

# The Dietary Guidelines

Health

## **Today's Learning Target:**

I can become familiar with the Dietary Guidelines and what they mean for my health.

## **Guiding Question:**

What are the Dietary Guidelines and how do I meet them each day?

## **Class Focus**

Balance calories with physical activity to manage weight

**Physical and healthy weight management**

Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood

**Eat a Variety of Foods- Keep your plate colorful**

Consume fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains

**Make healthy choices**

Physical and healthy weight management

Eat a Variety of Foods- Keep your plate colorful

Make healthy choices

Dietary Guidelines for all Americans