

2020-25 Dietary Guidelines for Americans: KEY MESSAGES

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

Follow a healthy dietary
pattern at every life stage.



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



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



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



LIMIT.....

- ADDED SUGARS TO LESS THAN 10% OF CALORIES PER DAY FOR AGES 2 AND OLDER AND TO AVOID ADDED SUGARS FOR INFANTS AND TODDLERS;
- SATURATED FAT TO LESS THAN 10% OF CALORIES PER DAY STARTING AT AGE 2;
- SODIUM INTAKE TO LESS THAN 2,300MG PER DAY (OR EVEN LESS IF YOUNGER THAN 14);
- ALCOHOLIC BEVERAGES (IF CONSUMED) TO 2 DRINKS OR LESS A DAY FOR MEN AND 1 DRINK OR LESS A DAY FOR WOMEN.