

## NEWS RELEASE

**For Immediate Release**

January 29, 2021

**For More Information Contact:**

Carrie Yarwood [cyarwood@ucanr.edu](mailto:cyarwood@ucanr.edu)

### **Make Every Bite Count with the 2020-2025 Dietary Guidelines**

The aim of the *Dietary Guidelines for Americans* is to promote health and prevent disease. The science-based guidelines are reviewed and published every five years jointly by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) for the general public. The theme for the newly updated 2020-2025 guidelines is “Make Every Bite Count.” Here are the highlights:

1. **Follow a healthy dietary pattern at every life stage.** At every life stage – infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood – it is never too early or too late to eat healthfully.
2. **Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.** A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs, cultures, and preferences.
3. **Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.** The core elements that make up a healthy dietary pattern include foods from USDA’s [MyPlate](#): Vegetables, Fruits, Grains, Protein Foods, and Dairy.
4. **Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.**
  - a. **Added sugars** – Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
  - b. **Saturated fat** – Less than 10 percent of calories per day starting at age 2.
  - c. **Sodium** – Less than 2,300 milligrams per day – and even less for children younger than age 14.

The foods and beverages that we consume have a profound impact on our health. Following the *2020-2025 Dietary Guidelines for Americans* can help us achieve and maintain good health and reduce the risk of chronic diseases throughout all stages of the lifespan. Let’s do our part and “Make Every Bite Count” for ourselves and families. For more information on the *2020-2025 Dietary Guidelines for Americans*, please visit: <https://www.dietaryguidelines.gov/>

Adults and children participating in the Let’s Eat Healthy! Program are learning how to create healthy habits. For more nutrition or program information, visit our website at <http://ucanr.edu/sites/letseathealthy>. Follow and “like” us on Facebook for additional tips and updates at CalFresh Healthy Living, UCCE Placer/Nevada Counties.