**•Follow a healthy eating pattern across the lifespan.**

**•Focus on variety, nutrient density, and amount.**

**•Limit calories from added sugars and saturated fats and reduce sodium intake.**

**•Shift to healthier food and beverage choices.**

**•Support healthy eating patterns for all.**

**2015 DIETARY GUIDELINES**

Recommended Amounts: Serving Size chart at the end of this document

**Vegetables 2 ½ cups/day**

During a week… try to consume: a variety of vegetables, for example:

**1 ½ cups dark green vegetables** ~ examples; broccoli, spinach, leafy salad greens (romaine), kale, green herbs (parsley, cilantro)

**5 ½ cups red and orange vegetables** ~ examples; tomatoes, carrots, tomato juice, sweet potatoes, red peppers, winter squash, pumpkin

**1 ½ cups legumes, beans, peas** ~ examples; pinto, white, kidney, & black beans; lentils; chickpeas; lima, split peas, edamame (green soy beans)

**5 cups starchy vegetables** ~ examples; potatoes, corn, green peas, limas, plaintains

**4 cups other** ~ examples; lettuce, onions, green beans, cucumbers, celery, green peppers, cabbage, mushrooms, avocado, summer squash, zucchini, cauliflower, eggplant, garlic, bean sprouts, olives, asparagus, snowpeas, beets

**Fruit 2 cups/day**

1 cup of 100% fruit juice can count as 1 serving of fruit, but only 1 due to fruit juice not containing fiber, which is an important to our health and well being

**Protein 5 ½ oz**

During a week… try to consume:

8 oz seafood ~ examples: shrimp, tuna, salmon

26 oz meat, poultry, eggs ~ examples:

\*Choose lean meats more often (lean ground beef, pork tenderloin, skinless chicken or turkey breast)

\*Choose processed meats less often (hot dogs, sausages, ham, lunch meats)

5 oz nuts, seeds, soy ~ peanuts, peanut butter, almonds, mixed nuts

**Grains 6 oz/day**

At least 3 oz Whole grain no more than 3 oz Refined grain

Examples; Rice, oatmeal, popcorn, breads, cereals, crackers, pasta, quinoa

**Dairy 3 cups**

Examples; milk, yogurt, cheese, fortified soy beverages

Nutrients from milk include; calcium, Vit A, Vit D, phosphorus, riboflavin, Vit B12, protein, potassium, zinc, choline, magnesium, and selenium

\*\* see handouts for non-dairy foods with the above nutrients

**Oils 27 g/day (about 5 tsps)**

Shift from solid fats (butter, shortening, coconut oil) to liquid oils (vegetable, canola, olive oil, salad dressings with oil base instead of cream base)

**Other suggestions:**

1. **Limit added sugars to < 10% of total calories per day**

~ beverages account for almost half (47%) of all added sugars consumed in U.S.

~ other major sources of added sugar come from snacks & sweets (cakes, pies, cookies, brownies, pastries, doughnuts, dairy desserts, candy, jams, syrup, sweet toppings, etc…)

1. **Limit saturated fats to < 10% of total calories per day**

~ major sources of saturated fats come from mixed dishes (cheese, meat, tacos, pizza, pasta & grain), burgers, sandwiches, snacks, sweets, some protein & dairy foods

~ try smaller portions of the above foods or substitute ingredients for example; adding more vegetables, low-fat cheese, whole grains, and/or lean meats

1. **Limit sodium to < 2,300 mg per day** \*\*\*\* this is a change from the previous recommendation of 3,400 mg per day

~most often found during commercial food processing (burgers, sandwiches, tacos, rice, pasta, grain dishes, pizza, meat, poutry, seafood, soups) and preparation account for almost ½ of sodium consumed

**Suggestions for reducing sodium:**

~ Cook from scratch when possible

~ Read food labels and compare products

~ **Choose:** low sodium versions of dishes, buy fresh or frozen, fresh meat, poultry and prepare yourself instead of already prepared, limit sauces, mixes, flavored rice, instant noodles, and ready made pasta dishes

U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015 – 2020 Dietary Guidelines for Americans*. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

