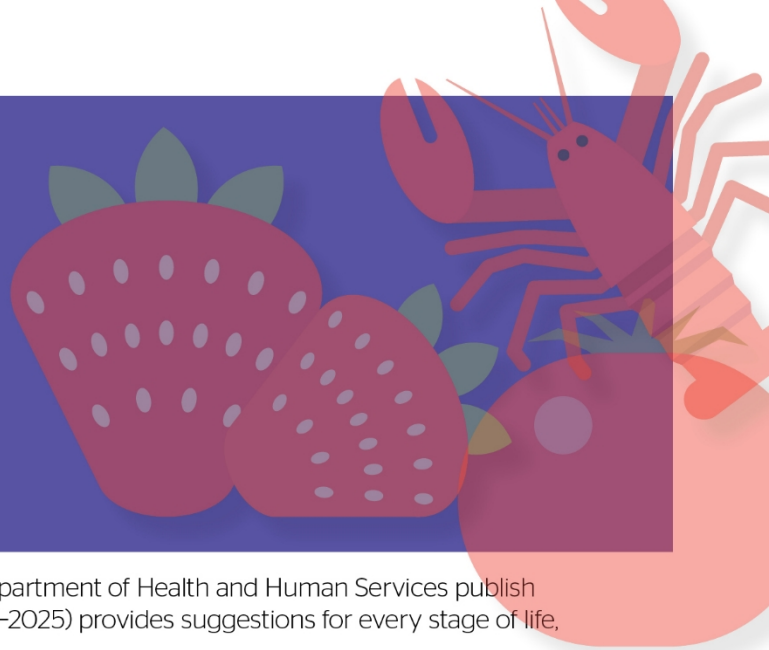
Make Every Bite Count



Every 5 years, the U.S. Department of Agriculture and U.S. Department of Health and Human Services publish nutrition advice. The Dietary Guidelines for Americans (2020–2025) provides suggestions for every stage of life, from birth through older adulthood.

The foods and beverages you consume have a significant impact on your health.

- Fewer than **1 in 10** adults and children eat enough fruits and vegetables.
- **9 in 10** Americans consume more than the recommended amount of sodium.
- **85%** of your daily calories should meet food group recommendations for vegetables, fruits, grains, dairy and protein.
- **60%** of adults have at least one diet-related chronic disease—including cancer, cardiovascular disease, obesity and Type 2 diabetes.

Make every bite count and consider the latest overarching guidelines:

Follow a healthy dietary pattern at every life stage.

Customize your foods and beverages to reflect personal preferences, cultural traditions and budgets.

Choose nutrient-dense foods and beverages, while staying within calorie limits.

Limit foods and beverages high in added sugars, saturated fats and sodium.

Talk to your doctor or visit MyPlate.gov for more information.

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