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## Suggested citation

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://DietaryGuidelines.gov).

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November 2021



# Adults

**DGA** | Dietary  
Guidelines  
for Americans





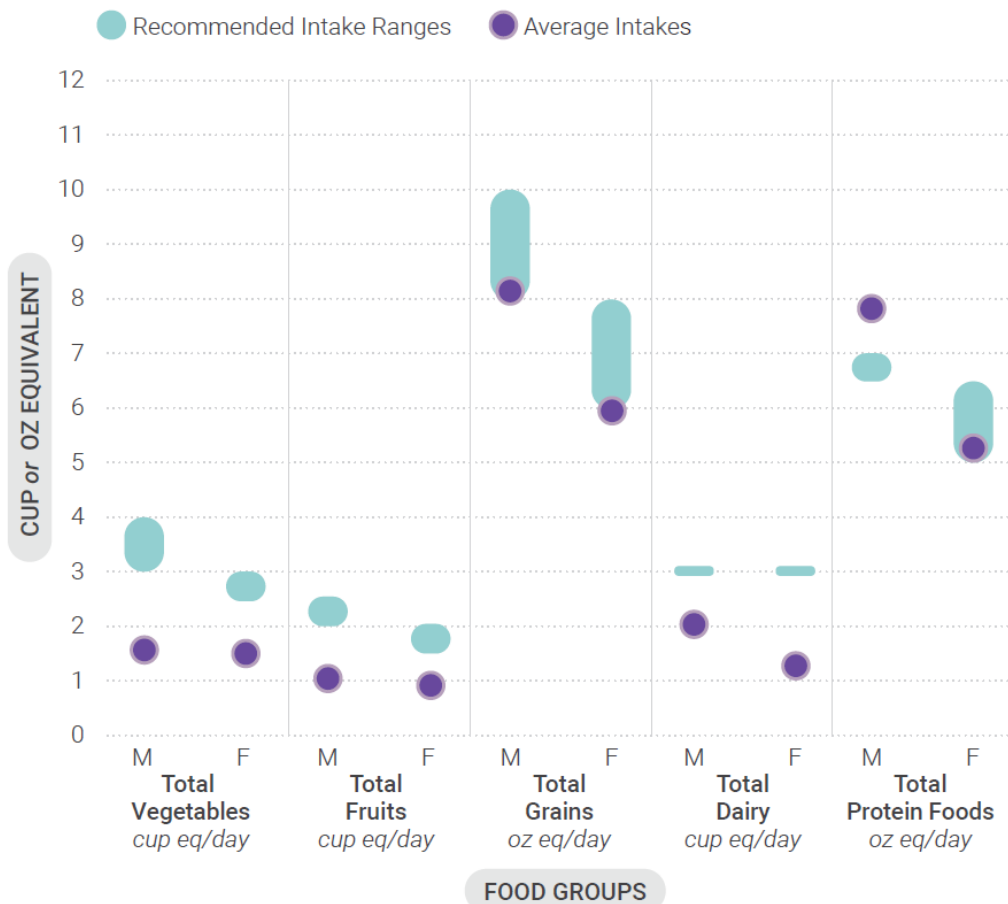
# Healthy U.S. Style Dietary Pattern: Adults Ages 19 Through 59

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000
FOOD GROUP OR SUBGROUP <sup>b</sup>	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)							
Vegetables (cup eq/day)	2	2 ½	2 ½	3	3	3 ½	3 ½	4
	Vegetable Subgroups in Weekly Amounts							
Dark-Green Vegetables (cup eq/wk)	1 ½	1 ½	1 ½	2	2	2 ½	2 ½	2 ½
Red & Orange Vegetables (cup eq/wk)	4	5 ½	5 ½	6	6	7	7	7 ½
Beans, Peas, Lentils (cup eq/wk)	1	1 ½	1 ½	2	2	2 ½	2 ½	3
Starchy Vegetables (cup eq/wk)	4	5	5	6	6	7	7	8
Other Vegetables (cup eq/wk)	3 ½	4	4	5	5	5 ½	5 ½	7
Fruits (cup eq/day)	1 ½	1 ½	2	2	2	2	2 ½	2 ½
Grains (ounce eq/day)	5	6	6	7	8	9	10	10
Whole Grains (ounce eq/day)	3	3	3	3 ½	4	4 ½	5	5
Refined Grains (ounce eq/day)	2	3	3	3 ½	4	4 ½	5	5
Dairy (cup eq/day)	3	3	3	3	3	3	3	3
Protein Foods (ounce eq/day)	5	5	5 ½	6	6 ½	6 ½	7	7
	Protein Foods Subgroups in Weekly Amounts							
Meats, Poultry, Eggs (ounce eq/wk)	23	23	26	28	31	31	33	33
Seafood (ounce eq/wk)	8	8	8	9	10	10	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	4	4	5	5	5	5	6	6
Oils (grams/day)	22	24	27	29	31	34	36	44
Limit on Calories for Other Uses (kcal/day) <sup>c</sup>	100	140	240	250	320	350	370	440
Limit on Calories for Other Uses (%/day)	6%	8%	12%	11%	13%	13%	13%	15%



# Current Intakes: Ages 19 Through 30

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

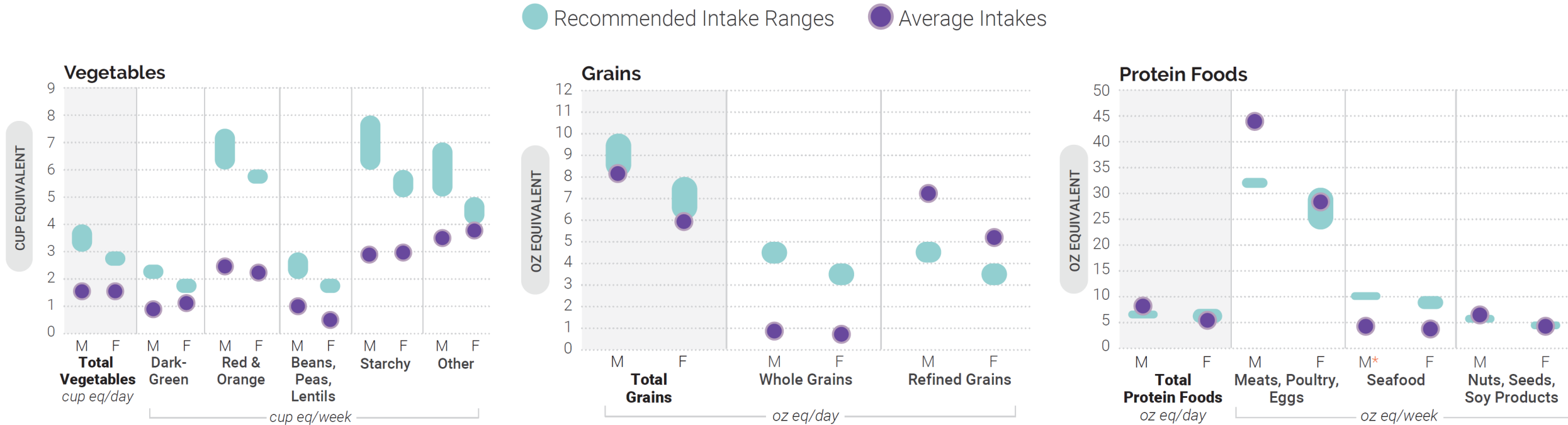


Healthy Eating Index Score  
(on a scale of 0-100)

56



# Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 19 Through 30

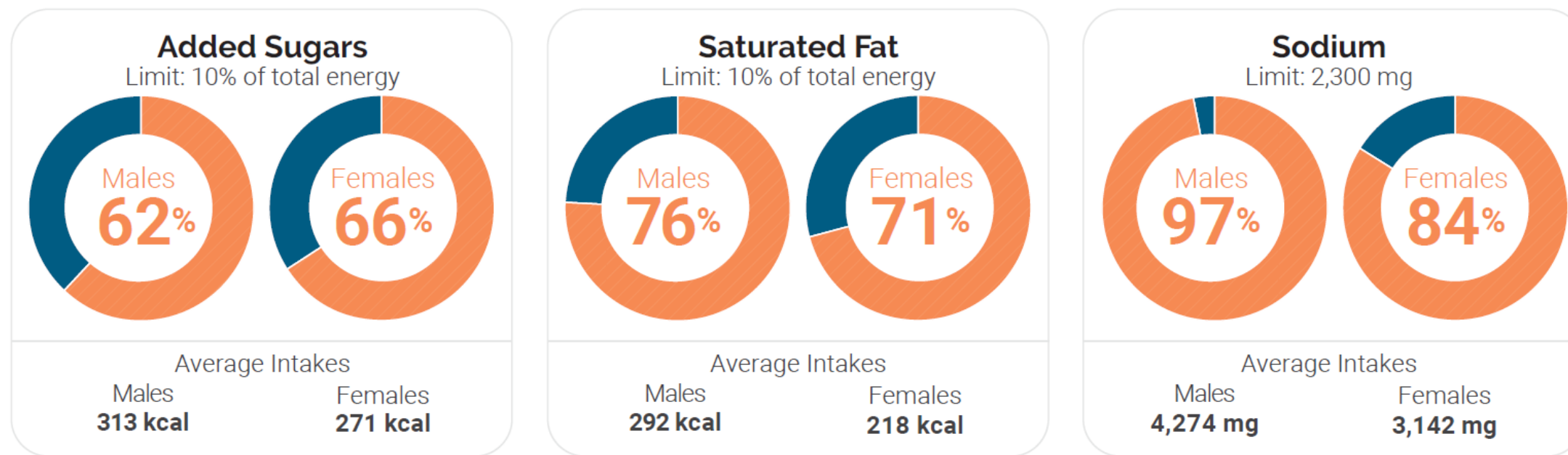


# Current Intakes: Ages 19 Through 30

## Added Sugars, Saturated Fat & Sodium

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

● Exceeding Limit ● Within Recommended Limit

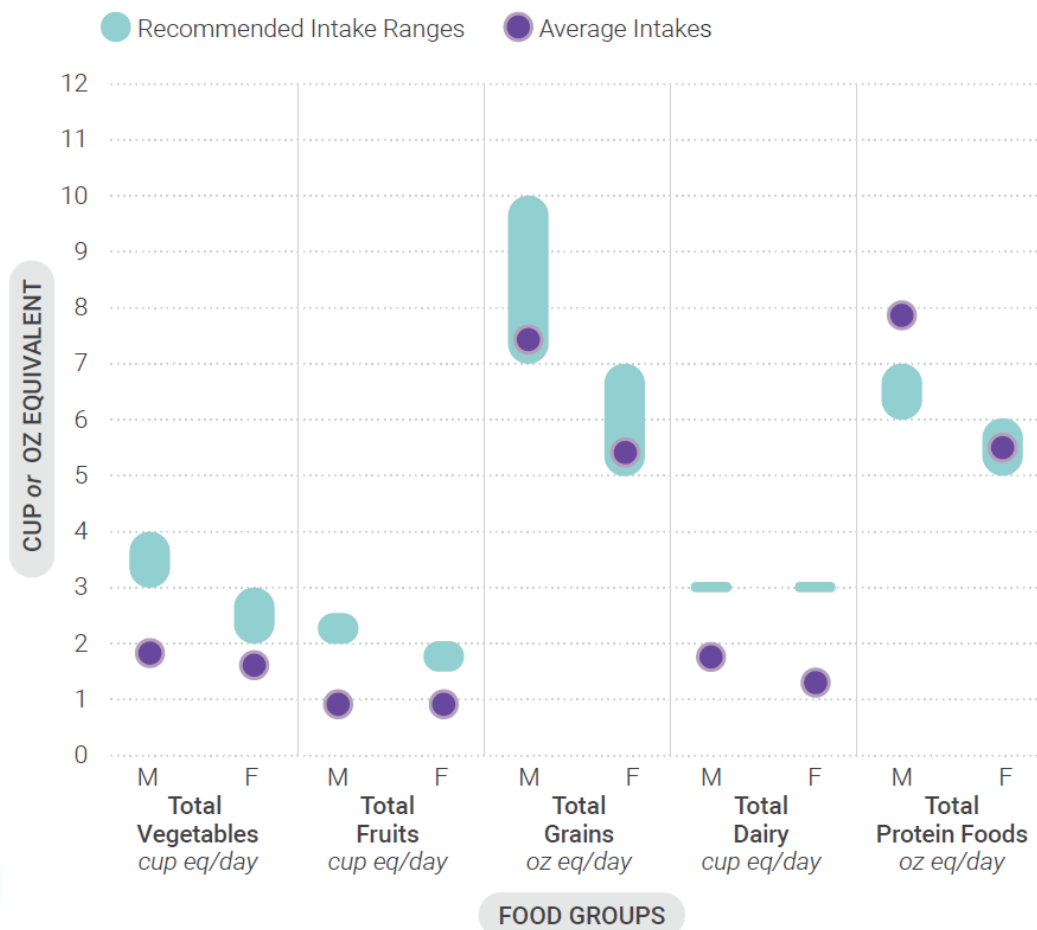






# Current Intakes: Ages 31 Through 59

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



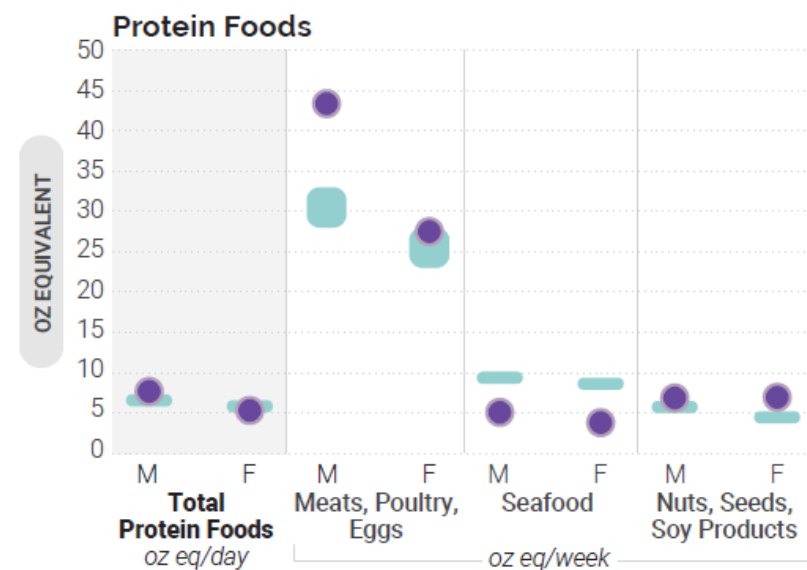
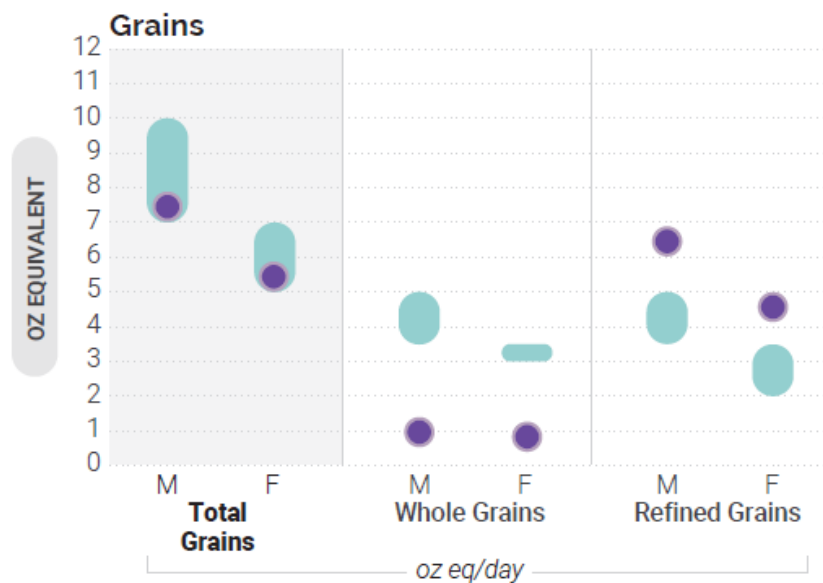
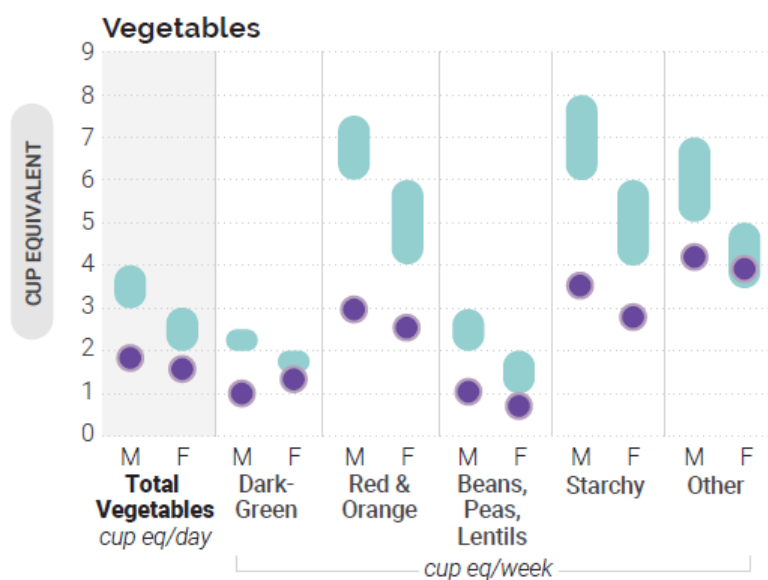
Healthy Eating Index Score (on a scale of 0-100)





# Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 31 Through 59

● Recommended Intake Ranges ● Average Intakes



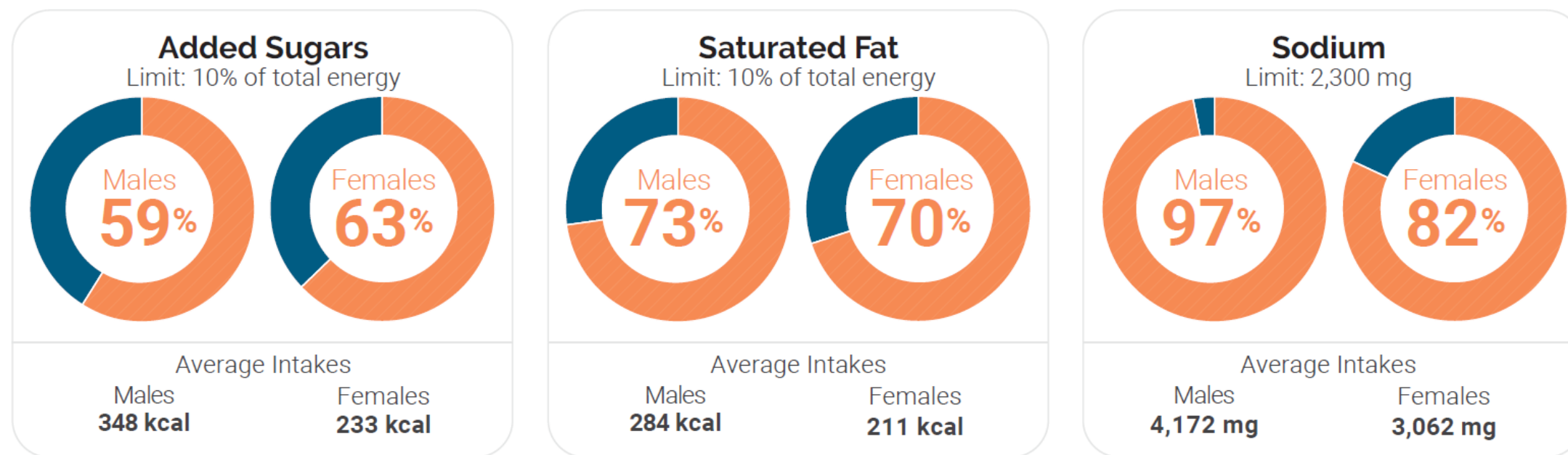


# Current Intakes: Ages 31 Through 59

## Added Sugars, Saturated Fat & Sodium

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

● Exceeding Limit ● Within Recommended Limit



# 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

SNAP	Supplemental Nutrition Assistance Program
FDPIR	Food Distribution Program on Indian Reservations
SNAP-Ed	SNAP Education
EFNET	Expanded Food and Nutrition Education Program

