

THE 2015 DIETARY GUIDELINES FOR AMERICANS

The 2015 *Dietary Guidelines for Americans* was released on January 7, 2016. An overall message is clear: follow a healthy eating pattern throughout life to achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic disease. Here's a comparison of which recommendations have changed or stayed the same since the 2010 *Dietary Guidelines*.

2010 VS 2015

ADDED SUGARS

Limit the consumption of added sugars contained in refined grain foods.

Refined grain foods contain **added sugars**, solid fats and sodium.



Limit calories from added sugars.

Consume an eating pattern low in added sugars, saturated fats and sodium by cutting back on foods and beverages higher in these components.

Consume less than 10% of calories per day from added sugars.

REFINED GRAINS

Consume whole grains for at least half of total grain consumption...

and replace refined grains with whole grains.

On average, Americans consume 6.3-ounce equivalents of refined grains per day.

Major sources of refined grains

include cereal, bread, rice and grain desserts such as cookies and cakes.

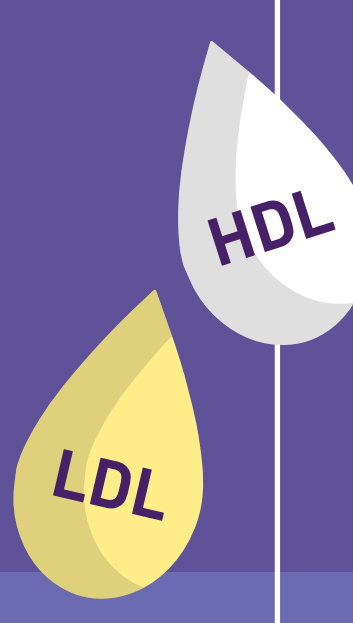
No longer mentioned in Key Recommendations.

Limit refined grains to be no more than half of total grain consumption.



CHOLESTEROL

Key recommendation suggests to limit consumption of dietary cholesterol to less than 300mg per day.



Key recommendation to limit dietary cholesterol was eliminated, however, this does not suggest that dietary cholesterol is no longer important to consider when building healthy eating patterns.

SATURATED FATS

Consume less than 10% of calories from saturated fatty acids.

Replace them with monounsaturated and polyunsaturated fatty acids.



NO CHANGE

TRANS FATTY ACIDS

Keep trans fatty acid consumption as low as possible.

Limit foods that contain solid fats and synthetic sources of trans fats, such as partially hydrogenated oils.

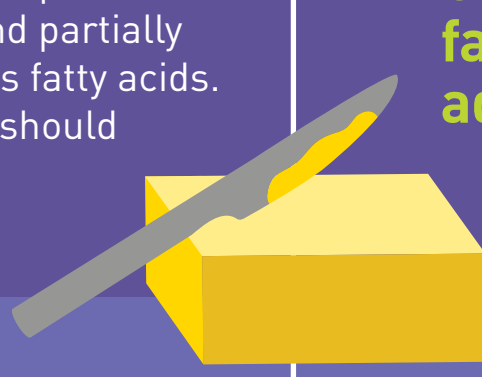


NO CHANGE

SOLID FATS

Reduce intake of calories from solid fats and added sugars.

- Use oil to replace solid fats where possible.
- Coconut oil, palm kernel oil and palm oil are high in saturated fatty acids and partially hydrogenated oils contain trans fatty acids. For nutritional purposes, they should be considered solid fats.



No longer mentioned in Key Recommendations.

Oils should replace solid fats rather than being added to the diet.

FIBER

Children and adults should consume foods naturally rich in dietary fiber.



No longer mentioned in Key Recommendations.

Choose a dietary pattern that supplies adequate fiber

as it is acknowledged as a nutrient of concern.

Natural sources of fiber

include beans, peas, vegetables, fruits and whole grains.

PROTEIN

Replace protein foods with choices that are lower in solid fats, calories and/or are sources of oil.

Choose a variety of protein sources including animal-based protein foods (i.e. seafood, lean meats, poultry, eggs, milk and milk products) and plant-based protein (i.e. legumes, such as beans and peas, nuts, seeds and soy products).

Key recommendation wording changed to recommend a healthy eating pattern including a variety of protein foods.

Choose a variety of protein sources including animal-based protein foods (i.e. seafood, lean meats, poultry, eggs, milk and milk products) and plant-based protein (i.e. legumes, such as beans and peas, nuts, seeds and soy products).

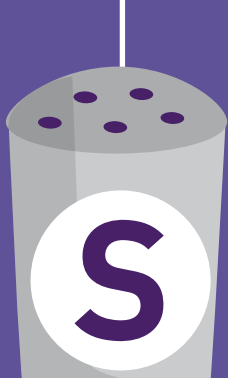


SODIUM

Reduce daily sodium intake to less than 2,300mg.

Further reduce intake to 1,500mg per day for:

- African Americans
- Adults age 51+
- Those with hypertension, diabetes or chronic kidney disease



1,500mg per day limit encouraged for adults with prehypertension.

No longer a recommendation for older adults, African Americans or individuals with diabetes or chronic kidney disease.

CAFFEINE

Not mentioned in Key Recommendations.

Moderate coffee consumption can be incorporated into healthy eating patterns.

- Three to five 8-ounce cups per day
- 400mg per day of caffeine

Caffeinated beverages may include calories from added sugars.

Avoid caffeine when..

- consuming alcohol.
- pregnant, trying to become pregnant or breastfeeding.



ALCOHOL

If alcohol is consumed, it should be in moderation.

- WOMEN:** Up to one drink / day
- MEN:** 2 drinks / day
- Only consumed by adults of legal drinking age.

NO CHANGE

One drink is defined as:

- 12 fluid ounces of regular beer (5% alcohol)
- 5 fluid ounces of wine (12% alcohol)
- 1.5 fluid ounces of 80 proof (40% alcohol) distilled spirits
- One drink contains 0.6 fluid ounces of alcohol

