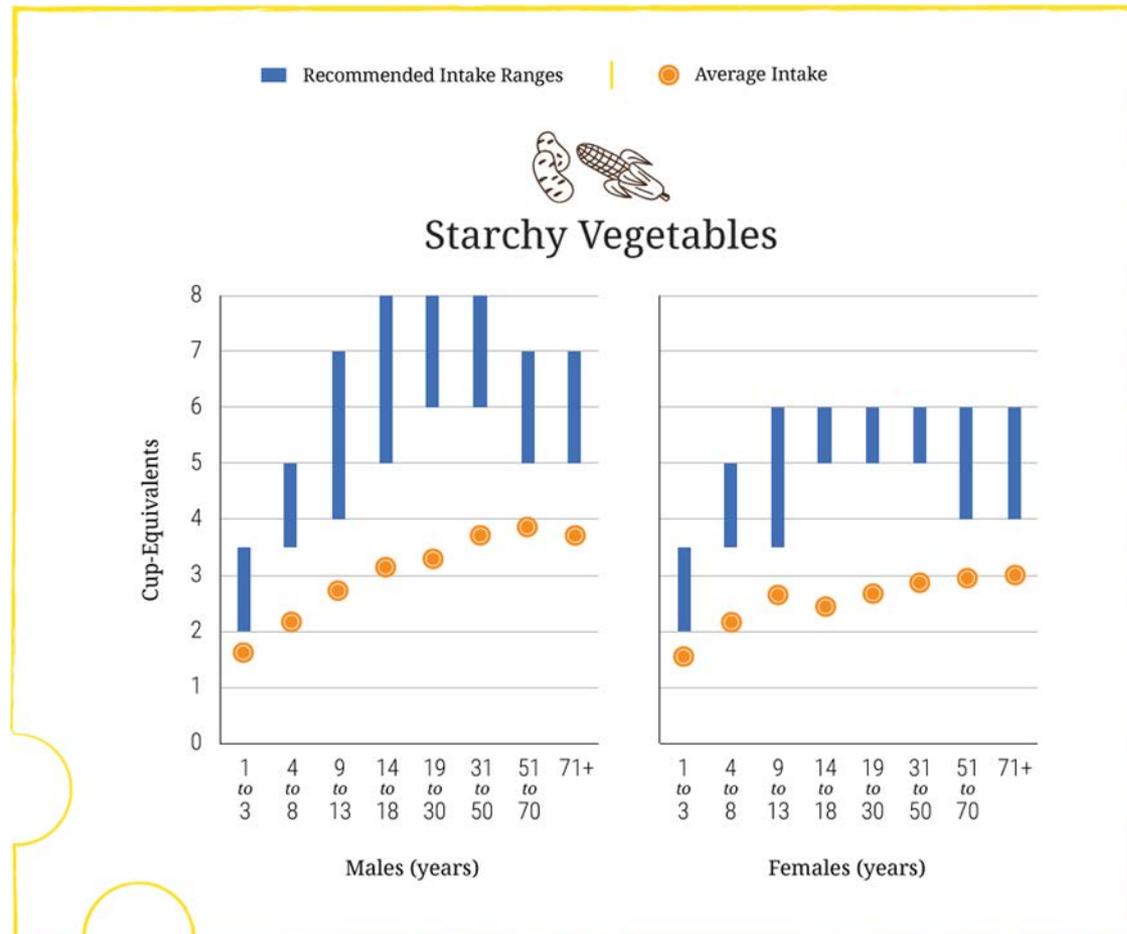


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Starchy Vegetables: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-4)

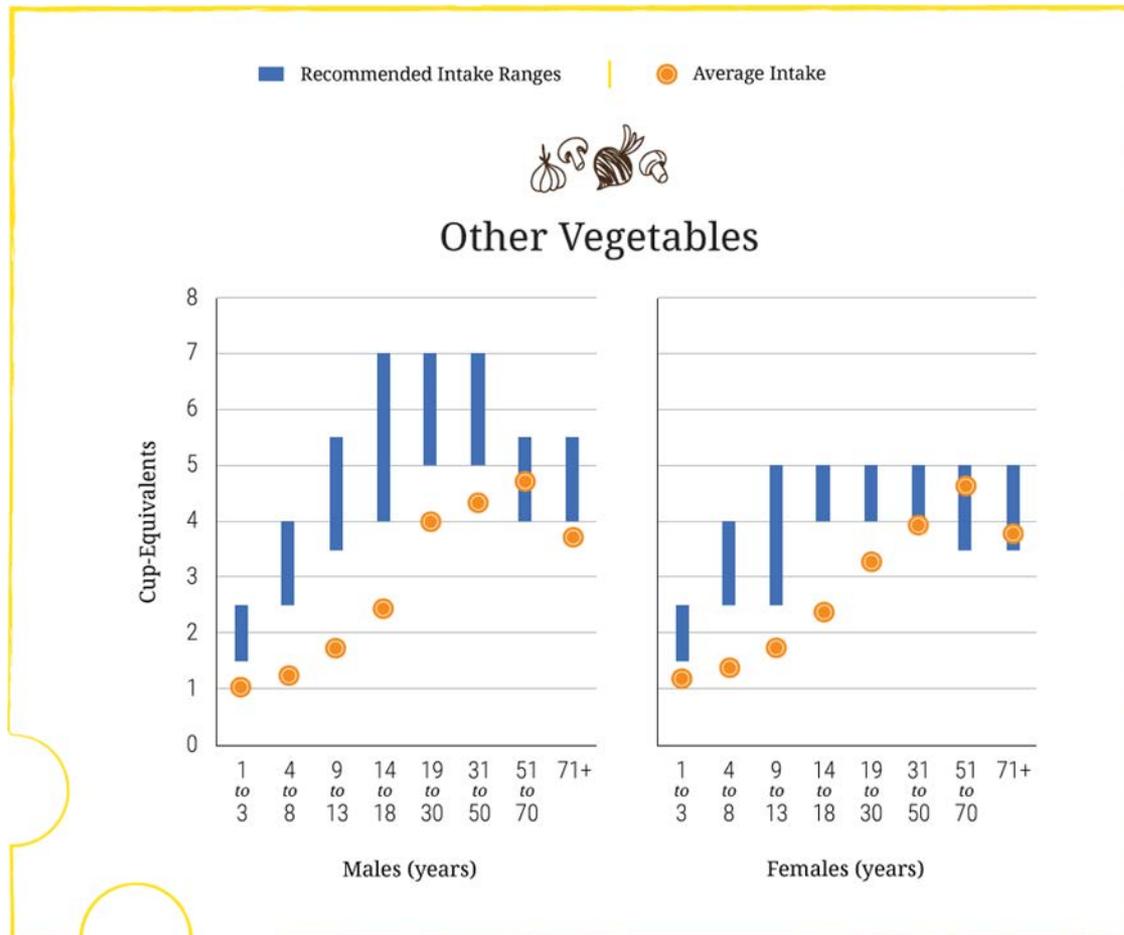


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Other Vegetables: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-4)

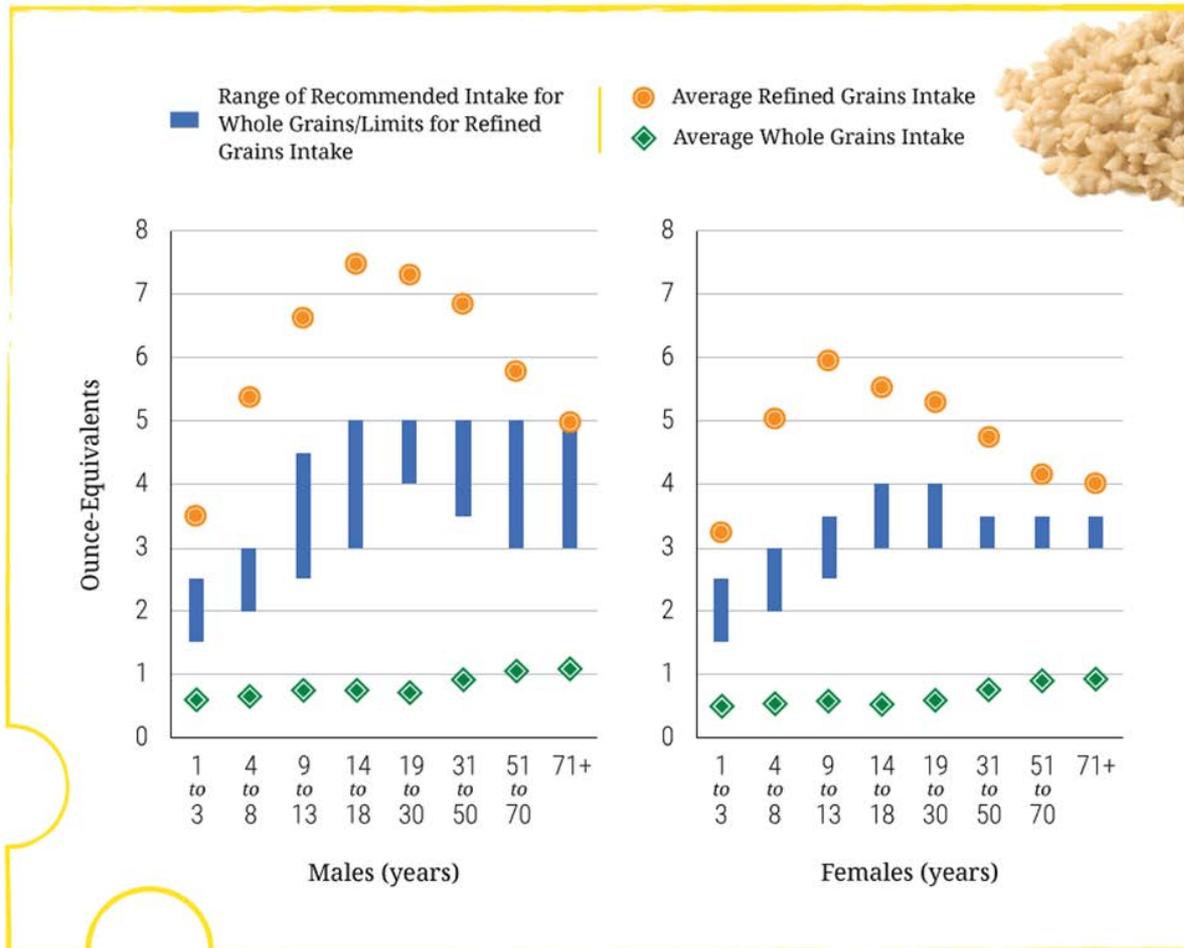


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Whole and Refined Grains: Intakes and Recommendations

Average Intakes by Age-Sex Groups, Compared to Ranges of Recommended Daily Intake for Whole Grains and Limits for Refined Grains (Figure 2-5)

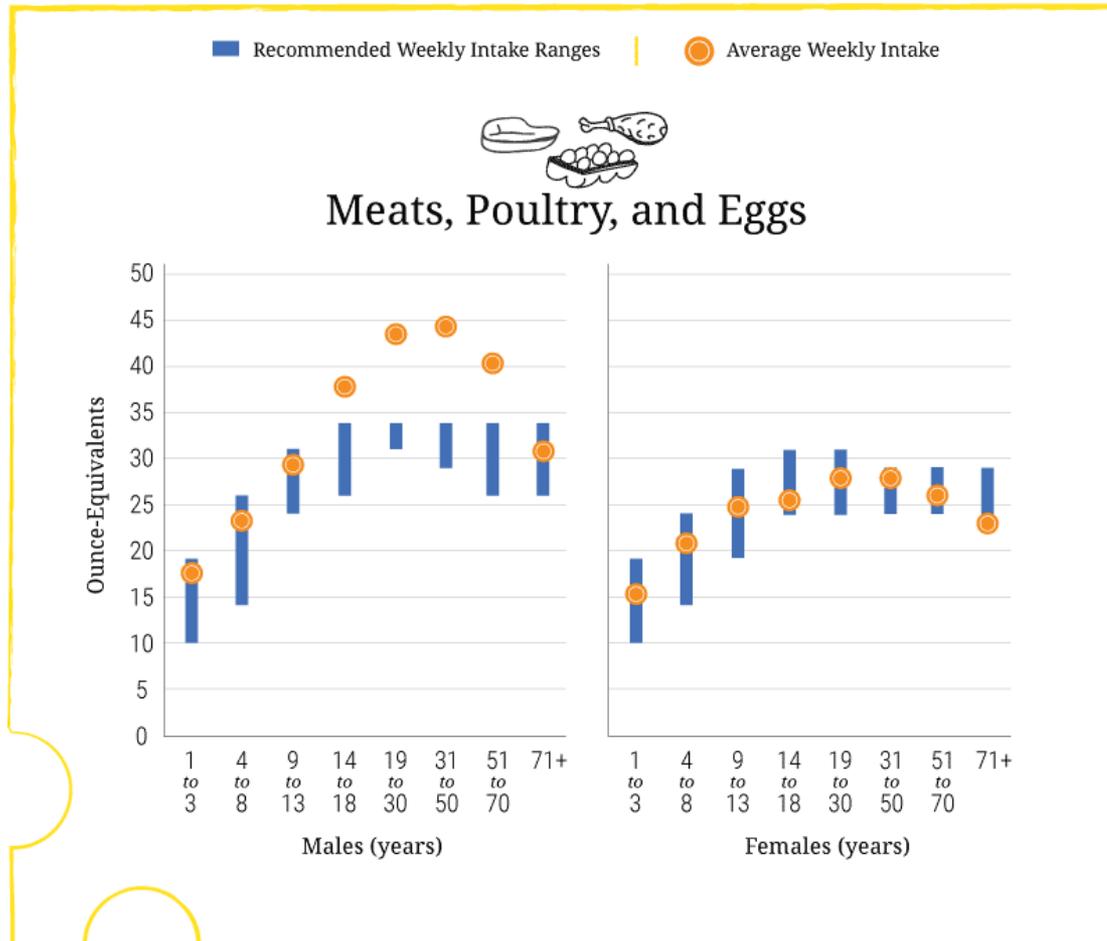


Note: Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption. The blue vertical bars on this graph represent one half of the total grain recommendations for each age-sex group, and therefore indicate recommendations for the minimum amounts to consume of whole grains or maximum amounts of refined grains. To meet recommendations, whole grain intake should be within or above the blue bars and refined grain intake within or below the bars.

Data Sources: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Meat, Poultry, and Eggs: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-6)

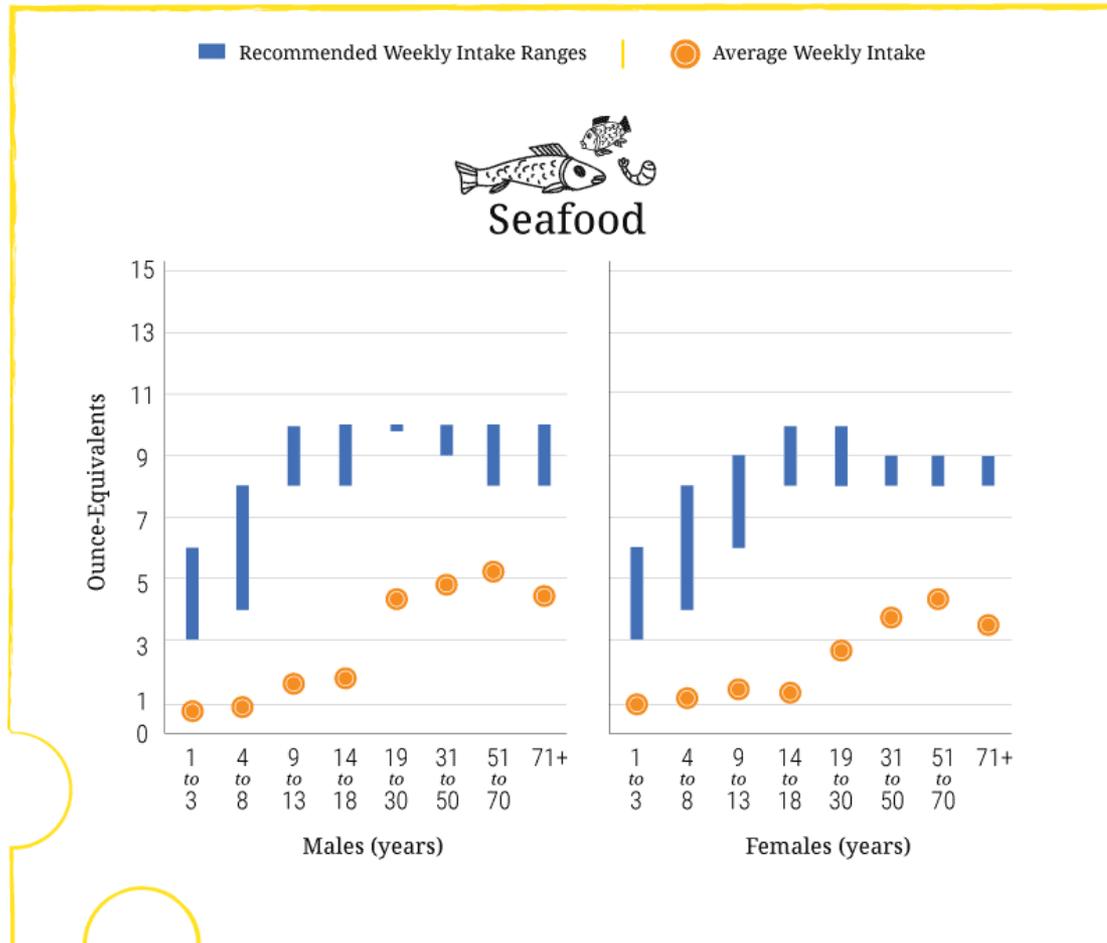


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Seafood: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-6)

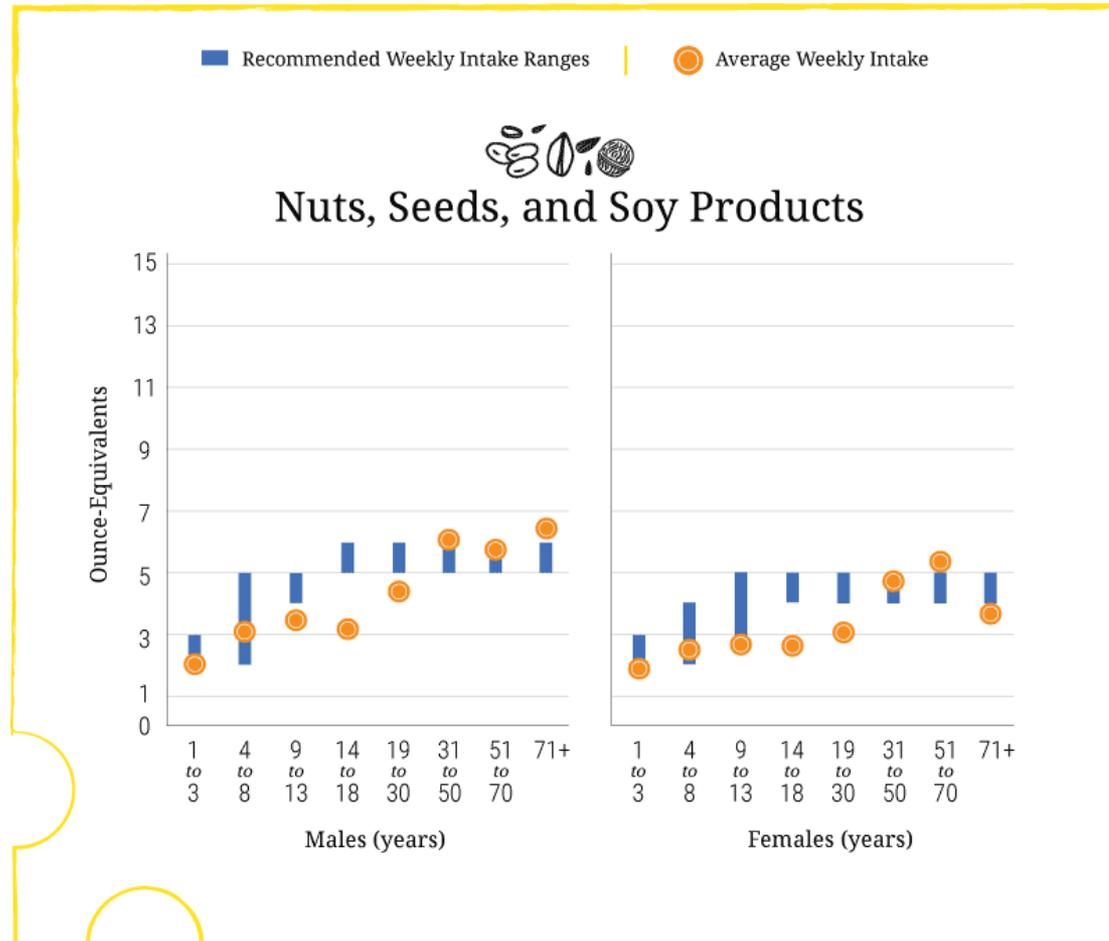


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Nuts, Seeds, and Soy Products: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-6)

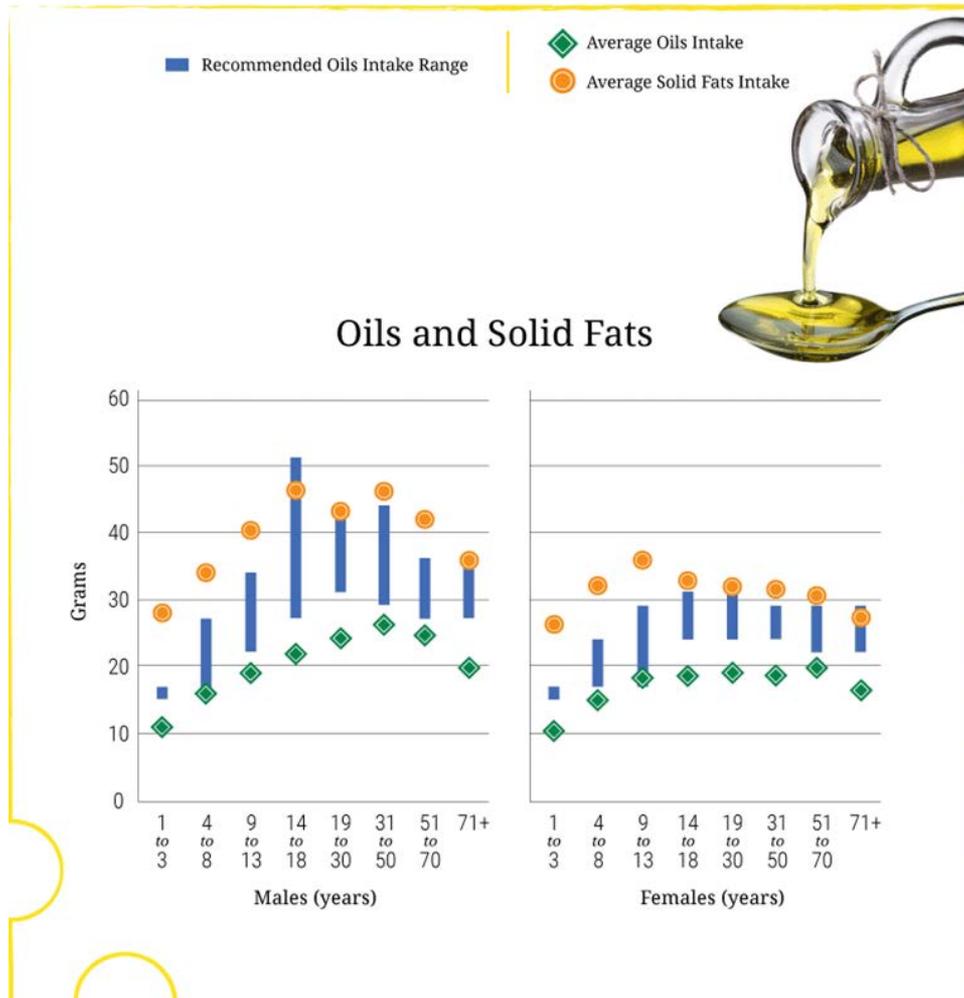


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Oils and Solid Fats: Intakes and Recommendations

Average Intakes in Grams per Day by Age-Sex Group, in Comparison to Ranges of Recommended Intake for Oils (Figure 2-7)

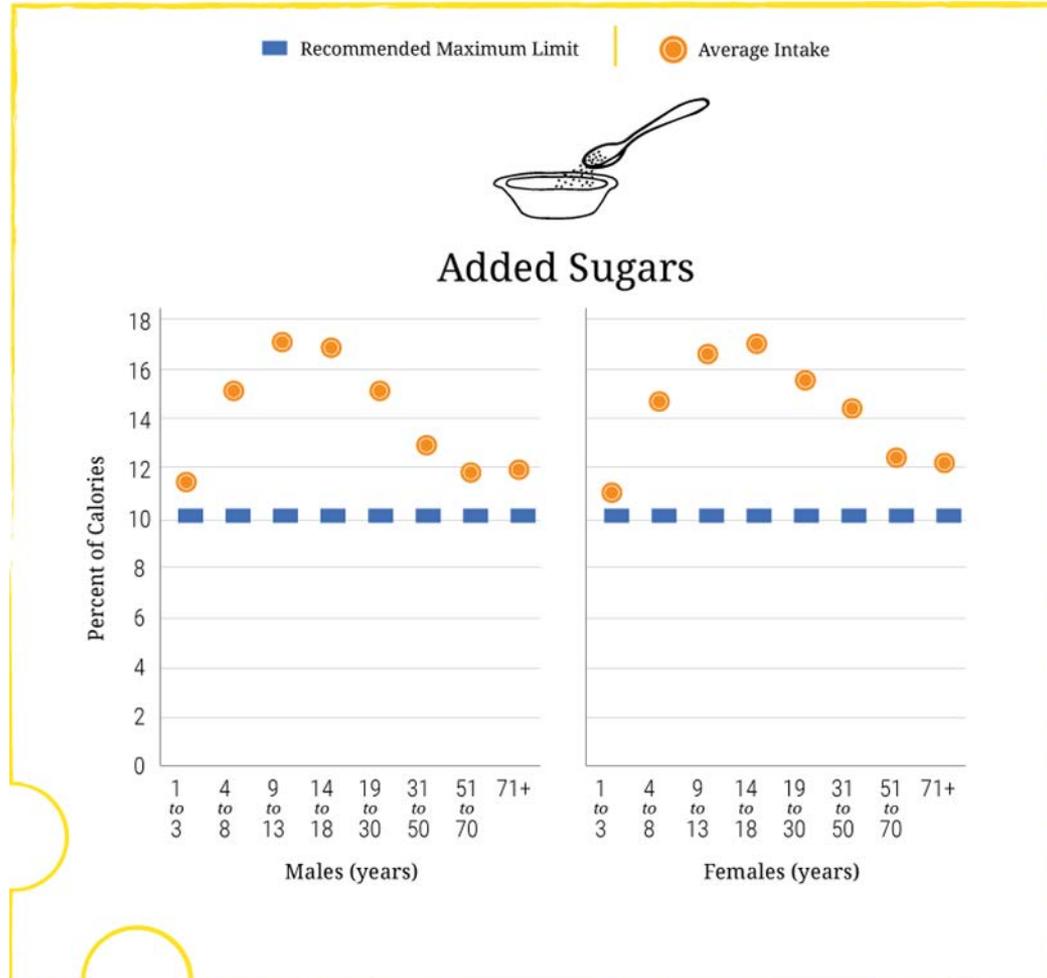


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S. Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Added Sugars: Intakes and Limit

Average Intakes as a Percent of Calories per Day by Age-Sex Group, in Comparison to the Dietary Guidelines Maximum Limit of Less than 10 Percent of Calories (Figure 2-9)

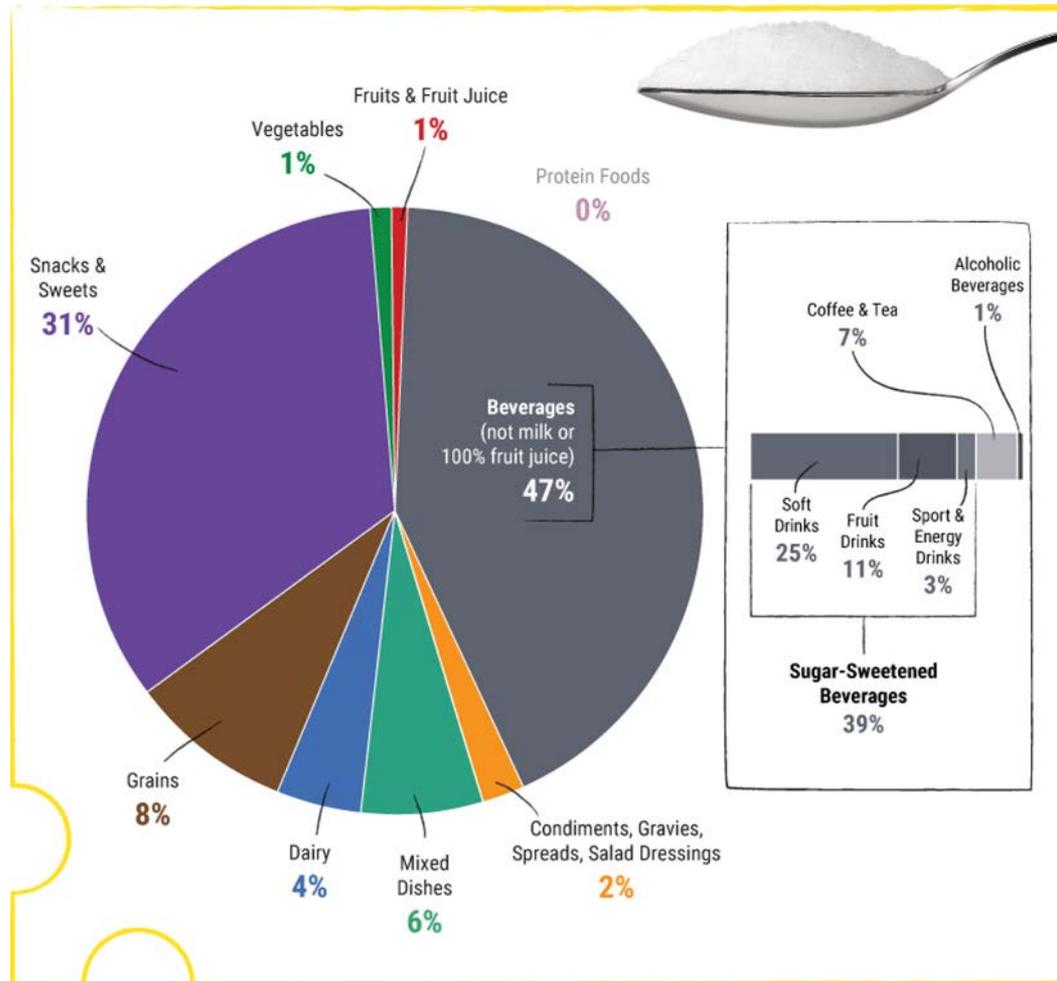


Note: The maximum amount of added sugars allowable in a Healthy U.S.-Style Eating Pattern at the 1,200-to-1,800 calorie levels is less than the *Dietary Guidelines* limit of 10 percent of calories. Patterns at these calorie levels are appropriate for many children and older women who are not physically active.

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group.

Food Sources of Added Sugars

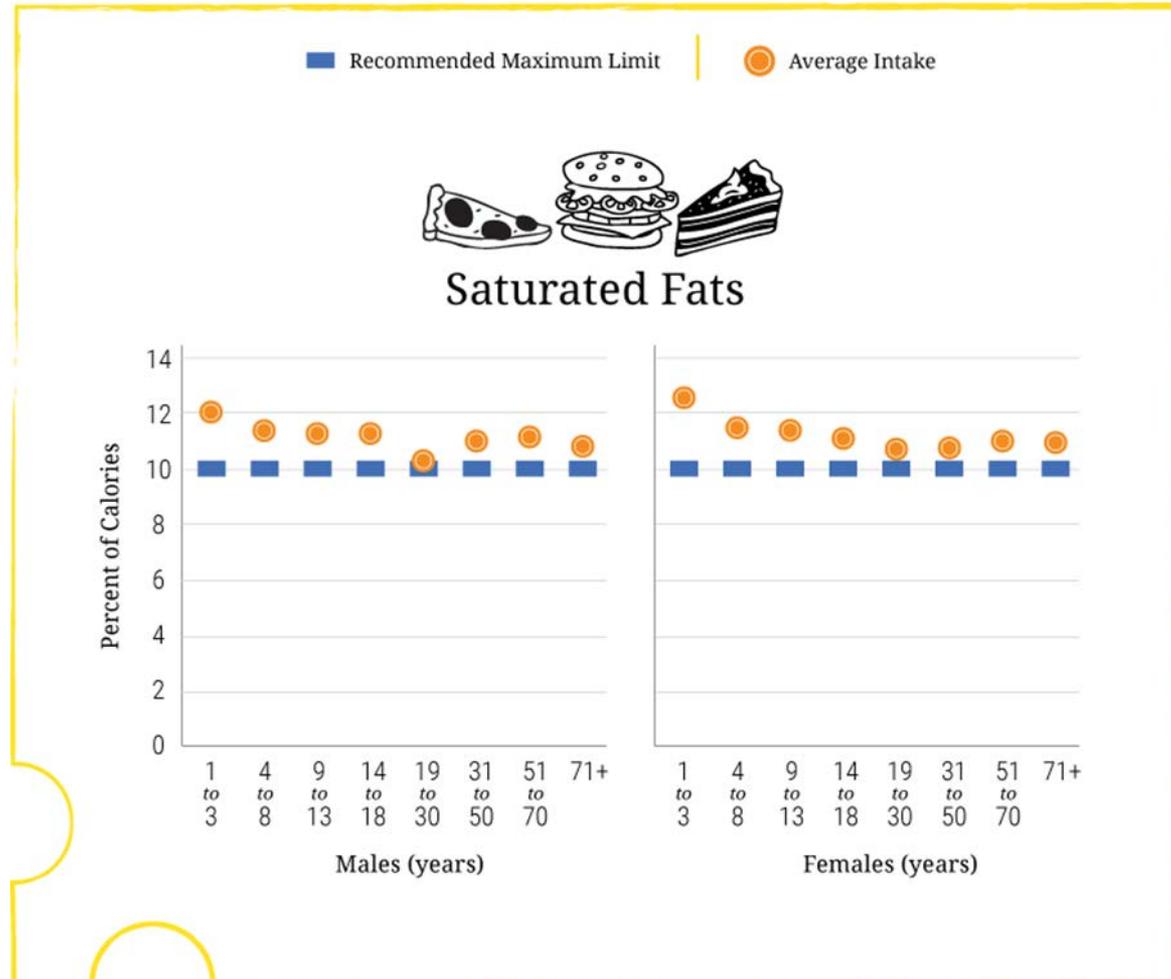
Food Category Sources of Added Sugars in the U.S. Population Ages 2 Years and Older (Figure 2-10)



Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

Saturated Fats: Intakes and Limit

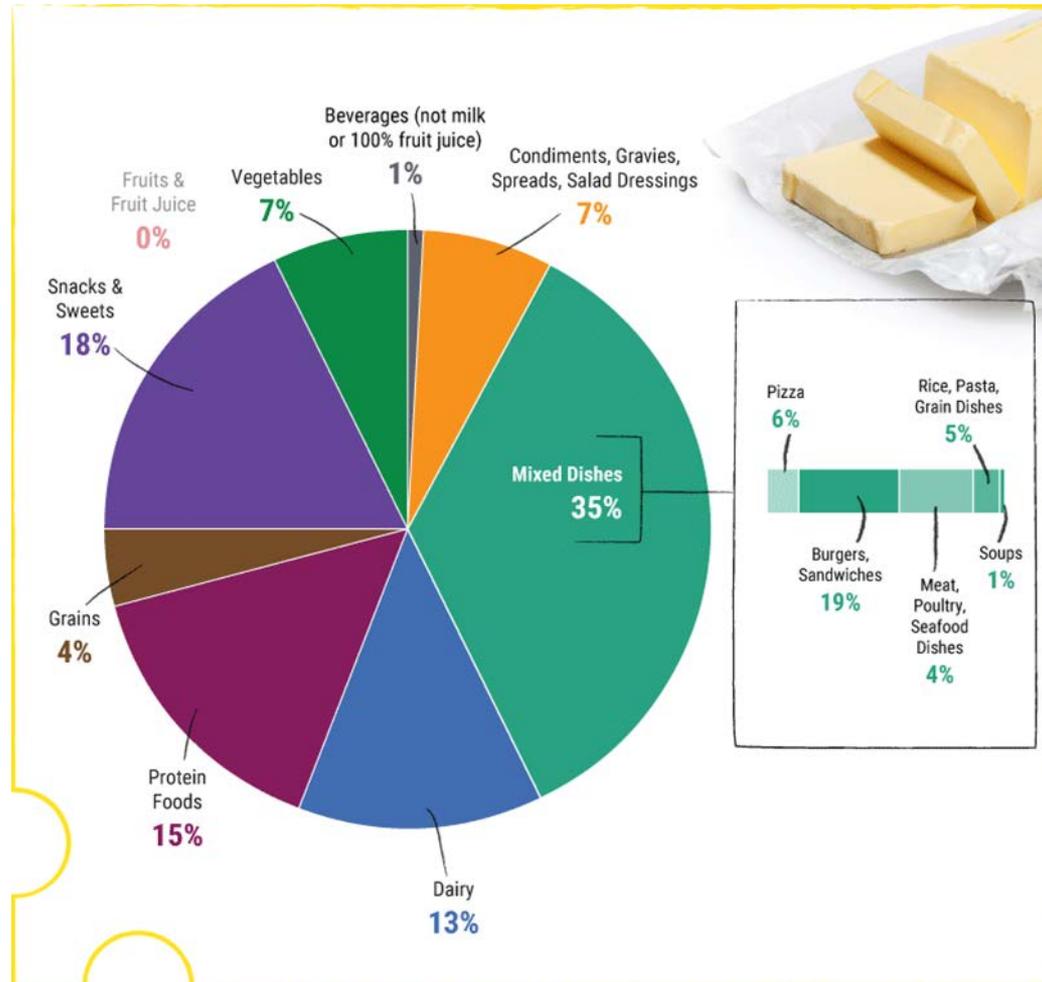
Average Intakes as a Percent of Calories per Day by Age-Sex Group, in Comparison to the Dietary Guidelines Maximum Limit of Less Than 10 Percent of Calories (Figure 2-11)



Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group

Food Sources of Saturated Fats

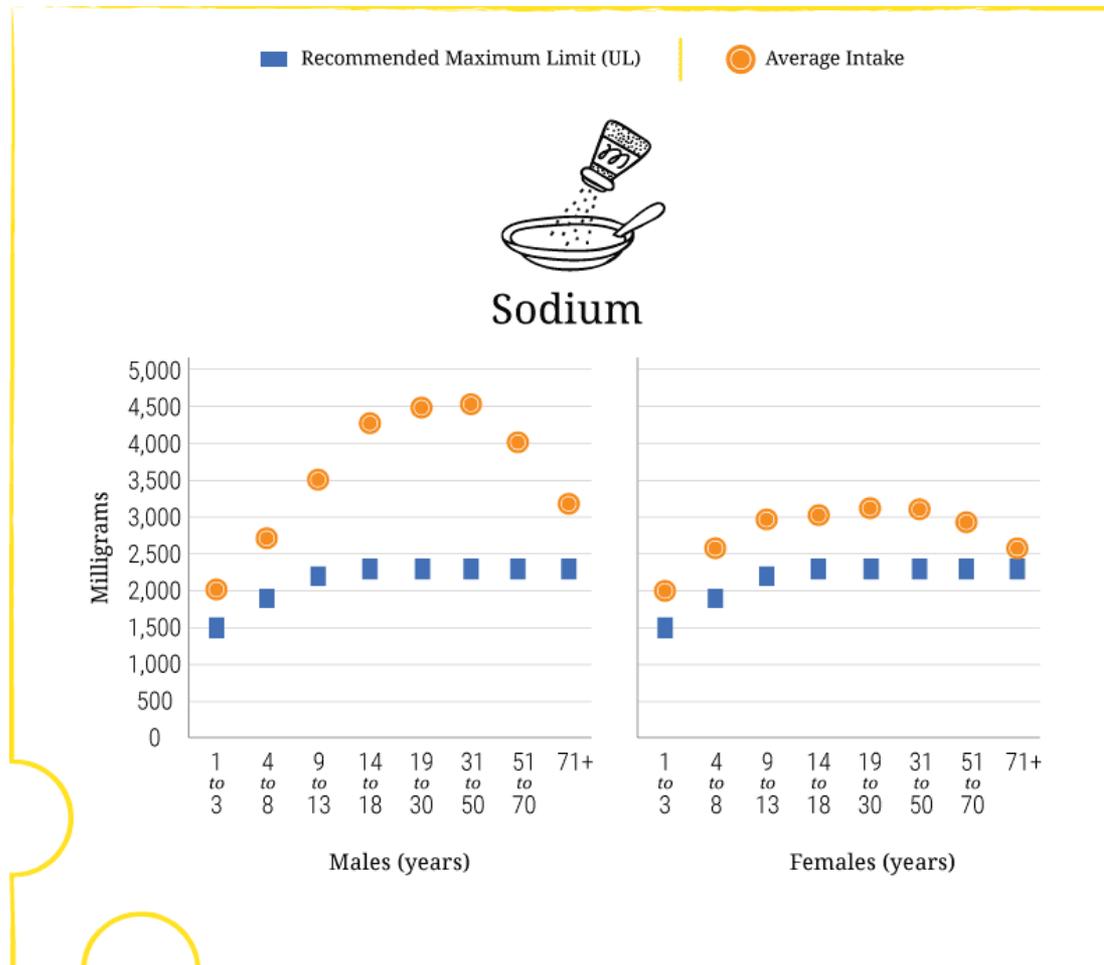
Food Category Sources of Saturated Fats in the U.S. Population Ages 2 Years and Older (Figure 2-12)



Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

Sodium: Intakes and Limits

Average Intake of Sodium in Milligrams per Day by Age-Sex Groups, Compared to Tolerable Upper Intake Levels (UL) (Figure 2-13)

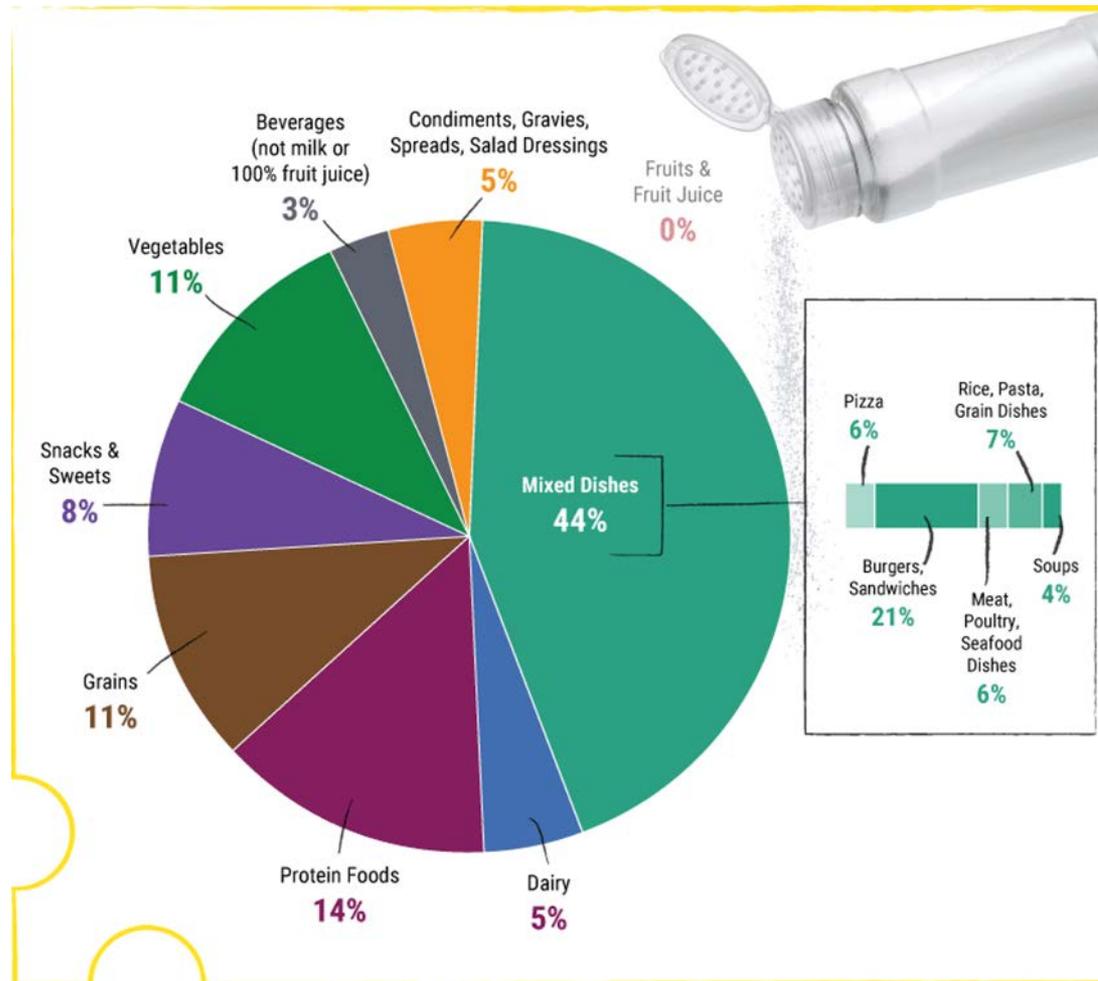


Data Sources:

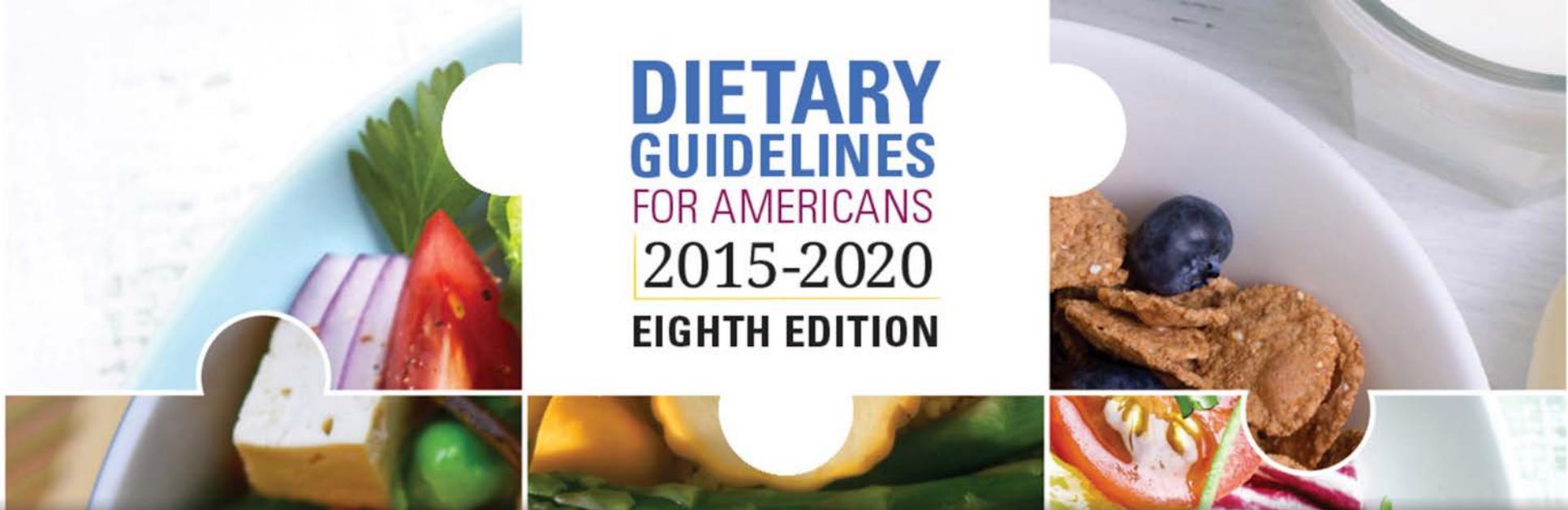
What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Institute of Medicine Dietary Reference Intakes for Tolerable Upper Intake Levels (UL).

Food Sources of Sodium

Food Category Sources of Sodium in the U.S. Population Ages 2 Years and Older (Figure 2-14)



Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.



**DIETARY
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2015-2020
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DietaryGuidelines.gov

Additional Resources:

Health.gov

ChooseMyPlate.gov