United States Department of Agriculture

EAT HEALTHY. BE HEALTHY. SAVE. ***The*** ***Dietary*** ***Guidelines*** ***for*** ***Americans*** ***can*** ***help.***

|  |  |
| --- | --- |
| We’re in the red. |  |
|  |

U.S. adults have 1+

chronic diseases.**1**

Spent in medical cost of diet-

related chronic diseases.**2**

Americans think advice about

what to eat is conﬂicting.**3**

**Obesity**

$245B

**Type** **2** **Diabetes**

$316B

**Heart** **Disease**

|  |  |
| --- | --- |
| Healthy eating can help... but first, we need to do it. |  |
|  |

100 **U.S.** **Scores** **Over** **Time** **U.S.** **Scores** **by** **Age** **Group**

80

60

40

20

0

56 57 59 60

2005-2006 2007-2008 2009-2010 2011-2012

59

2013-2014

59

|  |
| --- |
| The Healthy Eating Index Score |
| shows that Americans do not align their eating choices with the Dietary Guidelines.  **(on** **a** **scale** **from** **0-100)** |

60

Ages 2-5

53

Ages 6-11

53 58

Ages 12-17 Ages 18-64

66

Ages 65+

Each step closer to eating a diet that

aligns with the **DIETARY** **GUIDELINES** reduces risk of: **4**

**Heart** **Disease** **Type** **2** **Diabetes** **Cancer**

If we invest**$10/person** each year toward improving nutrition, increasing physical activity, and preventing tobacco use ***—***

$16B THAT COULD SAVE THE UNITED STATES *annually* *within* *ﬁve* *years!* **5**

|  |  |  |
| --- | --- | --- |
|  | That’s a 5.6x return for every  $1 invested! |  |
|  |  |
|  |
|  |
|  |  | |

3 reasons why the Dietary Guidelines matter.

**PRACTICAL** **TOOL** **DATA-DRIVEN** **FOR** **ALL** **AGES**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | [USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.  ACADEMY of NUTRITION & DIETETICS |  |  | With confusing and often-conﬂicting information in the media, it is more important than ever that Americans have  a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines...  AMERICAN COLLEGE of CARDIOLOGY |  | o | Pediatricians routinely look to the Dietary Guidelines to provide advice to  ur patients... We look forward to the inclusion of science-based Dietary Guidelines for children  birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood...  AMERICAN ACADEMY of PEDIATRICS |
| “ |  | “ |  | “ |  |

Released jointly by USDA and HHS every 5 years, the *Dietary* *Guidelines* *for* *Americans* is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to **www.DietaryGuidelines.gov**.

www.cnpp.usda.gov/dietary-guidelines-infographic-references USDA is an equal opportunity provider and employer.

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