

American dietary guidelines

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American Dietary Guidelines What are the Dietary Guidelines for Americans?

With an exponentially increasing financial budget on managing diet-oriented chronic diseases like diabetes, cancer, hypertension, and cardiovascular disease, the American dietary guidelines play a crucial role in ensuring Americans focus on promoting health and minimization of disease. The guidelines emphasize on the element of calories balancing as the key to managing one's weight. Weight management involves regulation of factors contributing to obesity and overweight and avoiding them. There is also emphasis consumption low sodium and solid fats, sugars, and cholesterol as well as alcohol as these contribute to poor diet-related chronic diseases. Conversely, the guidelines recommend the increase of foods with adequate nutrients, and that prevent disease like whole grains, low-fat milk and fat-free milk products like lean meat eggs, peas, oils, and unsalted nuts and seeds. With the knowledge of what to eat, what not to eat, and how to balance one's weight through calories, the guidelines also provides information on how to define a healthy eating pattern in order to minimize their nutrient requirements while retaining their risk of chronic disease.

What are some of the key recommendations?

The major recommendations are for Americans to ensure they adhere to consuming balanced calorie intake while incorporating physical activity as a way of managing weight. Another recommendation is on consumption of increased amounts of some nutrients including vegetables, fruits, whole grains, low-fat, and fat-free products. Finally, Americans are urged to consume food that constitutes low amounts of saturated fats, sodium like salt, added sugars, cholesterol, trans fats, and refined grains.