

Health-Full Eating & Nutrition



New Dietary Guidelines

The 2020-2025 Dietary Guidelines for Americans

Every five years the USDA and the U.S. Department of Health and Human Services update the dietary guidelines for Americans. Why is this important? Research and science are always changing so it is always beneficial to be open to educating ourselves on the facts. Plus, new resources might just be the push you need to change your health goals! Read on to find out what's new.

Dietary Recommendations for Age Groups

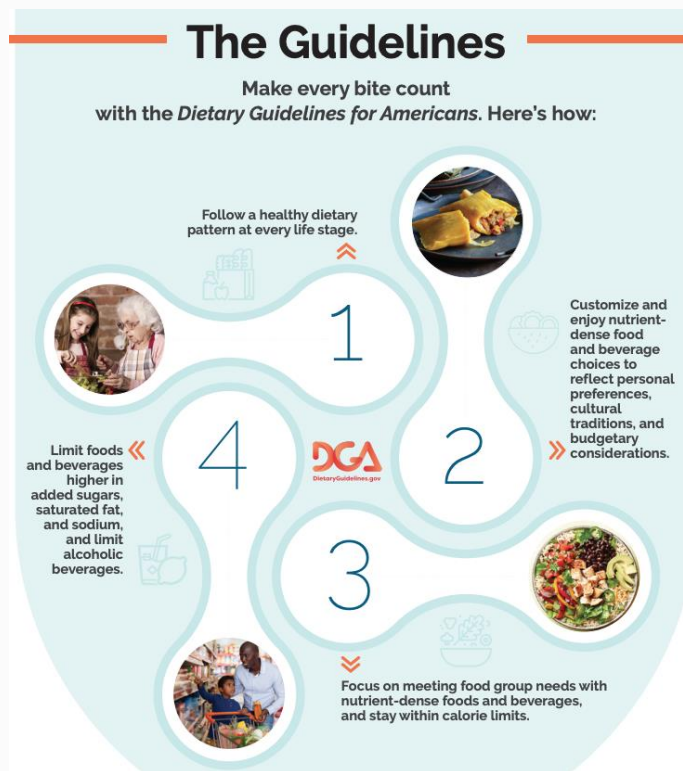
Now when you read the dietary recommendations you can find a breakdown of life stages which now includes infants and toddlers. You can also find allergy related info for infants as well as expanded recommendations for pregnant, lactating, or breast-feeding women.

New User-Friendly Graphics

Are you more of a visual learner? Be sure to check out some of the various graphics to point you in the right direction. Here's an example

References:

- <https://www.hsph.harvard.edu/nutritionsource/2021/01/12/2020-dietary-guidelines/>
- <https://www.dietaryguidelines.gov/>



What Hasn't Changed

Although some areas have expanded, a lot of recommendations are the same as the previous edition. This includes fruit, veggie, grain, dairy, protein, and oil recommendations. For the complete guide click [HERE](#) or find it in the references. Happy Eating!