



HEALTHY TIPS

New Dietary Guidelines 2020-2025

1

FOLLOW A HEALTHY DIETARY PATTERN

No matter where you are in your life cycle, infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.

2

ENJOY NUTRIENT-DENSE FOOD AND BEVERAGE

Choose food and beverages that best fit your cultural traditions and food budget.

3

DESIGN YOUR HEALTHY DIETARY PLAN

Design your healthy dietary plan around food groups with nutrient-dense foods and beverages. Monitor the recommended amounts and calorie limits

4

LIMIT CERTAIN FOODS AND BEVERAGES

Maintaining a healthy dietary pattern doesn't allow much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages.