

2005 Dietary Guidelines

What Do They Mean To You?

Overview of the Dietary Guidelines

The sixth edition of the Dietary Guidelines for Americans was issued January 12, 2005.

Developed by the US Department of Health and Human Services (HHS) and the US Department of Agriculture (USDA), the dietary guidelines are a set of eating and physical activity recommendations for good health. These guidelines help you:

- Make smart choices from all food groups.
- Balance food with physical activity.
- Get the most nutrition out of your calories.

Choose From Every Group

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient packed foods. A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.



Recommended Servings and Sizes

Vegetables

(Five servings **OR** 2-1/2 cups total per day)

- 1/2 cup serving =
1 cup raw leafy vegetables **OR**
1/2 cup of cut-up raw or cooked
vegetables



Fruit

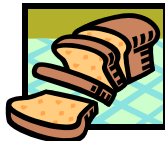
(Four servings **OR** 2 cups total per day)

- 1/2 cup serving =
1 medium fruit **OR**
1/4 cup dried fruit **OR**
1/2 cup fresh, frozen or canned fruit

Grains

(Six servings; three or more should be whole grains **OR** 6 ounces total per day)

- One-ounce serving =
1 slice of bread **OR**
1 cup breakfast cereal **OR**
1/2 cup cooked rice or pasta



Protein

(5-1/2 ounces total per day)

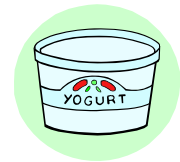
- One-ounce serving =
1 ounce of lean meat, poultry or fish **OR**
1 egg **OR**
1/4 cup cooked dry beans or tofu **OR**
1 tablespoon peanut butter **OR**
1/2 ounce nuts or seeds



Dairy

(3 cups total per day)

- One serving =
1 cup fat-free or low-fat milk **OR**
1 cup low-fat or fat-free yogurt **OR**
1-1/2 ounces low-fat or fat-free cheese



(*based on 2,000 calories per day)

Balance Food and Physical Activity

Making wise food choices and regular physical activity are both important to becoming healthier. Physical activity helps control body weight by balancing the calories you eat with the calories you use each day.

- Be physically active for **at least** thirty minutes most days of the week.
- Increasing the intensity or amount of time you are physically active can have even greater health benefits. Sixty minutes a day may be needed to prevent weight gain, manage your weight or achieve weight loss.

Read Nutrition Labels

Most packaged foods have a Nutrition Facts label. This can help you make smart food choices. Be sure to check how many servings are included in the package!