Slide Deck Overview

This presentation on the Dietary Guidelines for Americans, 2020-2025 is intended for use and adaptation by nutrition and health professionals to communicate about the Dietary Guidelines. This life stage presentation contains slides specific to the life stage downloaded and is designed to be used as a stand-alone presentation or can be combined with any slides from the full presentation. Professionals are encouraged to download and edit the presentation(s) to best suit their intended use and audience. Learn more about using the content within these slides by reviewing the permission to use statement below.

Permission to Use

The content within these presentations and any Graphs, Figures, and Tables within the Dietary Guidelines for Americans, 2020-2025 are in the public domain and may be used without permission. Most Photos and Illustrations included in these presentations are NOT in the public domain, thus permission cannot be granted for their use or reproduction for other purposes. However, Photos used in Figures 1-8 and 1-9 are in the public domain and may be used without permission. We ask, however, that if you reproduce this content, either electronically or in print, that you use content as originally designed; that it not be altered or modified; and that it be sourced to the Dietary Guidelines for Americans, 2020-2025. If content is altered or modified, do not source the Dietary Guidelines. Please contact us at dietaryguidelines@usda.gov for further questions.

Suggested citation


USDA is an equal opportunity provider, employer, and lender.

November 2021
Adults
Healthy U.S. Style Dietary Pattern: Adults Ages 19 Through 59

<table>
<thead>
<tr>
<th>FOOD GROUP OR SUBGROUP</th>
<th>1,600</th>
<th>1,800</th>
<th>2,000</th>
<th>2,200</th>
<th>2,400</th>
<th>2,600</th>
<th>2,800</th>
<th>3,000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables (cup eq/day)</strong></td>
<td>2</td>
<td>2 ½</td>
<td>2 ½</td>
<td>3</td>
<td>3</td>
<td>3 ½</td>
<td>3 ½</td>
<td>4</td>
</tr>
<tr>
<td><strong>Subgroups in Weekly Amounts</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dark-Green Vegetables (cup eq/wk)</td>
<td>1 ½</td>
<td>1 ½</td>
<td>1 ½</td>
<td>2</td>
<td>2</td>
<td>2 ½</td>
<td>2 ½</td>
<td>2 ½</td>
</tr>
<tr>
<td>Red &amp; Orange Vegetables (cup eq/wk)</td>
<td>4</td>
<td>5 ½</td>
<td>5 ½</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>7</td>
<td>7 ½</td>
</tr>
<tr>
<td>Beans, Peas, Lentils (cup eq/wk)</td>
<td>1</td>
<td>1 ½</td>
<td>1 ½</td>
<td>2</td>
<td>2</td>
<td>2 ½</td>
<td>2 ½</td>
<td>3</td>
</tr>
<tr>
<td>Starchy Vegetables (cup eq/wk)</td>
<td>4</td>
<td>5</td>
<td>5</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Other Vegetables (cup eq/wk)</td>
<td>3 ½</td>
<td>4</td>
<td>4</td>
<td>5</td>
<td>5</td>
<td>5 ½</td>
<td>5 ½</td>
<td>7</td>
</tr>
<tr>
<td><strong>Fruits (cup eq/day)</strong></td>
<td>1 ½</td>
<td>1 ½</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2 ½</td>
<td>2 ½</td>
<td>2 ½</td>
</tr>
<tr>
<td><strong>Grains (ounce eq/day)</strong></td>
<td>5</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Whole Grains (ounce eq/day)</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3 ½</td>
<td>4</td>
<td>4 ½</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Refined Grains (ounce eq/day)</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>3 ½</td>
<td>4</td>
<td>4 ½</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td><strong>Dairy (cup eq/day)</strong></td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>Protein Foods (ounce eq/day)</strong></td>
<td>5</td>
<td>5</td>
<td>5 ½</td>
<td>6</td>
<td>6 ½</td>
<td>6 ½</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td><strong>Subgroups in Weekly Amounts</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meats, Poultry, Eggs (ounce eq/wk)</td>
<td>23</td>
<td>23</td>
<td>26</td>
<td>28</td>
<td>31</td>
<td>31</td>
<td>33</td>
<td>33</td>
</tr>
<tr>
<td>Seafood (ounce eq/wk)</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Nuts, Seeds, Soy Products (ounce eq/wk)</td>
<td>4</td>
<td>4</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Oils (grams/day)</td>
<td>22</td>
<td>24</td>
<td>27</td>
<td>29</td>
<td>31</td>
<td>34</td>
<td>36</td>
<td>44</td>
</tr>
<tr>
<td>Limit on Calories for Other Uses (kcal/day)</td>
<td>100</td>
<td>140</td>
<td>240</td>
<td>250</td>
<td>320</td>
<td>350</td>
<td>370</td>
<td>440</td>
</tr>
<tr>
<td>Limit on Calories for Other Uses (%/day)</td>
<td>6%</td>
<td>8%</td>
<td>12%</td>
<td>11%</td>
<td>13%</td>
<td>13%</td>
<td>13%</td>
<td>15%</td>
</tr>
</tbody>
</table>
Current Intakes: Ages 19 Through 30

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

Healthy Eating Index Score (on a scale of 0-100)

Data Source: Average intakes and HEI2015 Scores Analysis of What We Eat in America, NHANES 2013-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges Healthy U.S.-Style Dietary Patterns.
Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 19 Through 30

Data Source: Average Intakes Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns.
Current Intakes: Ages 19 Through 30
Added Sugars, Saturated Fat & Sodium

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

**Added Sugars**
Limit: 10% of total energy

- **Males**: 62%
- **Females**: 66%

**Average Intakes**
- **Males**: 313 kcal
- **Females**: 271 kcal

**Saturated Fat**
Limit: 10% of total energy

- **Males**: 76%
- **Females**: 71%

**Average Intakes**
- **Males**: 292 kcal
- **Females**: 218 kcal

**Sodium**
Limit: 2,300 mg

- **Males**: 97%
- **Females**: 84%

**Average Intakes**
- **Males**: 4,274 mg
- **Females**: 3,142 mg

Data Source: Percent Exceeding Limits/What We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted.
Current Intakes: Ages 31 Through 59

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

Healthy Eating Index Score (on a scale of 0-100)

59

Data Source: Average Intakes and HEI2015 Scores Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges Healthy U.S.-Style Dietary Patterns.
Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 31 Through 59

Data Source: Average Intakes Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns.
Current Intakes: Ages 31 Through 59
Added Sugars, Saturated Fat & Sodium

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

### Added Sugars
- **Limit:** 10% of total energy
- **Males:** 59%
- **Females:** 63%

### Saturated Fat
- **Limit:** 10% of total energy
- **Males:** 73%
- **Females:** 70%

### Sodium
- **Limit:** 2,300 mg
- **Males:** 97%
- **Females:** 82%

**Average Intakes**
- **Males**
  - Added Sugars: 348 kcal
  - Saturated Fat: 284 kcal
  - Sodium: 4,172 mg
- **Females**
  - Added Sugars: 233 kcal
  - Saturated Fat: 211 kcal
  - Sodium: 3,062 mg

**Data Source:**
Percent Exceeding LimitsWhat We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted.
Special Considerations: Adults

The prevalence of overweight and obesity and diet-related chronic disease becomes more apparent during this life stage, making the following food components of particular concern:

» Dietary Fiber
» Calcium and Vitamin D
» Saturated Fat
» Sodium
» Added Sugars
» Alcoholic Beverages
Supporting Healthy Eating: Adults

• Health professionals play an important role in supporting adults’ healthy eating behaviors and can help adults:
  » Prepare and consume healthy meals at home, when possible, and make careful food selections away from home
  » Adopt new habits and/or learn new skills, such as meal planning or cooking

• Changing organizational practices, approaches, and/or policies to support improved dietary patterns is also needed.
## Resources

### Federal Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SNAP</td>
<td>Supplemental Nutrition Assistance Program</td>
</tr>
<tr>
<td>FDPIR</td>
<td>Food Distribution Program on Indian Reservations</td>
</tr>
<tr>
<td>SNAP-Ed</td>
<td>SNAP Education</td>
</tr>
<tr>
<td>EFNET</td>
<td>Expanded Food and Nutrition Education Program</td>
</tr>
</tbody>
</table>