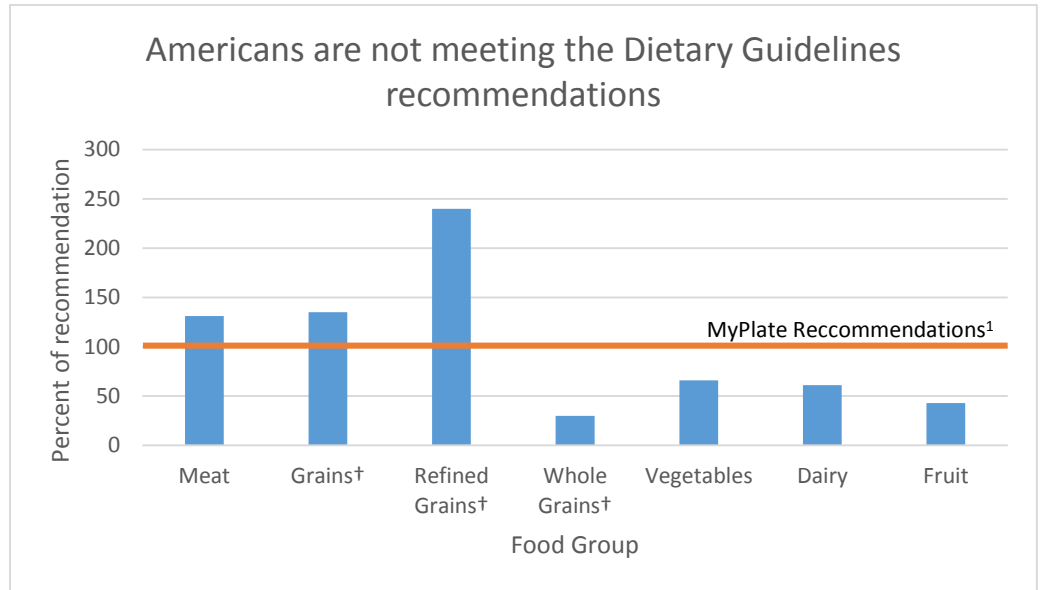


Americans Not Following Dietary Guidelines

For years, Americans have not been eating the amounts of many foods recommended by the Dietary Guidelines for Americans while overeating others.¹

This graph shows the eating patterns of Americans in 2013, based on food availability data, compared with MyPlate, which is based on the 2010 Dietary Guidelines for Americans.

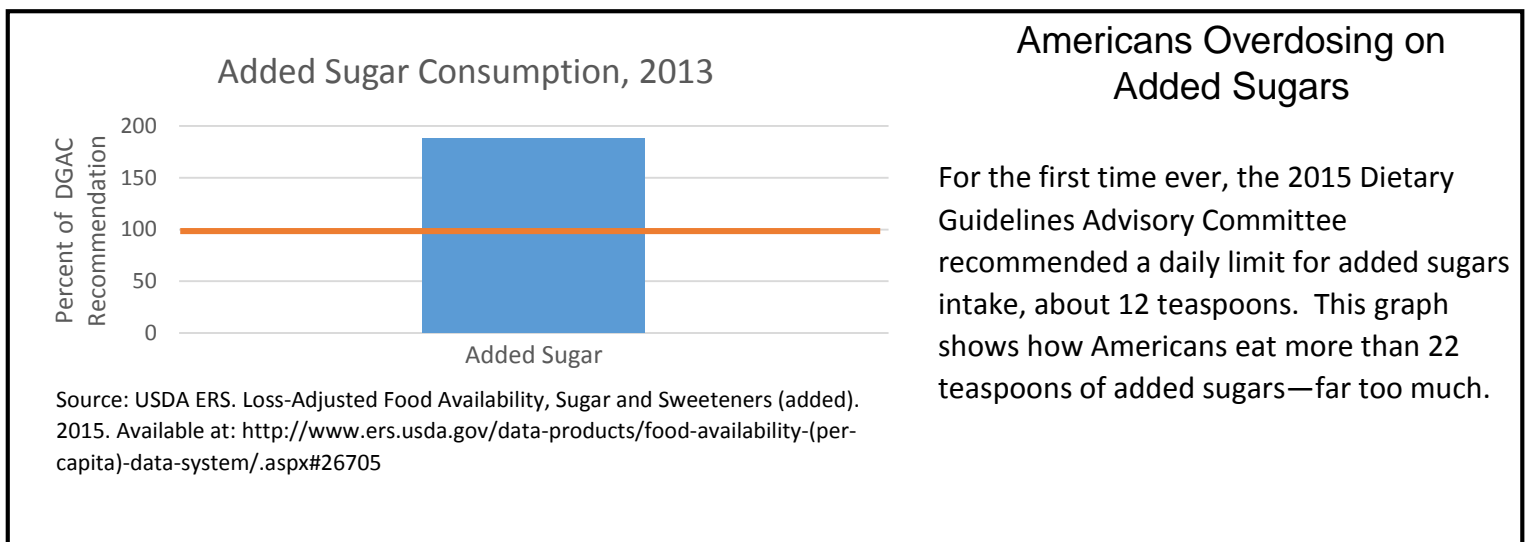
Americans do not consume enough fruits, vegetables, dairy, or whole grains and consume too many meats and refined grains.



¹Based on a 2,000 calorie diet.

†To provide information on refined- and whole-grain availability, data from 2005 were used. Total grain consumption has slightly declined from 2005–2013 but continues to be higher than the MyPlate recommendation.

Source: Calculated by ERS/USDA based on data from various sources (see Loss-Adjusted Food Availability Documentation). Data as of February 2015. [http://www.ers.usda.gov/data-products/food-availability-\(per-capita\)-data-system/summary-findings.aspx](http://www.ers.usda.gov/data-products/food-availability-(per-capita)-data-system/summary-findings.aspx)



Americans Overdosing on Added Sugars

For the first time ever, the 2015 Dietary Guidelines Advisory Committee recommended a daily limit for added sugars intake, about 12 teaspoons. This graph shows how Americans eat more than 22 teaspoons of added sugars—far too much.

Source: USDA ERS. Loss-Adjusted Food Availability, Sugar and Sweeteners (added). 2015. Available at: [http://www.ers.usda.gov/data-products/food-availability-\(per-capita\)-data-system/.aspx#26705](http://www.ers.usda.gov/data-products/food-availability-(per-capita)-data-system/.aspx#26705)

¹ Wells, H.D. and Buzby, J. C. "Dietary Assessment of Major Trends in U.S. Food Consumption, 1970-2005." USDA: ERS, Economic Information Bulletin, No. 33, March 2008.