

Highlights of the 2005 Dietary Guidelines*

- 1. Balance Nutrients With Calories**
 - Eat nutrient-dense foods. Limit intake of saturated and trans fats, cholesterol, sugar, salt and alcohol.
- 2. Manage Weight**
 - Balance intake with expenditure.
 - To prevent weight gain, make small decreases in food intake and increase physical activity.
- 3. Be Physically Active**
 - To prevent chronic diseases, be active at least 30 minutes most days.
 - To prevent weight gain, aim for 30 to 60 minutes a day.
 - To prevent weight regain, aim for 60 to 90 minutes a day.
- 4. Emphasize Certain Food Groups**
 - Eat 9 servings of fruits and vegetables a day (2 cups of fruit and 2 ½ cups of vegetables).
 - Each week, aim for: 3 cups of legumes, 3 cups of dark green vegetables, 2 cups of orange vegetables and 3 cups of starchy vegetables.
 - Eat at least three one-ounce servings of whole grains a day.
 - Include three servings of low-fat dairy a day.
- 5. Eat the Right Fats**
 - Aim for 20% - 35% of total calories from fat, mostly from polyunsaturated and monounsaturated sources, such as fish, nuts and vegetable oils.
- Get less than 10% of total calories from saturated fat and less than 300 milligrams from cholesterol (less than 7% and less than 200 milligrams if LDLs are high).
 - Keep trans fat intake as low as possible.
- 6. Make Your Carbohydrates Count**
 - Make high-fiber choices like whole grains, fruits and vegetables.
 - Choose foods with fewer added sugars and artificial sweeteners.
- 7. Eat Less Sodium, More Potassium**
 - Choose and prepare foods with little salt. Limit processed foods. Aim for less than 2,300 milligrams of sodium (1 teaspoon) a day.
 - Eat more potassium-rich foods, especially fruits and vegetables.
- 8. Go Easy on Alcoholic Beverages**
 - If you drink, do so in moderation (no more than one drink a day for women, two for men).
- 9. Keep Food Safe to Eat**
 - Wash hands and surfaces, keep raw and cooked foods separate, cook foods thoroughly, chill and defrost foods properly and avoid raw or undercooked foods.

* based on 2,000 calories.