

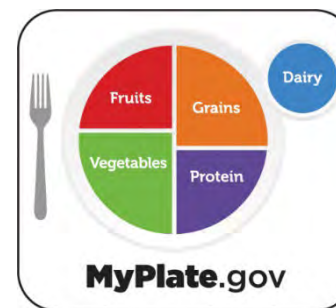
The Supplemental Nutrition Assistance Program Education (SNAP-Ed) and
The Center for Nutrition Policy and Promotion (CNPP) Presents:

Dietary Guidelines for Americans and MyPlate Resources for SNAP-Ed



August 15, 2024

Closed Captioning Available, select "CC/Show Captions" in Zoom.



Housekeeping

- The webinar is being recording and will be available soon at SNAP-Ed Connection> Training> Webinars
- Closed Captioning Available; select "CC/Show Captions" in Zoom
- Questions for the speakers? Please use the Zoom Q&A feature.
- Slides available in the “Handouts” tab

Dietary Guidelines for Americans (DGA) and MyPlate Resources for SNAP-Ed

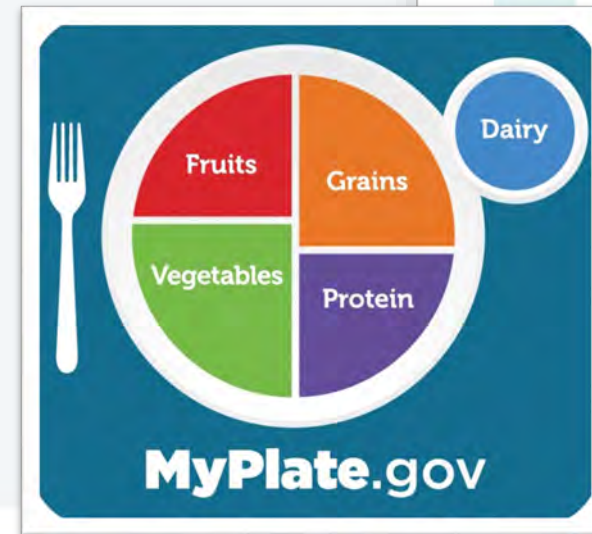
Chinwe Obudulu, MS, RD

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Center for Nutrition Policy and Promotion

Food and Nutrition Services

United States Department of Agriculture

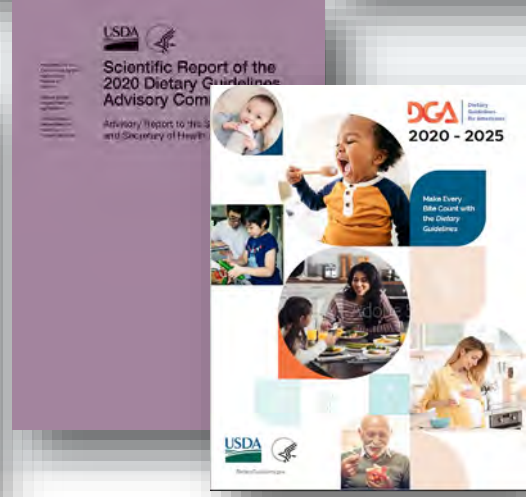
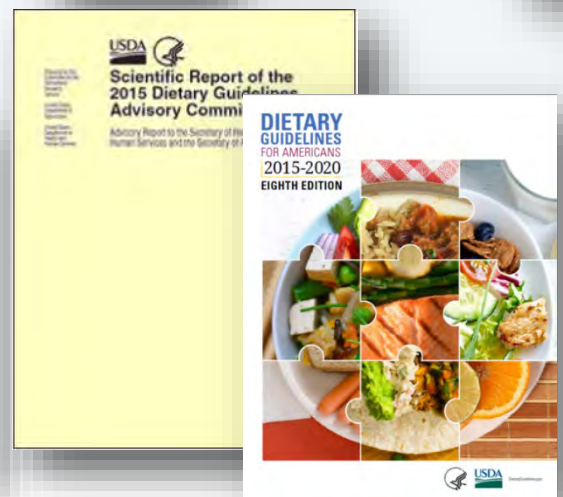
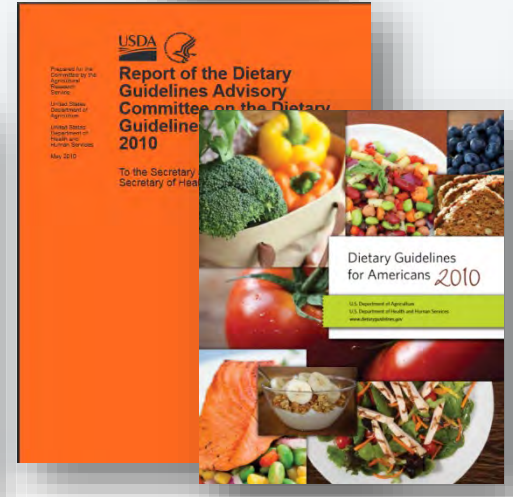
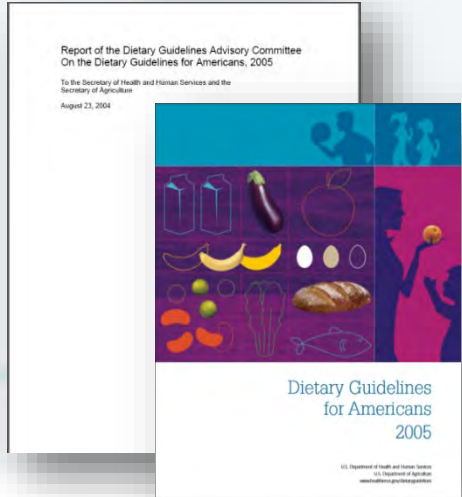
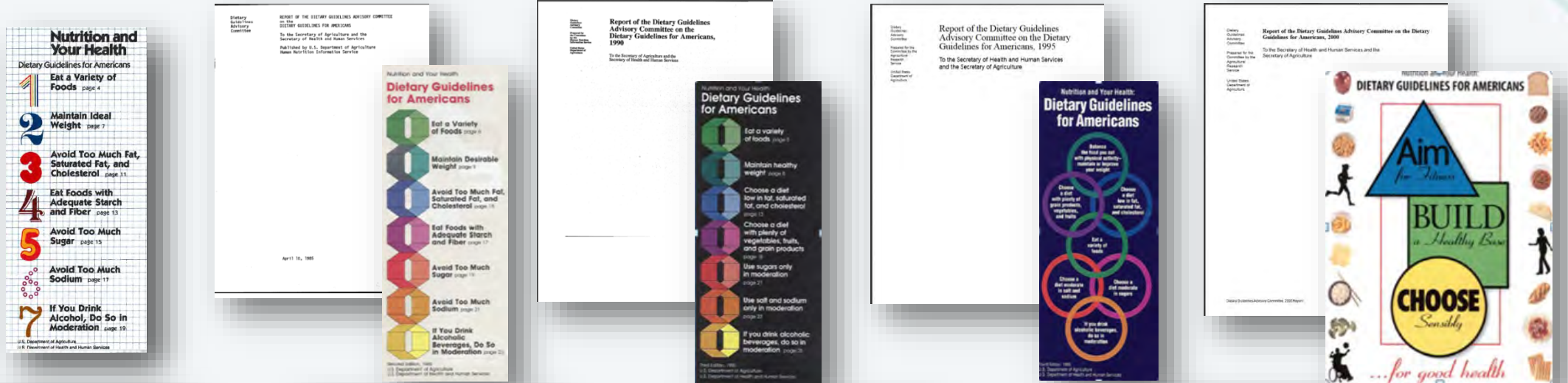


Session Overview

- Overview of the customizable *Dietary Guidelines* healthy eating framework and MyPlate's Digital Hub
- Highlight Federal materials and resources available through DietaryGuidelines.gov and MyPlate.gov
- Insights from MyPlate National Strategic Partner, Brighter Bites, about how their organization uses MyPlate in their nutrition education programming
- Share updates and ways to connect through social media

Dietary Guidelines provides “nutritional and dietary information and guidelines for the general public”

1980



...10th edition!

Guidance has evolved as nutrition science has advanced



Early advice:

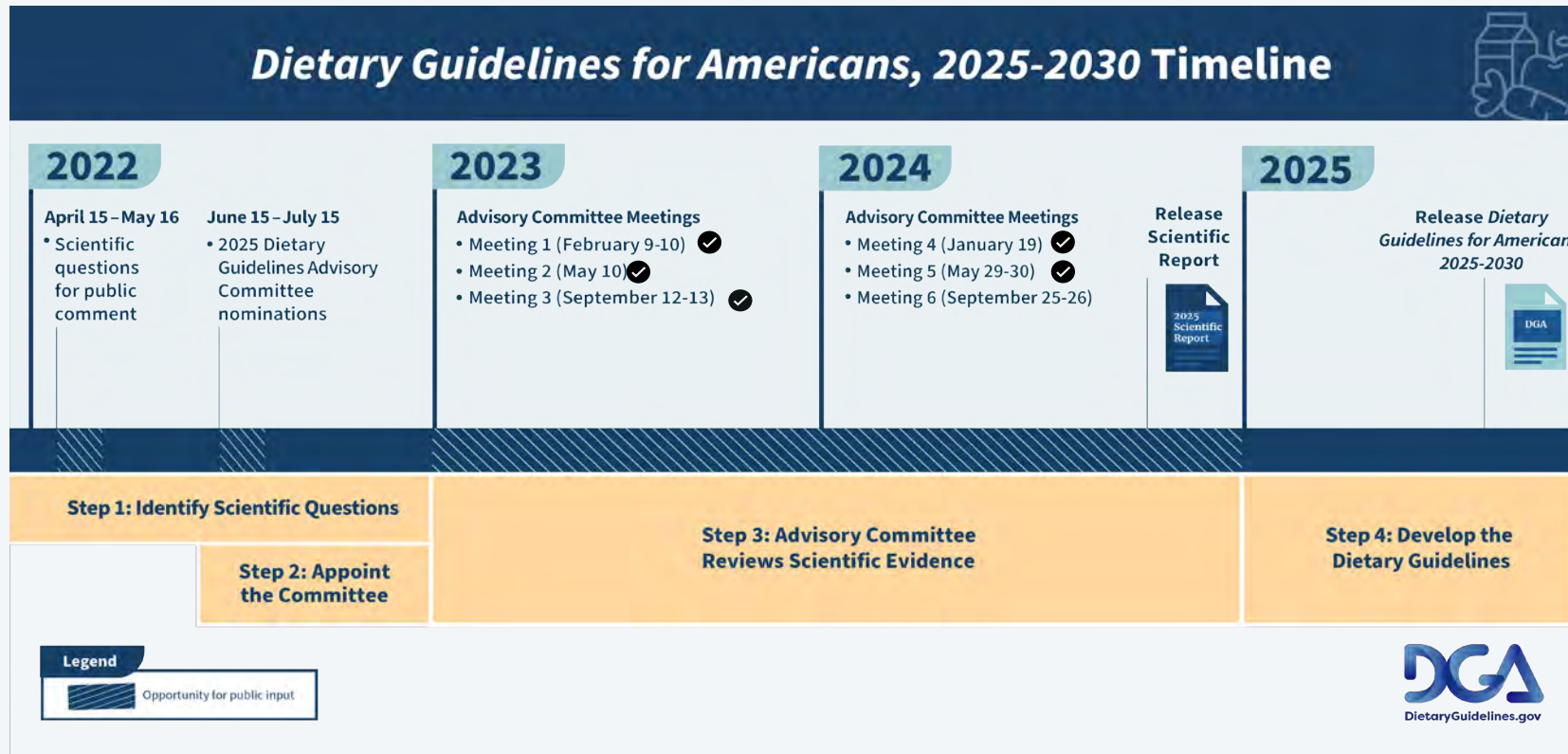
Focused on nutrients provided in consumer brochure



More recent editions:
Focus on **dietary patterns**, or combinations of foods eaten over time;
More quantitative information and refinements in **guidance** written for health professionals and policy makers **to be tailored for diverse audiences**



The process to develop the *Dietary Guidelines, 2025-2030* is currently under way



The Dietary Guidelines for Americans: A Health Equity Lens

All scientific questions will be reviewed with a health equity lens to ensure that the next edition of the *Dietary Guidelines* is relevant to people with diverse racial, ethnic, socioeconomic, and cultural backgrounds. HHS and USDA will support the Committee to describe and consider factors such as socioeconomic status*, race, ethnicity, and culture, to the greatest extent possible, based on the information provided in the scientific literature and data.

**Updated to socioeconomic position for the review of the evidence and the Scientific Report*



Health Equity in the Committee's Evidence Review

Health Equity Considerations in the Committee's Review of the Evidence



NESR Systematic Reviews

Identify key variables of interest related to health equity to include in the search for, description, evaluation, synthesis, and grading of the strength of the eligible body of evidence, where applicable and feasible.



Data Analysis

Utilize demographic subgroups and other variables from nationally representative datasets



Food Pattern Modeling

Consider how intake variability considerations across populations, communities, or cultural foodways can be incorporated into food pattern modeling and diet simulations.



The Guidelines

Follow a healthy dietary pattern at every life stage.



Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

1



DGA Dietary Guidelines for Americans
2020 - 2025

Make Every Bite Count with the Dietary Guidelines

USDA DietaryGuidelines.gov

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



4



2



3



Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.



Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations

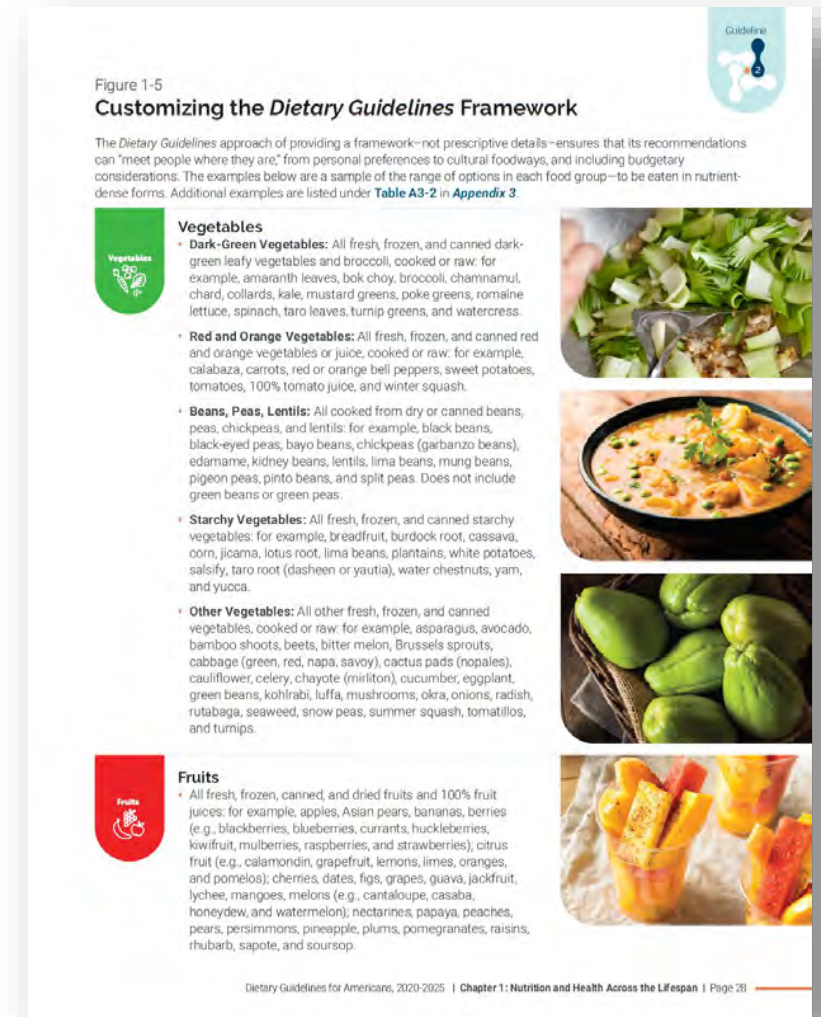


- A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.



Guideline 2: What's new?

- Increased emphasis on the *Dietary Guidelines* as a framework that is adaptable to personal preferences, culture, and budget
 - Ensures that *Dietary Guidelines* recommendations can “meet people where they are”
- Supporting examples and imagery that demonstrates the range of options within each food group to encourage adaptation





[Home](#)

[About](#) ▾

[Current Dietary Guidelines](#) ▾

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[Related Projects](#)

[Most Popular Questions](#)

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2020-2025 Dietary Guidelines and Online Materials

[Top 10 Things You Need to Know](#)

[Food Sources of Select Nutrients](#)

[CPE Opportunities](#)

Figures & Infographics

[Figures](#)

[Infographics](#)

Professional Resources

[Print Materials](#)

[Presentation Slides](#)

[Peer-Reviewed Publications, Current Edition](#)

Consumer Resources

[Consumer Brochure](#)

Recursos en Español

[Materiales Impresos](#)

[Figuras](#)

Process to Develop the 2020-2025 Dietary Guidelines

[Scientific Report](#)

[Public Comments to the Departments](#)

[USDA-HHS Development of the Dietary Guidelines](#)





DietaryGuidelines.gov Resources



- Infants & Toddlers (PDF PPT)
- Children & Adolescents (PDF PPT)
- Adults (PDF PPT)
- Women Who Are Pregnant or Lactating (PDF PPT)
- Older Adults (PDF PPT)
- MyPlate All Life Stages (PDF PPT)

Food Sources of Calcium

Standard Portions

Calcium: Nutrient-dense Food and Beverage Sources, Amounts of Calcium and Energy per Standard Portion

FOOD	STANDARD PORTION	CALORIES	CALCIUM (mg)
Dairy and Fortified Soy Alternatives			
Yogurt, plain, nonfat	8 ounces	137	488
Yogurt, plain, low fat	8 ounces	154	448
Kefir, plain, low fat	1 cup	104	317
Milk, low fat (1%)	1 cup	102	305
Soy beverage (soy milk), unsweetened	1 cup	80	301
Yogurt, soy, plain	8 ounces	130	300
Milk, fat free (skim)	1 cup	83	298
Buttermilk, low fat	1 cup	98	284
Yogurt, Greek, plain, low fat	8 ounces	166	261
Yogurt, Greek, plain, nonfat	8 ounces	134	250
Cheese, reduced, low, or fat free (various)	1 1/2 ounces	**55-133	**85-483
Vegetables			
Lambquarters, cooked	1 cup	59	464
Nettles, cooked	1 cup	37	428
Mustard spinach, cooked	1 cup	29	264
Amaranth leaves, cooked	1 cup	28	276

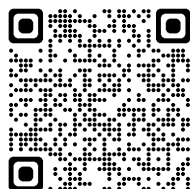
Build a Healthy Eating Routine as You Get Older

Build a Healthy Eating Routine for Your Baby (Birth to Age 2)

Give your baby a healthy start with breast milk

What about supplements?

Figures & Infographics



Presentation Slides



Web Resources



Print Materials





Print materials

Professional Resources

Print Materials

Presentation Slides

Peer-Reviewed Publications

Consumer Resources

Consumer Brochure

Recursos en Español

Materiales Impresos







Figuras








Professional Resources

USDA and HHS develop resources for professionals to help promote healthy eating across the lifespan from birth to older adulthood. Use the information on this page to learn more about the *Dietary Guidelines* and get tips and resources to share with others.

¿Estás buscando más recursos en español que apoyen el uso e implementación de las *Guías Alimentarias para Estadounidenses*? Visita nuestra página de [Recursos en español](#).

Print Materials

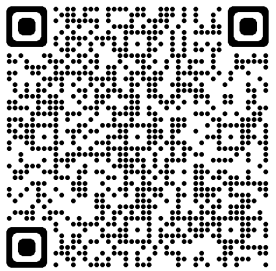
 <p>Executive Summary</p> <p>English PDF</p> <p>Spanish PDF</p>	 <p>Customizing the Dietary Guidelines</p> <p>English PDF</p> <p>Spanish PDF</p>	 <p>Nutrition Conversation Starters</p> <p>English PDF</p> <p>Spanish PDF</p>
 <p>Build a Healthy Eating Routine</p> <p>English PDF</p> <p>Spanish PDF</p>	 <p>Eat Healthy: Pregnancy or Breastfeeding</p> <p>English PDF</p> <p>Spanish PDF</p>	 <p>Eat Healthy: Birth to Age 2</p> <p>English PDF</p> <p>Spanish PDF</p>

 <p>Eat Healthy: Kids & Teens</p> <p>English PDF</p> <p>Spanish PDF</p>	 <p>Eat Healthy: Older Adults</p> <p>English PDF</p> <p>Spanish PDF</p>	 <p>Make Healthy Drink Choices</p> <p>English PDF</p> <p>Spanish PDF</p>
 <p>Cut Down on Added Sugars</p> <p>English PDF</p> <p>Spanish PDF</p>	 <p>Cut Down on Saturated Fat</p> <p>English PDF</p> <p>Spanish PDF</p>	 <p>Cut Down on Sodium</p> <p>English PDF</p> <p>Spanish PDF</p>
 <p>Consumer Brochure</p> <p>English PDF (color)</p> <p>Spanish PDF (colores)</p>		

[Return to top](#)

Print Materials: Nutrition Conversation Starters

Spanish



English



Talk to Your Patients and Clients About Healthy Eating Routines

As a health professional, you know it's important to help your patients make healthier food choices. After all, nutrition is one of the best tools we have to prevent chronic diseases. But it can be challenging to motivate patients in the short time you spend together.

The Dietary Guidelines for Americans, 2020–2025 offers evidence-based nutrition guidance that can make your job easier — including guidance by life stage from birth to older adulthood. **Share the recommendations with your patients and help them build a healthy eating routine.**

Start the conversation

When you bring up healthy eating with your patients, keep the tone positive and encouraging. Try these friendly conversation starters:



What does a typical dinnertime look like for your family?

Meet people where they are — ask about favorite meals and find out if they eat together or separately. Then suggest small, healthy changes tailored to their situation.



Who does the grocery shopping and cooking in your home?

Find out what they're buying and how often they cook. Explain how to use the Nutrition Facts label to make healthier choices and encourage them to cook more at home.



When you're thirsty, what kind of drink do you reach for?

Over a third of the added sugars in the American diet come from sweetened drinks, like soda. Try to steer your patients toward healthier options, like water.

Be ready to address barriers

Eating healthy can be challenging for many people. Share these tips to help your patients overcome common barriers:

- **"I can't afford healthy foods."**
Offer budget-friendly shopping tips — like buying frozen or canned fruits and veggies instead of fresh — and help them find more tips at [MyPlate.gov/Eat-Healthy/Healthy-Eating-Budget](https://www.myplate.gov/Eat-Healthy/Healthy-Eating-Budget). And if they can't afford enough food for their family, connect them with programs that can help at [USA.gov/Food-Help](https://www.usa.gov/food-help).
- **"I don't have time to cook healthy meals."**
Suggest cooking a healthy dinner just once a week — that's a great first step. Or they can try cooking meals in batches on the weekend to heat up for dinners during the week.
- **"Healthy foods just aren't convenient."**
Offer tips to make it easier to choose healthy foods. They can try keeping cut-up fruits and veggies on hand in the fridge for easy snacking. Or suggest healthier takeout and fast-food options, like a grilled chicken sandwich instead of fried.
- **"My kids won't eat anything healthy."**
Let them know this is a common challenge! Tell them it can take up to 10 tries for kids to get used to a new food. Suggest getting kids involved in shopping and cooking. That way, kids can choose some healthy foods they're willing to try.
- **"Experts keep changing their minds about what's healthy."**
Explain that the Dietary Guidelines aren't a fad diet — they're a basic framework for healthy eating that stays largely consistent year after year. People can trust the Dietary Guidelines because it's based on the best nutrition evidence we have.



Find resources for your patients

This fact sheet is just for professionals, but there are lots of materials you can share with your patients:

- Learn about the Dietary Guidelines for Americans — including specific guidance for different life stages — and find fact sheets and other resources to share at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
- Refer your patients to [MyPlate.gov](https://www.myplate.gov), where they can find more practical advice, recipes, and healthy eating tips.





Professional Resources: Customizing the *Dietary Guidelines* Framework

Top Resource

Figure 1-5
Customizing the *Dietary Guidelines* Framework

The *Dietary Guidelines* approach of providing a framework—not prescriptive details—ensures that its recommendations can “meet people where they are,” from personal preferences to cultural foodways, and including budgetary considerations. The examples below are a sample of the range of options in each food group—to be eaten in nutrient-dense forms. Additional examples are listed under [Table A3-2](#) in [Appendix 3](#).

Vegetables

- **Dark-Green Vegetables:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, amaranth leaves, bok choy, broccoli, chammamul, chard, collards, kale, mustard greens, poke greens, romaine lettuce, spinach, taro leaves, turnip greens, and watercress.
- **Red and Orange Vegetables:** All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, calabaza, carrots, red or orange bell peppers, sweet potatoes, tomatoes, 100% tomato juice, and winter squash.
- **Beans, Peas, Lentils:** All cooked from dry or canned beans, peas, chickpeas, and lentils: for example, black beans, black-eyed peas, bayo beans, chickpeas (garbanzo beans), edamame, kidney beans, lentils, lima beans, mung beans, pigeon peas, pinto beans, and split peas. Does not include green beans or green peas.
- **Starchy Vegetables:** All fresh, frozen, and canned starchy vegetables: for example, breadfruit, burdock root, cassava, corn, jicama, lotus root, lima beans, plantains, white potatoes, salsify, taro root (dasheen or yautia), water chestnuts, yam, and yucca.
- **Other Vegetables:** All other fresh, frozen, and canned vegetables, cooked or raw for example, asparagus, avocado, bamboo shoots, beets, bitter melon, Brussels sprouts, cabbage (green, red, napa, savoy), cactus pads (nopales), cauliflower, celery, chayote (mirliton), cucumber, eggplant, green beans, kohlrabi, luffa, mushrooms, okra, onions, radish, rutabaga, seaweed, snow peas, summer squash, tomatillos, and turnips.

Fruits

- All fresh, frozen, canned, and dried fruits and 100% fruit juices: for example, apples, Asian pears, bananas, berries (e.g., blackberries, blueberries, currants, huckleberries, kiwifruit, mulberries, raspberries, and strawberries); citrus fruit (e.g., calamondin, grapefruit, lemons, limes, oranges, and pomelos); cherries, dates, figs, grapes, guava, jackfruit, lychee, mangoes, melons (e.g., cantaloupe, casaba, honeydew, and watermelon); nectarines, papaya, peaches, pears, persimmons, pineapple, plums, pomegranates, raisins, rhubarb, sapote, and soursop.

Personalización del marco de las *Guías Alimentarias*

El enfoque de las *Guías Alimentarias* de ofrecer un marco (información no prescriptiva) garantiza que sus recomendaciones puedan “llegar a las personas donde estén”, desde las preferencias personales hasta los hábitos alimentarios, incluidas las consideraciones presupuestarias. Los ejemplos de abajo son una muestra de la gama de opciones en cada grupo de alimentos, que se deben comer en formas ricas en nutrientes. Hay más ejemplos en la [Tabla A3-2](#), en el [Apéndice 3](#).

Vegetales

- **Vegetales verde oscuro:** Todos los vegetales de hojas verde oscuro frescos, congelados y enlatados, además del brócoli, cocidos o crudos: por ejemplo, hojas de amaranto, bok choy, brócoli, chammamul, acelga, col, kale, hojas de mostaza, hojas de hierba americana, lechuga romana, espinaca, hojas de taro, hojas de nabo y berro.
- **Vegetales de color rojo y anaranjado:** Todos los jugos o vegetales rojos y anaranjados frescos, congelados y enlatados, cocidos o crudos: por ejemplo, calabaza, zanahorias, pimientos rojos o anaranjados, batatas, tomates, jugo de tomate puro y zapallos.
- **Frijoles, guisantes y lentejas:** Todos cocidos a partir de frijoles, guisantes, garbanzos y lentejas secos o enlatados: por ejemplo, frijoles negros, chicharos, frijoles bayos, garbanzos, edamame, frijoles rojos, lentejas, habas, frijoles mung, gandules, frijoles pintos y guisantes partidas. No incluyen judías verdes ni frijoles verdes.
- **Vegetales que contienen almidón:** Todos los vegetales que contienen almidón frescos, congelados y enlatados: por ejemplo, árbol de pan, raíz de bardana, yuca o mandioca, maíz, jicama, raíz de loto, habas, plátanos, papas blancas, alfalfa, malanga, yautía, castañas de agua, batatas y yuca.
- **Otros vegetales:** Todos los demás vegetales frescos, congelados y enlatados, cocidos o crudos: por ejemplo, espárragos, aguacate, brotes de bambú, remolachas, melón amargo, repolitos de Bruselas, repollo (verde, rojo, chino, de Saboya), pencas de cactus (nopales), coliflor, apio, chayote, pepino, berenjena, judías verdes, colinabo, luffa, champiñones, quimbombó, cebollas, rábano, naba, alga, tirabeques (snow peas, en inglés), calabaza de verano, tomatillos y nabos.

Frutas

- Todas las frutas frescas, congeladas, enlatadas y secas, y los jugos 100% de frutas: por ejemplo, manzanas, peras asiáticas, banana (guineo), bayas (p. ej., zarzamoras, arándanos azules, pasas de Corinto, arándanos, kiwi, moras, frambuesas y fresas); cítricos (p. ej., calamondin (fruta cítrica), toronjas, limones, limas, naranjas y pomelos), cerezas, dátiles, higos, uvas, guayabas, yaca, lichis, mangos, melones (p. ej., cantalupo, casaba, rocío de miel y sandía), nectarinas, papayas, durazno (variedad de melocotón), peras, caqui o persimón (persimmons, en inglés), piñas, ciruelas, granadas, uvas pasas, rubiarbo, zapote y guanábana.

Professional Resources: Food Sources of Select Nutrients

Top Webpage

Food Sources of Select Nutrients

Current low intakes of nutrient-dense foods and beverages across food groups has resulted in underconsumption of some nutrients and dietary components. Calcium, potassium, dietary fiber, and vitamin D are considered dietary components of public health concern for the general U.S. population. In addition, iron is a nutrient of public health concern for infants, particularly those receiving mostly human milk, and women of childbearing age.

Make Every Bite Count With the Dietary Guidelines

The following lists provide examples of a variety of nutrient-dense foods and beverages that are some of the highest sources of these dietary components. Health professionals are encouraged to use these lists to help Americans identify foods and beverages they enjoy—those that reflect their personal preferences and cultural traditions—and that also help meet their food group and nutrient needs.

A few notes about these lists:

- Portions listed are not recommended serving sizes.
- Two lists—in 'standard' and 'smaller' portions—are provided for each dietary component. Standard portions provide at least 130 mg of calcium; 280 mg of potassium; 2.8 g of dietary fiber; 80 IU of vitamin D; and 1.8 mg of iron. Smaller portions are generally one-half of a standard portion.
- Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense. For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.
- Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods (e.g., nuts, popcorn) could be a choking hazard.

Food Sources of Calcium

Standard Portions

Smaller Portions

Food Sources of Potassium

Standard Portions

Smaller Portions

Food Sources of Dietary Fiber

Standard Portions

Smaller Portions

Food Sources of Vitamin D

Standard Portions

Smaller Portions

Food Sources of Iron

Standard Portions

Smaller Portions

Food Sources of Potassium

Standard Portions

+

Smaller Portions

-

Potassium: Nutrient-dense Food and Beverage Sources, Amounts of Potassium and Energy per Smaller Portion

FOOD ^{1,2}	SMALLER PORTION ³	CALORIES	POTASSIUM (mg)
Vegetables			
Beet greens, cooked	1/2 cup	20	655
Fufu, cooked	1/2 cup	199	540
Lima beans, cooked	1/2 cup	105	485
Swiss chard, cooked	1/2 cup	18	481
Potato, baked, with skin	1/2 medium	81	463
Yam, cooked	1/2 cup	79	456
Acorn squash, cooked	1/2 cup	58	448
Amaranth leaves, cooked	1/2 cup	14	423
Spinach, cooked	1/2 cup	21	420
Breadfruit, cooked	1/2 cup	85	404
Bamboo shoots, raw	1/2 cup	21	403
Water chestnuts	1/2 cup	60	362
Carrot juice	1/2 cup	47	345
Taro leaves, cooked	1/2 cup	18	334
Plantains, cooked	1/2 cup	108	332
Taro root (dasheen or yautia), cooked	1/2 cup	94	320
Adzuki beans, cooked	1/4 cup	74	306
Cress, raw	1 cup	16	303
Butternut squash, cooked	1/2 cup	41	291

Food Sources of Calcium

Standard Portions

-

Calcium: Nutrient-dense Food and Beverage Sources, Amounts of Calcium and Energy per Standard Portion

FOOD ^{1,2}	STANDARD PORTION ³	CALORIES	CALCIUM (mg)
Dairy and Fortified Soy Alternatives			
Yogurt, plain, nonfat	8 ounces	137	488
Yogurt, plain, low fat	8 ounces	154	448
Kefir, plain, low fat	1 cup	104	317
Milk, low fat (1%)	1 cup	102	305
Soy beverage (soy milk), unsweetened	1 cup	80	301
Yogurt, soy, plain	8 ounces	150	300
Milk, fat free (skim)	1 cup	83	298
Buttermilk, low fat	1 cup	98	284
Yogurt, Greek, plain, low fat	8 ounces	166	261
Yogurt, Greek, plain, nonfat	8 ounces	134	250
Cheese, reduced, low, or fat free (various)	1 1/2 ounces	~55-155	~85-485
Vegetables			
Lambquarters, cooked	1 cup	58	464
Nettles, cooked	1 cup	37	428
Mustard spinach, cooked	1 cup	29	284
Amaranth leaves, cooked	1 cup	28	276
Collard greens, cooked	1 cup	63	268
Spinach, cooked	1 cup	41	245
Nopales, cooked	1 cup	22	244
Taro root (dasheen or yautia), cooked	1 cup	60	204

New! Food Sources of Select Nutrients Handouts

- Ready-to-use handouts available for each dietary component of public health concern
 - Potassium
 - Vitamin D
 - Calcium
 - Iron
 - Fiber
- Standard and smaller portion sizes
- Accompanying excel document with editable tables

Food Sources of Iron

Iron helps carry oxygen throughout your body and getting enough is important for growth and development. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.

Did you know that you can get iron from many different food groups?

Here are a few examples:

- Iron-rich meats, poultry, seafood, and eggs
- Fortified ready-to-eat or cooked cereals
- Dark green vegetables such as spinach or kale, beans such as lentils or chickpeas, and other legumes such as lentils, green peas, and soy beans
- 100% juice

Looking for more sources of iron to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and iron needs.

Nutrient-dense Food and Beverage Sources of Iron

FOOD	SMALLER PORTION	IRON (mg)	PLAN TO TRY	MY FAVORITES
Protein Foods (these sources)				
Chicken	1 ounce	2.2		
Beef	1 ounce	1.8		
Turkey, Egg	1/2 egg	1.2		
Swine, Pork	1/2 ounce	1.3		
Dark Green	1 ounce	1.3		
Beans	1 ounce	1.0		
Beef	1 ounce	0.9		
Legumes (cooked)	1 ounce	0.8		
Other	1 ounce	0.8		

Food Sources of Potassium

Your body needs potassium for normal everyday life, including keeping your kidneys, heart, muscles, and nerves work properly. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.

Did you know that you can get potassium from many different food groups?

Here are a few examples:

- Cooked leafy greens such as leafy greens or spinach
- Beans such as kidney or white beans, and other legumes such as lentils, chickpeas, and soybeans
- Fruit such as guava, cantaloupe, bananas, oranges, and avocados
- Low-fat or fat-free milk, yogurt, or kefir, including lactose-free versions, and fortified soy milk
- Grains such as wheat or barley, any products such as spaghetti or tortillas, and bread such as bran bread, pita, or tort

Looking for more sources of potassium to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and potassium needs.

Nutrient-dense Food and Beverage Sources of Potassium

FOOD	SMALLER PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
Vegetables				
Leafy greens, cooked	1 cup	1,000		
Leafy greens, raw	1 cup	1,000		
Beans, cooked, canned	1 cup	400		
Legumes (cooked, canned)	1 cup	300		
Tomato, with skin	1 medium	300		
Spinach, cooked	1 cup	200		
Avocado, cooked	1 cup	400		
Orange juice, cooked	1 cup	400		
Spaghetti, cooked	1 cup	400		
Spaghetti, uncooked	1 cup	400		
Spaghetti, whole wheat	1 cup	400		
Spaghetti, whole wheat	1 cup	400		
Spaghetti, whole wheat	1 cup	400		

Food Sources of Vitamin D

Getting enough vitamin D is important for strong bones and overall health. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.

Did you know that you can get vitamin D from many different food groups?

Here are a few examples:

- Salmon, cod, trout, or other fatty fish
- Low-fat or fat-free milk, yogurt, or kefir, including lactose-free versions, and fortified soy milk
- Some mushrooms
- Fortified 100% orange juice

Looking for more sources of vitamin D to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. It can be hard to get enough vitamin D from foods and drinks that contain it naturally. Consider choosing some foods and drinks fortified with vitamin D as part of a healthy eating routine and talk to your healthcare provider about whether you need a supplement.

Your body can also make vitamin D from sunlight. Learn how to practice sun safety at: <https://www.cdc.gov/sunscreen/skin/basics/info/sun-safety.html>.

Nutrient-dense Food and Beverage Sources of Vitamin D

FOOD	STANDARD PORTION	VITAMIN D (IU)	PLAN TO TRY	MY FAVORITES
Protein Foods				
Salmon, farmed	3 ounces	440		
Salmon, wild	3 ounces	300-500		
Light fish, canned	3 ounces	300		
Trout	3 ounces	180		
Salmon, canned	3 ounces	160		
Tilapia	3 ounces	120		
Trout	3 ounces	110		

Food Sources of Calcium

Getting enough calcium is important for strong bones and overall health. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.

Did you know that you can get calcium from many different food groups?

Here are a few examples:

- Low-fat or fat-free milk, yogurt, or kefir, including lactose-free versions, and fortified soy milk and yogurt
- Vegetables such as romaine, collard greens, bok choy, and kale
- Tofu, canned sardines, and canned salmon with bones
- Fortified 100% juice

Looking for more sources of calcium to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and calcium needs.

Nutrient-dense Food and Beverage Sources of Calcium

FOOD	SMALLER PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
Dairy and Fortified Soy Alternatives				
Yogurt, plain, nonfat	4 ounces	294		
Yogurt, plain, low fat	4 ounces	294		
Milk, whole, low fat	1/2 cup	180		
Milk, low fat 1%	1/2 cup	180		
Soy beverage (soy milk), unsweetened	1/2 cup	180		
Milk, fat free (skim)	1/2 cup	180		
Milk, fat free (skim)	1/2 cup	180		
Butterfat, low fat	1/2 cup	140		
Yogurt, Greek, plain, low fat	4 ounces	140		
Yogurt, Greek, plain, nonfat	4 ounces	140		
Cheese, reduced fat, or fat free (cottage)	1/2 ounce	40-100		

Food Sources of Fiber

Getting enough fiber is important for overall health, including keeping your digestive system healthy. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.

Did you know that you can get fiber from many different food groups?

Here are a few examples:

- Peppers, high fiber or whole-wheat cereal, bulgur, wild rice, and whole-grain barley
- Vegetables such as artichokes, navy beans, lentils, green beans, and pears
- Fruit such as dates, guava, raspberries, pears, oranges, and kiwifruit
- Seeds such as sesame, pumpkin, and chia, and nuts such as almonds, walnuts, and pecans

Looking for more sources of fiber to enjoy?

Use this list to identify foods that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and fiber needs.

Nutrient-dense Food and Beverage Sources of Fiber

FOOD	SMALLER PORTION	FIBER (g)	PLAN TO TRY	MY FAVORITES
Grains				
Cornmeal, instant, high fiber, unsweetened (a.k.a. kernal)	1/4 cup	2.0		
Ready-to-eat cereal, whole grain (kernal)	1/4 cup	1.8		
Ready-to-eat cereal, whole, alternative	1/2 cup	3.1		
Bulgur, cooked	1/4 cup	2.1		
Quinoa	1 cup	1.4		
Wheat, cooked	1/4 cup	1.5		
Ready-to-eat cereal, bran flakes	1/4 cup	1.6		
Wheat, cooked	1/4 cup	1.9		
Ready-to-eat cereal, bran	1/4 cup	1.9		
Ready-to-eat cereal, bran	1/4 cup	1.9		
Ready-to-eat cereal, bran	1/4 cup	1.9		
Ready-to-eat cereal, bran	1/4 cup	1.9		



Dedicated Webpages for Spanish Resources

- Professional Resources
- Print Materials
- Presentation Slides
- Peer-Reviewed Publications
- Consumer Resources
- Consumer Brochure
- Recursos en Español**
- Materiales Impresos
- Figuras

Recursos en español

Muchos de los recursos para profesionales y consumidores disponibles en el sitio web han sido traducidos al español para ayudarte a promover la alimentación saludable durante todas las etapas de la vida, desde el nacimiento hasta la vejez. Usa la información en esta página para aprender más sobre las *Guías Alimentarias para Estadounidenses, 2020-2025*, y obtén consejos y recursos para compartir con otras personas.

Materiales impresos

Resumen ejecutivo	Personalización del marco de las Guías Alimentarias	Consejos para iniciar una conversación sobre la nutrición
Español PDF Inglés PDF	Español PDF Inglés PDF	Español PDF Inglés PDF
Desarrolla una rutina de alimentación saludable	Alimentación saludable: Embarazo o lactancia	Alimentación saludable: Desde el nacimiento hasta la vejez
Inglés PDF	Inglés PDF	Inglés PDF
Reduce el consumo de azúcares añadidos	Reduce el consumo de grasa saturada	Reduce el consumo de sodio
Español PDF Inglés PDF	Español PDF Inglés PDF	Español PDF Inglés PDF

Las Guías

Haga que cada bocado cuente con las Guías Alimentarias para los Estadounidenses. Esta es la manera cómo:

Siga un patrón dietético saludable en donde todos los alimentos...

Personalice y disfrute de opciones de alimentos y bebidas ricas en nutrientes para reflejar sus preferencias personales, las tradiciones culturales y las consideraciones presupuestarias.

Limite los alimentos y bebidas con alto contenido de azúcares añadidos, grasas saturadas y sodio y limite las bebidas alcohólicas.

Concéntrese en satisfacer las necesidades del grupo de alimentos con alimentos y bebidas ricas en nutrientes y manténgase dentro de los límites de calorías.

4 DGA 2 3

En la que se basan las Guías Alimentarias demuestra de manera saludable a lo largo de la vida puede la salud y reducir el riesgo de enfermedades crónicas

Niños y adolescentes

- Más actividad física
- Más consumo de frutas y verduras
- Más consumo de leche y productos lácteos
- Más consumo de agua
- Más consumo de alimentos ricos en calcio
- Más consumo de alimentos ricos en hierro
- Más consumo de alimentos ricos en fibra
- Más consumo de alimentos ricos en proteínas
- Más consumo de alimentos ricos en vitaminas y minerales
- Más consumo de alimentos ricos en antioxidantes
- Más consumo de alimentos ricos en fibra
- Más consumo de alimentos ricos en calcio
- Más consumo de alimentos ricos en hierro
- Más consumo de alimentos ricos en vitaminas y minerales
- Más consumo de alimentos ricos en antioxidantes

Adultos, incluidos los adultos mayores

- Más actividad física
- Más consumo de frutas y verduras
- Más consumo de leche y productos lácteos
- Más consumo de agua
- Más consumo de alimentos ricos en calcio
- Más consumo de alimentos ricos en hierro
- Más consumo de alimentos ricos en fibra
- Más consumo de alimentos ricos en proteínas
- Más consumo de alimentos ricos en vitaminas y minerales
- Más consumo de alimentos ricos en antioxidantes
- Más consumo de alimentos ricos en fibra
- Más consumo de alimentos ricos en calcio
- Más consumo de alimentos ricos en hierro
- Más consumo de alimentos ricos en vitaminas y minerales
- Más consumo de alimentos ricos en antioxidantes

Figuras

Consumos de alimentos comparados con las recomendaciones de la población estadounidense mayor de 1 año de edad y el objetivo alimentario, o que está por debajo o por encima del objetivo.

Gráfico de barras que muestra el consumo de alimentos comparado con las recomendaciones de la población estadounidense mayor de 1 año de edad y el objetivo alimentario. El gráfico muestra que el consumo de alimentos ricos en nutrientes (frutas, verduras, leche y productos lácteos) está por encima del objetivo, mientras que el consumo de alimentos con alto contenido de azúcares añadidos, grasas saturadas y sodio está por debajo del objetivo.

Nota: El consumo de alimentos ricos en nutrientes (frutas, verduras, leche y productos lácteos) está por encima del objetivo, mientras que el consumo de alimentos con alto contenido de azúcares añadidos, grasas saturadas y sodio está por debajo del objetivo.

Fuente de datos: *Guías Alimentarias para Estadounidenses, 2020-2025*. Datos de consumo de alimentos por grupo de alimentos y grupo de alimentos.

Guías Alimentarias para Estadounidenses, 2020-2025

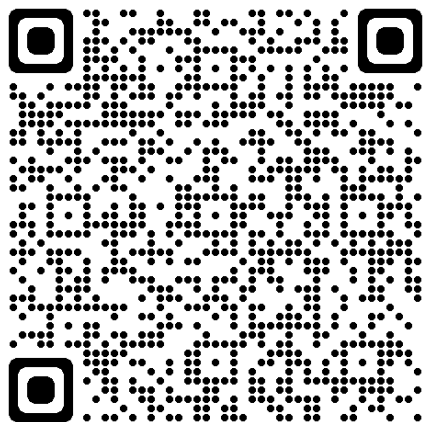








www.DietaryGuidelines.gov/es/Recursos



Presentation slides

- Available for you to download and customize for your audiences!



 <p>Infants & Toddlers</p> <p>PDF PPT</p>	 <p>Children & Adolescents</p> <p>PDF PPT</p>
 <p>Adults</p> <p>PDF PPT</p>	 <p>Women Who Are Pregnant or Lactating</p> <p>PDF PPT</p>
 <p>Older Adults</p> <p>PDF PPT</p>	 <p>MyPlate All Life Stages</p> <p>PDF PPT</p>

Customization Example: Colegio De Nutricionistas Y Dietistas De Puerto Rico

The Guidelines Las Guías

1. Seguir patrón alimentario saludable
2. Individualizar y disfrutar elección de alimentos y bebidas con densidad nutricional que reflejen preferencias, tradiciones culturales y consideraciones presupuestarias
3. Enfocar en cumplir con necesidades de los grupos de alimentos y permanecer dentro de los límites de calorías
4. Limitar consumo alto en azúcar añadida, grasa saturada, y sodio, y limitar las bebidas alcohólicas.

Follow a healthy dietary pattern at every life stage.

Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.

DGA Dietary Guidelines for Americans

Guideline 2: Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

Guía 2: Personalice y disfrute de opciones de alimentos y bebidas densas en nutrientes para reflejar las preferencias personales, las tradiciones culturales y las consideraciones presupuestarias.

- A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.
- Todas las personas, independientemente de su edad, raza o etnia, o estado de salud actual se benefician de un patrón alimentario saludable. Las Guías Alimentarias proporcionan un marco destinado a ser personalizado a las necesidades y preferencias individuales, así como a las diversas expresiones gastronómicas culturales en los Estados Unidos.



Figures

The Science Underlying the Dietary Guidelines Demonstrates That Healthy Eating Across the Lifespan Can Promote Health and Reduce Risk of Chronic Disease

Birth Through 23 Months

- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma



Women Who Are Pregnant or Lactating

- Favorable cognitive development in the child
- Favorable folate status in women during pregnancy and lactation



NOTE: The 2020 Dietary Guidelines Advisory Committee examined the available evidence for all combinations of exposures and outcomes presented in this figure. The Committee rated the evidence on diet and health outcomes as **Strong**, **Moderate**, or **Weak**. See the **Committee's Report** for specific graded conclusion statements.

Dietary Guidelines for Americans, 2020-2025

Customizing the Dietary Guidelines Framework

The Dietary Guidelines approach of providing a framework (not prescriptive details)—ensures that its recommendations can “meet people where they are” from personal preferences to cultural foodways, and including budgetary considerations. The examples below are a sample of the range of options in each food group—to be eaten in nutrient-dense forms. Additional examples are listed under **Table A3.2 – Appendix 3**.

Vegetables

Dark-Green Vegetables: All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw. For example, arharanth leaves, bok choy, broccoli, chard, chard, chard, collard, kale, mustard greens, jute greens, romaine lettuce, spinach, tatsoi leaves, turbo greens, and watercress.

Red and Orange Vegetables: All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw. For example, abubaba, carrots, red and orange bell peppers, sweet potatoes, tomatoes, 100% tomato sauce, and winter squash.

Beans, Peas, Lentils: All cooked from dry or canned beans, peas, chickpeas, and lentils. For example, black beans, black-eyed peas, bayo beans, chickpeas (garbanzo beans), adzuki beans, kidney beans, lentils, lima beans, mung beans, pigeon peas, pinto beans, and split peas. Does not include green beans or green peas.

Starchy Vegetables: All fresh, frozen, and canned starchy vegetables, for example, breadfruit, burdock root, cassava, corn, jicama, lotus root, lima beans, plantain, white potatoes, salsify, taro root (Dioscorea or yautia), water chestnut, yam, and yuca.

Other Vegetables: All other fresh, frozen, and canned vegetables, cooked or raw. For example, asparagus, avocado, bamboo shoots, beets, bitter melon, brussels sprouts, cabbage (green, red, flake, savoy), cactus pads (nopales), cauliflower, celery, choyote (mirliton), cucumbers, eggplant, green beans, kohlrabi, luffa, mushrooms, okra, onions, radish, rutabaga, seaweed, snow peas, summer squash, tomatoes, and turnips.

Fruits

All fresh, frozen, canned, and dried fruits and 100% fruit juices. For example, apple, Asian pears, bananas, berries (e.g., blackberries, blueberries, currants, huckleberries, kiwifruit, mulberries, raspberries, and strawberries), citrus fruit (e.g., clementine, grapefruit, lemons, limes, oranges, and pomelos), cherries, dates, figs, grapes, guava, jackfruit, lychee, mangoes, melons (e.g., cantaloupe, casaba, honeydew, and watermelon), nectarines, peaches, plums, pears, persimmons, pineapples, plums, pomegranates, raisins, rhubarb, sapote, and sourdow.

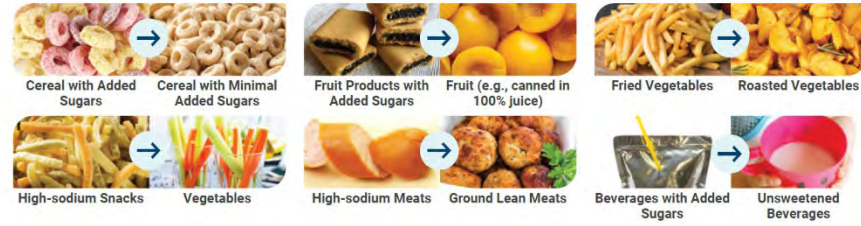


Dietary Guidelines for Americans, 2020-2025

General

Make Healthy Shifts To Empower Toddlers To Eat Nutrient-Dense Foods in Dietary Patterns

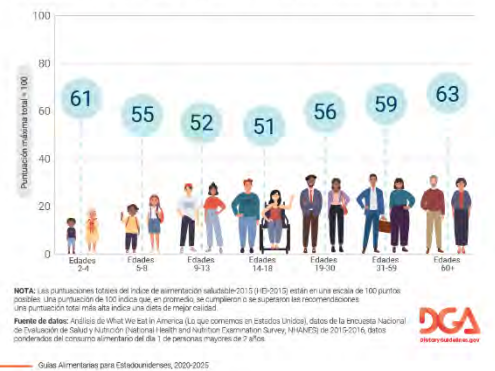
Science shows that early food preferences influence later food choices. Make the first choice the healthiest choices that set the toddlers on a path of making nutrient-dense choices in the years to come. Examples of shifts in common choices to healthier, more nutrient-dense food choices include:



Dietary Guidelines for Americans, 2020-2025

Nutrient Density

Adhesión de la población estadounidense a las Guías Alimentarias a lo largo de las etapas de la vida, según la medición de las puntuaciones del índice de alimentación saludable de 2015

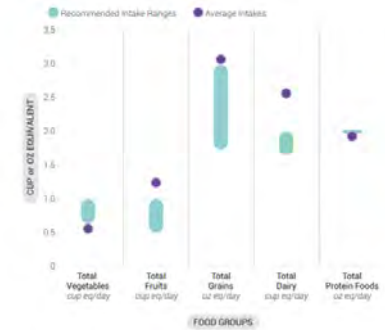


HEI scores

AGES 12-23 MONTHS

Current Intakes: Ages 12 Through 23 Months

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Current Intakes

Fuentes principales y consumos promedio de sodio: población estadounidense mayor de 1 año

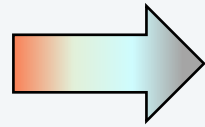


Top Sources

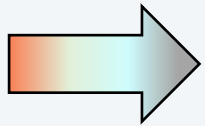


Dietary Guidelines for Americans

Translating the DGAs to Consumers

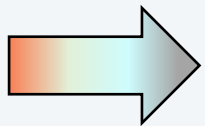


2020-2025 DGA call to action
("what")

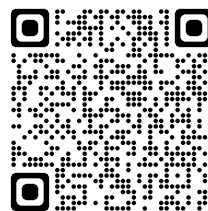


MyPlate call to action
("how")

***Make every bite count
with the Dietary Guidelines***
Encourages people to choose
foods, beverages, meals that
are full of important nutrients



Start Simple with MyPlate
Provides inspiration and simple
ideas people can incorporate
into their busy lives to help
them improve their health and
well-being over time



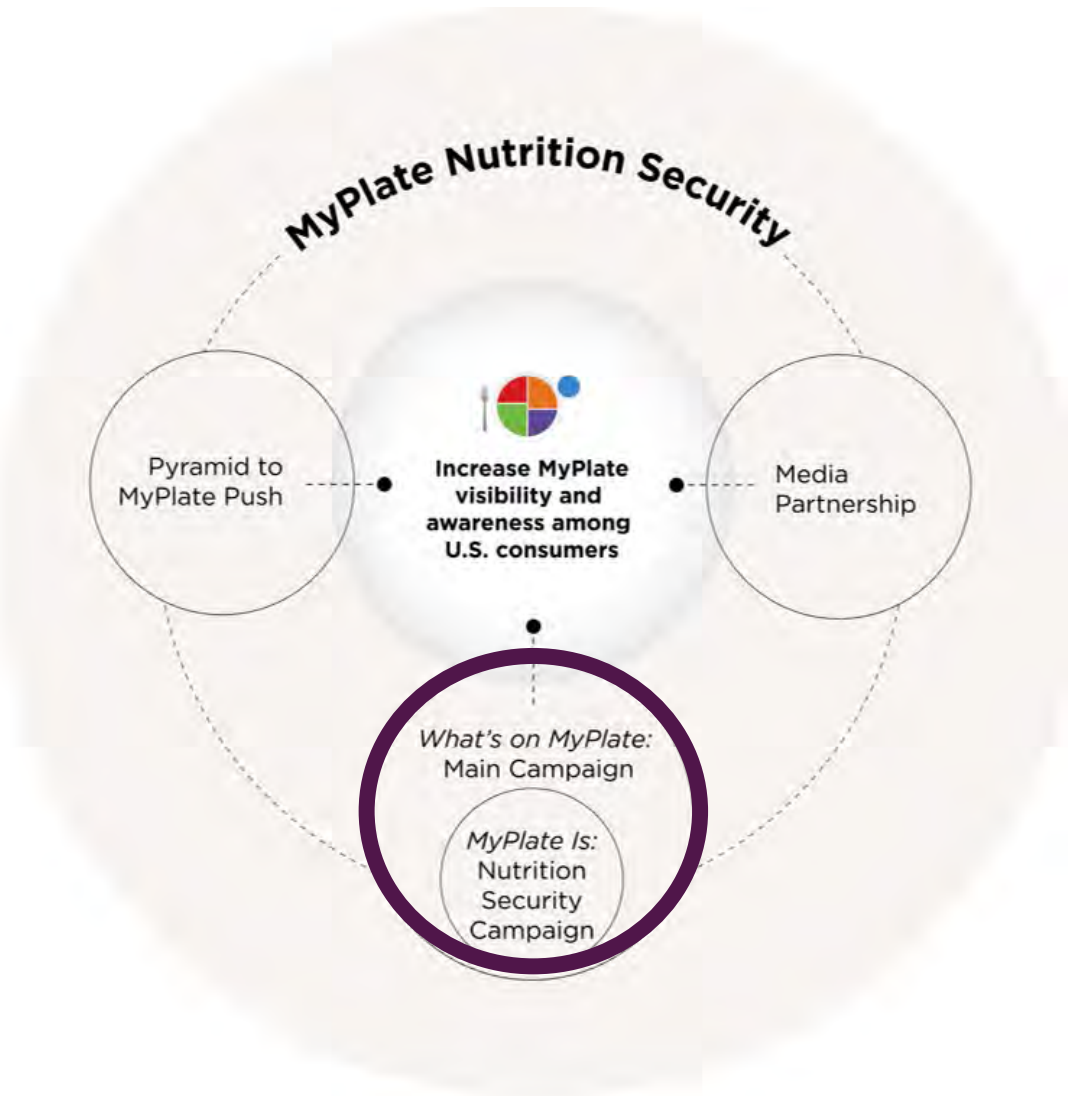
MyPlate Updates & Resources

Yetunde Akingbemi, MPH, RDN

Nutritionist, Nutrition Education and Promotion Branch
USDA FNS Center for Nutrition Policy and Promotion

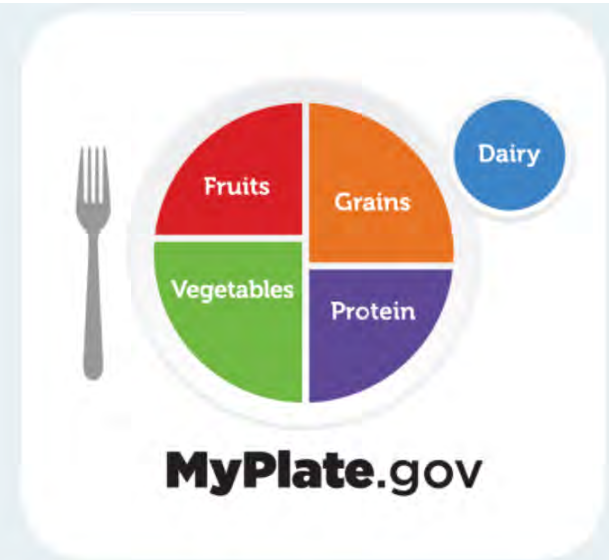


MyPlate Campaign



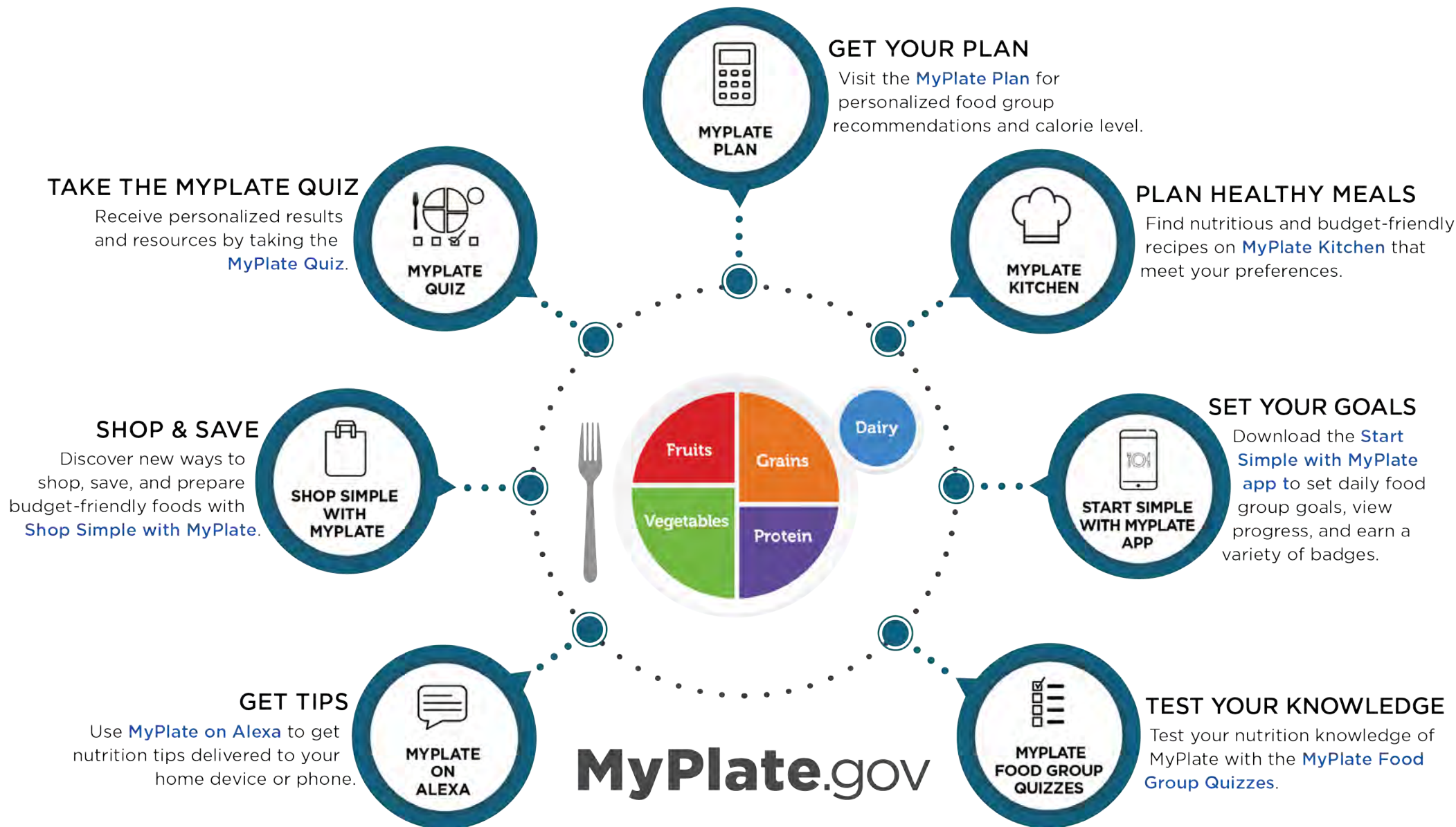
What's on MyPlate

Meet MyPlate - the most up-to-date guide for healthy eating. MyPlate offers simple, budget-friendly ways to make healthy choices at every age.



HEALTHY EATING WITH MYPLATE TOOLS

Use just one or all together.



RESOURCES

Tools

MyPlate Tip Sheets

NEW!

Print Materials

Graphics

Videos

En Español

Multiple Languages

Partner Resources



[Back to Resources](#)

MyPlate tip sheets cover a variety of topics.

All tip sheets are also available in Spanish. The Start Simple with MyPlate tip sheet is available in 20 additional languages.



[Start Simple with MyPlate](#)



[Food Groups](#)



[Life Stages](#)



[Limits](#)



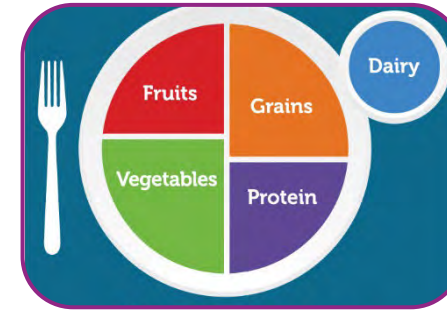
[Other Topics](#)



GovDelivery



- CNPP's email delivery platform that was launched November 2012
- 650K+ total subscribers
- Lists for:
 - Consumers
 - Life Stages
 - Professionals
 - Educators/Teachers
 - Community leaders
 - New print materials, resources
 - Digital resources



MyPlate Campaigns, Promotions, and Tools



Recipe of the Month



National Strategic Partner Digest



DGA Announcements

Sign Up for Updates

Sign up

Stay Connected

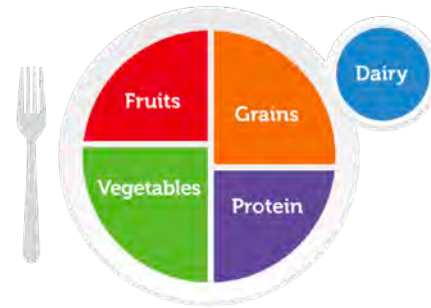
@MyPlate X/Twitter



MyPlate Facebook



GovDelivery Emails



MyPlate.gov

@MyPlate_Gov Instagram



New!



August 15, 2024

MyPlate



All children should have access to nutritious food.

Brighter Bites is the nonprofit that delivers fruits and vegetables directly into families' hands. We teach families how to use the produce and watch their behavior change.



VISION:

To improve health outcomes among children and families in under-resourced communities by using the data-driven, evidence-based strategies of providing fresh produce and nutrition education.

MISSION:

To create communities of health through fresh food.

OUR NOT-SO-SECRET FORMULA



Produce Distribution +



Nutrition Education +



Fun Food Experience

PRODUCE DISTRIBUTION

~50 servings of fresh produce
per family each week of
programming



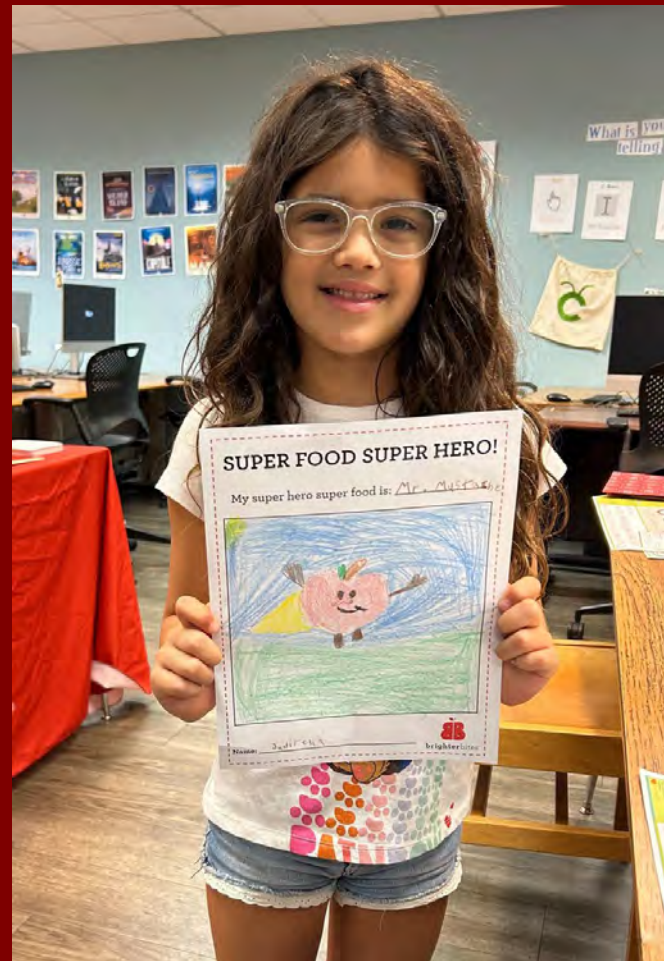
NUTRITION EDUCATION

in-class and at-home
nutrition education



FUN FOOD EXPERIENCE

healthy recipes, tastings,
& digital engagement



BRIGHTER BITES AND MYPLATE

Nutrition Education in the Classroom

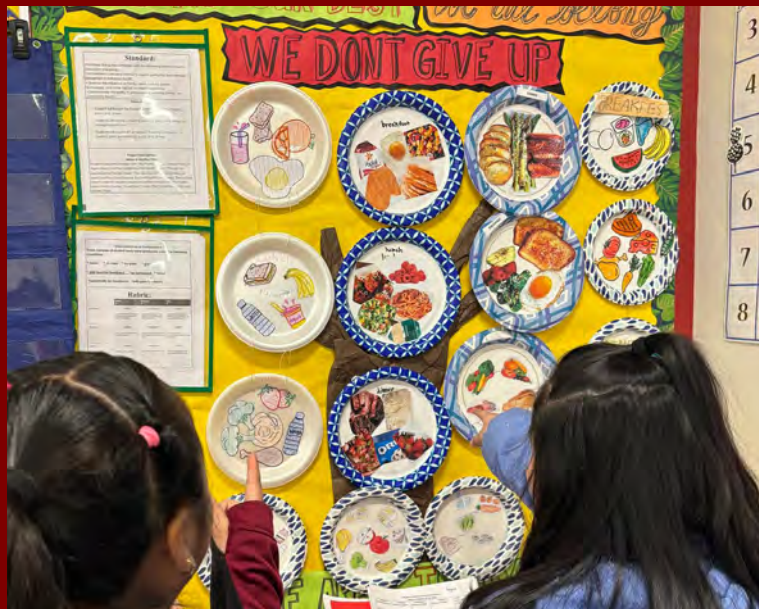
- MyPlate is incorporated in the CATCH curriculum that teachers teach in the classroom.
- Brighter Bites also encourages students to complete activities that highlight the MyPlate logo and concepts.

Nutrition Education at Home

- Brighter Bites shares tip sheets that highlight MyPlate on our website and in the nutrition handbooks we give to families.
- Additionally, we share MyPlate webpages, videos and tip sheets at our produce distribution as well as via text message to families.

Social Media

- We highlight the concepts of MyPlate throughout our messaging on social media.

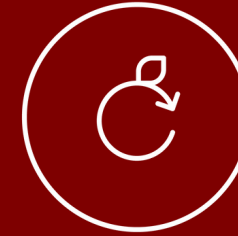


OUR IMPACT



HEALTHIER HABITS

Of the 98% of parents who reported eating more produce while participating in Brighter Bites, 96% were able to maintain that increased level after the season ended.



SUSTAINED CONSUMPTION

Research by UTHealth School of Public Health shows that an average Brighter Bites family consumes 19 additional servings of fresh fruits and vegetables over one week, two years after participating in the Brighter Bites program.

OUR REACH



Since 2012, Brighter Bites has:

- served over one million individuals
- distributed millions of nutrition education materials
- delivered over 65 million pounds of fresh produce



“

We have begun many conversations with our children about broadening their palates, experimenting with vegetables of all kinds, and opening their minds to new and challenging things in general! We also talk about proteins, carbohydrates, and the nutritional values of our foods, spurred by the reception of Brighter Bites bags and the unique vegetables they provided! We have loved [the program] and appreciate your commitment to our children and our future!

-DC PARENT



THANK YOU

Let's create communities of health through fresh food together!

Email us at info@brighterbites.org

Follow our work:  

WWW.BRIGHTERBITES.ORG



Questions

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Brighter Bites

Senior Manager of Programming and Marketing,

Thank you!

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Supplemental Nutrition Assistance Program
Program Administration and Nutrition Division
1320 Braddock Place
Alexandria, VA 22314
snap-edconnection@usda.gov

*This webinar recording will be posted on SNAP-Ed Connection.