

Dietary guidelines for 2005

New federal guidelines announced Wednesday will be used to update the food pyramid created 12 years ago. The government advised Americans to consume fewer calories and exercise 30 to 90 minutes a day. New guidelines also stress eating a variety of foods high in nutrients and low in saturated and trans fat, cholesterol, added sugars and salt.



On the side

FOOD GROUPS	2,000 CALORIES	2,600 CALORIES	ONE SERVING SIZE = ●
Sweets	●●●●● a week	●●	1 tbsp sugar, jelly or jam; 1/2 oz. jelly beans; 8 oz. lemonade
Fats and oils	●●● a week	●●●	1 tsp soft margarine; 1 tbsp low-fat mayonnaise; 1 tsp vegetable oil
Nuts, seeds, legumes	●●●●●	●	1/3 cup or 1 1/2 oz. nuts; 1/2 oz. seeds; 1/2 cup cooked dry beans
Meat, fish, poultry	●● or less	●●	3 oz. cooked meats, poultry or fish
Low-fat dairy	●●●	●●●	8 oz. milk; 1 cup yogurt; 1 1/2 oz. cheese
Fruits	●●●●●	●●●●●	6 oz. juice; 1 medium fruit; 1/4 cup dried fruit; 1/2 cup fresh, frozen or canned fruit
Vegetables	●●●●●	●●●●●	1 cup raw leafy vegetables; 1/2 cup cooked vegetables; 6 oz. juice
Grains	●●●●●	●●●●●	1 slice of bread; 1 oz. dry cereal; 1/2 cup cooked rice, pasta or cereal

CALORIES	EXERCISE	ALCOHOL	SALT	CARBOHYDRATES
Balance calories between the amount you eat and the amount you burn.	30 to 90 minutes a day.	Drink in moderation, one drink per day for women and two for men.	Limit to one teaspoon a day.	Eat fiber-rich whole fruits and vegetables and whole grain, with little added sugar or sweeteners.

NOTE: Numbers of servings per day shown for a food group are the maximum number of servings recommended.

SOURCES: Department of Agriculture; Department of Health and Human Services

AP

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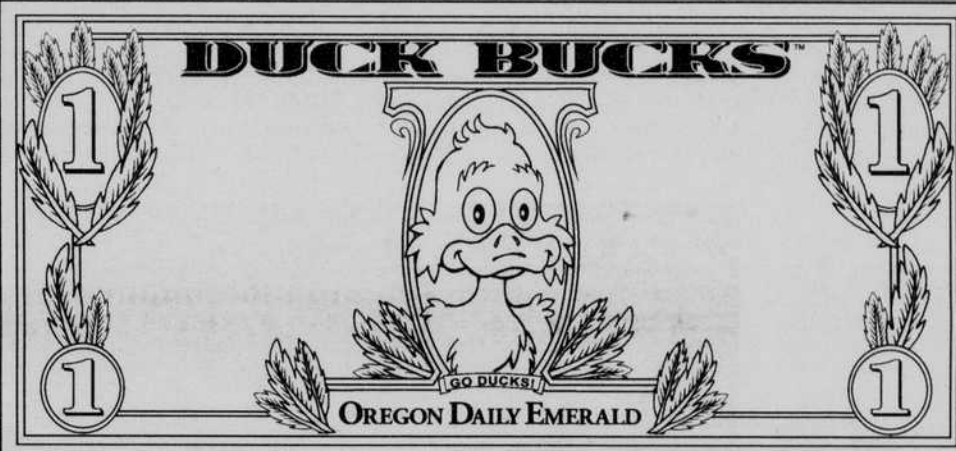
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