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# *Maine in Motion*

## **Dietary Guidelines for Americans 2005 Top Line Summary of Key Nutrition Recommendations**

### **General Food Choices:**

- ★ Make smart food choices from every food group.
- ★ Emphasize fruits, vegetables, whole grains, fat-free and low fat milk and milk products.
- ★ Include lean meats, poultry, fish, beans, eggs and nuts.
- ★ Choose and prepare foods that are low in saturated fat, trans fats, cholesterol, salt and added sugars.
- ★ Know the limits on salt, fats and sugars by reading labels.
- ★ Get the most nutrition out of your calories. Find the right number of calories for you and choose the most nutritiously-rich foods.

### **Daily Food Choices:**

- ★ Focus on fruits: *2 cups per day.*
- ★ Vary your veggies: *2.5 cups per day.*
- ★ Choose vegetables from each of the subgroups; dark green vegetables, orange vegetables, legumes and starchy vegetables throughout the week.
- ★ Get your calcium-rich foods: *3 cups per day.*
- ★ Make half your grains, whole: *3 ounces per day.*
- ★ Go lean with protein: *4-6 ounces per day.*

### **Find Your Balance Between Food and Physical Activity:**

- ★ Be physically active for at least 30 minutes most days of the week.
- ★ Increasing intensity can have health and weight benefits.
- ★ Children & teenagers should be active 60 minutes a day for most days.

### **Important Links:**

#### **Key Recommendations**

<http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

#### **New Consumer Brochure**

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf>