

5 Guidelines for Healthy Eating Patterns

The *2015-2020 Dietary Guidelines* recommend that Americans build a healthy eating pattern by combining healthy choices across all food groups – while paying attention to calories. Below are five guidelines that encourage healthy eating patterns.

1

Follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease.

All food and beverage choices matter.

2

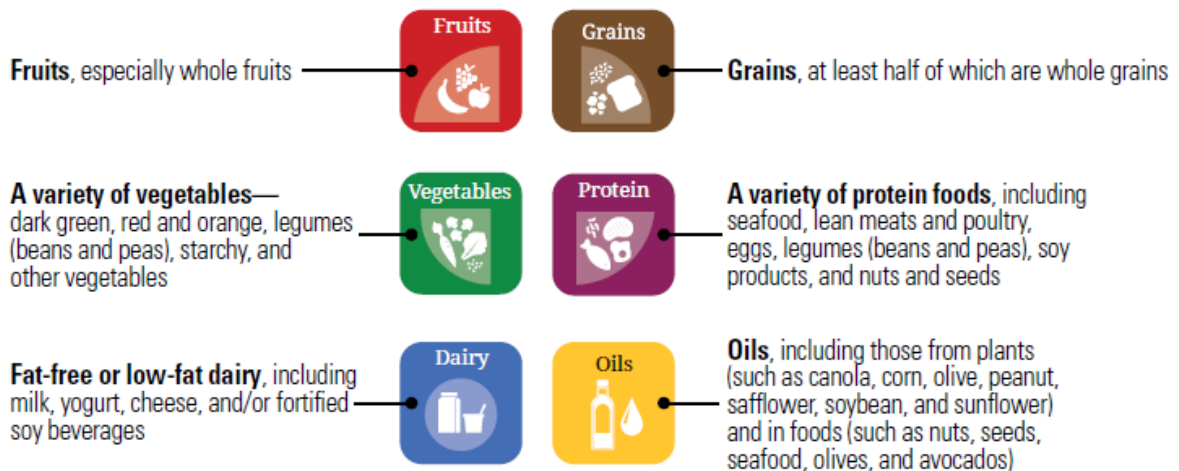
Focus on variety, nutrient density, and amount.

Choose a variety of nutrient-dense foods from each food group in recommended amounts.

What's in a Healthy Eating Pattern?

The *2015–2020 Dietary Guidelines* has basic recommendations for a healthy eating pattern.

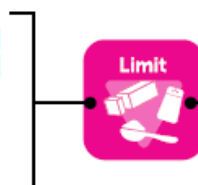
It includes foods like:



And it has limits on:

Saturated & trans fats—limit saturated fats to less than 10% of daily calories and keep *trans* fat intake as low as possible

Added sugars—limit to less than 10% of daily calories



Sodium—limit to less than 2,300 mg a day (for adults and children 14 years and older)

Alcohol—limit to no more than 1 drink per day for women and no more than 2 per day for men

3

Choose an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages that are high in these components to reduce the risk of chronic disease.



4

Shift to healthier food choices. It's simple: when you can, swap out a food or ingredient you typically eat for a healthier option. Consider your own personal preferences.



Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner

5

Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in places where we learn, work, live, and play.

Information provided by the Office of Disease Prevention and Health Promotion. For more information, please visit: health.gov/dietaryguidelines.



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