

2010 Dietary Guidelines

The 2010 Dietary Guidelines are now published! The Dietary Guidelines for Americans are the basis of healthy eating for people two years and older including those at increased risk of chronic disease. The Guidelines are updated every five years and provide recommendations for nutrient intakes and physical activity to promote health and decrease risk of chronic disease. For more details on the 2010 Dietary Guidelines visit:

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

Key Messages:

Balance Calories

- Enjoy your food but eat less.
- Avoid oversized portions.
- Increase physical activity.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low fat milk.
- Replace refined grains with whole grains

Foods to Reduce

- Reduce sodium to less than 2300 mg per day and further reduce to less than 1500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.
- Reduce intake of solid fats and added sugars.
- Keep trans fat intake as low as possible.
- Drink water instead of sugary drinks.

Executive Summary:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf>