

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.



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



4

