Dietary Guidelines for Americans 2010

Highlights

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, an 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.

The Pennington Biomedical Research Center

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

The Pennington Center has several research areas, including:
- Clinical Obesity Research
- Experimental Obesity
- Functional Foods
- Health and Performance Enhancement
- 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.

The Division of Education provides education and information to the scientific community and the public about research findings, training programs and research areas, and coordinates educational events for the public on various health issues.

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Center in Baton Rouge, Louisiana. If you would like to take part, visit the clinical trials web page at www.pbrc.edu or call (225) 763-3000.