

Dietary Guidelines for Americans in the 21st Century!

According to the Dietary Guidelines for Americans 2000, working to achieve optimal health through nutrition and exercise is as easy as ABC! Since 1980, the USDA and Department of Health and Human Services has published Dietary Guidelines for Americans every 5 years to bring up-to-date, science-based recommendations on nutrition and health. The Dietary Guidelines for Americans provide advice about food choices to promote health and prevent disease for Americans 2 years and older.

These revised guidelines, released at the National Nutrition Summit on May 30, 2000, reflect the most current scientific research and have been simplified into 10 simple guidelines clustered into three groups - *the ABCs for good health*.

- A: Aim** for Fitness – by aiming for a healthy weight and being physically active each day.

- B: Build** a Healthy Base – by letting the Food Guide Pyramid guide your food choices, choosing a variety of grains, fruits and vegetables daily and by keeping food safe to eat.

- C: Choose** Sensibly – by choosing a diet low in saturated fat and cholesterol, choosing beverages and foods moderate in sugars, choosing foods with less salt and if you drink alcohol, choosing to do so in moderation.

The *ABCs for good health* were created in an effort to make the Dietary Guidelines more memorable and meaningful to Americans so they could easily incorporate some of the principles into their own lives. The goal of the Dietary Guidelines 2000 is to provide a basis for Federal nutrition policy and nutrition education activities in the United States and to promote health and prevent disease through healthy food choices and daily physical activity.

References:

Internet site: <http://www.usda.gov/cnpp>. Accessed August 2000

Nutrition and Your Health: Dietary Guidelines for Americans. 5th ed. Washington, DC: US Department of Agriculture and US Department of Health and Human Services; 2000.