

Dietary Guidelines Comparison

2000 Dietary Guidelines

Weight Management

- * Aim for a healthy weight.
- * Evaluate weight using Body Mass Index.

Adequate Nutrients

- * Let the Food Guide Pyramid guide food choices.

Food Groups to Encourage

- * Consume 2 to 4 servings of fruits, 3 to 5 servings of vegetables.
- * Choose a variety of grains, especially whole grains.
- * Have 2 to 3 cups of milk or equivalent.

Fat

- * Choose a diet low in saturated fat and cholesterol and moderate in total fat.

Salt

- * Choose and prepare foods with less salt.

2005 Dietary Guidelines

Weight Management

- * Balance calories from foods and beverages with calories expended.
- * Follow the USDA Food Guide for appropriate calorie requirements based on age and physical activity level.

Adequate Nutrients

- * Consume a variety of nutrient-dense foods and beverages. Follow a balanced eating pattern, such as the USDA Food Guide or DASH Eating Plan.

Food Groups to Encourage

- * Consume enough fruits and vegetables while staying within energy needs. Have 2 cups of fruit and 2-1/2 cups of vegetables per day for a reference 2,000 calorie intake. Make adjustments for various calorie levels.
- * At least half of total grains consumed should be whole grains (at least 3 ounces or more of whole grains per day).
- * Consume 3 cups per day of fat-free or low fat milk or equivalent.

Fat

- * Keep total fat between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fats.

Salt

- * Consume less than 2,300 mg salt per day and include potassium-rich foods, such as fruits and vegetables.



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Sugar

* Choose beverages and foods to moderate intake of sugars.

Physical Activity

- * Be physically active each day.
- * Aim for 30 minutes of activity per day.

Alcohol

- * Be sensible, drink in moderation.
- * Limit drinks to one per day for women and two per day for men with meals to reduce absorption.
- * Avoid drinking before or when driving or whenever it puts you and others at risk.

Food Safety

- * Clean hands and surfaces often.
- * Follow the label and safety instructions.

2005 Dietary Guidelines

Sugar

* Choose and prepare foods with little added sugars or caloric sweeteners.

Physical Activity

* Engage in at least 30 minutes of moderate physical activity on most days of the week. To manage weight, engage in about 60 minutes (60-90 minutes to lose weight) of moderate to vigorous activity on most days of the week while not exceeding calorie requirements.

Alcohol

- * Be sensible, drink in moderation, defined as one drink per day for women and two per day for men.
- * Alcohol should not be consumed by some individuals (pregnant women, children, people who cannot limit their drinks, people who are taking medications that may interact).
- * Alcohol should be avoided by individuals engaging in activities that require attention, skill or coordination such as driving.

Food Safety

- * Clean hands, surfaces and produce. Meat or poultry should not be washed or rinsed.
- * Avoid raw, unpasteurized milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw or undercooked eggs, meat, poultry, unpasteurized juices and raw sprouts.

Adapted from American Dietetic Association, 2005

