

The Guidelines

Make every bite count
with the *Dietary Guidelines for Americans*. Here's how:

Follow a healthy dietary pattern at every life stage.



1



Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.



2



3



Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.



4

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

