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# Dietary Guidelines for Americans

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## 4 Overarching Guidelines and Recommendations

1. Limit added sugars to less than 10 % of calories per day for ages 2 and older. Avoid added sugar for infants and toddlers.
2. Limit saturated fat to less than 10% of calories per day starting at age 2.
3. Limit sodium intake to less than 2,300mg per day or even less if younger than 14)
4. Limit alcoholic beverages (if consumed) to 2 drinks or less per day for men and 1 drink or less a day for women.

Source: [https://  
www.dietaryguidelines.gov](https://www.dietaryguidelines.gov)

## Understanding the Dietary Guidelines for Americans (DGA)

- Important resource used by health professionals nationwide.
- Provides food-based recommendations to promote health, help prevent chronic diseases, and meet nutrient needs.
- The 2020-2025 Dietary Guidelines is the 9th edition.

Source: <https://www.fns.usda.gov>

## History

- First released in 1980.
- In 1990, Congress passed the National Nutrition Monitoring and Related Research Act.
  - Mandated that the DGA be published jointly by the United States Department of Agriculture (USDA) and Health and Human Services (HHS) every 5 years.

Source: <https://www.fns.usda.gov>

***\*Most Americans still do not follow the Dietary Guidelines .***

- The average American diet scores 59 out of 100 on the Healthy Eating Index (HEI), which measures how closely a diet aligns with the DGA.
- A higher HEI score can improve Americans health.

Source: <https://www.dietaryguidelines.gov/>

**There are 3 key dietary principles that can help people achieve the DGA.**

- Meet nutritional needs primarily from food and beverages.
- Choose a variety of options from each food group.
- Pay attention to portion size.

**Sheet Pan Chicken with Rainbow Vegetables**

**Ingredients**

- 1 medium sweet potato
- 3 tbsp extra virgin olive oil
- 1 1/4 tsp salt
- 3/4 tsp black pepper
- 1 1/4 lb boneless, skinless chicken breast (cut into bite-size pieces)
- 1 head of broccoli, 1 yellow squash, 1 zucchini
- 1 lemon (zest +juice)
- Seasoning mix: 1 tsp garlic powder, 1 tsp onion powder
- 1/4 cup grated parmesan cheese

**Directions**

1. Preheat oven to 400 degrees F.
2. Wash vegetables before cutting into bite-size pieces
3. Toss the sweet potato with oil, salt and pepper, then roast for 10-15 minutes.
4. Mix the remaining vegetables and chicken with oil, lemon zest and juice and seasonings.
5. After 10-15 minutes, add the chicken and vegetables to the pan with the sweet potatoes.
6. Roast for 15-20 more minutes or until chicken is cooked through.

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