

# DIETARY GUIDELINES evolution over time

	1980	1985	1990	1995	2000	2005	2010	2015	2020
 <b>Fruits &amp; Vegetables</b>	Eat a variety of foods, including fruits and vegetables		Eat 2-4 servings of fruit and 3-5 servings of vegetables daily			Eat 2 cups of fruit and 2½ cups of vegetables daily			
 <b>Grains</b>	Eat a variety of foods, including whole-grain and enriched breads, cereals, and grain products		Eat 6-11 servings of breads, cereals, rice, and pasta per day. Have several servings of whole-grain breads and cereals daily			Eat 6 servings (1 serving=1/2 cup cooked rice, pasta, or cereal or 1 slice bread). At least half of the servings should be whole grains			
 <b>Red &amp; Processed Meats</b>	To avoid too much fat, saturated fat, and cholesterol, choose lean meat, fish, poultry, dry beans, and peas as protein sources		Eat about 6 oz of meats, poultry, fish, dry beans and peas, eggs, and nuts per day	Eat about 6 oz of fish, shellfish, lean poultry, other lean meats, beans, or nuts daily. Limit intake of high-fat processed meats		Eat 5.5 oz of lean meats, poultry, fish, eggs, nuts, or dry beans daily			
 <b>Total Fat</b>	Avoid too much fat		Choose a diet low in fat. <math>\leq 30\%</math> of calories suggested		Choose a diet moderate in total fat. Aim for <math>\leq 30\%</math> of calories	Keep total fat intake between 20-35% of calories for adults			
 <b>Saturated Fat</b>	Avoid too much saturated fat		Choose a diet low in saturated fat. <math>< 10\%</math> of calories suggested			Consume <math>< 10\%</math> of calories from saturated fats Replace with mono- and polyunsaturated fats			
 <b>Cholesterol</b>	Avoid too much cholesterol		Choose a diet low in cholesterol Daily Value is 300 mg			Consume <math>< 300</math> mg of cholesterol per day		Eat as little dietary cholesterol as possible	
 <b>Sodium</b>	Avoid too much sodium		Use salt and sodium only in moderation	Choose a diet moderate in salt and sodium	Choose and prepare foods with less salt	Consume <math>< 2300</math> mg of sodium per day for those aged 14 and older			
 <b>Added Sugars</b>	Avoid too much sugar		Use sugars only in moderation	Choose a diet moderate in sugars	Choose beverages and foods to moderate your intake of sugars	Choose and prepare foods and beverages with little added sugars	Reduce intake of calories from added sugars	Consume <math>< 10\%</math> of calories from added sugar Avoid added sugars for children under 2	
 <b>Alcohol</b>	If you drink alcoholic beverages, do so in moderation. 1-2 drinks daily appear to cause no harm in adults		If you drink alcoholic beverages, do so in moderation, which is no more than 1 drink a day for women and 2 drinks a day for men Consumption is not recommended			Moderate alcohol consumption may have beneficial effects in some individuals	Not recommended to begin drinking on the basis of potential health benefits	Not recommended to begin drinking for any reason	Adults of legal drinking age can choose not to drink, or to drink in moderation: 2 drinks or less for men and 1 drink or less for women on days when alcohol is consumed.
 <b>Dairy</b>	Eat selections of milk, cheese, and yogurt daily		Eat 2-3 servings of milk, yogurt, and cheese. Choose skim or low-fat most of the time			Eat 3 cups of fat-free or low-fat dairy daily Includes fortified soy beverages and soy yogurt			

Source: U.S. Department of Agriculture & U.S. Department of Health and Human Services. *Dietary Guidelines for Americans*. Editions 1-9. Available at [DietaryGuidelines.gov](http://DietaryGuidelines.gov).