








DIETARY GUIDELINES FOR AMERICANS

evolution over time

	1980	1985	1990	1995	2000	2005	2010	2015
Fruits & Vegetables 	Eat a variety of foods, including fruits and vegetables		Eat 2-4 servings of fruit and 3-5 servings of vegetables daily			Eat 2 cups of fruit and 2½ cups of vegetables daily		
Grains 	Eat a variety of foods, including whole-grain and enriched breads, cereals, and grain products		Eat 6+ servings of breads, cereals, rice, and pasta per day. Have several servings of whole-grain breads and cereals daily. One serving is about ½ cup of cooked pasta or rice, 1 slice of bread, or 1 oz of dry cereal			Eat 6 servings (6 oz-eq) of breads, cereals, rice, and pasta per day. At least half of the servings should be whole grains		
Protein Foods 	To avoid too much fat, saturated fat, and cholesterol, choose lean meat, fish, poultry, dry beans, and peas as protein sources		Eat about 6 oz of meats, poultry, fish, dry beans and peas, eggs, and nuts per day. Trim fat from meat		Eat about 6 oz of fish, shellfish, lean poultry, other lean meats, beans, or nuts daily. Limit intake of high-fat processed meats		Eat 5.5 oz of protein foods, including lean meats, poultry, fish, eggs, nuts, or dry beans daily Teen boys and men should eat less of meat, poultry, and eggs	
Saturated Fat 	Avoid too much saturated fat		Choose a diet low in saturated fat			Consume <10% of calories from saturated fatty acids Replace with mono- and polyunsaturated fatty acids		
Cholesterol 	Avoid too much cholesterol		Choose a diet low in cholesterol			Consume <300 mg of cholesterol per day		Eat as little as possible
Sodium 	Avoid too much sodium		Choose a diet low in sodium		Choose and prepare foods with less salt		Consume <2,300 mg of sodium per day <1,500 mg for people with increased risk	
Added Sugars 	Avoid too much sugar		Choose a diet moderate in sugars			Choose and prepare foods and beverages with little added sugars or caloric sweeteners		Reduce intake of added sugars Consume <10% of calories from added sugars

Note: specific recommendations are based on a 2,000-calorie diet.