

## Highlights from the Dietary Guidelines for Americans 2005

### Make smart choices from every food group.

Emphasize fruits, vegetables, whole grains and fat-free or low-fat dairy.

Include lean meats, poultry, fish, beans, eggs and nuts.

Limit your intake of saturated and trans fats, cholesterol, salt & added sugars.

Stay within your daily calorie (energy) needs.



### Find your balance between food and physical activity.

Be physically active for at least 30 minutes most days of the week to decrease the risk of chronic disease.

60 minutes per day may be needed to help manage body weight and to prevent body weight gain in adulthood.

Include cardiovascular conditioning activities, stretching exercises for flexibility and resistance exercises for muscle strength and endurance.



### Get the most nutrition out of your calories.

Read food labels and choose foods with fewer calories and more nutrients.

Watch your portion sizes. Refer to [www.mypyramid.gov](http://www.mypyramid.gov) for guidance.

Limit the calories you are drinking, especially from sugary beverages.



### If you drink alcohol, do so in moderation.

Moderation is defined as no more than one drink daily for women or two drinks daily for men.

One drink = 12 oz. beer, 5 oz. wine or 1 ½ oz. of distilled spirits.

Remember that alcoholic beverages have calories but are low in nutrients.

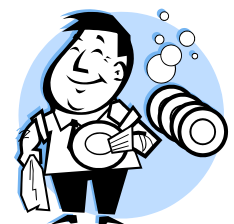
### Play it safe with food.

Clean hands, food-contact surfaces, fruits and vegetables.

Separate raw, cooked and ready-to-eat foods while shopping, preparing or storing these foods.

Cook meat, poultry and fish to safe internal temperatures to kill microorganisms.

Chill perishable foods promptly and thaw foods properly.



For more information, go to [www.healthierus.gov/dietaryguidelines/](http://www.healthierus.gov/dietaryguidelines/).