



## Dietary Guidelines

The [Dietary Guidelines for Americans](#) are jointly issued and updated every 5 years by the [Department of Agriculture \(USDA\)](#) and the [Department of Health and Human Services \(HHS\)](#). They provide evidence-based advice for Americans ages 2 and older on food and beverages that support a healthy and nutritionally adequate diet. The 2015 – 2020 guidelines focus on eating patterns. It is those repetitive choices that affects our current health and long-term risk of developing diet related chronic diseases such as Heart Disease, Type 2 Diabetes, and some Cancers.

## What does a “Healthy Eating Pattern” look like?

The Dietary Guidelines for Americans recommend:

- **A variety of vegetables**; dark green, red and orange, legumes (beans and peas), starchy, and other. And **fruits**, especially whole fruits.
- **Grains**, at least half of which are whole grains.
- Fat-free or low-fat **dairy**, including milk, yogurt, cheese, and/or fortified soy beverages.
- A variety of **protein foods**, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.
- **Oils**
- **Limit**; Saturated fats, and trans fats, added sugars, and sodium.

MyPlate is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

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## MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. This means:

- Focus on variety, amount, and nutrition
- Choose foods and beverages with less saturated fat, sodium, and added sugars
- Start with small changes to build healthier eating styles.
- Support Healthy eating for everyone.

