

Why be concerned about what you eat? About half of all American adults—117 million individuals—have one or more preventable chronic diseases, *many of which are related to poor quality eating patterns and physical inactivity.*

What Are the Seven Dietary Guidelines?

- Consume a Variety of Foods. ...
- Physical Activity. ...
- Eat Grain Products, Vegetables, and Fruits. ...
- Eat Foods Low in Saturated Fat and Cholesterol. ...
- Moderation of Sugar. ...
- Limit Salt and Sodium. ...
- Limit Consumption of Alcohol; Avoid Alcohol with Medications. ...

























For adults, a healthy diet contains:

- Fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice).
- At least 400 g (5 portions – portion chart on page three) of fruits and vegetables a day. Potatoes, sweet potatoes, cassava and other starchy roots are not classified as fruits or vegetables. Minimize starch consumption by substituting cauliflower or other vegetables.
- Less than 10% of total energy intake from free sugars which is equivalent to 50 g (or around 12 level teaspoons) for a person of healthy body weight consuming approximately 2000 calories per day, but ideally less than 5% of total energy intake for additional health benefits. Most free sugars are added to foods or drinks by the manufacturer, cook or consumer, and can also be found in sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.
- Less than 30% of total energy intake from fats.
 - Good: Unsaturated fats (e.g. found in fish, avocado, nuts, sunflower, canola, and olive oils).
 - Moderate: Saturated fats (e.g. found in fatty meat, butter, palm and coconut oil, cream, cheese, ghee and lard).
 - Bad: Industrial trans fats (found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines, and spreads) are not part of a healthy diet.
- Less than 2 g of sodium OR 5 g of salt (equivalent to approximately 1 teaspoon) per day and use iodized salt.

Tips:

1. Check the label! Many foods have added sodium or sugar.
2. Shop the outside perimeter of the grocery store. This avoids most of the highly processed foods – fresh is better!
3. Avoid eating when stressed or bored – try drinking a full glass of water or going for a walk instead.
4. When sitting for long periods, stretch or get up and move every 15 - 30 min.
5. Replace all sugary drinks such as soda pop – especially diet soda pop – with a healthy alternative such as water or low sugar juices.
6. Avoid high chemical foods and drinks (e.g., diet soda, potato chips). The closer you are to the food's original state, the healthier it is. For example: Corn on the cob (best) – canned corn (okay but, contains chemicals and less nutrients from processing) – corn flakes (worse – over processed: there may be better nutrition in eating the box).
7. Smoking cessation – never quit quitting!
8. Hydrate The amount of water a person should drink varies on their weight. Multiply by 2/3: Multiply your weight by 2/3 (or 0.67) to determine how much water to drink daily. For example, if you weighed 175 pounds you would multiply that by 2/3 and learn you should be drinking about 117 ounces of water every day. Additionally, you should add 12 ounces of water to your daily total for every 30 minutes that you work out to compensate for water loss from sweat. So, if you work out for 45 minutes daily, you would add 18 ounces of water to your daily intake
9. Portion size – see chart below

Serving-Size Comparison Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE	
Milk & Milk Products				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
Vegetables				
Cooked carrots			One fist	1 cup
Salad (bowl of salad)			Two fists	2 cups
Fruits				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup
Grains, Breads & Cereals				
Dry cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful	½ cup
Slice of whole wheat bread			Flat hand	1 slice
Meat, Beans & Nuts				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon

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A healthy eating pattern includes:



A healthy eating pattern limits:



Resources:

<https://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>

<http://www.who.int/mediacentre/factsheets/fs394/en/>

<https://www.healthyeating.org/Healthy-Eating/Healthy-Living/Weight-Management/Article-Viewer/Article/348/correct-portion-sizes-how-to-keep-portion-distortion-in-check>

<https://www.slenderkitchen.com/article/how-to-calculate-how-much-water-you-should-drink-a-day>