The Dietary Guidelines for Americans were recently updated and released, offering sound advice for a healthy lifestyle. Why should you care? Because improving your nutrition and fitness levels can improve your quality of life and decrease your risk of disease! Read on for helpful information and realistic

New Dietary Guidelines

What should I eat more of?

The Dietary Guidelines recommend you increase:

- **Seawood**
  - Consume 2 servings per week
  - 1 serving = 4 ounces
  - Include salmon, tuna, and other fish

Why? Seafood is a great source of omega-3 fatty acids, which are beneficial for your heart and brain.

- **Non-fat or Low-fat (1%) Dairy**
  - Choose yogurt, milk, and cheese
  - Avoid or limit the full fat varieties
  - If you avoid dairy, you can choose soymilk or almond milk

Why? Dairy foods are high in vitamin D, calcium, and potassium.
What else do the Dietary Guidelines say?

**Shift to a Plant-Based Diet**

Enjoy vegetables, beans, fruits, whole grains, nuts and seeds as a greater proportion of your total calories.

Why? Plants provide fiber, vitamins, and minerals that are not found in animal products. Besides, they are easier on the earth and your wallet.

Worried about protein? You can get plenty of high quality protein from these great plant foods!

<table>
<thead>
<tr>
<th>Grains</th>
<th>Legumes</th>
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<tbody>
<tr>
<td>Quinoa</td>
<td>Black beans</td>
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<tr>
<td>Millet</td>
<td>Pinto beans</td>
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<tr>
<td>Barley</td>
<td>Lentils</td>
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<tr>
<td>Spelt</td>
<td>Soybeans</td>
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<tr>
<td>Wheat</td>
<td>Peas</td>
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<tr>
<td>Kamut</td>
<td>Nuts &amp; seeds</td>
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**Lastly, Make Some Reductions...**

Reduce:

- **Daily Calorie Intake**
  
  How? Smaller portions and no second helpings.

- **Solid Fats and Added Sugars (SoFAs)**
  
  How? Less sugar, sweetened beverages, added butter, and candy.

- **Sodium (i.e. salt) to less than 1,500 mg per day.**
  
  How? Limit packaged and canned foods.

- **Refined Grains (e.g. white rice, white bread, cookies, pastries)**
  
  How? Switch to whole grains.

- **Meat, Poultry, Eggs**

- **Saturated Fat**
  