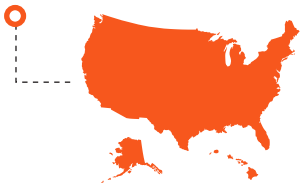
USDA United States Department of Agriculture

let's all EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

We're in the red.

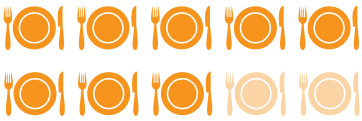
117 MILLION U.S. adults have **1+** chronic diseases.[1]



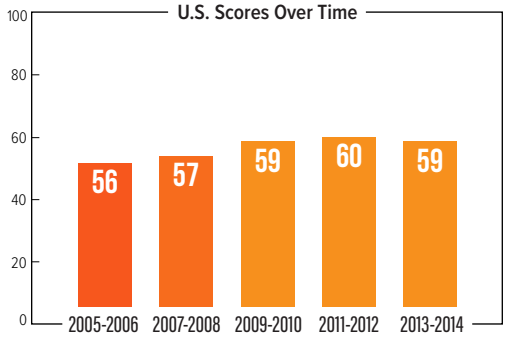
BILLIONS Spent in medical cost of diet-related chronic diseases.[2]

- $147B Obesity
- $245B Type 2 Diabetes
- $316B Heart Disease

8 in 10 Americans think advice about what to eat is conflicting.[3]



Healthy eating can help... but first, we need to do it.

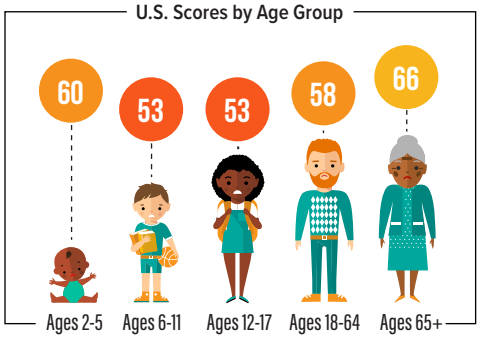


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The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines.

(on a scale from 0-100)



What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** reduces risk of: [4]

- Heart Disease
- Type 2 Diabetes
- Cancer



If we invest **$10/person** each year toward improving nutrition, increasing physical activity, and preventing tobacco use —

THAT COULD **SAVE** THE UNITED STATES

$16,000,000,000

annually within five years! [5]

That's a **5.6x return** for every **$1 invested!**

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL

"[USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease."

ACADEMY of NUTRITION & DIETETICS

DATA-DRIVEN

"With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines..."

AMERICAN COLLEGE of CARDIOLOGY

FOR ALL AGES

"Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood..."

AMERICAN ACADEMY of PEDIATRICS

Released jointly by USDA and HHS every 5 years, the *Dietary Guidelines for Americans* is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to **www.DietaryGuidelines.gov**.

www.cnpp.usda.gov/dietary-guidelines-infographic-references
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Center for Nutrition Policy and Promotion
September 2017
Revised February 2018

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Liven up your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

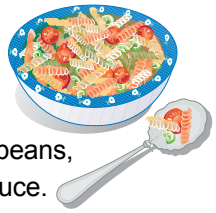
1 Fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

2 Take your casserole to the next level

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3 Planning something Italian?



Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.

4 Get creative with your salad

Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.

5 Salad bars aren't just for vegetables

In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

6 Get in on the stir-frying fun

Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.

7 Add them to your sandwiches



Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.

8 Be creative with your breakfast

Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.

9 Make a tasty fruit smoothie



Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.

10 Liven up an omelet

Boost the color and texture of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.

10 tips

Nutrition Education Series

be food safe

10 tips to reduce the risk of foodborne illness

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

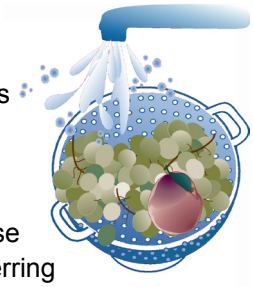
3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce



Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.
Go to www.fsis.usda.gov for food safety information.

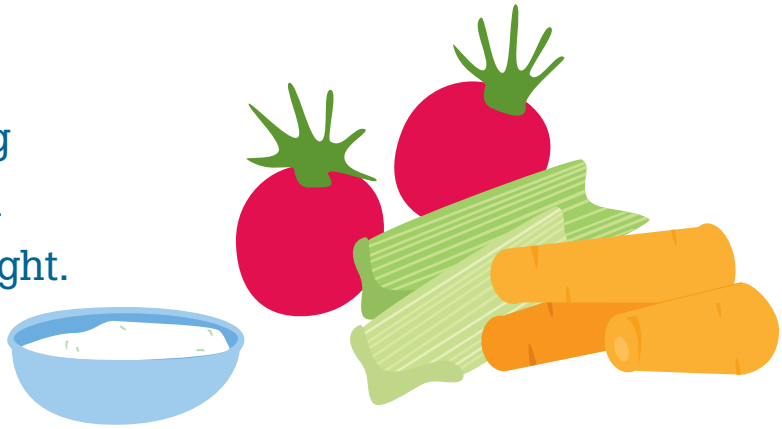
DG TipSheet No. 23
October 2012
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parent tips

We can! Ways to Enhance Children's Activity & Nutrition

Healthy Snacks—100 Calories or Less

Snacking is good when you feel hungry between meals. Choosing *healthy* snacks will help you and your family stay at a healthy weight.



Here are some healthy snacks—all 100 calories or less.

Fruits

1 small banana
1 medium apple
¼ cup raisins
1 cup whole strawberries
½ cup canned fruit cocktail in juice (not syrup)
½ cup orange juice

Vegetables

1 cup cherry or grape tomatoes
2 cups raw mixed veggies with
2 tablespoons fat-free dressing
12 baby carrots
18 small celery sticks
1 cup raw cauliflower
1 cup low-sodium vegetable juice



Breads, Cereals, Rice, and Pasta

½ cup oat circles cereal
2 graham cracker squares
3 cups air-popped popcorn
½ whole-wheat English muffin with jelly
4 whole-wheat crackers, unsalted
2 brown rice and multigrain rice cakes

Fat-free or Low-fat Milk, Cheese, and Yogurt

6 ounces cup fat-free plain yogurt
½ cup low-fat
cottage cheese
1 cup fat-free milk
½ cup fat-free pudding
½ cup fat-free frozen yogurt
1 ounce low-fat cheddar cheese

Other Snacks

1 large hardboiled egg
8 baked tortilla chips with salsa
10 almonds

Source: USDA National Nutrient Database for Standard Reference, Release 19

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

We Can! *Ways to Enhance Children's Activity & Nutrition,* ***We Can!,*** and the ***We Can!*** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

USDA
United States Department of Agriculture



Start simple with MyPlate

Start simple and take healthy eating one step at a time.



Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.



Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans.
Go to Choose MyPlate**.gov for more information.**

MPMW Tipsheet No. 14
December 2018
Center for Nutrition Policy and Promotion
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