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# The 2020 Dietary Guidelines for Americans – New Revisions and Uses



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This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2019-48770-30366.

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## Today's Presenter



### Dr. Sharon Donovan

Professor and Melissa M. Noel Endowed Chair in Nutrition and Health  
Director of the Personalized Nutrition Initiative  
University of Illinois, Urbana-Champaign



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**MILITARY FAMILIES**  
LEARNING NETWORK

**I ILLINOIS**

## The 2020 Dietary Guidelines for Americans – New Revisions and Uses

**Sharon M. Donovan, PhD RD**  
**Professor and Melissa M. Noel Endowed Chair**  
**Department of Food Science and Human Nutrition**  
**University of Illinois, Urbana-Champaign**



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## Learning Objectives

After this presentation, participants will be able to:

1. Describe the process for developing the Dietary Guidelines for Americans.
2. Contrast the 2020 and 2015 Dietary Guidelines for Americans and describe the basis for the updates.
3. Summarize the Dietary Guidelines for Americans recommendations for pregnant and lactating women and children under 2 years-of-age.



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## Presentation Outline

- **What are the Dietary Guidelines for Americans (*Guidelines*)?**
- How are they established?
- Overview of the 2020-2025 *Guidelines*
- Current Health Status & Dietary Intake of Americans
- Applying the Guidelines



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## What are the *Guidelines*?

- ***Food-based recommendations*** to promote health, help prevent diet-related chronic diseases, and meet nutrient needs
  - Not intended to contain clinical guidelines for treating chronic diseases
  - But scientific evidence used to inform the *Guidelines* included people who are *healthy, at risk for, or have* cardiovascular disease, type 2 diabetes, obesity
- ***Cornerstone for Federal nutrition programs*** and a go-to ***resource for health professionals*** nationwide
- Published jointly by USDA and HHS every 5 years
- However,
- Mandated to ***reflect the preponderance of scientific evidence***



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## Presentation Outline

- What are the Dietary Guidelines for Americans (DGA)?
- **How are they established?**
  - **What is the process?**
- Overview of the 2020-2025 *Guidelines*
- Current Health Status & Dietary Intake of Americans
- Applying the Guidelines



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## New to the DGAC Process in 2020-2025

- Inclusion of recommendations for ***B-24 and pregnant and lactating women***
- USDA and HHS added new steps in response to the ***National Academies' recommendations\****, stakeholder feedback, and a commitment to have a ***transparent, inclusive, and science-driven process***
  - Questions were developed *a priori* and were posted for public input
  - Draft chapters were sent for peer review by Federal nutrition and public health experts (USDA, NIH, CDC, FDA)
  - Multiple steps were available for public comment
  - Draft final report was presented in a public forum (June 15, 2020)

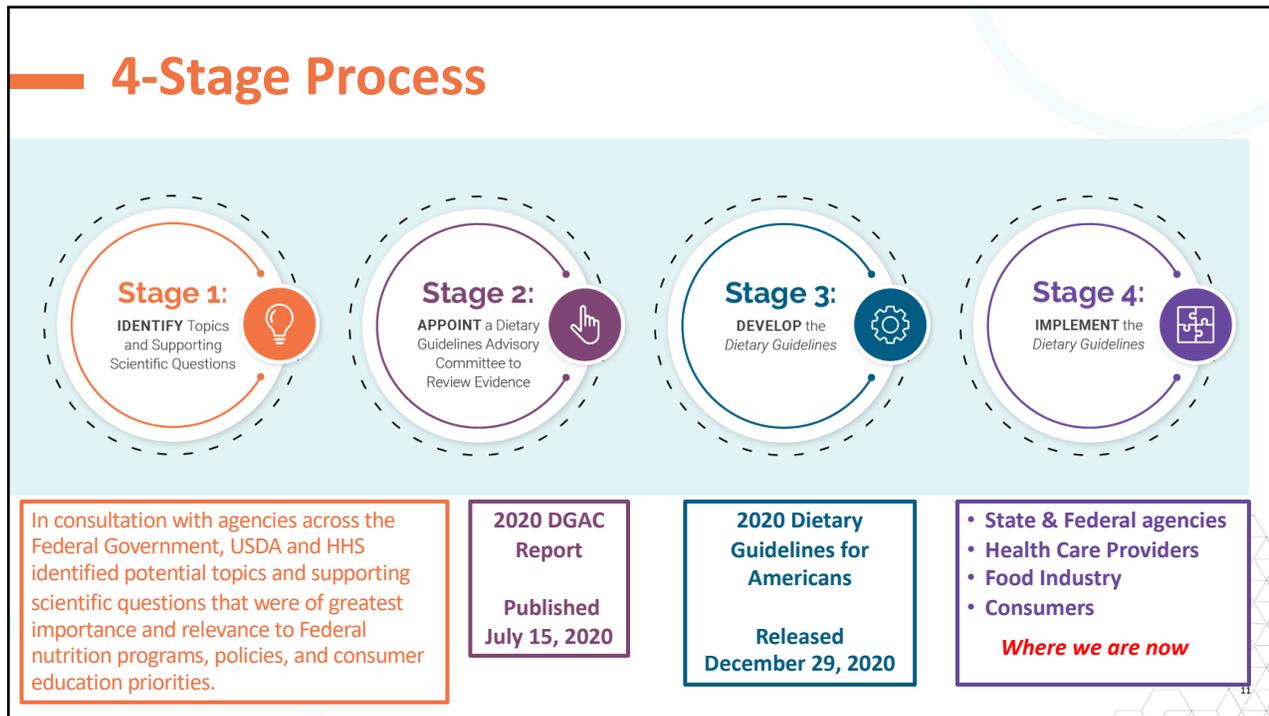


\*Optimizing the Process for Establishing the Dietary Guidelines for Americans: The Selection Process (2017)

\*Redesigning the Process for Establishing the Dietary Guidelines for Americans (2017)

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### DIETARY GUIDELINES FOR AMERICANS, 2020-2025

## PUBLIC ENGAGEMENT STRENGTHENS THE PROCESS

USDA and HHS committed to a transparent, inclusive, and science-driven process. The Departments added new steps for engagement and kept the public informed.



**250,000+**  
Email Subscribers



**1,000,000+**  
Website Views



**7 Meetings**  
All were public via webcast!



**106,000+**  
Public Comments

<p><b>52</b> email updates</p> <p><b>8</b> press releases</p> <p>Sent to healthcare providers, nutrition educators, public health organizations, companies, and more.</p>	<p>Selection criteria for the Advisory Committee ★</p> <p>Scientific topics and questions ★</p> <p>Protocols used to answer each scientific question ★</p> <p>Steps to develop the <i>Dietary Guidelines</i> ★</p>	<p><b>3</b> oral public comment opportunities ★</p> <p><b>3</b> located in Washington, DC</p> <p><b>1</b> located in Houston, TX ★</p> <p><b>1</b> to present the draft Advisory Committee Report ★</p>	<p><b>4</b> phases totaling over 15 months:</p> <p>Scientific Topics and Questions ★</p> <p>Nominations for the Committee</p> <p>Scientific Review</p> <p>Committee's Report</p>
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**Thank you for engaging in our process to develop the *Dietary Guidelines for Americans!***

To learn more, visit [DietaryGuidelines.gov](http://DietaryGuidelines.gov)

★ = New or expanded process

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## 2020 DGAC Members



 Barbara Schneeman, PhD University of California- Davis <i>Chair</i>	 Ronald Kleinman, MD* Harvard Medical School <i>Vice Chair</i>	 Jamy Ard, MD Wake Forest School of Medicine	 Regan Bailey, PhD, MPH, RD Purdue University	 Lydia Bazzano, MD, PhD Tulane University	 Carol Boushey, PhD, MPH, RD University of Hawaii	 Teresa Davis, PhD Baylor College of Medicine
 Kathryn Dewey, PhD University of California-Davis	 Sharon Donovan, PhD, RD University of Illinois	 Steven Heymsfield, MD Louisiana State University	 Heather Leidy, PhD University of Texas	 Richard Mattes, PhD, MPH, RD Purdue University	 Elizabeth Mayer-Davis, PhD, RD University of North Carolina	 Timothy Naimi, MD, MPH Boston University
 Rachel Novotny, PhD, RDN, LD University of Hawaii	 Joan Sabaté, DrPH, MD Loma Linda University	 Linda Snetselaar, PhD, RD University of Iowa	 Jamie Stang, PhD, MPH, RDN University of Minnesota	 Elsie Taveras, MD, MPH* Harvard University	 Linda Van Horn, PhD, RDN, LD Northwestern University	

\*Massachusetts General Hospital

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## — DGAC Review of Scientific Evidence

- Committee Members worked in *6 topic area subcommittees* and *one cross-cutting working group*:
  1. Pregnancy and Lactation
  2. Birth to 24 Months
  3. Dietary Patterns
  4. Beverages and Added Sugars
  5. Dietary Fats and Seafood
  6. Frequency of Eating
- Data Analysis and Food Pattern Modeling




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## Three Approaches to Examine the Evidence



### Data Analysis – *more than 150 analyses of Federal data sets*

- Goal is to document the current health and dietary intakes of Americans
- These data help make advice practical, relevant, and achievable



### Nutrition Evidence Systematic Reviews (NESR)

- Answers a question on diet and health by searching for, evaluating, and synthesizing all relevant, peer-reviewed studies using analytical framework and inclusion and exclusion criteria
- **Evidence is graded and conclusion stat**
- **>270,000 citations screened and nearly 1,500 original research articles were included in 33 original systematic reviews in the 2020 DGAC report**



### Food Pattern Modeling

- Analysis of how changes to the amounts or types of foods and beverages in a pattern might impact meeting nutrient needs across the U.S. population

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## From Conclusion Statements to Guidelines



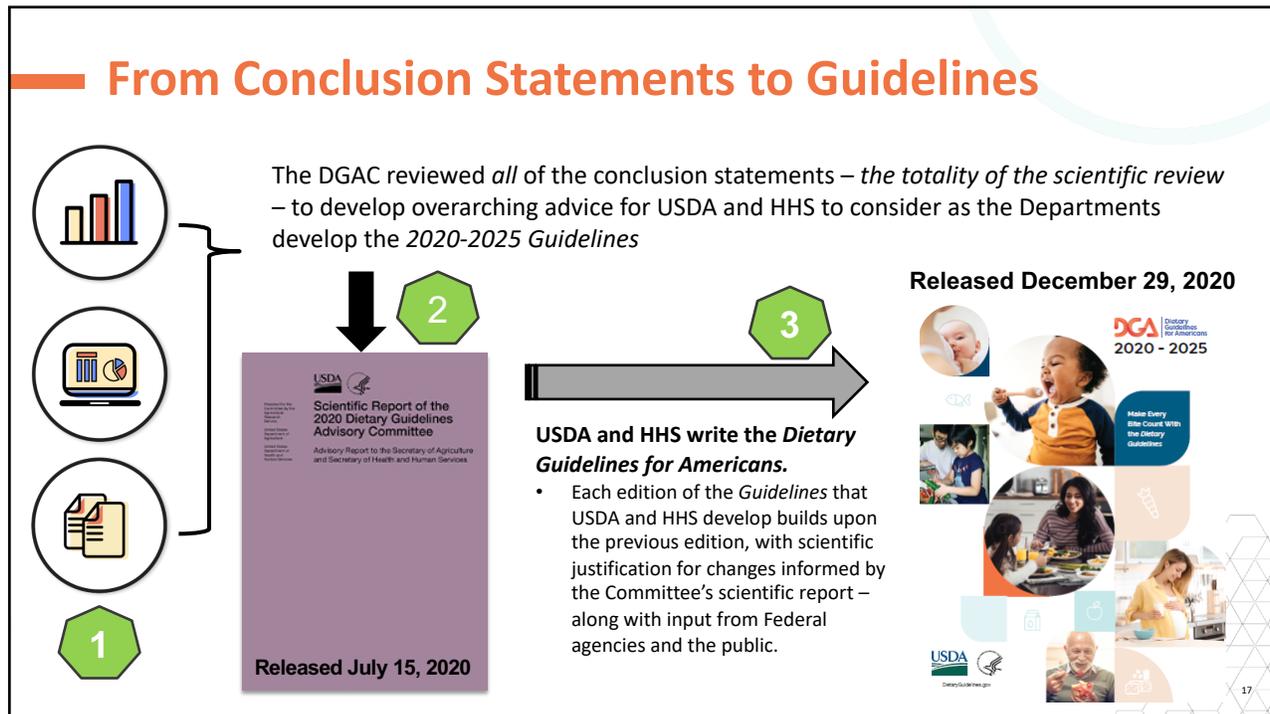
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The DGAC reviewed *all* of the conclusion statements – *the totality of the scientific review* – to develop overarching advice for USDA and HHS to consider as the Departments develop the *2020-2025 Dietary Guidelines*.



- The DGAC review and analysis of the evidence culminated in a report that provides an independent review of the current state of nutrition science.
  - The Advisory Committee's report is not a draft of the *Guidelines*
- 834 page technical document intended for the Federal government
- After the federal government receives the advisory report, the public and federal agencies review and comment on it.
  - **>10,000 downloads in the first week**

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## Poll Question 1

*The process for developing the Dietary Guidelines for Americans occurs behind closed doors, with little public input.*

a. True

b. False

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## Presentation Outline

- What are the Dietary Guidelines for Americans (DGA)?
- How are they established?
- **Overview of the 2020-2025 DGA**
- Current Health Status & Dietary Intake of Americans
- Applying the Guidelines



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Make Every Bite Count With the Dietary Guidelines

DietaryGuidelines.gov

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The slide features a collage of images and icons related to healthy eating. It includes a baby being breastfed, a young child eating, a man and child washing vegetables, a woman and child eating together, a pregnant woman holding a glass of milk, and an elderly man eating. Icons include a milk carton, a fish, an apple, and a fork with a knife. The background is a mix of white and light blue geometric patterns.

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## Guidelines: Consistent and Evolving

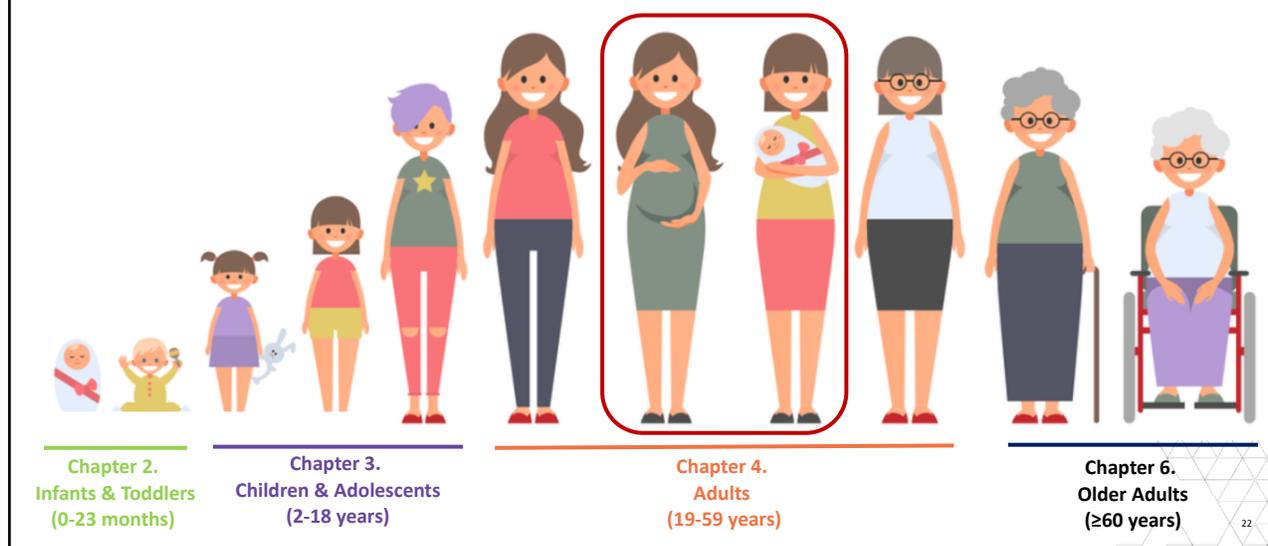
- Many recommendations are **consistent** over time, but build upon previous editions and **evolve** as scientific knowledge advances
- The *2020-2025 Guidelines* reflect this in three important ways:
  1. **Recognition that diet-related chronic diseases\* are very prevalent** among Americans and pose a major public health problem (**consistent and evolving**)
    - » A fundamental premise is that just about everyone, no matter their health status, can benefit from shifting food and beverage choices to better support healthy dietary patterns
  2. **Focus on dietary patterns (consistent and evolving)**
    - » Foods and beverages are consumed in various combinations - a dietary pattern - and these foods act synergistically to affect health
  3. **Lifespan Approach (new)**
    - *2020-2025 Guidelines* provides **recommendations for healthy dietary patterns by life stage**

\* Cardiovascular disease, type 2 diabetes, obesity, and some types of cancer

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## Lifespan Approach to the 2020 Guidelines

### Chapter 5. Women Who Are Pregnant or Lactating



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## Components of the 2020-2025 Guidelines

- **4 Guidelines**
- **1 “charge”**
  - *Make Every Bite Count with the Dietary Guidelines*
- **3 Key Dietary Principles**
  - Meet nutritional needs primarily from nutrient-dense foods and beverages
  - Choose a variety of options from each food group
  - Pay attention to portion size



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## The 2020-2025 Dietary Guidelines

Follow a healthy dietary pattern at every life stage



Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations

1



4

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages



2



3

Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits



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## Poll Question 2

Which of the following are **NEW** in the 2020 Guidelines (e.g. not included in previous versions)?

- A focus on dietary patterns
- Guidelines for infants and toddlers under age 2
- Recommendations to limit sugar intake
- Recognition that chronic diseases are prevalent in the U.S. population
- All of the above

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## Guideline 1: Follow a Healthy Dietary Pattern at Every Life Stage

Guideline



Age Range	Recommendation
Birth to ~6 months	<ul style="list-style-type: none"> <li>Exclusively feed human milk</li> <li>Continue to feed human milk through for the first year of life, and longer if desired.</li> <li>Use iron-fortified infant formula during the first year of life, when human milk is unavailable</li> <li>Provide supplemental vitamin D beginning soon after birth</li> </ul>
At ~6 months	<ul style="list-style-type: none"> <li>Introduce nutrient-dense complementary foods</li> <li>Introduce potentially allergenic foods along with other complementary foods</li> <li>Encourage infants and toddlers to consume a variety of foods from all food groups</li> <li>Include foods rich in iron and zinc, particularly for infants fed human milk</li> </ul>
12 months through older adulthood	<ul style="list-style-type: none"> <li>Follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease</li> </ul>

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## Making Nutrient-Dense Choices: One Food or Beverage At a Time

Guideline 1

	Plain Shredded Wheat	Plain, Low-Fat Yogurt With Fruit	Low-Sodium Black Beans	Vegetable Oil	Sparkling Water
NUTRIENT-DENSE					
TYPICAL					
	Frosted Shredded Wheat	Full-Fat Yogurt With Added Sugars	Regular Canned Black Beans	Butter	Soda

DGA Dietary Guidelines for Americans

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## Guideline 2: Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations

Guideline 2

- A healthy *dietary pattern* can benefit all individuals regardless of age, race, or ethnicity, or current health status
- The *Guidelines* provide a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States



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## 3 USDA Dietary Patterns

- Designed to meet nutrient needs while not exceeding calorie requirements and while staying within limits for overconsumed dietary components, such as added sugars, saturated fat, and sodium
- Kcal Options:
  - Ages 12-23 months: 4 kcal levels
  - Ages 2 and older: 12 kcal levels

Dietary Pattern	Description	Age Range	
		12-23 months	≥24 months
Healthy U.S.-Style	Based on the types and proportions of foods Americans typically consume, but in nutrient-dense forms and appropriate amounts	x	x
Healthy Mediterranean-Style	Contains more fruits and seafood and less dairy		x
Healthy Vegetarian	Lacto-ovo vegetarian pattern; contains more soy, lentils, beans, nuts and seeds	x	x

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## Guideline 3: Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits



- *Nutritional needs should be met primarily from:*

- » *nutrient-dense foods and beverages*
- » *With no or little added sugars, saturated fat, and sodium*
- » *in recommended amounts*
- » *within calorie limits*

### *Core elements of a healthy dietary pattern include:*

- **Vegetables of all types**
- **Fruits, primarily whole**
- **Grains, at least half whole grain**
- **Fat-free or low-fat dairy and/or lactose-free versions and fortified soy beverages**
- **Animal and Plant-Based Protein Foods**
- **Vegetable Oils and Oils in Food Such as Seafood and Nuts**

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## Making Nutrient-Dense Choices: One Meal At a Time



Typical Burrito Bowl Total Calories = 1,120	Nutrient-Dense Burrito Bowl Total Calories = 715
White rice (1½ cups)	Brown rice (1 cup) + Romaine lettuce (½ cup)
Black beans (½ cup)	Black beans, reduced sodium (½ cup)
Chicken cooked with sauce (2 ounces)	Grilled chicken with spice rub (2 ounces)
No grilled vegetables	Added grilled vegetables (½ cup)
Guacamole (½ cup)	Sliced avocado (5 slices)
Jarred salsa (¼ cup)	Fresh salsa/pico de gallo (¼ cup)
Sour cream (¼ cup)	No sour cream
Cheese (½ cup)	Reduced-fat cheese (½ cup)
Jalapeño (5 slices)	Jalapeño (5 slices)
Iced tea with sugar (16 ounces)	Iced tea, no sugar (16 ounces)



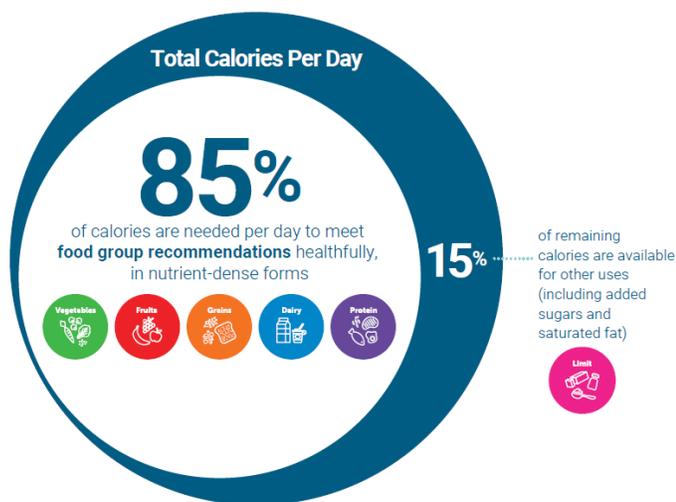
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## Guideline 4: Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages



- Most caloric intake should be from nutrient-dense foods to meet nutrient needs
- Some kcals (250-350) remain that can be used for kcals from added sugars and saturated fat and alcohol
- Will need to avoid foods that are high in added sugar and saturated fat to not exceed energy intake



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## Guideline 4: Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages



Food Component	Limits
Added sugars	<ul style="list-style-type: none"> <li>&lt; <b>10% of calories/day</b> starting at age 2</li> <li>Avoid foods and beverages with added sugars for those younger than age 2</li> </ul>
Saturated fat	<ul style="list-style-type: none"> <li>&lt; <b>10% of calories/day</b> starting at age 2</li> </ul>
Sodium	<ul style="list-style-type: none"> <li>&lt; <b>2,300 mg/day</b> - and even less for children younger than age 14</li> </ul>
Alcoholic beverages	<ul style="list-style-type: none"> <li>Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to <b>2 drinks or less/day for men</b> and <b>1 drink or less in/day for women</b>, when alcohol is consumed.</li> <li>Drinking less is better for health than drinking more.</li> <li>There are some adults who should not drink alcohol, such as women who are pregnant.</li> </ul>

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## The *Guidelines* includes Nearly all Recommendations of the DGAC

- The 2020-2025 edition of the *Guidelines* emphasizes the importance of limiting intakes of added sugars and alcoholic beverages as recommended by the DGAC, but **does not include changes to quantitative recommendations from 2015**
  - Any revisions to previous editions of the *Guidelines* must have sufficient scientific justification, and by law, must be based on the preponderance of scientific and medical knowledge current at the time
  - The preponderance of evidence supports limiting intakes of added sugars and alcoholic beverages to promote health and prevent disease; however, the evidence reviewed since the 2015-2020 edition does not substantiate quantitative changes at this time
  - USDA and HHS encourage more research on the relationship between added sugars and alcoholic beverages and health, and plan to monitor these topics



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## Poll Question 3

Which of the following are **NEW** in the 2020 Guidelines (e.g. not included in previous versions)?

- a. A focus on dietary patterns
- b. Guidelines for infants and toddlers under age 2
- c. Recommendations to limit sugar intake
- d. Recognition that chronic diseases are prevalent in the U.S. population
- e. All of the above

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## Presentation Outline

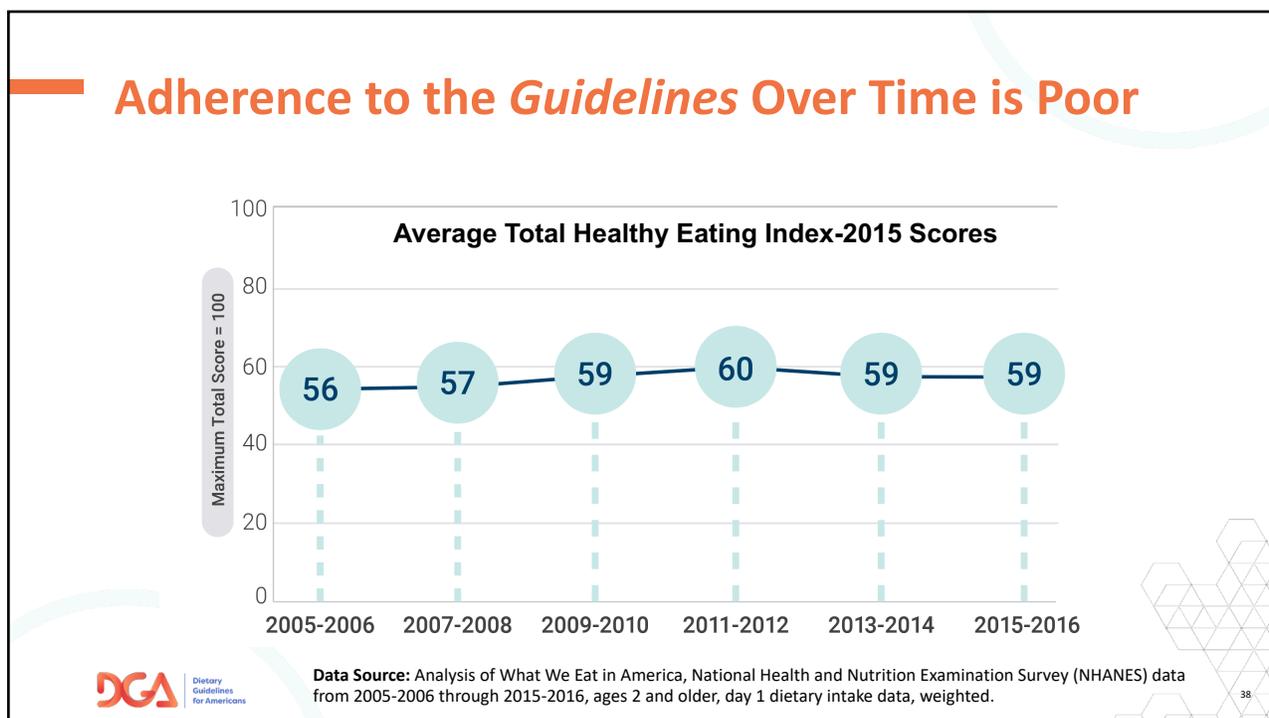
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- Overview of the 2020-2025 *Guidelines*?
- **Current Health Status & Dietary Intake of Americans**
- Applying the Guidelines

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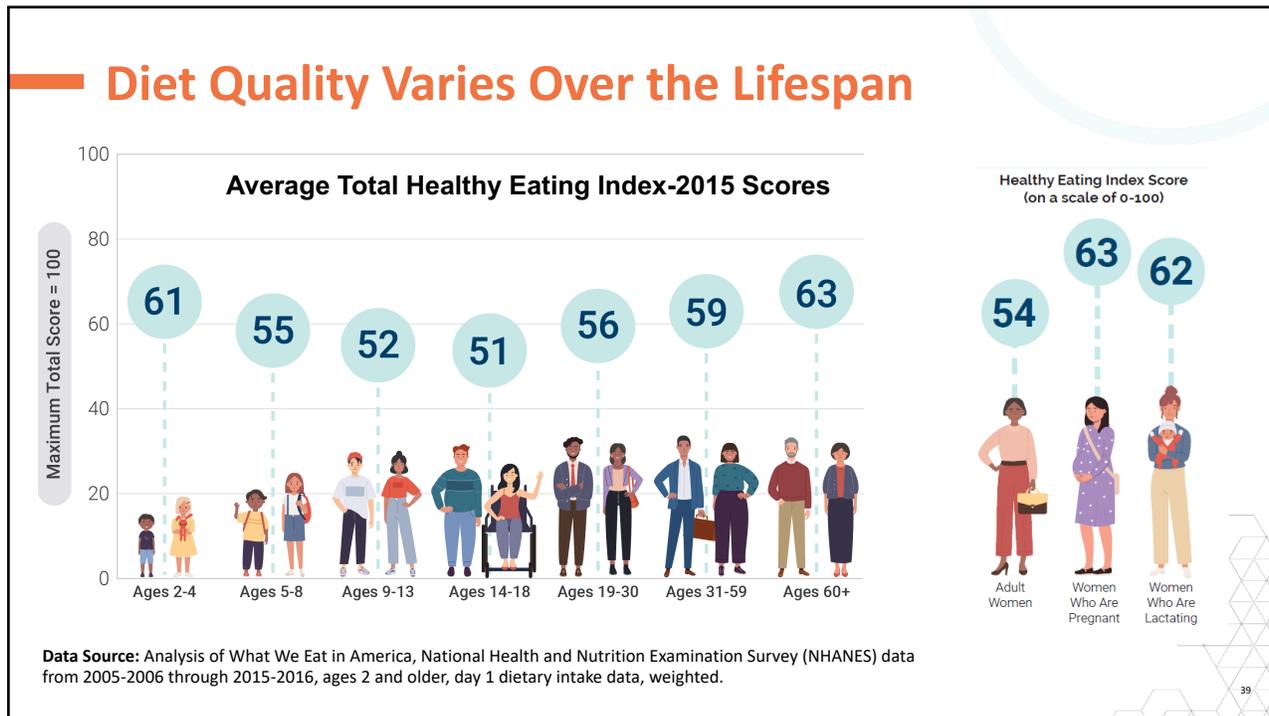
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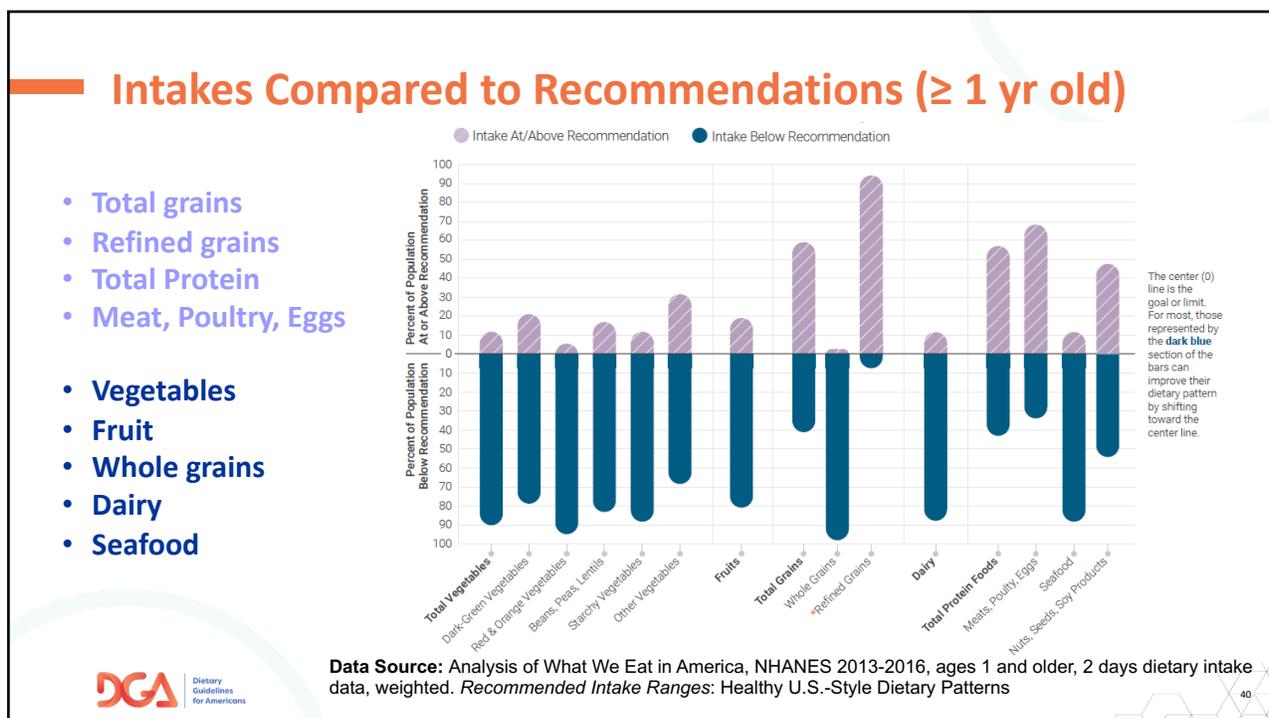
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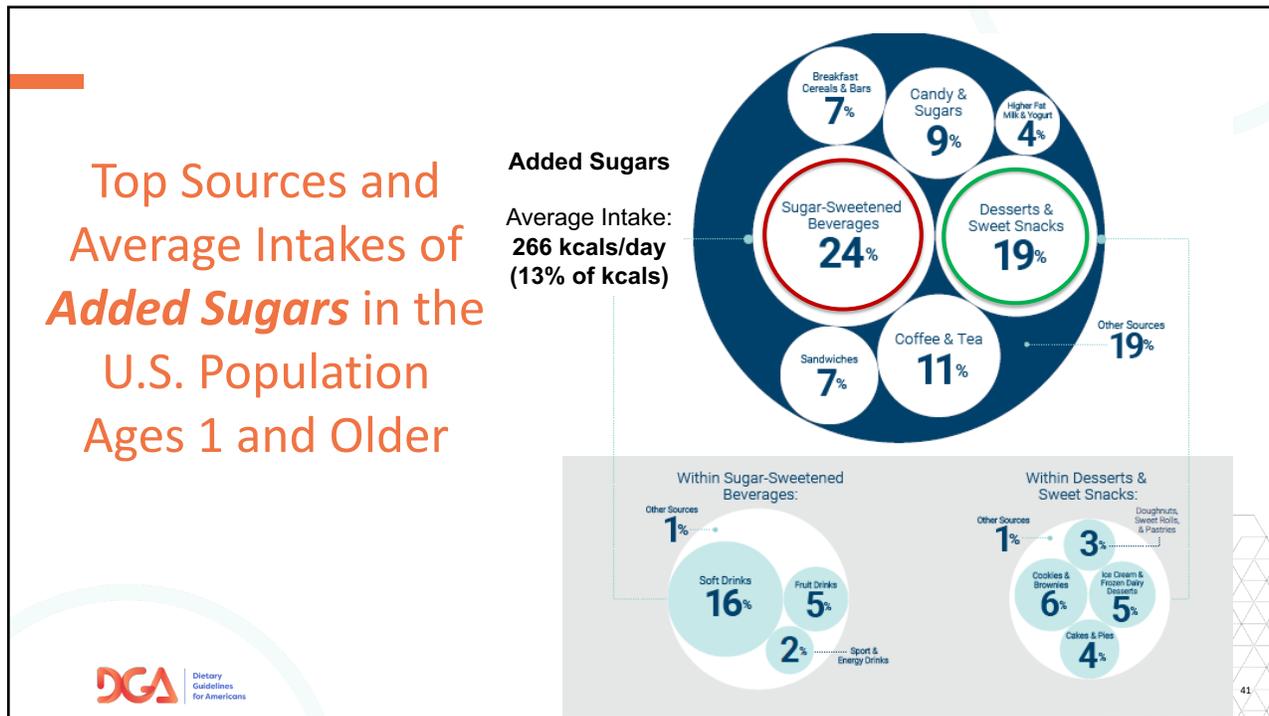
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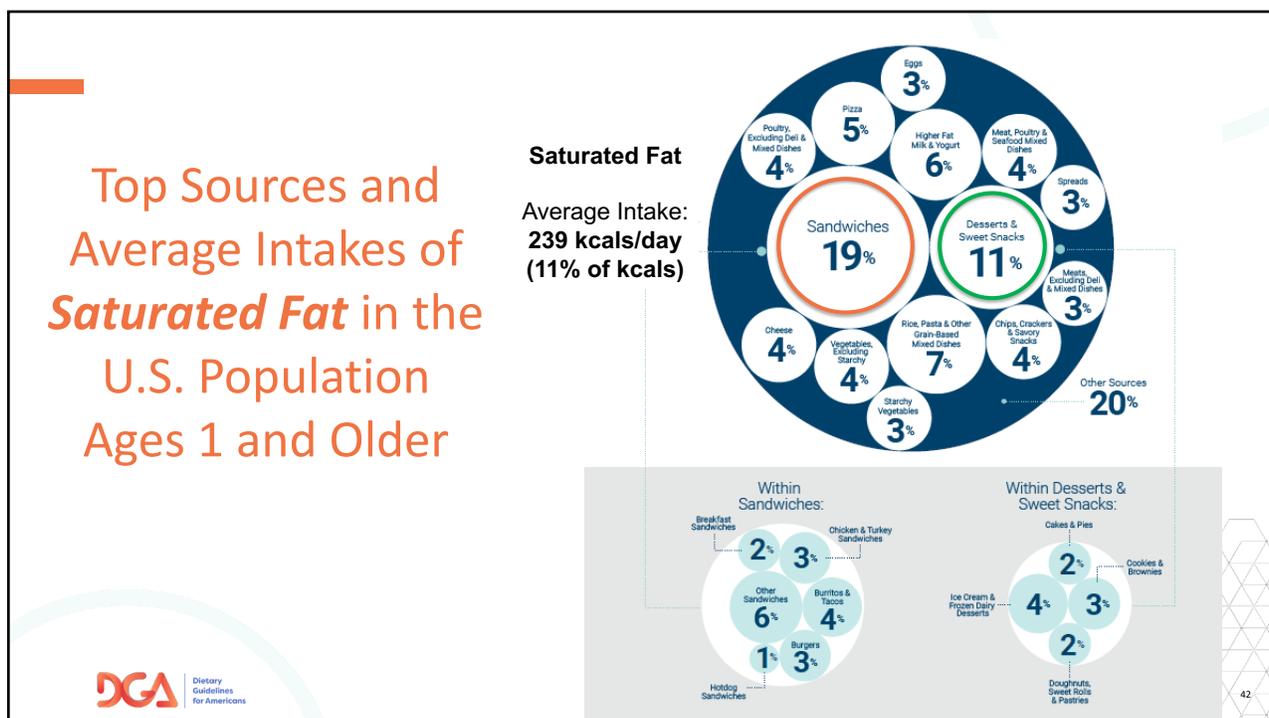
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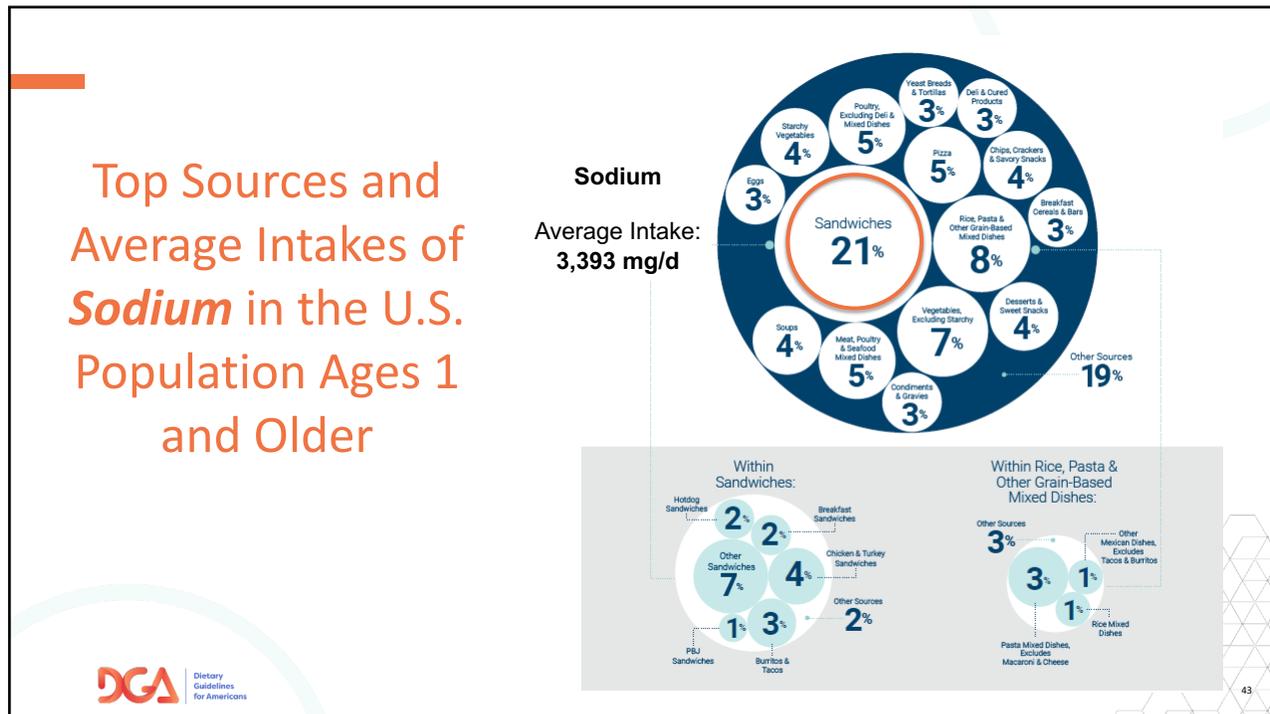
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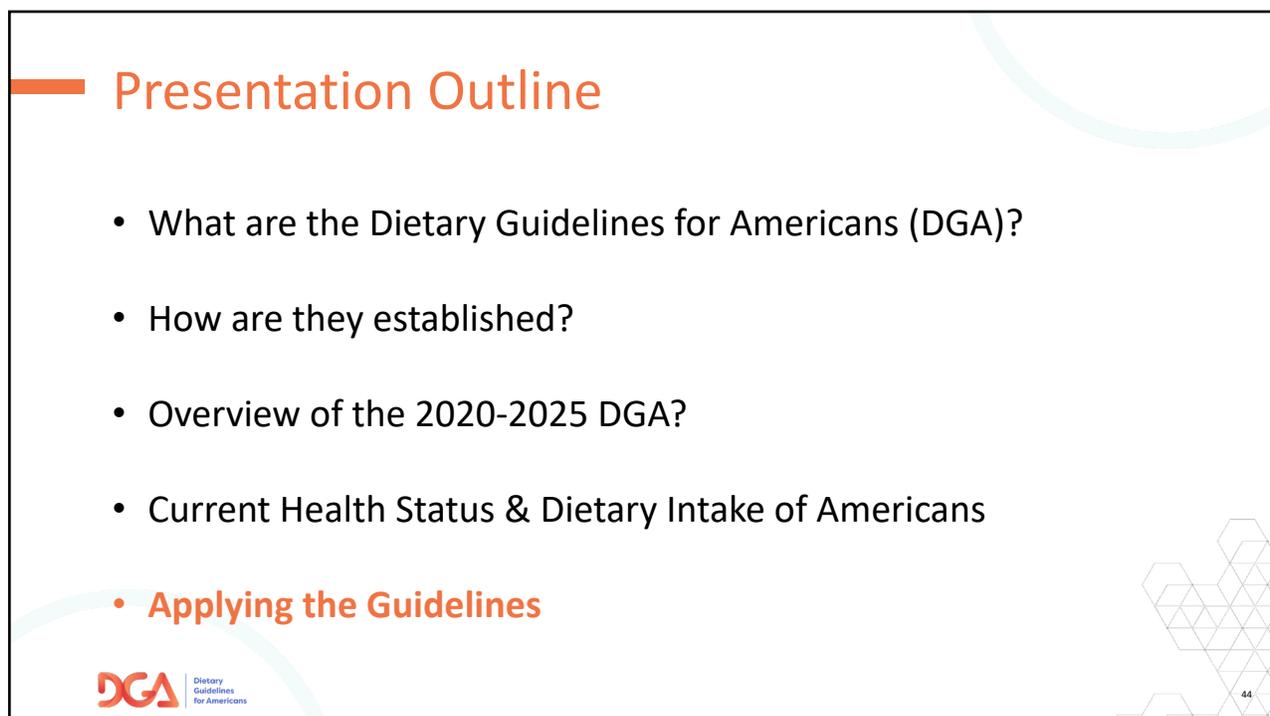
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## Implementation of the *Guidelines*

- *Guidelines* were developed and written for a **professional audience**
  - Its translation into actionable consumer messages and resources is crucial to help individuals, families, and communities achieve healthy dietary patterns
- *Guidelines* provide the framework for following a healthy dietary pattern
  - Broad and multisector collaboration is needed
  - Action on many fronts is needed
    - ensure that healthy dietary choices at home, school, work, and play are the affordable and accessible
  - Everyone has a role to play

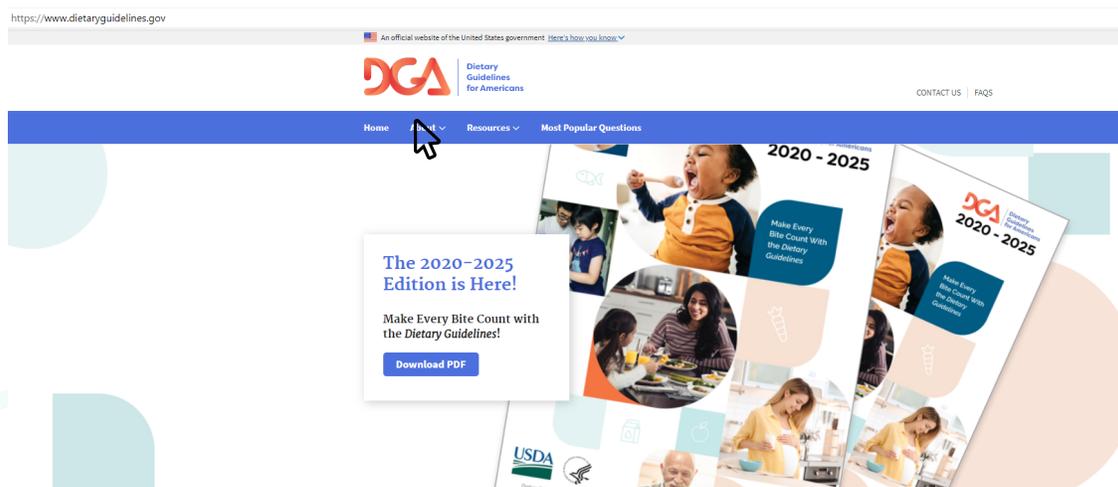


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## Dietary Guidelines Website

- Visit [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) to access the new edition and online-only supporting materials



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# Dietary Guidelines Website Resources



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Make every bite count with the *Dietary Guidelines for Americans*

**1 Start with the 4 Guidelines:**

- 1 Follow a healthy dietary pattern at every life stage.
- 2 Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- 3 Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
- 4 Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

**2 The foods and beverages we consume have a profound impact on our health. Yet we're still not following a healthy dietary pattern.**

While the science linking food and health has only become stronger, our Healthy Eating Index (HEI) score has remained low. The HEI measures how closely food and beverage choices align with the *Dietary Guidelines*. Our HEI score is higher early in life and in older adulthood, but we all fall far short of following the *Dietary Guidelines*.

Healthy eating is important at every life stage. For the first time, the *Dietary Guidelines for Americans, 2020-2025* provides recommendations for each life stage, from birth through older adulthood.

Nutrient needs vary over the lifespan and each life stage has unique implications for food and beverage choices and disease risk.

Establishing a healthy dietary pattern early in life may have a beneficial impact over the course of decades.

It's never too early or too late to improve food and beverage choices, and to establish a healthy dietary pattern.

People living with diet-related chronic conditions and diseases are at an increased risk for severe illness from COVID-19.

**3 How do we "make every bite count"?**

Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.

**75%**

of people have dietary patterns low in vegetables, fruits, and dairy.

**63%**

exceed the limit for added sugars.

**77%**

exceed the limit for saturated fat.

**90%**

exceed the Chronic Disease Risk Reduction limits for sodium.

More than half of the U.S. population meets or exceeds total grain and protein foods recommendations, but are not meeting the subgroup recommendations for each food group.

**Daily Goals:** Most of a person's daily calories are needed to meet food group recommendations with nutrient-dense foods and beverages.

85%

of calories are needed per day to meet food group recommendations healthfully, in nutrient-dense forms.

15%

of remaining calories are available for other uses (including added sugars and saturated fat).

**And follow these three key dietary principles:**

- 1 Meet nutritional needs primarily from nutrient-dense foods and beverages.
- 2 Choose a variety of options from each food group.
- 3 Pay attention to portion size.

December 2020
For more information, go to [DietaryGuidelines.gov](https://DietaryGuidelines.gov)

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## Implementation of the *Guidelines* Through the New Nutrition Facts Label

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Some **Daily Values** have been updated
- The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet
- 5% or less is low; 20% or more is high

- Saturated fat
- Sodium
- Added Sugar

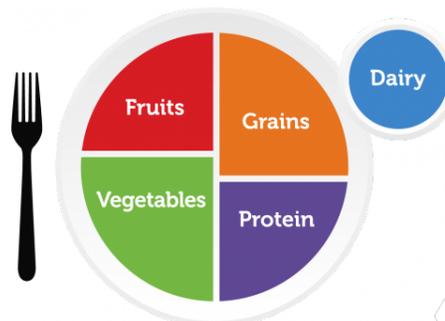


<https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>

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## Implementation of the *Guidelines* Through MyPlate

- One example of consumer translation:
  - Created to be used in various settings and adaptable to meeting personal preferences, cultural foodways, traditions, and budget needs
  - MyPlate is used by professionals across sectors to help people become more aware of and informed about making healthy food and beverage choices over time



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## Start Simple the MyPlate



Visit MyPlate.gov to learn more

## Try the MyPlate Plan

### MyPlate Plan

The MyPlate Plan shows your food group targets – what and how much to eat within your calorie allowance.

Your food plan is personalized, based on your:

- Age
- Sex
- Height
- Weight
- Physical activity level

The MyPlate Plan is also [available in Spanish](#).

Get the MyPlate Plan widget to post or share on your blog or website!

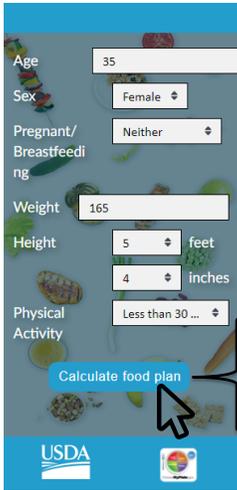
Get the Widget

<https://www.myplate.gov/myplate-plan>

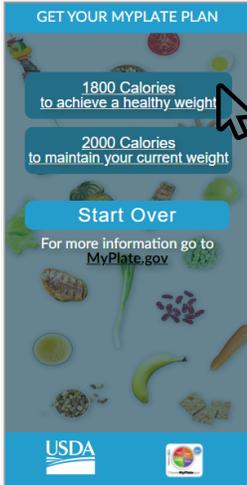


<https://www.myplate.gov/myplate-plan>





- Less than 30 min/d moderate activity
- 30-60 min/d moderate activity
- More than 60 min/d moderate activity




• For children ages 2-8, plans are calculated using the average height and weight for a child of that age.

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## Your MyPlate Plan: 1800 Calories, Age 14+

Below are the daily recommended amounts for each food group.  
Click on the food group buttons to learn more and get started.

*Talk with your health care provider about an eating pattern and physical activity program that is right for you.*

<https://www.myplate.gov/myplate-plan>



**1½ cups**  
1 cup from the Fruit Group counts as:  
- 1 cup raw, frozen, or cooked/canned fruit;  
or  
- ½ cup dried fruit; or  
- 1 cup 100% fruit juice

[Read more](#)



**2½ cups**  
1 cup from the Vegetable Group counts as:  
- 1 cup raw or cooked/canned vegetables; or  
- 2 cups leafy salad greens; or  
- 1 cup 100% vegetable juice

[Read more](#)



**6 ounces**  
1 ounce from the Grains Group counts as:  
- 1 slice bread; or  
- 1 ounce ready-to-eat cereal; or  
- ½ cup cooked rice, pasta, or cereal

[Read more](#)



**5 ounces**  
1 ounce from the Protein Foods Group counts as:  
- 1 ounce seafood, lean meat, or poultry; or  
- 1 egg; or  
- 1 Tbsp peanut butter; or  
- ¼ cup cooked beans, peas, or lentils; or

[Read more](#)

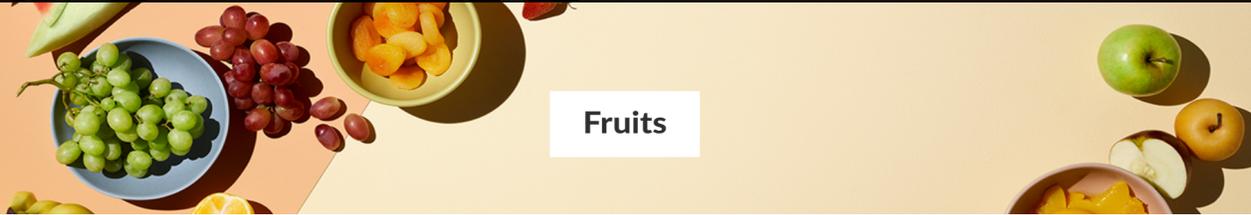


**3 cups**  
1 cup from the Dairy Group counts as:  
- 1 cup dairy milk or yogurt; or  
- 1 cup lactose-free dairy milk or yogurt; or  
- 1 cup fortified soy milk or yogurt; or  
- 1½ ounces hard cheese

[Read more](#)



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## Fruits

### What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



How much fruit do you need?

[Learn more](#)



Why is it important to eat fruit?

[Learn more](#)

### Health Benefits

- As part of an overall healthy diet, eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding fruit can help increase intake of fiber and potassium which are important nutrients that many Americans do not get enough of in their diet.




### More About the Fruit Group

Note: Click on the top row to expand the table. If you are on a mobile device, you may need to turn your phone to see the full table.

Daily Fruit Table
▼

Cup of Fruit Table
▼

<https://www.myplate.gov/eat-healthy/fruits>

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## MyPlate App



### Start Simple with MyPlate App

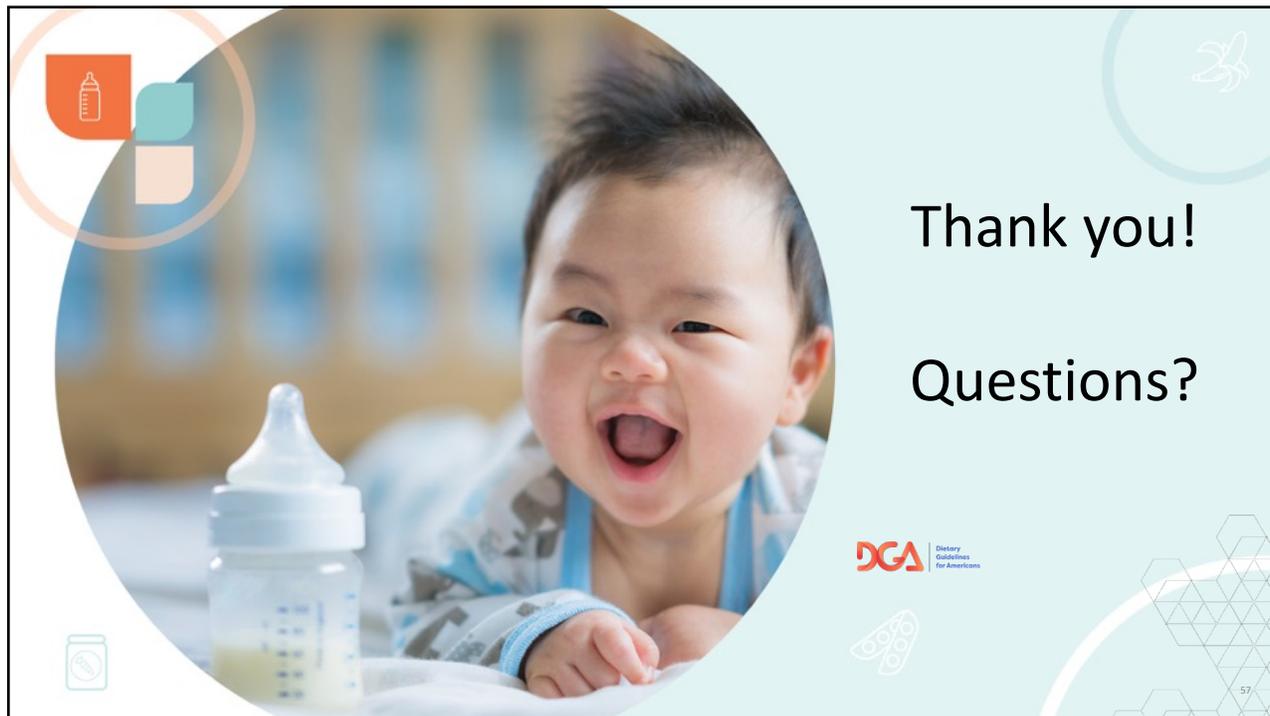
Build healthy eating habits one goal at a time! Download the *Start Simple with MyPlate* app today.

Learn more



<https://www.myplate.gov/resources/tools/startsimple-myplate-app>

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**DISASTER AND HAZARD  
READINESS  
IN ACTION**

 **MILITARY FAMILY READINESS  
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## Upcoming Event

### Food and Nutrition Before, During and After Disasters



**February 24th, 2020**

11:00 a.m. – 12:30 p.m. EST

**Event Page:**

[militaryfamilieslearningnetwork.org/event/85668/](https://militaryfamilieslearningnetwork.org/event/85668/)

Our partners from the Defense Commissary Agency and Extension faculty from University of Florida share what they do to keep our food safe before, during, and after a disaster.

Continuing education credit will be available for this webinar!



For archived and upcoming webinars visit:  
[MilitaryFamiliesLearningNetwork.org/AllEvents/](https://MilitaryFamiliesLearningNetwork.org/AllEvents/)

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## Evaluation & Continuing Education



This webinar has been approved for the following continuing education (CE) credits:

- 1.0 CEU's for RD's and NDTR's
- 1.0 EI credit available contingent on post test
- A certificate of completion

### Evaluation Link

Go to the event page for evaluation and post-test link.

[Continuing Education](#)

### Questions?

Email Kristen DiFilippo at [kdfilip@illinois.edu](mailto:kdfilip@illinois.edu)



**Event Page:**

[MilitaryFamiliesLearningNetwork.org/event/79976/](https://MilitaryFamiliesLearningNetwork.org/event/79976/)

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