



Dietary Guidelines for Americans 2020

First: Sample
Middle:
Last: Client
Company: Test Company

Female **Pregnant** **Lactating**
Identification Number: 36987
Date of Birth: 1/1/1960
Height: 5 ft. 9 in. **Weight:** 220.00 lb.

Every 5 years, a new edition of the Dietary Guidelines for Americans is published. The main goal of the 9th Edition of the Dietary Guidelines for Americans is to provide science-based advice on what to eat and drink to promote health, reduce risk of disease, and meet nutrient needs. For further information about the 2020-2025 Dietary Guidelines please visit <https://www.dietaryguidelines.gov/>

Dietary Guidelines continue to stay consistent in many elements but evolve over time as scientific knowledge grows. The 3 main ways these are reflected are:

- Recognizing that diet-related cardiovascular disease, type 2 diabetes, obesity and some forms of cancer are prevalent among Americans and is a big public health problem.
- Focusing on dietary patterns and understanding that nutrients and foods are not consumed in isolation. The goal is to look at the importance of a healthy dietary pattern as a whole instead of individual foods or food groups in isolation.
- Centering around a lifespan approach and highlighting the importance of a healthy dietary pattern at different life stages from infancy to older adulthood. First time since 1985 the 2020 Dietary Guidelines include recommendations for dietary patterns for infants and toddlers.

The Dietary Guidelines provide 4 recommendations and encourages to make every bite count, here's how:

Follow a healthy dietary pattern at every life stage:

For about the first 6 months of life, feed infants human milk (at least the first year and as long as desired), iron-fortified formula, and add supplemental Vitamin D. At about 6 months introduce nutrient dense complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups and include foods rich in iron and zinc, especially for infants fed human milk. Over 12 months and into older adulthood follow a healthy dietary pattern to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.

Customize and eat nutrient-dense foods and beverages that reflect personal choice, traditions, culture, and budgets:

Consuming a variety of nutrient-dense foods will benefit all ages, race, and ethnicity. The Dietary Guidelines recommendations are intended to apply to all preferences, and cultural diversity in the US.

Stay within calorie limits and focus on meeting food group needs with nutrient-dense foods and beverages:

Nutrient-dense foods provide vitamins, minerals, fiber, and other benefits, and they have little or no added sugar, saturated fat and sodium. The recommendation is to consume all different food groups to create a healthy dietary pattern which can come from Vegetables, Fruits, Grains (preferably whole grains), Dairy (preferably low-fat or fat-free), Protein foods (animal lean meats, or plant-based protein), Oils (vegetable oils, and oils naturally found in foods like seafood and nuts)

Limit foods and beverages high in added sugar, saturated fat, sodium and limit alcoholic beverages:

At every life stage consuming nutrient-dense food will require most of the daily calorie intake and leave very little room to accommodate added sugar, saturated fat and or sodium. A small amount can be added to your dietary pattern to help meet food group recommendations but foods and beverages high in these nutrients should be limited as often as possible.

** The information about the 2020 Dietary Guidelines is taken from the USDA Executive Summary document.

Analysis of your diet reveals that you consumed on an average daily basis:

Diet:

Axxya Systems 1500 Kcal Gluten-Free Menu 3 Day Menu

1483.049	kcal	Kilocalories	64 %	of your goal of	2300.000
76.722	g	Protein	67 %	of your goal of	115.000
179.889	g	Carbohydrate	63 %	of your goal of	287.500
56.929	g	Fat, Total	74 %	of your goal of	76.667
339.770	mg	Cholesterol	113 %	of your goal of	300.000
16.847	g	Saturated Fat	66 %	of your goal of	25.560
0.149	g	Trans Fatty Acid	60 %	of your goal of	0.250
1789.868	mg	Sodium	138 %	of your goal of	1300.000
56.748	g	Sugar, Total	189 %	of your goal of	30.000
0.833	g	Added Sugars	8 %	of your goal of	10.000
29.464	g	Dietary Fiber, Total	118 %	of your goal of	25.000
11.277	mg	Iron	141 %	of your goal of	8.000
2389.657	mg	Potassium	51 %	of your goal of	4700.000
2.349	mcg	Vitamin D (ug)	23 %	of your goal of	10.000
809.780	mg	Calcium	67 %	of your goal of	1200.000
170.269	mg	Vitamin C	189 %	of your goal of	90.000