

DIETARY GUIDELINES FOR AMERICANS, 1980 TO 2000

<u>1980</u> 7 Guidelines	<u>1985</u> 7 Guidelines	<u>1990</u> 7 Guidelines	<u>1995</u> 7 Guidelines	<u>2000</u> 10 Guidelines, clustered into 3 groups	
Eat a variety of foods	Eat a variety of foods	Eat a variety of foods	Eat a variety of foods		
Maintain ideal weight	Maintain desirable weight	Maintain healthy weight	Balance the food you eat with physical activity—maintain or improve your weight	Aim for a healthy weight	Aim for Fitness
				Be physically active each day	
Avoid too much fat, saturated fat, and cholesterol	Avoid too much fat, saturated fat, and cholesterol	Choose a diet low in fat, saturated fat and cholesterol		Let the Pyramid guide your food choices	Build a Healthy Base
Eat foods with adequate starch and fiber	Eat foods with adequate starch and fiber	Choose a diet with plenty of vegetables, fruits and grain projects	Choose a diet with plenty of grain products, vegetables, and fruits	Choose a variety of grains daily, especially whole grains	
				Choose a variety of fruits and vegetables daily	
				Keep food safe to eat	
			Choose a diet low in fat, saturated fat and cholesterol	Choose a diet that is low in saturated fat and cholesterol and moderate in total fat	
Avoid too much sugar	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 Sensibly
Avoid too much sodium	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	
If you drink alcohol, do so in moderation	If you drink alcoholic beverages, do so in moderation	If you drink alcoholic beverages, do so in moderation	If you drink alcoholic beverages, do so in moderation	If you drink alcoholic beverages, do so in moderation	

Shading indicates how the order in which the guidelines are presented has changed over time.