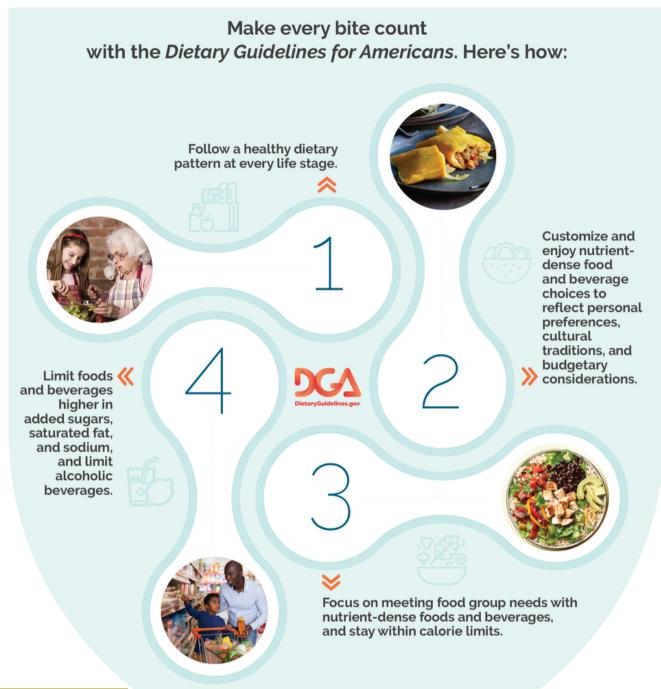
## 2020-25 Dietary Guidelines for Americans: KEY MESSAGES



## 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.

