Recommended Dietary Guidelines for Americans

These following guidelines are general guidelines that every American should try to follow:

Aim for a healthy weight

Let the food pyramid guide your food choices

In addition, Americans should try to choose the following foods every day:

A variety of grains daily, especially whole grains

A variety of fruits and vegetables daily

A diet that is low in saturated fats and cholesterol

Beverages and food to moderate your intake of sugar

The guidelines also state that a person needs forty different nutrients for good health. No one food provides all the essential nutrients a body needs to stay healthy. Thus, the guidelines recommend that Americans eat a variety of foods from the major food groups.