



## Dietary Guidelines for Americans 2010 Highlights

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### **Balancing calories**

- **Enjoy your food, but eat less.**
- **Avoid oversized portions.**

### **Foods to Increase**

- **Make half your plate fruits and vegetables.**
- **Switch to fat-free or low-fat (1 percent) milk.**

### **Foods to reduce**

- **Compare sodium in foods like soup, bread, and frozen meals--and choose the foods with the lower numbers.**
- **Drink water instead of sugary drinks.**

The **Dietary Guidelines for Americans 2010** summarizes and synthesizes all past research on nutrients and food components into a set of recommendations for healthy eating that can be adopted by the consumers ages 2 years and older.

In the latest DG, there are two overarching recommendations:

**1. Maintain calorie balance over time to achieve and sustain a healthy weight.**

People who are most successful at achieving and maintaining a healthy weight do so through continued attention to consuming only enough calories from foods and beverages to meet their needs and by being physically active. To curb the obesity epidemic and improve their health, many Americans must decrease the calories they consume and increase the calories they expend through physical activity.

**2. Focus on consuming nutrient-dense foods and beverages.** Americans currently consume too much sodium and too many calories from solid fats, added sugars, and refined grains. These replace nutrient-dense foods and beverages and make it difficult for people to achieve recommended nutrient intake while controlling calorie and sodium intake. A healthy eating pattern limits intake of sodium, solid fats, added sugars, and refined grains and emphasizes nutrient-dense foods and beverages—vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds.



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To promote healthier lives through research and education in nutrition and preventive medicine.

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- Experimental Obesity
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- Nutrition and Chronic Diseases
- Nutrition and the Brain
- Dementia, Alzheimer's and healthy aging
- Diet, exercise, weight loss and weight loss maintenance

The research fostered in these areas can have a profound impact on healthy living and on the prevention of common chronic diseases, such as heart disease, cancer, diabetes, hypertension and osteoporosis.

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