

Make every bite count with the *Dietary Guidelines for Americans*

1 Start with the 4 Guidelines:



2 The foods and beverages we consume have a profound impact on our health. Yet we're still not following a healthy dietary pattern.

While the science linking food and health has only become stronger, our Healthy Eating Index (HEI) score has remained low. The HEI measures how closely food and beverage choices align with the Dietary Guidelines. Our HEI score is higher early in life and in older adulthood, but we all fall far short of following the Dietary Guidelines.



Establishing a healthy dietary pattern early in life may have a beneficial impact over the course of decades.

It's never too early or too late to improve food and beverage choices, and to establish a healthy dietary pattern.

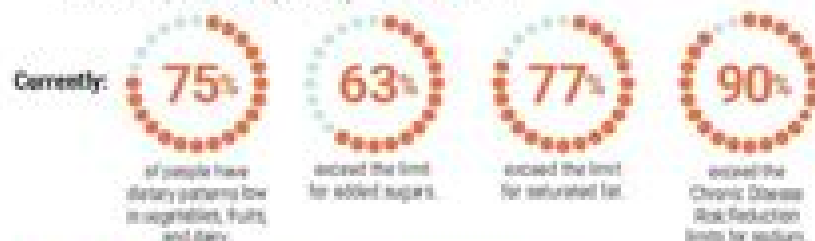
People living with diet-related chronic conditions and diseases are at an increased risk for severe illness from COVID-19.

Healthy eating is important at every life stage. For the first time, the Dietary Guidelines for Americans, 2020-2025 provides recommendations for each life stage, from birth through older adulthood.

Nutrient needs vary over the lifespan and each life stage has unique implications for food and beverage choices and disease risk.

3 How do we "make every bite count"?

Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.



More than half of the U.S. population meets or exceeds total grain and protein-foods recommendations, but are not meeting the subgroup recommendations for each food group.

Daily Goals: Most of a person's daily calories are needed to meet food group recommendations with nutrient-dense foods and beverages.



And follow these three key dietary principles:

1. Meet nutritional needs primarily from nutrient-dense foods and beverages.
2. Choose a variety of options from each food group.
3. Pay attention to portion size.

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**National Academies of Sciences,
Engineering, and Medicine, Health and
Medicine Division, Food and Nutrition
Board, Committee to Review the
Process to Update the Dietary
Guidelines for Americans**

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Table of Contents Usda Guidelines 24

1. Understanding the eBook Usda Guidelines 24
 - The Rise of Digital Reading Usda Guidelines 24
 - Advantages of eBooks Over Traditional Books
2. Identifying Usda Guidelines 24
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Usda Guidelines 24
 - User-Friendly Interface
4. Exploring eBook Recommendations from Usda Guidelines 24
 - Personalized Recommendations
 - Usda Guidelines 24 User Reviews and Ratings
 - Usda Guidelines 24 and Bestseller Lists
5. Accessing Usda Guidelines 24 Free and Paid eBooks
 - Usda Guidelines 24 Public Domain eBooks

- Usda Guidelines 24 eBook Subscription Services
- Usda Guidelines 24 Budget-Friendly Options
- 6. Navigating Usda Guidelines 24 eBook Formats
 - ePub, PDF, MOBI, and More
 - Usda Guidelines 24 Compatibility with Devices
 - Usda Guidelines 24 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Usda Guidelines 24
 - Highlighting and Note-Taking Usda Guidelines 24
 - Interactive Elements Usda Guidelines 24
- 8. Staying Engaged with Usda Guidelines 24
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Usda Guidelines 24
- 9. Balancing eBooks and Physical Books Usda Guidelines 24
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Usda Guidelines 24
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Usda Guidelines 24
 - Setting Reading Goals Usda Guidelines 24
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Usda Guidelines 24
 - Fact-Checking eBook Content of Usda Guidelines 24
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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