

Smart Cuisine Guidelines



Healthy Option Dietary Guidelines for Americans (DGA)	With New American Heart Association Guidelines			
Calories needed equals calories spent	Calories needed equals calories spent	Calories needed equals calories spent	Calories needed equals calories spent	Calories needed equals calories spent
Saturated Fat 10%/Day or 20g or Less in a 2000 Calorie Diet (DGA)	Saturated Fat 5 – 6%/Day or 13g or Less in a 2000 Calorie Diet	Carbs 225 - 325 gm/Day on a 2000 Calorie Diet. Or 45 – 65% of Total Calories. (DGA)	Fiber 25 - 38gm Daily (DGA)	
Sodium 1500 – 2300 mg/Day (DGA)	Sodium 1500mg/Day or Less			Sodium 1500 -2300 mg/Day or Less (DGA)
Added Sugar: 10% or Less of Total Calories. *	Added Sugar: 5% or Less of Total Calories. *			
Meal Guidelines				
Calories 0 - 800	Calories 0 - 800	Calories 0 - 800	Know Your Daily Needs	Know Your Daily Needs
Saturated Fat Less Than 10%	Saturated Fat Less Than 7%			
Sodium 800mg or Less	Sodium 500mg or Less			500 mg or Less
Trans Fat	Less Than 1% Daily			
Net Carbs (Total Carb-Fiber)	n/a	45gm or Less		
Fiber	Choose more whole grain	Choose whole grain	At Least 10gm	
Entrée Guidelines				
Calories 0 – 500	Calories 0 – 500	According to Your Needs	According to Your Needs	According to Your Needs
Saturated Fat 6g or Less	Saturated Fat 4g or Less.			
Sodium 600 mg or Less	Sodium 350 mg or Less			350 mg or Less
Net Carbs (Total Carb-Fiber)	n/a	15 gm or Less		
Fiber	Choose more whole grain	Choose whole grain	At Least 5gm	
Side Dishes				
Calories 0 – 250	Calories 0 – 250			
Saturated Fat 3g or Less.	Saturated Fat 2g or Less.			
Sodium 200 mg or Less	Sodium 150 mg or Less			150 mg or Less
Net Carbs (Total Carb-Fiber)	n/a	15gm or Less		
Fiber	Choose more whole grain	Choose whole grain	At Least 5gm	
Soups				
Calories 0 – 250	Calories 0 – 250			
Saturated Fat 3g or Less.	Saturated Fat 2g or Less.			
Sodium 600 mg or Less	Sodium 300 mg or Less			300 mg or Less
Net Carbs (Total Carb-Fiber)	n/a	15gm or Less		
Fiber	Choose more whole grain	Choose whole grain	At Least 5gm	

*These limits will be implemented when the Nutrition Fact Label includes Added Sugar information.

