

# DIETARY GUIDELINES FOR AMERICANS 2000

The updated Dietary Guidelines for Americans 2000 point the way to good health with a message that is as easy as A, B, C. The three basic messages: aim for fitness, build a healthy base, and choose sensibly are designed to foster good health for Americans two years and older. Ten guidelines suggest sensible ways to achieve good health and nutrition.

## AIM FOR FITNESS

- Aim for a healthy weight.
- Be physically active each day.

## BUILD A HEALTHY BASE

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep safe food to eat.

## CHOOSE SENSIBLY

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

The full text version of the Dietary Guidelines is available to be downloaded and printed at: [www.usda.gov/cnpp/DietGd.pdf](http://www.usda.gov/cnpp/DietGd.pdf). The full text version more fully explains the premise behind the guidelines.