



# Dietary Guidelines for Americans 2010

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## Dietary Guidelines 2010

The Dietary Guidelines 2010 can help you make food and physical activity choices so you can have a healthier life. Healthful eating and physical activity not only promotes health, but can also help to decrease the risk of chronic diseases. The Dietary Guidelines 2010 are for people 2 years of age and older, including people at increased risk of chronic disease. The Dietary Guidelines 2010 developed consumer messages around four major concepts:

- Build a healthy plate.
- Cut back on foods high in solid fats, added sugars, and salt.
- Eat the right amount of calories for you.
- Be physically active your way.

## Build a Healthy Plate

Many people do not eat enough fruits, vegetables, whole grains, low-fat dairy products, and lean protein foods. These foods provide nutrients you need without too many calories. These foods can also help lower the risk of chronic diseases. The Dietary Guidelines 2010 consumer messages are:

### Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat fruit, vegetables, or unsalted nuts as snacks.

### Switch to fat-free or low-fat (1%) milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.

### Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pastas.
- Check the ingredients list on food packages to find whole-grain foods.

### Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a natural source of fiber and protein.
- Keep meat and poultry portions small and lean.

### Keep your food safe to eat.

- Clean: Wash hands, utensils, and surfaces often.
- Separate: Don't cross-contaminate.
- Cook: Cook to the right temperature.
- Chill: Refrigerate food promptly.

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## Cut Back on Solid Fats, Added Sugars and Salt

Many people eat foods and beverages with too much solid fat, added sugar, and sodium. Solid fats and added sugars can add extra calories you do not need. Too much sodium can raise your blood pressure. The Dietary Guidelines 2010 consumer messages are:

### Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.

### Look out for salt (sodium) in foods you buy.

- Compare sodium in foods like soup, bread, and frozen meals-and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.

### Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs occasional choices, not every day foods.
- Select lean cuts of meat or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing foods.

## Eat the Right Amount of Calories for You

Everyone has a calorie limit. Staying in your calorie limit can help you get to or stay at a healthy weight. Finding ways to be aware of how much you eat can help you manage your weight. The Dietary Guidelines 2010 consumer messages are:

### Enjoy your food, but eat less.

- Get your personal daily calorie limit at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and keep that number in mind when deciding what to eat.
- Think before you eat...is it worth the calories?
- Avoid oversized portions.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.

### Cook more often at home, where you are in control of what's in your food.

#### When eating out, choose lower calorie menu options.

- Check posted calorie amounts.
- Choose dishes that include vegetables, fruits, and/or whole grains.
- Order a smaller portion or share when eating out.

**Write down what you eat to keep track of how much you eat. If you drink alcoholic beverages, do so sensibly. Limit intake to 1 drink a day for women or to 2 drinks a day for men.**

## **Be Physically Active Your Way**

The 2008 physical activity guidelines recommend adults engage in 150 minutes of moderate intensity physical activity per week or 75 minutes of vigorous intensity physical activity per week. Moderate intensity physical activity raises your heart rate and breathing to some extent. Vigorous intensity physical activity greatly raises your heart rate and breathing. Health benefits increase the more time you spend being physically active. You do not have to do all your activity at one time. Start by doing what you can, at least 10 minutes at a time. Engage in a variety of physical activities including endurance, strength, balance, and flexibility.

It is important to talk to your healthcare provider before increasing your physical activity, especially if you have not been active or have current health problems. Your healthcare provider can help you choose activities that are best for you and reduce any risks.

## **References**

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- United States Department of Agriculture. Dietary Guidelines for Americans 2010. Accessed at: <http://www.cnpp.usda.gov/DietaryGuidelines.htm>

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Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Robert E. Whitson, Director of Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President, Dean, and Director of the Division of Agricultural Sciences and Natural Resources and has been prepared and distributed at a cost of 20 cents per copy. Revised 0911 GH