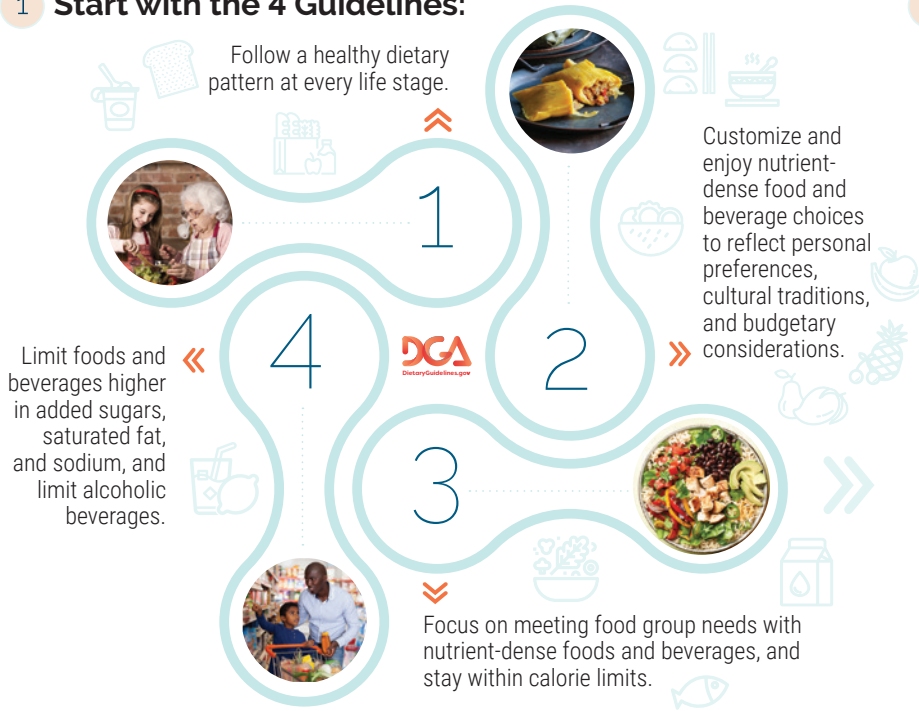


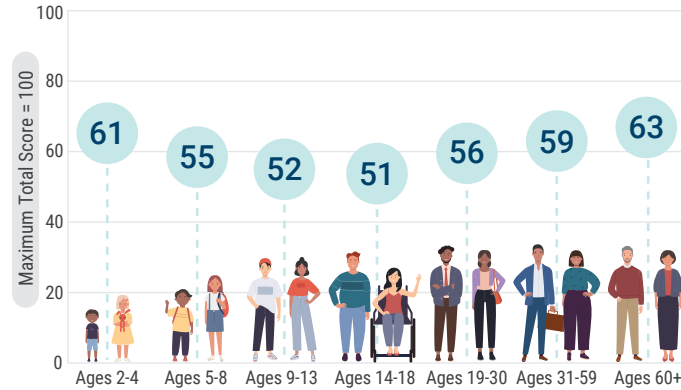
# Make every bite count with the *Dietary Guidelines for Americans*

## 1 Start with the 4 Guidelines:



## 2 The foods and beverages we consume have a profound impact on our health. Yet we're still not following a healthy dietary pattern.

While the science linking food and health has only become stronger, our Healthy Eating Index (HEI) score has remained low. The HEI measures how closely food and beverage choices align with the *Dietary Guidelines*. Our HEI score is higher early in life and in older adulthood, but we all fall far short of following the *Dietary Guidelines*.



Healthy eating is important at every life stage. For the first time, the *Dietary Guidelines for Americans, 2020-2025* provides recommendations for each life stage, from birth through older adulthood.

Nutrient needs vary over the lifespan and each life stage has unique implications for food and beverage choices and disease risk.

Establishing a healthy dietary pattern early in life may have a beneficial **impact over the course of decades.** **It's never too early or too late** to improve food and beverage choices, and to establish a healthy dietary pattern.

» People living with diet-related chronic conditions and diseases are at an increased risk for severe illness from COVID-19.

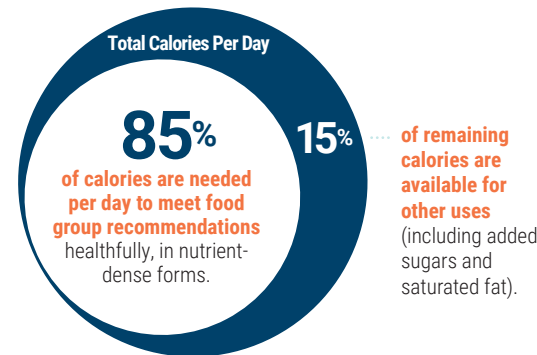
## 3 How do we "make every bite count"?

Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.



**More than half of the U.S. population** meets or exceeds total grain and protein foods recommendations, but are not meeting the subgroup recommendations for each food group.

**Daily Goals:** Most of a person's daily calories are needed to meet food group recommendations with nutrient-dense foods and beverages.



**And follow these three key dietary principles:**

- 1 Meet nutritional needs primarily from nutrient-dense foods and beverages.
- 2 Choose a variety of options from each food group.
- 3 Pay attention to portion size.