



Live Well, Work Well

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Making Every Bite Count

The foods and beverages you consume have a significant impact on your health. In fact, 60% of adults have one or more diet-related chronic diseases.

The newly released [Dietary Guidelines for Americans](#) (2020-2025) offers science-based nutrition advice to develop healthy eating habits and reduce chronic disease risk. For the first time, this edition provides recommendations by life stage, from birth through older adulthood.



85% of daily calories should meet food group recommendations.

The latest guidance provides four overarching guidelines that encourage healthy eating patterns and recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern. Make every bite count and consider the following:

1. **Follow a healthy dietary pattern at every life stage.** Dietary needs and recommendations vary based on your age, sex and stage of life. Review the guidelines to ensure that you and your loved

2. **Customize your foods and beverages to reflect personal preferences, cultural traditions and budgets.** A healthy dietary pattern can benefit all people regardless of age, race, ethnicity or current health status.
3. **Focus on meeting food group needs with nutrient-dense foods and beverages, while staying within calorie limits.** Nutrient-dense foods are rich in vitamins and minerals, without too much added sugars, saturated fats and sodium.
4. **Limit foods and beverages high in added sugars, saturated fats and sodium.** Be mindful of the nutritional facts of the foods and beverages you consume—including alcohol. Men should limit alcohol to two drinks a day and women should consume no more than one drink per day.

Everyone can benefit from a healthy eating pattern, so start simple with modest changes each day. For healthy recipes or to learn more about the current guidelines, visit [MyPlate.gov](https://www.MyPlate.gov).

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