What Are the Basic Dietary Guidelines for Americans?

**Fruits & Vegetables**
- Variety with meals and snacks
- ~5 servings / day

**Protein**
- Focus on lean options
- Seafood 2x / week
- Beans, Legumes, Nuts & Seeds
- 2 servings / week

**Grains**
- 3 whole grain servings / day

**Dairy or Soy Alternative**
- ~2-3 servings / day

General guidelines include heart-healthy fats and oils and water for hydration.

Keep Portions in Check

The Portion Balance Coalition: Eat for You Campaign shows how your hand can help guide portion sizes.

A Handful of Nuts

How Can You Tell If a Food or Beverage is High or Low in a Nutrient?

<table>
<thead>
<tr>
<th>Nutrition Facts Label</th>
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<tbody>
<tr>
<td><strong>FDA</strong> considers foods with nutrients:</td>
</tr>
<tr>
<td><strong>HIGH</strong></td>
</tr>
<tr>
<td><strong>LOW</strong></td>
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</tbody>
</table>

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a daily diet, including healthful nutrients such as:

- Fiber
- Calcium
- Iron
- Potassium
- Vitamin D

The %DV also works for nutrients to limit:

- Saturated Fat: 10g/day
- Sodium: 2300mg/day
- Added Sugars: 50g/day