THE 2015 DIETARY GUIDELINES FOR AMERICANS

The 2015 Dietary Guidelines for Americans, released on January 7, 2016, by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, achieve common ground among experts in nutrition, health, and disease prevention. The guidelines aim to help people make dietary choices that promote health and reduce the risk of chronic disease. Changes from the 2010 Dietary Guidelines are highlighted in the chart below.

2010 vs 2015

**ADDED SUGARS**
Limit the consumption of added sugars to no more than 10% of total daily calories.

**REFINED GRAINS**
Limit daily intake to no more than half of your grain consumption.

**CHOLESTEROL**
Limit dietary cholesterol to no more than 300 milligrams per day for adults.

**SATURED FATS**
Limit intake to less than 10% of total daily calories.

**TRANS FATTY ACIDS**
Limit intake to no more than 1% of total daily calories.

**FIBER**
Choose a variety of foods rich in fiber.

**PROTEIN**
Choose a variety of protein sources.

**SODIUM**
Limit daily intake to no more than 2,300 milligrams.

**CAFFEINE**
Moderate coffee consumption may be considered part of a healthy diet.

**ALCOHOL**
For adults of legal age, moderate drinking is defined as up to one drink per day for women and up to two drinks per day for men.

Key Recommendations:

- **Replace solid fats with oils.** Oils should replace solid fats where possible.
- **Limit added sugars.** Limit consumption to no more than 10% of total daily calories.
- **Replace refined grains with whole grains.** Consume at least half of your grain consumption as whole grains.
- **Limit saturated and trans fatty acids.** Limit intake of saturated and trans fatty acids to less than 10% of total daily calories.
- **Limit sodium intake.** Limit daily intake to no more than 2,300 milligrams.
- **Limit added sugars.** Limit consumption to no more than 10% of total daily calories.
- **Moderate alcohol intake.** For adults of legal age, moderate drinking is defined as up to one drink per day for women and up to two drinks per day for men.

More details and resources can be found on the website: [http://health.gov/dietaryguidelines](http://health.gov/dietaryguidelines)