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## Suggested citation

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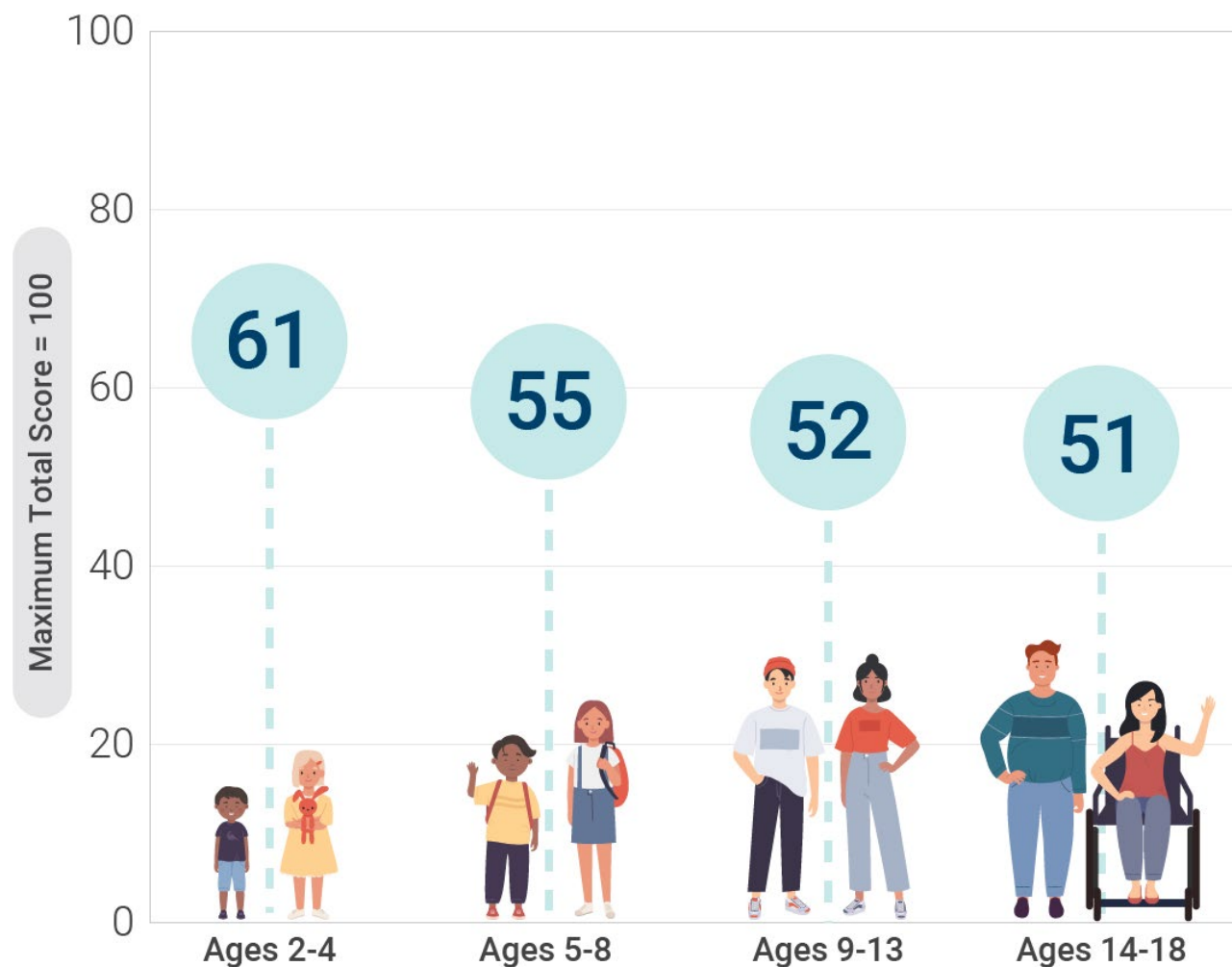


# Children & Adolescents

**DGA** | Dietary  
Guidelines  
for Americans



# Healthy Eating Index Scores Across Childhood and Adolescence



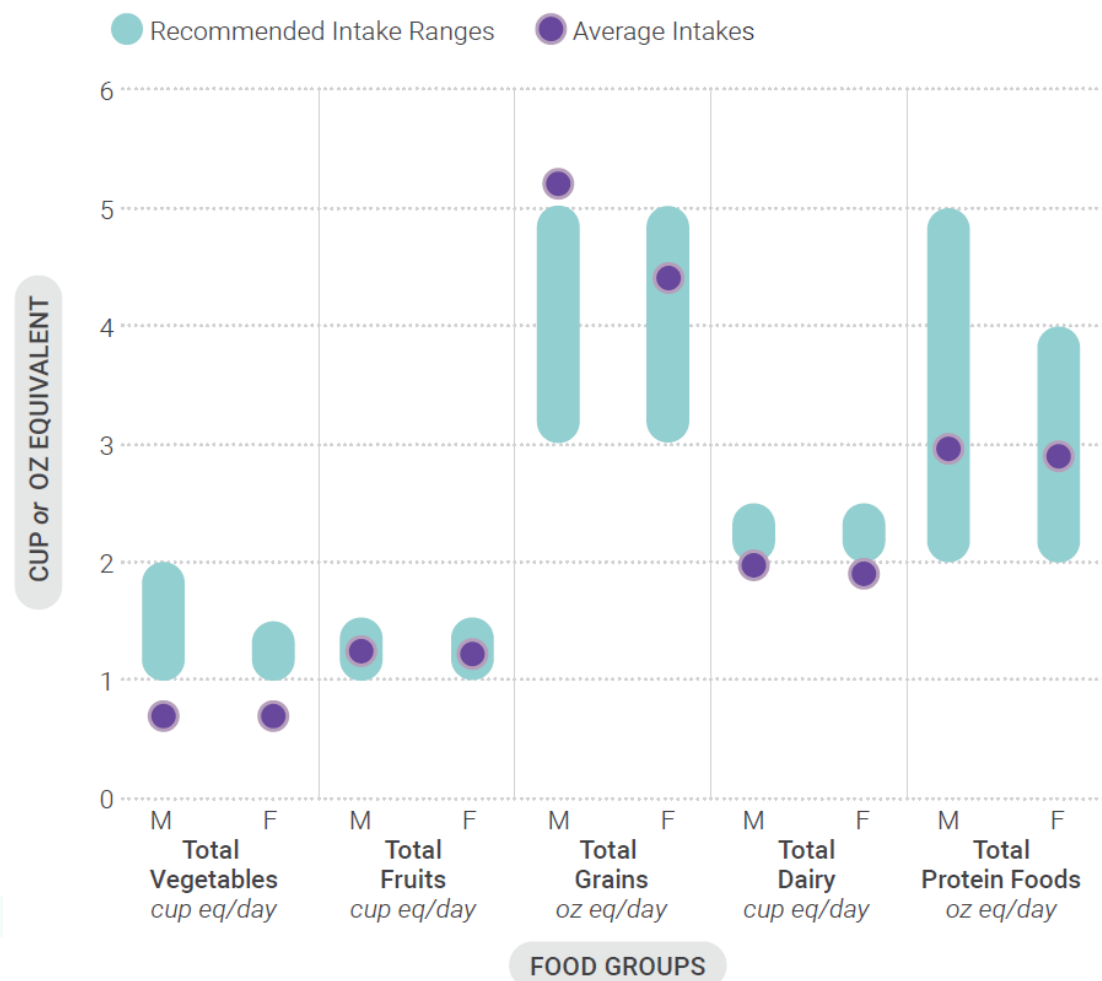
# Healthy U.S. Style Dietary Pattern: Ages 2 Through 8

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,000	1,200	1,400	1,600	1,800	2,000
FOOD GROUP OR SUBGROUP <sup>b</sup>	Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)					
<b>Vegetables (cup eq/day)</b>	<b>1</b>	<b>1 ½</b>	<b>1 ½</b>	<b>2</b>	<b>2 ½</b>	<b>2 ½</b>
	Vegetable Subgroups in Weekly Amounts					
Dark-Green Vegetables (cup eq/wk)	½	1	1	1 ½	1 ½	1 ½
Red and Orange Vegetables (cup eq/wk)	2 ½	3	3	4	5 ½	5 ½
Beans, Peas, Lentils (cup eq/wk)	½	½	½	1	1 ½	1 ½
Starchy Vegetables (cup eq/wk)	2	3 ½	3 ½	4	5	5
Other Vegetables (cup eq/wk)	1 ½	2 ½	2 ½	3 ½	4	4
<b>Fruits (cup eq/day)</b>	<b>1</b>	<b>1</b>	<b>1 ½</b>	<b>1 ½</b>	<b>1 ½</b>	<b>2</b>
<b>Grains (ounce eq/day)</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>6</b>
Whole Grains (ounce eq/day)	1 ½	2	2 ½	3	3	3
Refined Grains (ounce eq/day)	1 ½	2	2 ½	2	3	3
<b>Dairy (cup eq/day)</b>	<b>2</b>	<b>2 ½</b>	<b>2 ½</b>	<b>2 ½</b>	<b>2 ½</b>	<b>2 ½</b>
<b>Protein Foods (ounce eq/day)</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>5 ½</b>
	Protein Foods Subgroups in Weekly Amounts					
Meats, Poultry, Eggs (ounce eq/wk)	10	14	19	23	23	26
Seafood (ounce eq/wk) <sup>c</sup>	2-3 <sup>d</sup>	4	6	8	8	8
Nuts, Seeds, Soy Products (ounce eq/wk)	2	2	3	4	4	5
<b>Oils (grams/day)</b>	<b>15</b>	<b>17</b>	<b>17</b>	<b>22</b>	<b>22</b>	<b>24</b>
<b>Limit on Calories for Other Uses (kcal/day)<sup>e</sup></b>	<b>130</b>	<b>80</b>	<b>90</b>	<b>150</b>	<b>190</b>	<b>280</b>
Limit on Calories for Other Uses (%/day)	13%	7%	6%	9%	10%	14%



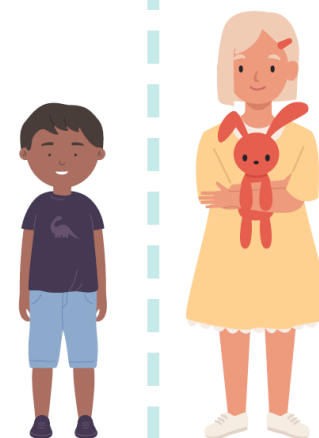
# Current Intakes: Ages 2 Through 4

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



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

61

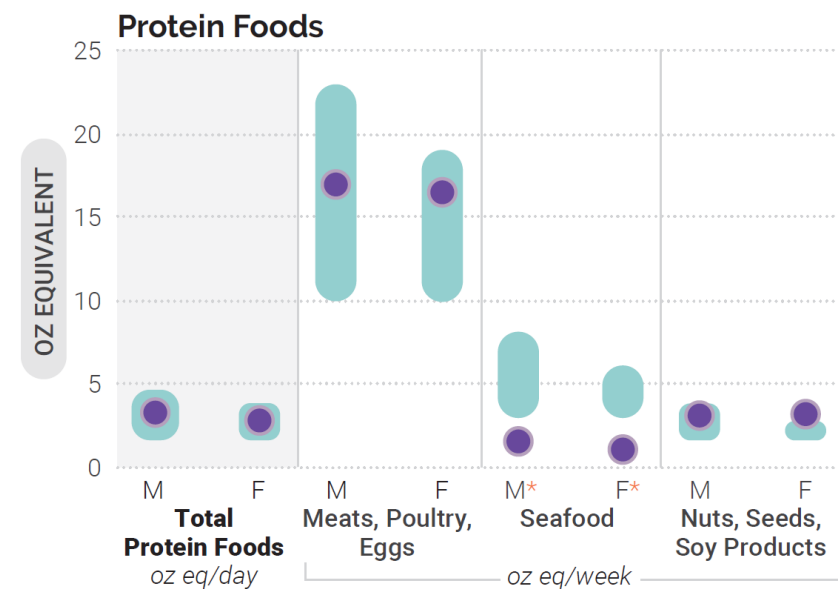
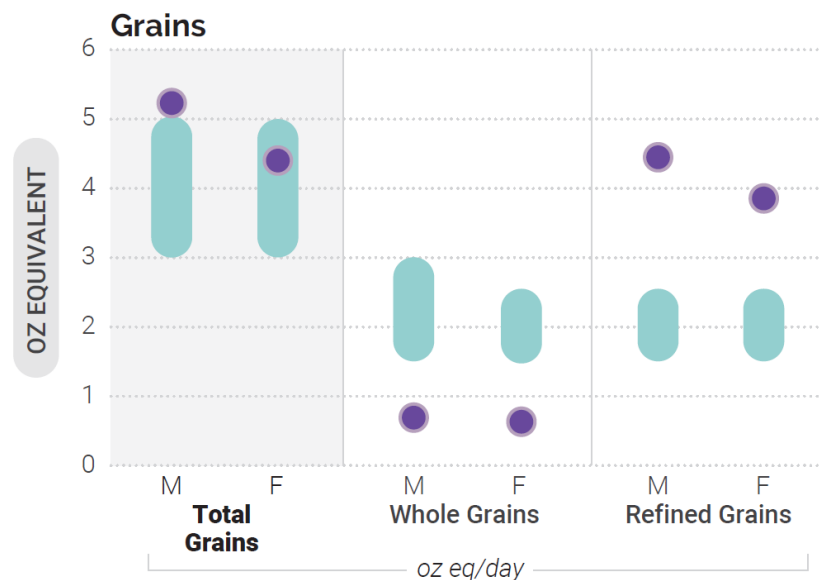
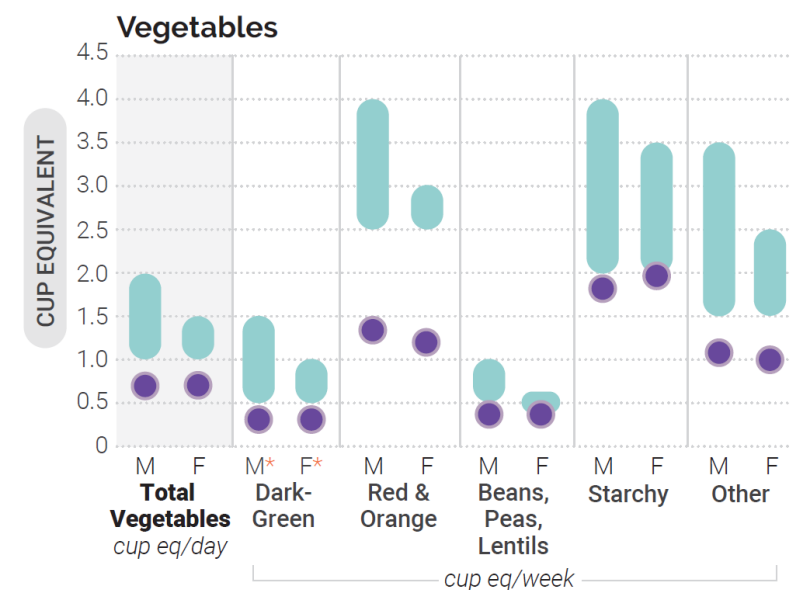






# Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 2 Through 4

Recommended Intake Ranges      Average Intakes



\*Note: Estimates may be less precise than others due to small sample size and/or large relative standard error.

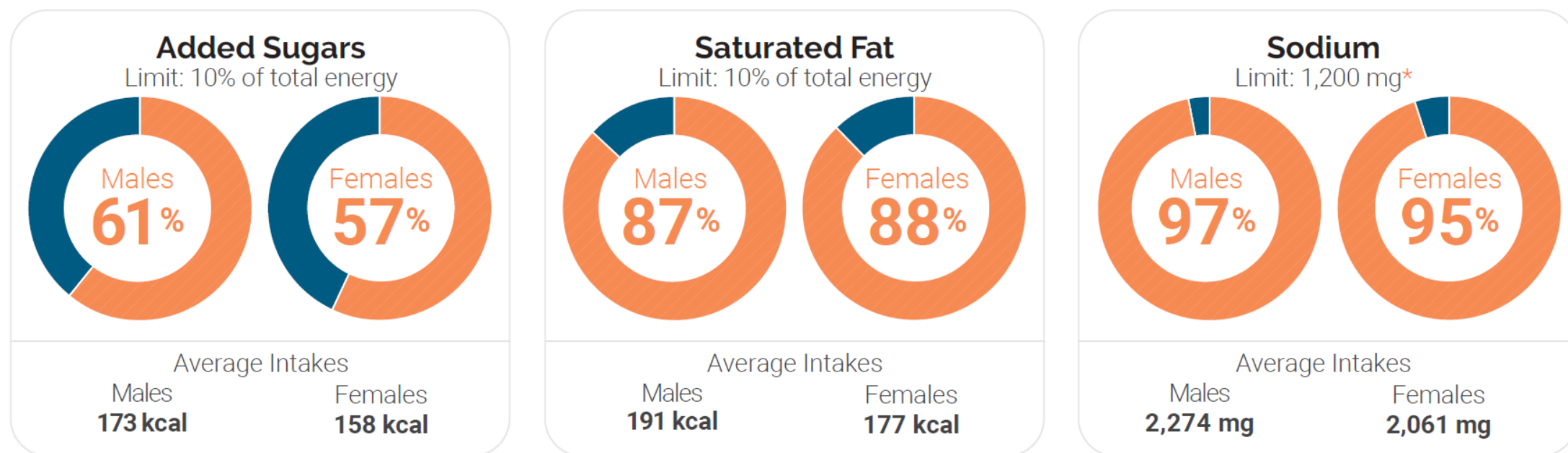
**Data Source:** Average Intakes: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted.  
Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns.

# Current Intakes: Ages 2 Through 4

## Added Sugars, Saturated Fat & Sodium

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

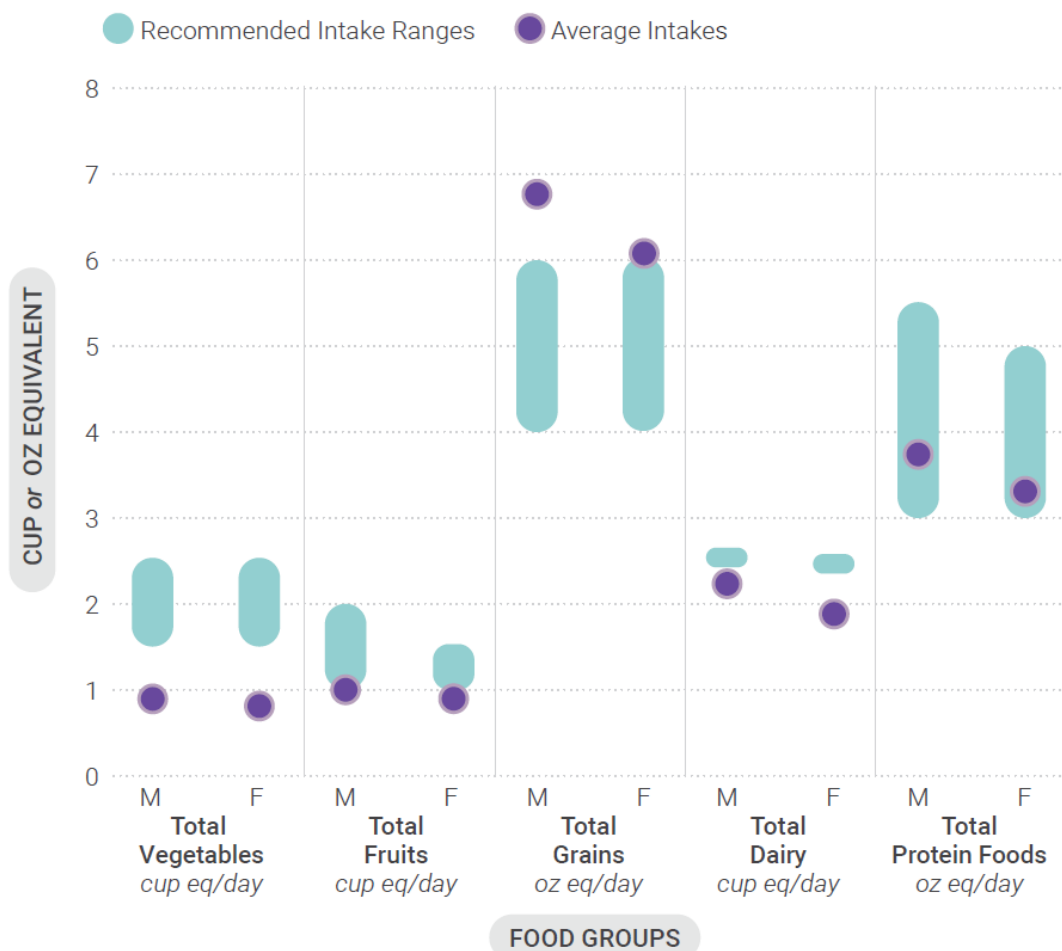
● Exceeding Limit ● Within Recommended Limit





# Current Intakes: Ages 5 Through 8

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



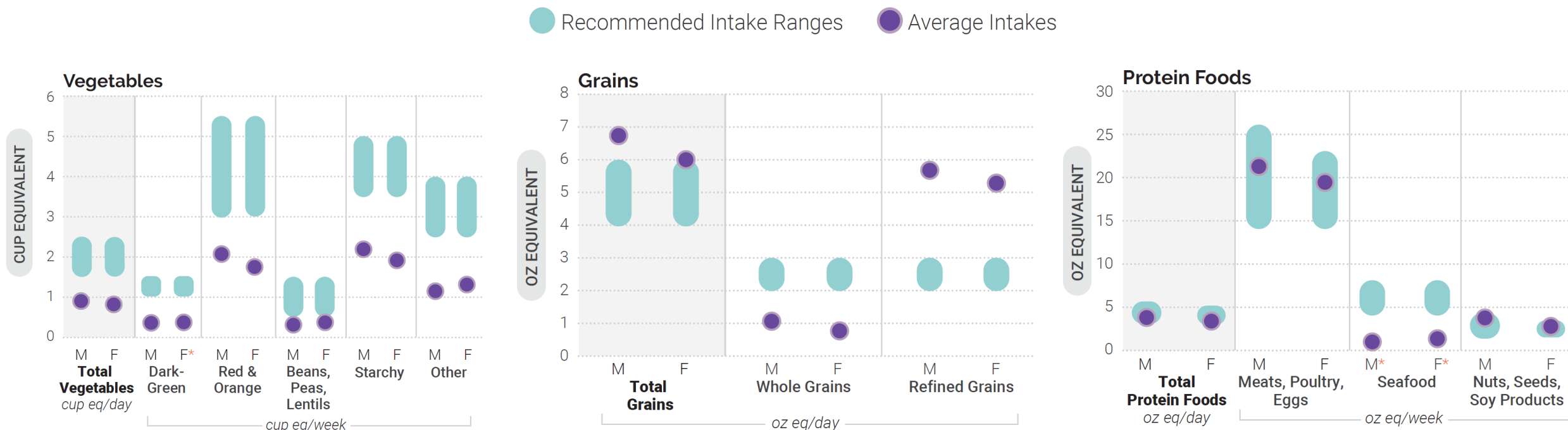
Healthy Eating Index Score (on a scale of 0-100)







# Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 5 Through 8

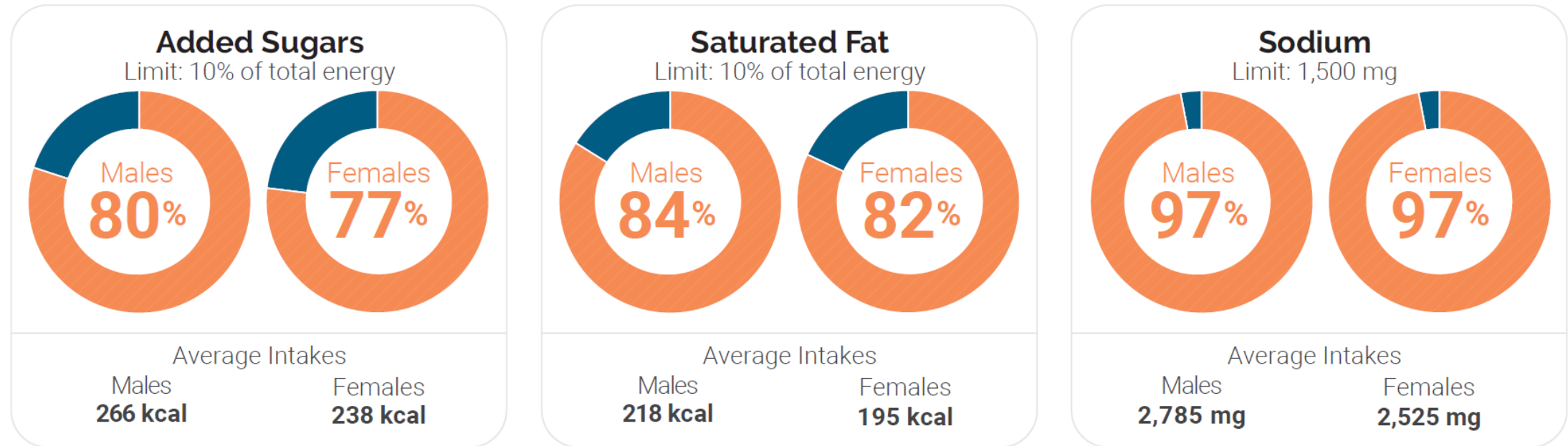


# Current Intakes: Ages 5 Through 8

## Added Sugars, Saturated Fat & Sodium

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

● Exceeding Limit ● Within Recommended Limit





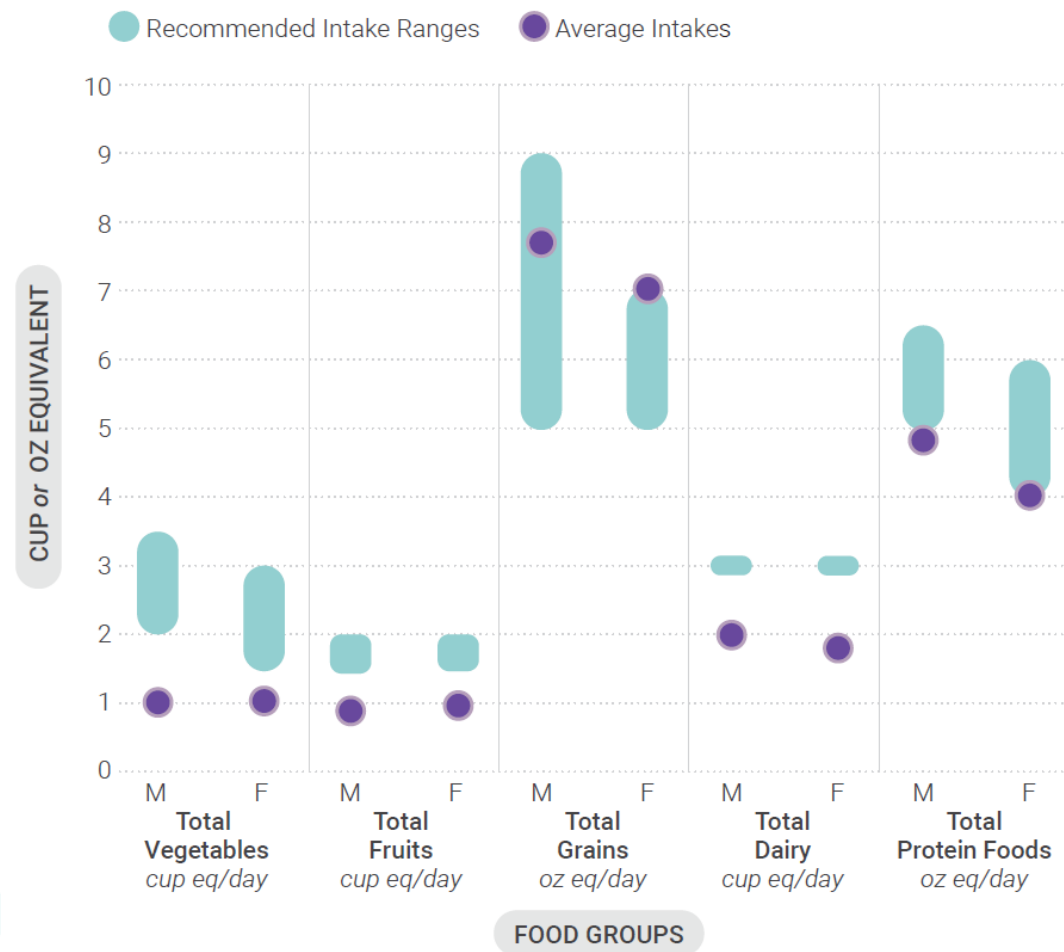
# Healthy U.S. Style Dietary Pattern: Ages 9 Through 13

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,400	1,600	1,800	2,000	2,200	2,400	2,600
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)	1 ½	2	2 ½	2 ½	3	3	3 ½
	Vegetable Subgroups in Weekly Amounts						
Dark-Green Vegetables (cup eq/wk)	1	1 ½	1 ½	1 ½	2	2	2 ½
Red & Orange Vegetables (cup eq/wk)	3	4	5 ½	5 ½	6	6	7
Beans, Peas, Lentils (cup eq/wk)	½	1	1 ½	1 ½	2	2	2 ½
Starchy Vegetables (cup eq/wk)	3 ½	4	5	5	6	6	7
Other Vegetables (cup eq/wk)	2 ½	3 ½	4	4	5	5	5 ½
Fruits (cup eq/day)	1 ½	1 ½	1 ½	2	2	2	2
Grains (ounce eq/day)	5	5	6	6	7	8	9
Whole Grains (ounce eq/day)	2 ½	3	3	3	3 ½	4	4 ½
Refined Grains (ounce eq/day)	2 ½	2	3	3	3 ½	4	4 ½
Dairy (cup eq/day)	3	3	3	3	3	3	3
Protein Foods (ounce eq/day)	4	5	5	5 ½	6	6 ½	6 ½
	Protein Foods Subgroups in Weekly Amounts						
Meats, Poultry, Eggs (ounce eq/wk)	19	23	23	26	28	31	31
Seafood (ounce eq/wk) <sup>c</sup>	6	8	8	8	9	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	3	4	4	5	5	5	5
Oils (grams/day)	17	22	24	27	29	31	34
Limit on Calories for Other Uses (kcal/day) <sup>d</sup>	50	100	140	240	250	320	350
Limit on Calories for Other Uses (%/day)	4%	6%	8%	12%	11%	13%	13%



# Current Intakes: Ages 9 Through 13

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



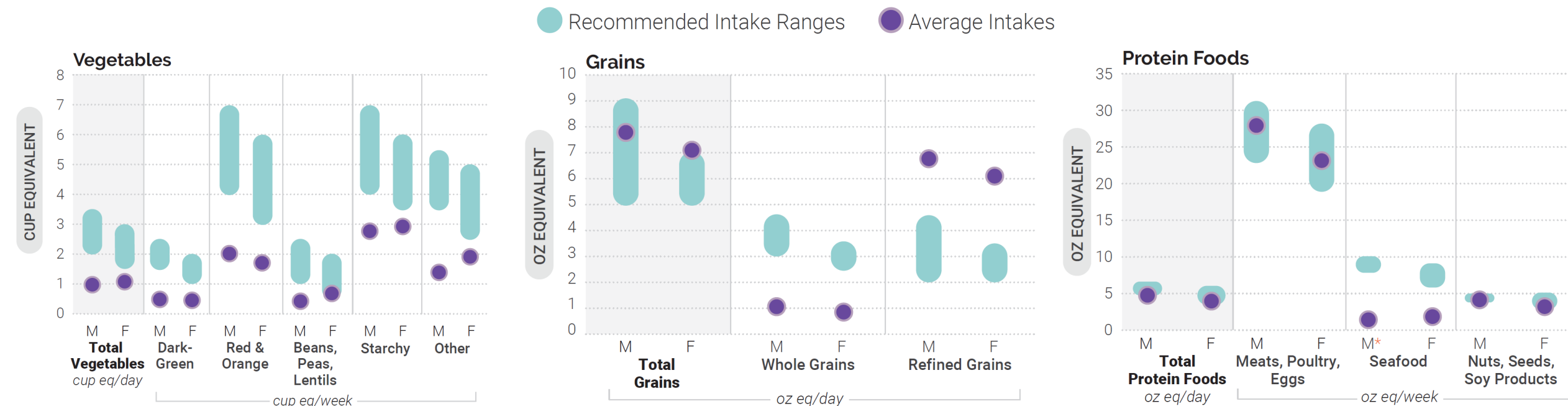
Healthy Eating Index Score  
(on a scale of 0-100)

52





# Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 9 Through 13

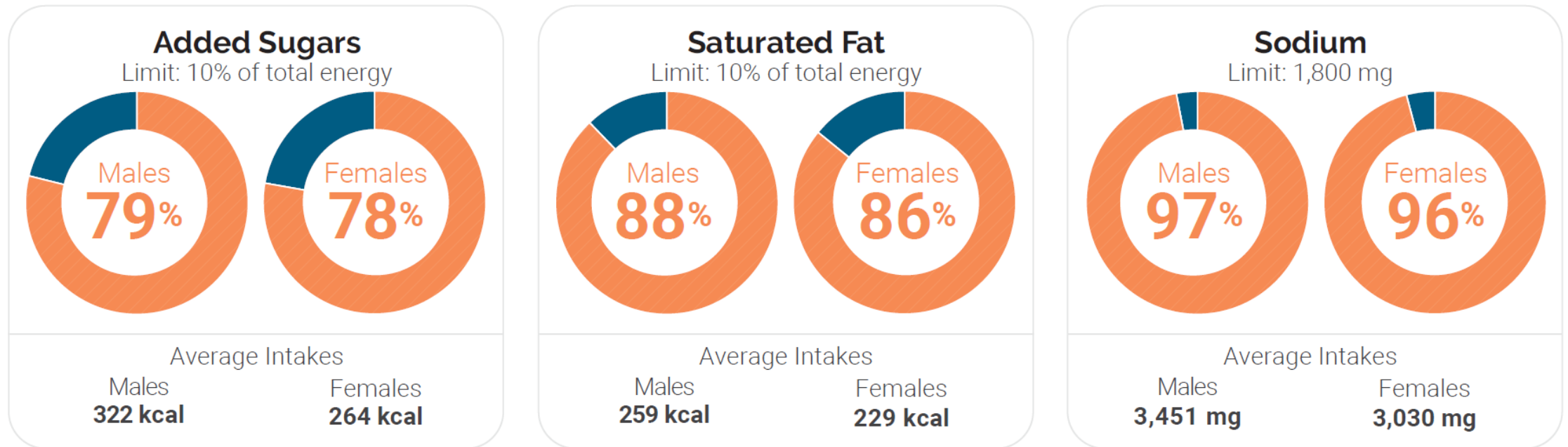


# Current Intakes: Ages 9 Through 13

## Added Sugars, Saturated Fat & Sodium

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

● Exceeding Limit ● Within Recommended Limit







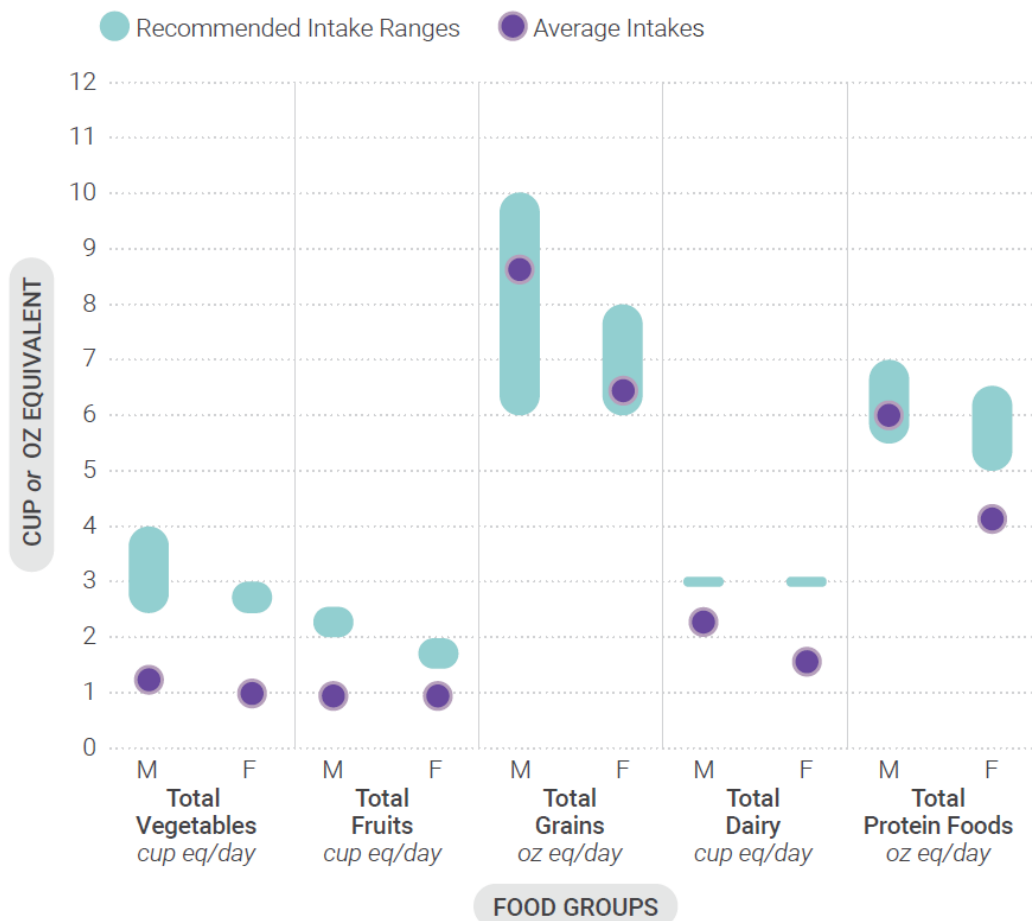
# Healthy U.S. Style Dietary Pattern: Ages 14 Through 18

CALORIE LEVEL OF PATTERN <sup>a</sup>	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
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 ½	2 ½	3	3	3 ½	3 ½	4	4
	Vegetable Subgroups in Weekly Amounts							
Dark-Green Vegetables (cup eq/wk)	1 ½	1 ½	2	2	2 ½	2 ½	2 ½	2 ½
Red and Orange Vegetables (cup eq/wk)	5 ½	5 ½	6	6	7	7	7 ½	7 ½
Beans, Peas, Lentils (cup eq/wk)	1 ½	1 ½	2	2	2 ½	2 ½	3	3
Starchy Vegetables (cup eq/wk)	5	5	6	6	7	7	8	8
Other Vegetables (cup eq/wk)	4	4	5	5	5 ½	5 ½	7	7
Fruits (cup eq/day)	1 ½	2	2	2	2	2 ½	2 ½	2 ½
Grains (ounce eq/day)	6	6	7	8	9	10	10	10
Whole Grains (ounce eq/day)	3	3	3 ½	4	4 ½	5	5	5
Refined Grains (ounce eq/day)	3	3	3 ½	4	4 ½	5	5	5
Dairy (cup eq/day)	3	3	3	3	3	3	3	3
Protein Foods (ounce eq/day)	5	5 ½	6	6 ½	6 ½	7	7	7
	Protein Foods Subgroups in Weekly Amounts							
Meats, Poultry, Eggs (ounce eq/wk)	23	26	28	31	31	33	33	33
Seafood (ounce eq/wk)	8	8	9	10	10	10	10	10
Nuts, Seeds, Soy Products (ounce eq/wk)	4	5	5	5	5	6	6	6
Oils (grams/day)	24	27	29	31	34	36	44	51
Limit on Calories for Other Uses (kcal/day) <sup>c</sup>	140	240	250	320	350	370	440	580
Limit on Calories for Other Uses (%/day)	8%	12%	11%	13%	13%	13%	15%	18%



# Current Intakes: Ages 14 Through 18

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

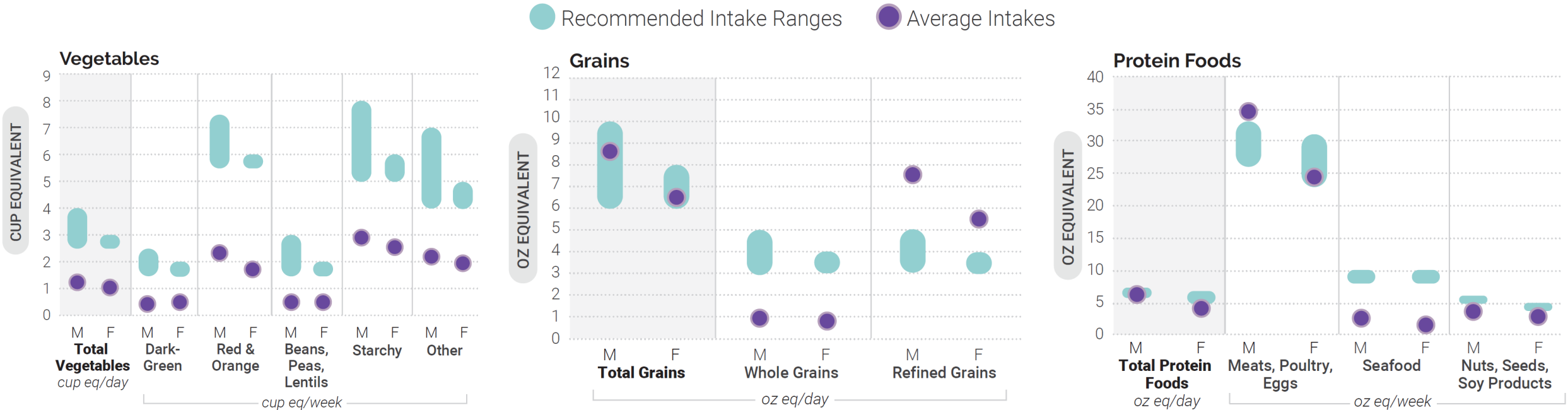


Healthy Eating Index Score  
(on a scale of 0-100)

51



# Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 14 Through 18

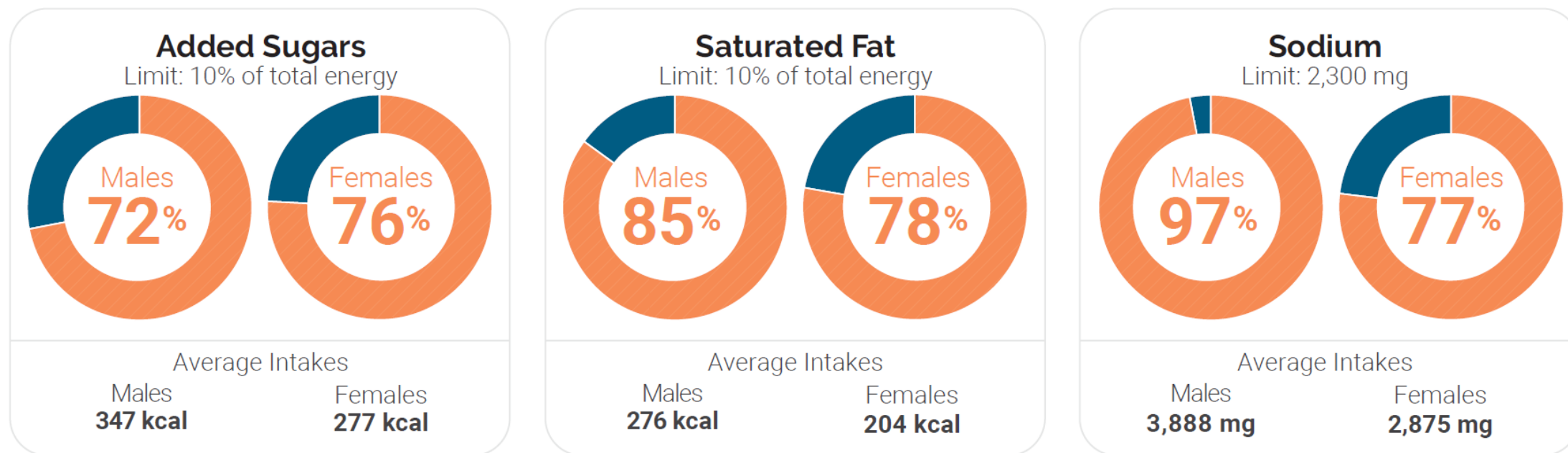


# Current Intakes: Ages 14 Through 18

## Added Sugars, Saturated Fat & Sodium

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

● Exceeding Limit ● Within Recommended Limit



# Special Considerations: Children and Adolescents

- **Sugar-sweetened beverages.** Sugar-sweetened beverages are a top contributor to intakes of added sugars. Sugar-sweetened beverages are not necessary in the child or adolescent diet nor are they a component of the USDA Dietary Patterns.
- **Dairy and fortified soy alternatives.** Dairy and fortified soy alternatives provide protein and a variety of nutrients that are underconsumed during these life stages.
- **Adolescent nutrition.** The difference between recommended food group amounts and current intakes is greater for adolescents ages 14 through 18 years than for any other age group across the lifespan.





# Supporting Healthy Eating: Children and Adolescents

- Expose young children to a variety of nutrient-dense foods within each food group to help build a healthy dietary pattern.
- Offer the same type of food to children multiple times, in different forms, to increase acceptance.
- Create environments that support healthy eating at home, school and in communities.



# Resources: Children and Adolescents

## Federal Programs

SNAP	Supplemental Nutrition Assistance Program
WIC	Special Supplemental Nutrition Program for Women, Infants, and Children
CACFP	Child and Adult Care Food Program
NSLP/ SBP	National School Lunch Program and School Breakfast Program
SFSP	Summer Food Service Program

