

Evolution of the Dietary Guidelines for Americans 2005 to 2010

The seventh edition of the Dietary Guidelines for Americans (DGA) represents a reorientation in federal nutrition guidance, providing recommendations for individuals 2 years and older who are healthy, plus – for the first time – for those at risk of chronic disease. The new emphasis reflects rising concern about the overall health of Americans and the obesity crisis.

The 2010 DGA includes 23 Key Recommendations for the general population ages 2 and older, and six additional recommendations for specific population groups, such as women who are pregnant or breastfeeding. These encompass two overarching concepts:

1. **Maintain calorie balance over time to achieve and sustain a healthy weight.** To curb the obesity epidemic and improve their health, many Americans must decrease the calories they consume and increase the calories they expend through physical activity.
2. **Focus on consuming nutrient-dense foods and beverages.** A healthy eating pattern emphasizes nutrient-dense foods and beverages – vegetables, fruits, whole grains, fat-free or low-fat milk products, seafood, lean meats and poultry, eggs, beans and peas, nuts and seeds.

In addition, the 2010 DGA takes a more comprehensive view of the food environment and its effect on health, recognizing that, “all sectors of society, including, individuals and families, educators and health professionals, communities, organizations, businesses, and policymakers, contribute to the food and physical activity environments in which people live.”¹

The table below details updates and modifications between Key Recommendations in the 2005 and 2010 DGA. The table is separated into four DGA categories of interest (“Balancing Calories to Manage Weight,” “Food and Food Components to Reduce,” “Foods and Nutrients to Increase,” and “Building Healthy Eating Patterns”), divided by the blue horizontal bars. The 2010 DGA’s 23 Key Recommendations appear in the left column. The right column lists the 2005 DGA Key Recommendations on similar topics (items that are *italicized* indicate language that is of note on a given topic, but is outside the Key Recommendations). The center column provides key points of comparison between the two. Please refer to the [2010 DGA Policy Document](#) for more in-depth information on the 2010 DGA.

2010 Dietary Guidelines for Americans Key Recommendations ¹	Key Updates	2005 Dietary Guidelines for Americans Key Recommendations ²
Balancing Calories to Manage Weight		
<p>Balancing Calories to Manage Weight</p> <ul style="list-style-type: none"> Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors. Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages. Increase physical activity and reduce time spent in sedentary behaviors. Maintain appropriate calorie balance during each stage of life – childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age. 	<p>The 2010 Guidelines focuses on preventing and/or reducing overweight and obesity and chronic disease versus the 2005 message to maintain body weight within a healthy range. The 2010 DGA also recommends individuals follow the Department of Health and Human Services 2008 Physical Activity Guidelines for Americans.</p>	<p>Weight Management</p> <ul style="list-style-type: none"> To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity. <p>Physical Activity</p> <ul style="list-style-type: none"> Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight. Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

Foods and Food Components to Reduce

<p>Sodium</p> <ul style="list-style-type: none"> Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults. <p>The 2010 DGA also notes: <i>An immediate, deliberate reduction in the sodium content of foods in the marketplace is necessary to allow consumers to reduce sodium intake to less than 2,300 mg or 1,500 mg per day. (Page 24)</i></p>	<p>The 2010 DGA maintains the 2005 recommendation for Americans to consume less than 2,300 mg of sodium daily, and for the first time, the DGA recommends reducing sodium consumption to 1,500 mg daily for about half of the U.S. population.</p>	<p>Sodium</p> <ul style="list-style-type: none"> Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day. Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.
<p>Fats</p> <ul style="list-style-type: none"> Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids. Consume less than 300 mg per day of dietary cholesterol. Keep <i>trans</i> fatty acid consumption as low as possible by limiting foods that contain synthetic sources of <i>trans</i> fats, such as partially hydrogenated oils, and by limiting other solid fats. <p>The 2010 DGA also notes: <i>Obtain most fats from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. (Page 25)</i></p> <p><i>When preparing foods at home, solid fats (e.g., butter and lard) can be replaced with vegetable oils that are rich in monounsaturated and polyunsaturated fatty acids. (Page 25)</i></p>	<p>The 2010 DGA maintains the 2005 recommendation to consume less than 10 percent of calories from saturated fatty acids and less than 300 mg of cholesterol daily while keeping <i>trans</i> fatty acid intake as low as possible, and it emphasizes replacing solid fats with unsaturated fats.</p>	<p>Fats</p> <ul style="list-style-type: none"> Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg per day of cholesterol, and keep <i>trans</i> fatty acid consumption as low as possible. Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free. Limit intake of fats and oils high in saturated and/or <i>trans</i> fatty acids, and choose products low in such fats and oils.

Foods and Food Components to Reduce		
<p>Solid Fat and Added Sugars</p> <ul style="list-style-type: none"> Reduce the intake of calories from solid fats and added sugars. Use oils to replace solid fats where possible. <p>The 2010 DGA also notes: <i>Solid fats and added sugars are consumed in excessive amount, and their intakes should be limited. (Page 28)</i></p> <p><i>Most people’s eating patterns can accommodate only a limited number of calories from solid fats and added sugars. Calories from solid fats and added sugars are best used to increase the palatability of nutrient-dense foods rather than to consume foods or beverages that are primarily solid fats, added sugars, or both. (Page 46)</i></p>	<p>The 2005 DGA included guidance to limit the intake of “discretionary calories” from solid fats, alcohol and added sugars; the 2010 DGA does not include the phrase discretionary calories, but does include a Key Recommendation to reduce intake of calories from solid fats and added sugars.</p>	<p>Solid Fat and Added Sugars</p> <p>The 2005 DGA notes: <i>If only nutrient-dense foods are selected from each food group in the amounts proposed, a small amount of calories can be consumed as added fats or sugars, alcohol, or other foods—the discretionary calorie allowance. (Page 7)</i></p>
<p>Refined Grains</p> <ul style="list-style-type: none"> Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium. 	<p>For the first time, a 2010 DGA Key Recommendation specifically addresses the need to limit refined grains.</p>	<p>Refined Grains</p> <p>The 2005 DGA notes: <i>Consume less refined grains, total fats (especially cholesterol, and saturated and trans fats), added sugars, and calories. (Page 6)</i></p>
<p>Alcohol</p> <ul style="list-style-type: none"> If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age. 	<p>The 2010 DGA maintains the 2005 recommendations to consume alcohol in moderation. 2005 DGA guidance regarding circumstances to limit alcohol consumption is included within the context of the 2010 DGA.</p>	<p>Alcohol</p> <ul style="list-style-type: none"> Those who choose to drink alcoholic beverages should do so sensibly and in moderation— up to one drink per day for women and up to two drinks per day for men. Alcoholic beverages should not be consumed by some individuals, including pregnant and lactating women. Alcoholic beverages should be avoided by individuals engaging in activities that require attention or skill.

Foods and Nutrients to Increase

The 2005 DGA language about food groups to encourage is replaced by Food and Nutrients to Increase in the 2010 DGA.

<p>Fruits and Vegetables</p> <ul style="list-style-type: none"> • Increase vegetable and fruit intake. • Eat a variety of vegetables, especially dark-green, red and orange vegetables, and beans and peas. <p>The 2010 DGA also notes: <i>These patterns also provide weekly intake goals for vegetable subgroups, which includes dark-green vegetables (1½ cups/week), red and orange vegetables (5½ cups/week), starchy vegetables (5 cups/week) and other vegetables (4 cups/week), as well as beans and peas (1½ cups/week).</i></p>	<p>Fruit and vegetable intake recommendations for the 2,000 calorie diet in the 2010 USDA Food Patterns were maintained at 2 cups and 2½ cups daily, respectively. The patterns provided updated weekly intake goals for vegetable subgroups. (Please see columns to the left and right for changes involving categories and intake recommendations.)</p>	<p>Fruits and Vegetables</p> <ul style="list-style-type: none"> • Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level. • Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups several times a week. <p>The 2005 DGA also notes: <i>These patterns also provide weekly intake recommendations for vegetable subgroups, which includes dark green vegetables (3 cups/week), orange vegetables (2 cups/week), starchy vegetables (3 cups/week), other vegetables (6 ½ cups/week), as well as legumes (dry beans) (3 cups/week).</i></p>
<p>Whole Grains</p> <ul style="list-style-type: none"> • Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains. 	<p>Grain recommendations were maintained at 6 ounce equivalents for the reference 2,000 calorie diet in the 2010 USDA Food Patterns. The 2010 DGA maintains the emphasis to consume half of all grains as whole grains.</p>	<p>Whole Grains</p> <ul style="list-style-type: none"> • Consume 3 or more ounce equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
<p>Dairy Products</p> <ul style="list-style-type: none"> • Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages. 	<p>Daily recommendations for milk and milk products remained at 3 cups/cup equivalents for those 9 years and older, increased for those 4 to 8 years from 2 cups to 2½, and remained at 2 cups for those 2 to 3 years. Dairy products are included in the 2010 USDA Food Patterns including lacto-ovo vegetarian adaptations and DASH Eating Plan (non-dairy alternatives are recommended for vegan adaptations of the USDA Food Patterns).</p>	<p>Milk</p> <ul style="list-style-type: none"> • Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Foods and Nutrients to Increase

<p>Protein Foods</p> <ul style="list-style-type: none"> Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds. Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry. Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils. 	<p>The 2005 DGA refers to this food group as the Meat and Beans group, while the 2010 DGA uses the more inclusive title of Protein Foods. It maintains the recommendation for 5½ ounces of lean protein foods each day for the 2,000 calorie diet in the 2010 USDA Food Patterns, including meat, poultry, fish, eggs, nuts, seeds and soy products. For the first time, the DGA provides specific recommendations to replace some meat and poultry with seafood.</p>	<p>Meat and Beans</p> <ul style="list-style-type: none"> When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free. <p>The 2005 DGA also notes: <i>The 2005 DGA recommends consuming 5½ ounce equivalents from the Meat and Beans group. (Page 10)</i></p> <p><i>Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. (Page 30)</i></p>
<p>Nutrients of Public Health Concern</p> <ul style="list-style-type: none"> Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products. 	<p>The 2005 DGA identifies seven nutrients of concern for adults, five for children and six for special populations. The 2010 DGA identifies four nutrients for all individuals 2 years and older: calcium, vitamin D, potassium and dietary fiber.</p>	<p>Nutrients of Concern</p> <p>The 2005 DGA notes: <i>Dietary intakes of the following nutrients may be low enough to be of concern for:</i></p> <ol style="list-style-type: none"> <i>Adults: calcium, potassium, fiber, magnesium, and vitamins A (as carotenoids), C, and E;</i> <i>Children and adolescents: calcium, potassium, fiber, magnesium, and vitamin E;</i> <i>Specific population groups: vitamin B12, iron, folic acid, and vitamins E and D. (Page 5)</i>

Building Healthy Eating Patterns		
<p>Building Healthy Eating Patterns</p> <ul style="list-style-type: none"> Select an eating pattern that meets nutrient needs over time at an appropriate calorie level. Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern. <p>The 2010 DGA also notes: <i>A healthy eating pattern is not a rigid prescription, but rather an array of options that can accommodate cultural, ethnic, traditional, and personal preferences and food cost and availability. The new Guidelines also recognizes that Americans have flexibility in making choices to create a healthy eating pattern that meets nutrient needs and stays within calorie limits. (Page 43)</i></p>	<p>For the first time, the 2010 DGA addresses various health-promoting dietary patterns and broader environmental and social change needed to support healthy eating. The 2010 DGA also includes consumer behaviors and strategies to help implement the DGA.</p> <p>In addition to the DASH Eating Pattern featured in the 2005 DGA, the 2010 DGA highlights a variety of USDA Food Patterns as adaptable guides for healthy eating (Pages 79-83).</p>	<p>Adequate Nutrients Within Calorie Needs</p> <ul style="list-style-type: none"> Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and <i>trans</i> fats, cholesterol, added sugars, salt, and alcohol. Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.
<p>Food Safety</p> <ul style="list-style-type: none"> Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses: <ul style="list-style-type: none"> Clean hands, food contact surfaces, and vegetables and fruits. Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods. Cook foods to a safe temperature to kill microorganisms. Chill (refrigerate) perishable food promptly and defrost foods properly. In addition, some foods pose high risk of foodborne illness. These include raw (unpasteurized) milk, cheeses, and juices; raw or undercooked animal foods, such as seafood, meat, poultry, and eggs; and raw sprouts. These foods should be avoided. 	<p>The 2010 DGA recognizes that a critical part of healthy eating is keeping foods safe and maintains four basic food safety principles that, together, can reduce the risk of food-borne illness—Clean, Separate, Cook, and Chill. The 2010 DGA also addresses foods that pose potential food safety risks.</p>	<p>Food Safety</p> <ul style="list-style-type: none"> To avoid microbial foodborne illness: <ul style="list-style-type: none"> Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed. Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods. Cook foods to a safe temperature to kill microorganisms. Chill (refrigerate) perishable food promptly and defrost foods properly. Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2010. 7th Edition, Washington, DC: U.S Government Printing Office, January 2011.

² U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S Government Printing Office, January 2005.