THE DIETARY GUIDELINES FOR AMERICANS CAN HELP YOU EAT HEALTHY TO BE HEALTHY

The Dietary Guidelines for Americans provide science-based advice to help everyone—no matter their age, race, socioeconomic, or health status—achieve better health by making every bite count.

Americans Do Not Follow the Dietary Guidelines and Our Health Is Suffering

The Science Behind the Dietary Guidelines Represents Americans

Following the Dietary Guidelines Can Help Improve Americans’ Health

For more information about the Dietary Guidelines, visit DietaryGuidelines.gov.