DEPARTMENT OF EDUCATION
OFFICE OF THE SUPERINTENDENT

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K. Erik Swanson, Ph. D.
Superintendent of Education

STANDARD OPERATING PROCEDURES

SOP#: 1700-018

I. SUBJECT: Accommodating Children with Disabilities in the School Meal Programs & Special Meal Accommodation form

II. INQUIRIES: Food and Nutrition Services Management Division – Local Education Authority (LEA)

III. PURPOSE: This Standard Operating Procedure (SOP) is to establish a clear understanding of accommodating students with special dietary needs

IV. APPLICABILITY: Department of Education Schools

V. REFERENCES: United States Department of Agriculture National School Lunch Program (7 CFR, Part 210)
School Breakfast Program (7 CFR, Part 220)
Board Policy 705
Rehabilitation Act of 1973 and the Americans with Disabilities Act

VI. INTERNAL CONTROL: FNSMD shall ensure proper training is conducted for all school staff involved in the School Meals Programs.

VII. REPORT: Special Meal Accommodation Form

VIII. PENALTY: Failure to adhere to this SOP may result in disciplinary action by the DOE Personnel Rules & Regulations.

IX. OVERVIEW / GENERAL SCOPE:
The U.S. Department of Agriculture's School Meal Programs aims to provide all participating children, regardless of background, with the nutritious meals and snacks they need to be healthy. Consistent with Federal law and Program regulation, this includes ensuring children with disabilities have an equal opportunity to participate in and benefit from the Programs, which are the National School Lunch Program (NSLP),

the School Breakfast Program (SBP), the Fresh Fruit and Vegetable Program (FFVP), the Special Milk Program (SMP), and the afterschool snack component of the NSLP.

X. POLICIES:

The Guam Department of Education (GDOE), Food and Nutrition Services Management Division (FNSMD) implements the SMP that follows the NSLP and SBP meal pattern requirements.

The United States Department of Agriculture (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP): The NSLP is a federally assisted meal program that provides nutritionally balanced, low-cost lunches to children during the school day and the SBP operates in the same manner as the NSLP, both School Meals Program must meet the meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans **(See Appendix 1).**

Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (Pub. L. 108-265) requires each local educational agency (LEA) participating in the NSLP and/or SBP to establish a local school wellness policy. GDOE has established Board Policy 705 as a reference for all schools to use regarding nutrition requirements **(See Appendix 2).**

The Healthy Hunger-Free Kids Act of 2010 requires the USDA to establish nutrition standards for all foods sold in schools, hence the Smart Snacks Regulation. The regulations apply to a la carte items, snacks, and other food or beverage items/entrees that are not incorporated into the regular cycle menus **(See Appendix 3).**

XI. ROLES AND RESPONSIBILITIES

A. **GDOE Food & Nutrition Services Management Division (FNSMD)** is responsible for implementing training in Special Meal Accommodations and Special Dietary needs.
B. **Designated School Meal Clerk** will coordinate with School Nurse and Cafeteria Manager of students with Special Dietary Needs.
C. **School Nurse** will compile all SMA forms and create an allergy listing of students by grade level.
D. **Cafeteria Manager** shall keep all allergy listings received from the School Nurse and/or Designated School Meal Clerk in a location away from public view and adhere to federal regulations, such as HPPA.

XII. PROCEDURES

GDOE FNS process is to obtain a yearly allergy listing from the school sites and Head Start Division. If there are no changes to the yearly listing, then existing allergy lists on file are applicable. The school nurse and clerk at each school will communicate regarding student allergies. In turn, the clerk or nurse will then inform the school cafeteria manager of this updated information and provide a listing of their students, which would be hidden and kept confidential where only the cafeteria manager and assigned staff would be able to view documents.

For children whose disability restricts their diet, the USDA requires that the medical statement to request meal modifications must include:

A. Information about the child's physical or mental impairment that is sufficient to allow the SFA to understand how it restricts the child's diet;
B. An explanation of what must be done to accommodate the child's disability; and
C. If appropriate, the food or foods to be omitted and recommended alternatives.

For milk allergy, parents may provide a written request to the school so a substitute can be provided (i.e., soy milk) until the parent can provide a medical statement from their provider.

XIII. EFFECTIVE DATE: This SOP is effective upon the date of approval and signature.

XIV. CHANGE(s): Changes to this policy shall be effectuated by the Superintendent of Education

XV. REFERENCES PROVIDED TO PARENTS

XVI. SCHOOL MEALS FORM: Special Meal Accommodation Form

Approved by:

(✓) APPROVED ( ) DISAPPROVED

Anthony Sean Monforte
Food Service Administrator

10-31-24
Date

(✓) APPROVED ( ) DISAPPROVED

Dr. Barbara Adamos, Ed.D.
Acting Deputy Superintendent, Educational Support & Community Learning

10.31.24
Date

(✓) APPROVED ( ) DISAPPROVED

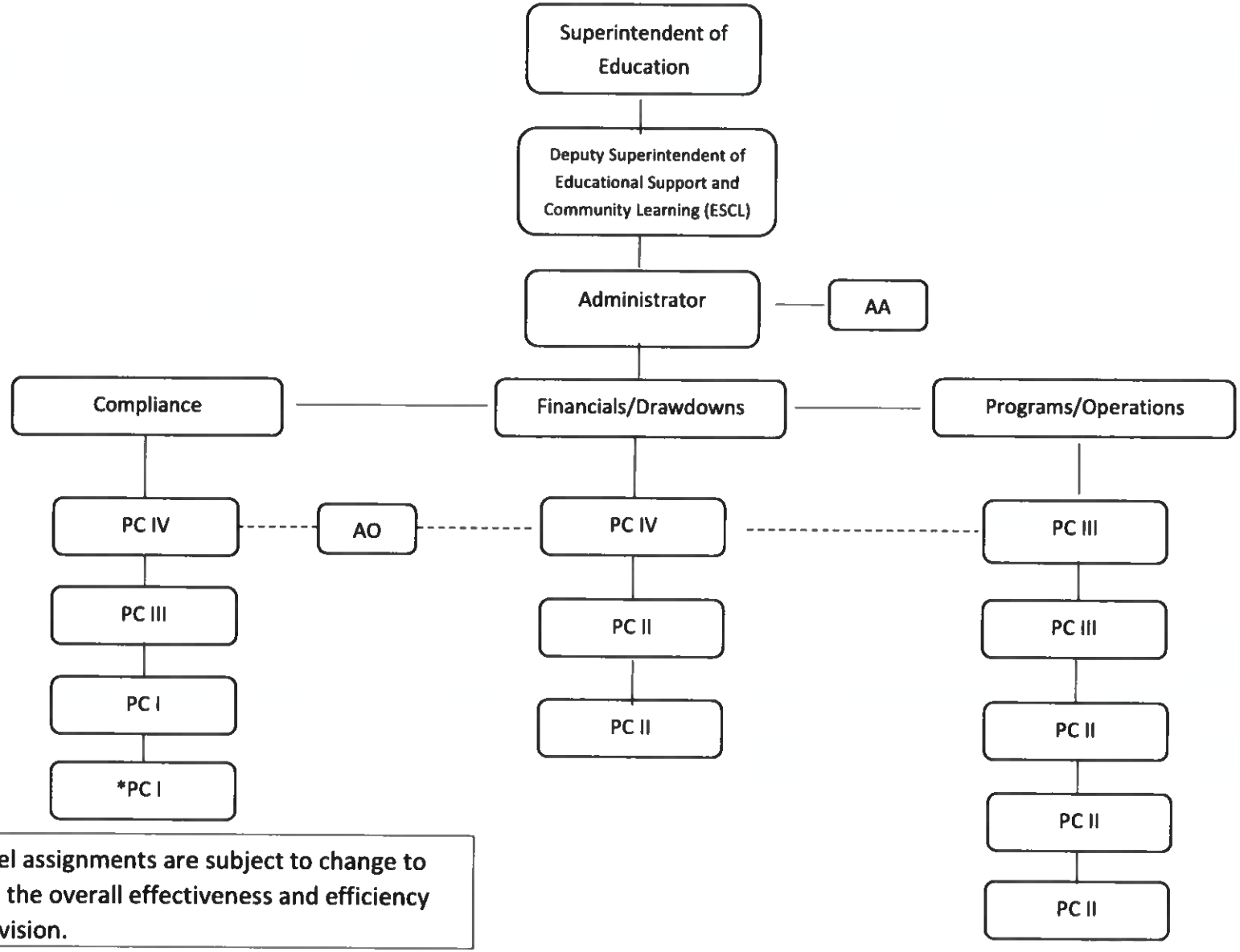
K. Erik Swanson, Ph.D.
Superintendent of Education

11/26/24
Date

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K. ERIK SWANSON, Ph.D.
Superintendent of Education



Personnel assignments are subject to change to enhance the overall effectiveness and efficiency of the division.

MEDICAL STATEMENT TO REQUEST SPECIAL MEALS AND/OR ACCOMMODATIONS

PLEASE COMPLETE THE FOLLOWING:

1. School	2. Site Name, if different from #1.	3. Site Telephone Number
4. Name of Child		5. Date of Birth
6. Name of Parent or Guardian		7. Telephone Number

8. Check One:

☐ Participant has a disability or a medical condition and *requires* a special meal or accommodation. (Refer to instructions on reverse side of this form.) Schools and agencies participating in federal nutrition programs must comply with requests for special meals and any disabilities. **A registered dietitians (RN) and licensed healthcare professionals must sign this form.**

☐ Participant does not have a disability, but is *requesting* a special meal or accommodation due to food intolerance(s) or other medical reasons. Food preferences are not an appropriate use of this form. Schools and agencies participating in federal nutrition programs are encouraged to accommodate reasonable requests. **A registered dietitians (RN) and licensed healthcare professionals must sign this form.**

☐ Participant does not have a disability, but is *requesting* a special accommodation for religious or lifestyle preference or a fluid milk substitute that meets the nutrient standards for non-dairy beverages offered a milk substitute. Food preferences are not an appropriate use of this form. Schools and agencies participating in federal nutrition programs are encouraged to accommodate reasonable requests. **Parent / guardian may check this box and sign the form.**

9. Description of Physical or Mental Impairment Disability or medical condition requiring a special meal or accommodation:

10. Provide a brief description of what will happen if the child comes in contact with the food(s) to be omitted:

11. Diet prescription and/or accommodation: (*please describe in details to ensure proper implementation, use extra pages as needed*)

12. Foods to be omitted and recommended substitutions: (*please list specific foods to be omitted and recommended substitutions; you may attach a sheet with additional information as needed*)

A. Foods To Be Omitted	B. Suggested Substitutions

13. Indicate texture and list foods that require a change in texture.

☐ **Regular** ☐ **Chopped**: _____ ☐ **Ground**: _____ ☐ **Pureed**: _____

14. Adaptive Equipment (ex sippy cup, large handled spoon, wheel-chair accessible furniture):

15. Signature of Parent/ guardian*	16. Printed Name	17. Telephone Number	18. Date
19. Signature of Medical Authority*	20. Printed Name	21. Telephone Number	22. Date

*** A registered dietitians (RN) or licensed healthcare professionals' signature is required for participants with a disability. Parent/legal guardian signature is acceptable for religious/lifestyle preference and fluid milk substitution for a child with special medical or dietary needs other than a disability.** The information on this form should be updated to reflect the current medical and/or nutritional needs of the participant

1. **School/Agency**: Print the name of the school or agency that is providing the form to the parent.
2. **Site:** Print the name of the site where meals will be served e.g., school site, child care center, community center, etc.).
3. **Site Telephone Number**: Print the telephone number of site where meal will be served. See #2.
4. **Name of Participant**: Print the name of the child participant to whom the information pertains.
5. **Date of Birth of Participant**: Print the date of birth of the participant.
6. **Name of Parent or Guardian**: Print the name of the person requesting the participant's medical statement.
7. **Telephone number**: Print the telephone number of parent or guardian.
8. **Check One**: Check (✓) a box to indicate whether participant has a disability or does not have a disability.
9. **Disability or Medical Condition Requiring a Special Meal or Accommodation**: Describe the medical condition that requires a special meal or accommodation (e.g. allergy to peanuts, etc.)
10. **If Participant has a Disability, provide a Brief Description of Participant's Major Life Activity Affected by the Disability:** Describe how physical or medical condition affects disability. For example: Allergy to peanuts causes a life-threatening reaction."
11. **Diet Prescription and/or Accommodation**: Describe a specific diet or accommodation that has been prescribed by a physician, or describe diet modification requested for a non-disabling condition. For example: "All foods must be either in liquid or pureed form. Participant cannot consume any solid foods."
12. A. **Foods to be Omitted**: List specific foods that must be omitted. For example, "Exclude fluid milk."
    B. **Suggested Substitutions**: List specific foods to include in the diet. For example, "Calcium fortified non-dairy milk"
13. **Indicate Texture**: Check (✓) a box to indicate the type of texture of food that is required. If the participant does not need any modification, check "Regular".
14. **Adaptive Equipment**: Described specific equipment required to assist the participant with dining.
15. **Signature of Parent or guardian**: Signature of parent or guardian completing form.
16. **Printed Name**: Print name of parent or guardian completing form.
17. **Telephone Number**: Telephone number of parent or guardian completing form.
18. **Date**: Date parent or guardian signed form.
19. **Signature of Medical Authority**: Signature of medical authority requesting the special meal or accommodation.
20. **Printed Name**: Print name of medical authority.
21. **Telephone Number**: Telephone number of medical authority signed form.
22. **Date**: Date medical authority signed form.

NONDISCRIMINATION STATEMENT (Link: https://www.fns.usda.gov/civil-rights/nds)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Page Updated April 02,2026

MEDICAL STATEMENT TO REQUEST SPECIAL MEALS AND/OR ACCOMMODATIONS

This form provides a template for requests for special meals and/or accommodation for children participating in the U.S. Department of Agriculture's (USDA) School Nutrition Programs, which include schools and sites. Schools and agencies are *required* to make reasonable substitutions to meals and/or snacks on a case-by-case basis for participants who are considered to have a disability that restricts their diet. According to the **American with Disabilities Act Amendment Act**, most physical and mental impairments that substantially limit or affect one or more major life activities or bodily functions will constitute a disability.

Schools and agencies are *encouraged* but not required to accommodate special dietary requests that not a disability. This includes requests related to religious or moral convictions or personal preferences (i.e. vegan or vegetarian). **If these requested are accommodated, schools and agencies must ensure that all USDA meal patterns and nutrient requirements are met.**

Medical Statement Requirement: The USDA requires that the medical statements to support meal modification requests for food allergies or other medical conditions include: 1) information about the child's physical or mental impairment that is sufficient to allow the schools and agencies to understand how the impairment restricts the child's diet; 2) an explanation of what must be done to accommodate the child's disability; and 3) if appropriate, the food or foods to be omitted and recommended alternatives. **Schools and agencies should not deny or delay a requested meal modification because the medical statement does not provide sufficient information.** When necessary, schools and agencies should work with the child's parent or guardian to obtain the required information. While obtaining additional information, the schools and agencies should follow the portion of the medical statement that is clear and unambiguous to the greatest extent possible.

School Responsibilities

- Schools should not engage in determining whether an identified condition qualifies as a 'disability' and should instead focus on working with families on identifying reasonable modifications.
- Additional costs cannot be charged to parents and parents cannot be required to provide their own meal modification, however, parents may elect to provide one or more food items as part of a meal modification if mutually agreed upon by the family and the center and supported by appropriate documentation.
- Provisions for meeting special dietary needs should be included in contracts with vendors and Food Service Management Companies.
- Food service is not required to provide the exact food substitute as listed on the medical statement.
- Schools should continue to provide some form of reasonable modification, even when they are in disagreement with parents as to the best course of action.
- Families must be made aware of the ability to request meal modifications.

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Definitions

Disability means, with respect to an individual, a physical or mental impairment that substantially limits one or more of the major life activities of such individual; a record of such an impairment; or being regarded as having such an impairment.

"Licensed healthcare professional" is defined as an individual who is authorized to write medical prescriptions under State law **(7 CFR 210.2 and 226.2)**. This may include, but is not limited to, a licensed physician, nurse practitioner, or physician assistant, depending on State and local law. Program operators should contact their State or local agency with any questions about which professions are included in this definition within their State.

"Registered Dietitian (RN)" or "Registered Dietitian Nutritionist (RND)" are equivalent credentials. Both are nutrition healthcare practitioners, credentialed by the Commission on Dietetic Registration. RDs and RDNs are required to complete specific educational requirements, from an accredited dietetics program, including a supervised practice requirement; pass a national exam; and continue learning through ongoing education. In addition to RD/RDN credentialing, many States have regulatory laws and licensure requirements for RDs.

Physical or mental impairment means, any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more body systems, such as: neurological, musculoskeletal, special sense organs, respiratory (including speech organs), cardiovascular, reproductive, digestive, genitourinary, immune, circulatory, hemic, lymphatic, skin, and endocrine; or any mental or psychological disorder such as intellectual disability, organic brain syndrome, emotional or mental illness, and specific learning disability.

Physical or mental impairment includes, but is not limited to, contagious and noncontagious diseases and conditions such as the following: orthopedic, visual, speech, and hearing impairments, and cerebral palsy, epilepsy, muscular dystrophy, multiple sclerosis, cancer, heart disease, diabetes, intellectual disability, emotional illness, dyslexia and other specific learning disabilities, Attention Deficit Hyperactivity Disorder, Human Immunodeficiency Virus infection (whether symptomatic or asymptomatic), tuberculosis, drug addiction, and alcoholism.

Major life activities include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, sitting, reaching, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, writing, communicating, interacting with others, and working; and the operation of a major bodily function.

Major bodily function includes, the operation and functions of the immune system, special sense organs and skin, normal cell growth, and digestive, genitourinary, bowel, bladder, neurological, brain, respiratory, circulatory, cardiovascular, endocrine, hemic, lymphatic, musculoskeletal, and reproductive systems. The operation of a major bodily function includes the operation of an individual organ within a body system.

The American with Disabilities Act Amendment Act defines a "disability," in part, as a physical or mental impairment that substantially limits one or more major life activities, including major bodily functions of an individual.

(For additional information on the definition of disability, please refer to Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act Amendment Act of 2008).

Information regarding the ADAAA, which expanded the definition of disability, can be found at:
https://www.eeoc.gov/laws/regulations/adaaa_fact_sheet.cfm.

More Information about ADA Amendments Act of 2008 Frequently Asked Questions:
https://www.dol.gov/agencies/ofccp/faqs/americans-with-disabilities-act-amendments
https://archive.ada.gov/nprm_adaaa/adaaa-nprm-qa.htm.

What Defines a Dietary Preference?

Dietary preferences are not considered medical conditions or disabilities and do not need to be accommodated.
These could include:

- Personal lifestyle choices (such as vegan, vegetarian, or organic)
- Religious choices (such as eliminating pork, beef, or eggs)
- General health concerns (such as a preference that a child eat a gluten-free diet because a parent believes itis better for the child)

If Schools/sites choose to accommodate a request due to a dietary preference, then they must ensure all meal pattern requirements are met for the meal to be eligible for reimbursement.

FY2023 Smart Snacks Master List

CEREALS & OATMEALS	SIZE	SERVING SIZE	LABELLED?	COMMENTS
Better Oats Steel Cut Apples & Cinnamon Instant Oatmeal	12.3 oz	1 pouch		
Better Oats Steel Cut Original Instant Oatmeal	11.6 oz	1 pouch		
Bob's Red Mill, Creamy Brown Rice Hot Cereal	26 oz (737 g)	1/4 cup (40 g)		
Bob's Red Mill, Gluten Free Scottish Oatmeal	20 oz (567 g)	1/4 cup (36 g)		
Bob's Red Mill, Oat Bran Hot Cereal	16 oz (454 g)	1/3 cup (40 g)		
Bob's Red Mill, Organic Creamy Brown Rice Hot Cereal	24 oz (680 g)	1/4 cup (41 g)		
Bob's Red Mill, Scottish Oatmeal	20 oz (567 g)	1/4 cup (36 g)		
Bob's Red Mill, Steel Cut Oats	24 oz (680 g)	1/4 cup (44 g)		
Cheerios - Chocolate Peanut Butter Cereal	11.3 oz	3/4 cup		
Cheerios Blueberry Cereal	14.2 oz	1 cup		
Cheerios Cereal	1lb 2 oz	1 cup(28g)		
Cheerios Multigrain Cereal	12oz	1 cup(28g)		
Cheerios Multigrain with Strawberries Cereal	11.5 oz	1 1/3 cup		
Cheerios Very Berry Cereal	14.5 oz	1 cup		
Cocoa Puffs Cereal	11.8oz (334g)	3/4 cup (27g)		
Cookie Crips Cereal	11.25oz(318g)	3/4cups(26g)		
Essential Everyday Bran Flakes	17.3 oz	1 cup		
Essential Everyday Cinnimini Crunch Cereal	12.8 oz	1 cup		
Essential Everyday Cocoa Crunchies Cereal	11.8 oz	1 cup		
Essential Everyday Crunchy Granola Raisin Bran Cereal	18.2 oz	1 cup		
Essential Everyday Honey & Oat Clusters Cereal	14.5 oz	1 cup		
Essential Everyday Honey Nut Toasted Oats Cereal	12.25 oz	1 cup		
Essential Everyday Instant Oatmeal - Apple & Cinnamon	12.3 oz	1 packet		
Essential Everyday Instant Oatmeal - Original	11.8 oz	1 packet		
Essential Everyday, Steel Cut Oats	25 oz (709 g)	1/4 cup (40 g) dry		
Fiber One Original Cereal	16.2 oz	2/3 cup		
Golden Grahams Cereal	11 oz	1 cup		
Grain Berry Multi-bran Flakes Cereal	12 oz	3/4 cup		
Grape-Nuts Flakes Cereal	18 oz	1 cup (43g)		
Great Grains Cereal - Raisins, Dates & Pecans	16 oz	3/4 cup		
Honey Bunches of Oats - Cinnamon Bunches Cereal	14.5 oz	1 cup		
Honey Bunches of Oats - Vanilla Cereal	14.5 oz	1 cup		
Honey Bunches of Oats Crunchy Honey Roasted Cereal	18 oz	3/4cup (32g)		
Honey Bunches of Oats with Crispy Almonds Cereal	411g	3/4cup (32g)		
Honey Bunches of Oats with Real Tasty Strawberries Cereal	368g	3/4 cup(31g)		
Honey Bunchs of Oats - Maple & Pecan Cereal	14.5 oz	1 cup		
Kashi Berry Fruitful Cereal	15.6 oz	32 biscuits		
Kashi Cinnamon Harvest Cereal	16.3 oz	31 biscuits		
Kashi Go Crunch Cereal	13.8 oz	3/4 cup		
Kashi Go Wander Toasted Berry Crisp Cereal	14 oz	3/4 cup		
Kashi Honey Toasted Organic Oat Cereal	12 oz	1 cup		

Kellogg's Raisin Bran (Original) Cereal	16.6 oz	1 cup		
Life Chocolate Multigrain Cereal	370 g	3/4 cup		
Life Original Multigrain Cereal	370g	3/4 cup		
Malt O'Meal Cinnamon Toaster Cereal	31 oz	1 cup		
Mom's Best Cereal - Oats & Honey Blend	12 oz / 18 oz	1 cup		
Nature's Path Honey'd Corn Flakes Cereal	10.6 oz	1 cup		
Nature's Path Organic, Chocolate Koala Crisp Cereal	2.56 oz (725 g)	1 cup (40 g)		
Post Big Biscuit Shredded Wheat Cereal	15 oz	2 biscuits		
Post Bran Flakes Cereal	16 oz	1 cup		
Puffin's Honey Rice Cereal	10 oz	1 cup		
Quaker Instant Oatmeal - Apples & Cinnamon	15.1 oz	1 packet		
Quaker Instant Oatmeal cups Apples & Cinnamon	1.51 oz	1.51 oz		
Quaker Instant Oatmeal cups Apples & Cranberries	1.79 oz	1.79 oz		
Quaker Instant Oatmeal cups Honey & Almonds	1.76 oz	1.76 oz		
Quaker Instant Oatmeal cups Maple & Brown Sugar	1.69 oz	1.69 oz		
Quaker Oats Old Fashioned	42oz	1/2 cup (40g)		
Quaker Oats Quick Oats	18 oz / 42 oz	1/2 cup (40g)		
Quaker, Instant Oatmeal Maple & Brown Sugar	15.1 oz	1 packet		
Special K Fruit & Yogurt Cereal	13 oz	1 cup		
Total Whole Grain Cereal	16oz	3/4 cup (30g)		
Trix Cereal	10.7oz (303g)	1 cup (31g)		
Weetabix Whole Grain Cereal	14 oz	3 biscuits		
Wild Harvest Organic Instant Oatmeal - Apple, Cinnamon Spice	11.29 oz	1 packet		
GRAIN SNACKS	**SIZE**	**SERVING SIZE**	**LABELLED?**	**COMMENTS**
Amki Sensibly Sweet Sesame Thins	1.25 oz	1 package		
Bear Naked Granola - Fruit & Nut	12 oz	1/4 cup		
Bear Naked Granola - Vanilla Almond	12 oz	1/4 cup		
Black Jewel popcorn - ALL flavors	–	3 cups popped		
Blue Diamond, Artisan Nut Thins with Chia Seed	4.25 oz	13 pcs.		
Blue Diamond, Artisan Nut Thins with Flax Seed	4.25 oz	13 pcs.		
Blue Diamond, Artisan Nut Thins with Multi-Seeds	4.25 oz	13 pcs.		
Blue Diamond, Artisan Nut Thins with Sesame Seed	4.25 oz	13 pcs.		
Bob's Red Mill, Old Country Style Muesli	40 oz / 18 oz	1/4 cup (35 g)		
Crunchmaster Multiseed Baked Rice Crackers	4 oz	13 crackers		
Crunchmaster Multiseed Baked Rice Crackers - Rosemary	4 oz	13 crackers		
Essential Everyday Chewy Peanut Butter Chocolate Chip Granola bar	8.4 oz	1 bar		
Essential Everyday Crunchy Oats & Honey Bar	8.9 oz	2 bars		
Essential Everyday popcorn - ALL flavors	8.1 oz	2 cups popped		
Essential Everyday Sweet & Salty Nut Almond Bar	7.4 oz	1 bar		
Essential Everyday Trail Mix Fruit & Nut Bar	7.4 oz	1 bar		
Goldfish Grahams S'mores	6.6oz (187g)	52 pieces (30g/1.1oz)		
Goldfish Grahams Vanilla Cupcake	6.6oz (187g)	35 pieces (30g/1.1oz)		
Jolly Time, Popcorn - ALL	18 oz	3.5 cups popped		
Kellogg's Nutri Grain Soft Baked Bars - Strawberry, Blueberry, Apple	64 oz	1 bar		
KIND Healthy Grains - Almond Butter Clusters	17 oz	1/3 cup		

KIND Healthy Grains - Dark Chocolate Clusters	17 oz	1/3 cup		
KIND Healthy Grains - Oats & Honey	17 oz	1/3 cup		
KIND Healthy Grains - PB Clusters	17 oz	1/3 cup		
Kirkland popcorn - ALL flavors	–	5.5 cupes popped		
Love Crunch Dark Chocolate and Peanut Butter Granola	11.5 oz	1/4 cup		
Nature's Bakery Fig Bar	12 oz	1 bar		
Nature Valley Crunchy Granola Bars Oats 'n Honey	1.49oz (42g)	2 bars (42g)		
Nature Valley Dark Chocolate Almond Bars	6 Bars	1 bar		
Nature Valley Fruit & Nut Chewy Trail Mix Granola Bars	6 bars (210g)	1 bar (35g)		
Nature Valley Sweet & Salty Nut Granola Bars	6 bars	1 bar		
Nature's Path Organic, Love Crunch Dark Chocolate & Peanut Butter	32 oz (907 g)	1/4 cup (30 g)		
Newman's Own popcorn - ALL flavors	–	3.5 cups popped		
Orville Redenbacher's popcon - ALL flavors	8.1 oz	2 cups popped		
Pop-Secret Popcorn - ALL flavors	8.1 oz	2 cups popped		
Quaker - Lightly Salted Rice Cakes	4.47 oz	5 pcs		
Quaker - White Cheddar Rice Cakes	5.5 oz	2 pcs		
Real Food Corn Thins (ALL FLAVORS)	5.3 oz	3 pcs		
Teddy Grahams Big Bag Cinnamon	3 oz	24 pieces (30g)		
Teddy Grahams Chcolate	10oz	24 pieces (30g)		
Teddy Grahams Go-Paks! Honey	2.75oz (78g)	24 pieces (30g)		
Teddy Grahams Honey	10oz	24 pieces (30g)		
Tostitos Baked 50% less fat	198.4g	16 chips (28g)		
Triscuit, Basil & Garlic	9 oz	6 pcs.		
Triscuit, Cracked Pepper	9 oz	6 pcs.		
Triscuit, Dill, Sea Salt, & Olive Oil	9 oz	6 pcs.		
Triscuit, Fire Roasted Tomato	9 oz	6 pcs.		
Triscuit, Garden Herb	9 oz	6 pcs.		
Triscuit, Garlic & Onion	9 oz	6 pcs.		
Triscuit, Original	9 oz	6 pcs.		
Triscuit, Roasted Garlic	9 oz	6 pcs.		
Triscuit, Rosemary & Olive Oil	9 oz	6 pcs.		
Wasa - Light Rye Crispbread	9.5 oz	1 slice		
Wasa - Multigrain Crispbread	9.7 oz	1 slice		
Wasa - Sourdough Crispbread	9.7 oz	1 slice		
Wheat Thins Original	9.1 oz	16 pieces(31g)		
Wheat Thins Reduced Fat	9.1 oz	16 pcs.		
Wheat Thins, Hint of Salt	9.1 oz	16 pcs.		
Wild Harvest popcorn - ALL flavors	–	4 cups popped		
NUT & SEED SNACKS and NUT BUTTERS	**SIZE**	**SERVING SIZE**	**LABELLED?**	**COMMENTS**
Adam's 100% Natural Peanut Butter- Creamy, Crunchy	16 oz	2 Tbsp		
Bigs Simply Sea Salt Sunflower Kernel	30g	1/4 cup (30g)		
Blue Diamond Almonds Whole Natural	6oz (170g)	1oz (28g/about 28 nuts)		
Blue Diamond Almonds, Bold Wasabi Soy Sauce Flavored	25 oz (709 g)	1 oz (28 nuts)		
Blue Diamond Almonds, Lightly Salted	25 oz (709 g)	1 oz (28 nuts)		
Blue Diamond Almonds, Oven Roasted Almonds Dark Chocolate Flavored	25 oz (709 g)	1 oz (24 nuts)		

Blue Diamond Almonds, Smokehouse	25 oz (709 g)	1 oz (28 nuts)		
Bob's Red Mill Pumpkin Seeds	12 oz	3 Tbsp		
California Pistachios Dry Roasted Pistachios	150g	1oz (28g/about 28 pieces)		
David Pumpkin Seeds	2.25oz			
David Sunflower Seeds, Original	5.25 oz	1/4 cup		
Diamond, Shelled Walnuts	6 oz (170 g)	1/4 cup (30 g)		
Diamond, Whole Almonds	6 oz (170 g)	1/4 cup (30 g)		
Essential Everyday Mixed Nuts, Cashews, Deluxe Mixed Nuts, Roasted Pea	8 oz	1/4 cup		
Essential Everyday Peanut Butter - Crunchy, Creamy	16 oz	2 Tbsp		
Essential Everyday, Blanched Slivered Almonds	6 oz (170 g)	3 Tbsp (28 g)		
Essential Everyday, Walnut Halves & Pieces	16 oz (454 g)	1/4 cup (28 g)		
Essential Everyday, Walnut Halves & Pieces	6 oz (170 g)	1/4 cup (28 g)		
Essential Everyday, Walnut Pieces	6 oz (170 g)	1/4 cup (28 g)		
Essential Everyday, Whole Almonds	6 oz (170 g)	3 Tbsp (28 g)		
Gold Shield, Select Walnuts	8 oz (227 g)	1/4 cup (28 g)		
Golden Emperor Whole Cashews	33 oz	1/4 cup		
Good Sense Sunflower Kernels - Honey Roasted	8 oz	1/4 cup		
Good Sense Sunflower Kernels - Salted, Roasted	8 oz	1/4 cup		
Jif Creamy Peanut Butter	16oz (454g)	2 Tbsp (33g)		
Jif Extra Crunchy Peanut Butter	16oz (454g)	2 Tbsp (33g)		
Justin's, Chocolate Hazelnut & Almond Butter	16 oz (454 g)	2 Tbsp (32 g)		
King Henry's Roasted& salted Cashews	1.75oz(49.6g)	28g		
Kirkland Heart Healthy Mixed Nuts	1.02 kg (2 lb 4 oz)	about 1/8 cup (30 g)		
Kirkland Cashew Clusters	33 oz	1 oz		
Kirkland Cashews	33 oz	20 pcs or 1 oz		
Kirkland Pistachios - Shelled, Unshelled	24 oz or 48 oz	1/4 cup		
MaraNatha, Natural Coconut Almond Butter	12 oz (340 g)	2 Tbsp (32 g)		
MaraNatha, Organic Peanut Butter	16 oz (454 g)	2 Tbsp (32 g)		
Mauna Loa Roasted Macadamiu Buts - BBQ	4 oz (113g)	1/4 cup (28g)		
Naturally Fresh and Snacks Sunflower Seed Kernals	8oz(224g)			
Once Again, Creamy Cashew Butter	36 oz (1.02 kg)	2 Tbsp (30 g)		
Parm Crisps Snack Mix - Original	6 oz	1/4 cup		
PB Fit, Peanut Butter Powder	8 oz (227 g)	2 Tbsp (16 g)		
Peter Pan, Creamy Peanut Butter	28 ox (794 g)	2 Tbsp (32 g)		
Planters Peanuts - Salted, Unsalted	All sizes	1 oz (about 35 pcs)		
Planters, Lightly Salted Whole Cashews	1 lb 2.25 oz (517 g)	1 oz (23 pieces)		
Planters, Mixed Nuts	3 lb 8 oz (1.58 kg)	1 oz (28 g)		
Planters, Mixed Nuts	15.25 oz (432 g)	1 oz (about 22 pieces)		
Planters, NUTrition Heart Healthy Mix	1 lb 2.25 oz (517 g)	30 whole nuts		
Planters, Pistachio Lovers Mix	1.02 kg (2 lb 4 oz)	1 oz (35 pieces)		
Reese's Peanut Butter	1 lb. 2 oz	2 Tbsp		
Shoppers Value, Crunchy Peanut Butter	16 oz (454 g)	2 Tbsp (32 g)		
Simply Jif Creamy Peanut Butter	15.5 oz	2 tbsp		
Skippy Creamy Peanut Butter	16.3oz (462g)	2 Tbsp (32g)		
Skippy Extra Crunchy	16.3 oz	2 tbsp		
Skippy Natural Creamy	15oz	2 tbsp		

Skippy Natural Super Chunk Peanut Butter	15oz (425g)	2 Tbsp (32g)		
Skippy Super Chunk Peanut Butter	16.3oz (462g)	2 Tbsp (32g)		
Springfield Creamy Peanut Butter	18 oz	2 tbsp		
Springfield Extra Crunchy Peanut Butter	18oz	2 tbsp		
Sunbutter, Natural Crunch Sunflower Butter	16 oz (454 g)	2 Tbsp (32 g)		
Sunbutter, Organic Sunflower Butter	16 oz (454 g)	2 Tbsp (32 g)		
Sunkist Almonds	4.9 oz	1 oz		
Sunkist Cashews	5.6 oz	1 oz		
Sunkist Mixed Nuts	5.3 oz	1 oz		
Sunkist Pistachios	5.3 oz	1 oz		
Sunkist Walnuts	4.2 oz	1 oz		
Tong Garden Menglembu Groundnuts	120g	30g shelled		
Tong Garden Roasted Shandong Groundnuts	120g	30g shelled		
Tong Garden Salted Pistachios	30g	1 package		
Wellsley Farms, Almond Butter	27 oz (765 g)	2 Tbsp (32 g)		
Wellsley Farms, Chopped Walnuts	3 lbs (1.36 kg)	1/4 cup (30 g)		
Wellsley Farms, Shelled Walnuts	3 lbs (1.36 kg)	1/4 cup (30 g)		
Wellsley Farms, Whole Almonds	3 lbs (1.36 kg)	1/4 cup (30 g)		
Wellsley Farms, Wholesome Mixed Nuts	21 oz (595 g)	1 oz		
Wild Harvest Creamy Cashew Butter	16 oz	2 Tbsp		
Wild Harvest Peanut Butter - Crunchy, Creamy	16 oz	2 Tbsp		
Wonderful Pistachios - ALL flavors	all sizes	1/2 cup		
Wow Butter, Creamy	17.6 oz (500 g)	2 Tbsp (32 g)		
Wow Butter, Crunchy	17.6 oz (500 g)	2 Tbsp (32 g)		
JUICE	**SIZE**	**SERVING SIZE**	**LABELLED?**	**COMMENTS**
Apple & Eve Big Bird's Apple Juice	4.23 Floz	4.23 oz		
Apple & Eve Elmo's Punch	4.23 Floz/ 6.75 Fl oz	8 fl oz		
Bluebird 100% Pure Unsweetened Grapefruit Juice	46floz (1.36L)	8 fl oz		
Bolthouse Farms, 100% Carrot	32 fl oz (946 ml)	8 fl oz (240 ml)		
Bolthouse Farms, Amazing Mango	32 fl oz (946 ml)	8 fl oz (240 ml)		
Bolthouse Farms, Berry Boost	32 fl oz (946 ml)	8 fl oz (240 ml)		
Bolthouse Farms, Blue Goodness	32 fl oz (946 ml)	8 fl oz (240 ml)		
Bolthouse Farms, Green Goodness	32 fl oz (946 ml)	8 fl oz (240 ml)		
Bolthouse Farms, Strawberry Banana	32 fl oz (946 ml)	8 fl oz (240 ml)		
Campbell's Tomato Juice	163ml	163ml		
Del Monte 100% Pineapple Juice	1.36L	240mL		
Dole 100% Juice - ALL Flavors	All sizes	8 fl oz		
Essential Everyday 100% Juice - all flavors	All sizes	8 fl oz		
Fan 100% juice - all flavors	All sizes	8 fl oz (240 ml)		
Florida's Natural 100% juice - ALL Varieties	All sizes	8 fl oz		
Good 2 Grow 100% Juice - ALL flavors	All sizes	8 fl oz		
Juicy Juice 100% Juice - ALL flavors	All sizes	8 fl oz		
Langers 100% Juice - ALL flavors	All sizes	8 fl oz		
Malee Apple Juice	1000ml	200ml		
Malee Mango Juice with Mixed Fruit Juice	1000ml	200ml		

Minute Maid 100% Orange Juice - ALL varieties	All sizes	8 fl oz		
Mott's 100% Juice - all flavors	All sizes	8 fl oz		
Ocean Spray 100% Juice - all flavors	All sizes	8 fl oz		
Simply Orange 100% juice - ALL Varieties	all sizes	8 fl oz		
Sunsweet Prune Juice	32floz (946ml)	8floz (240ml)		
Taylor Prune Juice	6floz (180ml)	6floz (180ml)		
Tree Top 100% Juice - ALL flavors	All sizes	8 fl oz		
Treetop 100% Juice - all flavors	All sizes	8 fl oz		
Tropicana 100% Juice - ALL varieties	All sizes	8 fl oz		
US Sweet Prune juice	32fl oz	8 fl oz		
V8 Low-Sodium 100% Juice	46 oz	8 fl oz		
V8 Original 100% Vegetable Juice	5.5floz (163ml)	1 can		
Welch's 100% Juice - all flavors	All sizes	8 fl oz		
Wild Harvest 100% Juice - All flavors	All sizes	8 fl oz		
DAIRY	**SIZE**	**SERVING SIZE**	**LABELLED?**	**COMMENTS**
Anchor low fat 1%	All sizes	8 fl oz		
Anchor skim milk	All sizes	8 fl oz		
Australia's Own, Low Fat Milk	1 L	250 ml		
California Sunshine Low Chocolate Low Fat	946ml	8 fl oz		
California Sunshine Nonfat Milk	64fl oz	8 fl oz		
Chobani Non-Fat Yogurt- ALL flavors	5.3 oz	1 container		
Chobani Zero Sugar Yogurt - All flavors	5.3 oz	1 container		
Dairy Pure, 1% Low Fat Milk	All sizes	8 fl oz		
Dannon Light & Fit Nonfat Yogurt - Blueberry	1.32 lb	1 cup		
Dannon Light & Fit Nonfat Yogurt - Vanilla	1.32 lb	1 cup		
Darigold 1% Chocolate Milk	All sizes	8 fl oz		
Darigold 2% Reduced Fat Milk	All sizes	8 fl oz		
Darigold Chocolate Low Fat Milk	All sizes	1 container		
Darigold Chocolate low fat milk 1%	All sizes	8 fl oz		
Darigold One Low Fat Milk 1%	All sizes	8 fl oz		
Darigold Zero Fat Free (Skim) Milk	All sizes	8 fl oz		
Devondale Smart 1% Low Fat Milk	All sizes	8 fl oz		
Devondale Smart Milk	8oz	8 fl oz		
Devondale Smart Milk Low Fat Milk	All sizes	8 fl oz		
Essential Everyday Instant Nonfat Dry Milk Powder	25.6 oz	1/3 cup		
Foremost Lowfat Milk	All sizes	8 fl oz		
Foremost Nonfat Milk	All sizes	8 fl oz		
Foremost Reduced Fat Milk	All sizes	8 fl oz		
Frigo Cheese Heads String Cheese, Park-Skim Mozarella	1 oz	1 stick (1 oz)		
Gossner Foods, 1% Lowfat Milk	All sizes	1 cup		
Hershey's 1% Low-Fat Milk	All sizes	8 fl oz		
Hershey's Fat Free Skim Milk	All sizes	8 fl oz		
Kraft String Cheese Mozzarella Low-Moisture Part-Skim	1 oz stick	1oz stick		
Mountain High Low-Fat / Fat-Free Yogurt	32 oz	2/3 cup		

Nancy's Low-Fat Yogurt - All flavors	32 oz	6 oz		
Nancy's Nonfat Yogurt - ALL flavors	32 oz	6 oz		
Real Fresh Reduced Fat Milk2%	1cup(240ml)	8 oz		
Reduced Fat Milk Foremost	8 oz	8 oz		
SnackPack Chocolate Fudge Pudding	3.25 oz cups	1 3.25 oz cup		
Yoplait Original Blackberry Harvest Low Fat Yogurt	6oz (170g)	1 container		
Yoplait Original Mountain Blueberry Low Fat Yogurt	6oz (170g)	1 container		
Yoplait Original Strawberry Low Fat Yogurt	6oz (170g)	1 container		
Yoplait, Light, Strawberry/Harvest Peach	8 - 6 oz servings (3 lb) (1	1 container (170 g)		
FRUIT AND VEGGIE SNACKS	**SIZE**	**SERVING SIZE**	**LABELLED?**	**COMMENTS**
Del Monte 100% Juice Fruit Cocktail	15 oz	1/2 cup (124g)		
Del Monte 100% Juice Pear Halves	15 oz	1/2 cup (124g)		
Del Monte Apricot Halves	15 oz	1/2 cup (128g)		
Del Monte Fiesta Fruit Cocktail in Extra Light Syrup	836g	140g		
Del Monte Fresh Cut Sliced Pineapple	29.5 oz	140g		
Del Monte Mandarin Oranges Light Syrup	15oz	1/2 cup (126g)		
Del Monte Pear Halves	15.25 oz	1/2 cup (128g)		
Del Monte Pineapple Chunks	15.25 oz	1/2 cup (128g)		
Del Monte Sliced Peaches	15.25 oz	1/2 cup (128g)		
Del Monte Sliced Pears	15.25 oz	1/2 cup (128g)		
Dole 100% Juice Pineapple Tidbits	15 1/4oz (432g)	1/2c(122g)		
Dole California Raisins	12 oz	1/4 cup		
Dole Cherry Mixed Fruit in 100% Fruit Juice	4 cups (452g)	1 container (113g)		
Dole Crushed Pineapple in 100% Juice	20oz (567g)	1/2 cup (122g)		
Dole Mandarin Oranges in 100% Fruit Juice	4 cups (452g)	1 container (113g)		
Dole Pineapple Chunks in 100% Pineapple Juice	20oz (567g)	1/2 cup (122g)		
Dole Pineapple Slices in 100% Juice	20oz (567g)	2 slices (114g)		
Dole Pineapple Tidbits	4 cups (452 g)	1 container (113g)		
Dole Pineapple Tidbits	20pz	1/2 cup(122g)		
Dole Tropical Fruit Cocktail	822g	1/2 cup(122g)		
Dole Tropical Fruit Cocktail in Extra Light Syrup	822g	1/2 cup (122g)		
Dole Tropical Fruit Cocktail in Light Syrup and Passion Fruit Juice	6 lbs 10oz (3kg)	1/2 cup (123g)		
Dole Whole Pitted Dates	8 oz	5 - 6 pcs		
Dole Yellow Cling Diced Peaches in 100% Fruit Juice	4 cups (452g)	1 container (113g)		
Dole, 100% Juice Chunky Mixed Fruit	15 oz (425 g)	1/2 cup (124 g)		
Dole, California Golden Raisins	12 oz (340 g)	1/4 cup (40 g)		
Dole, California Seedless Raisins	12 oz (340 g)	1/4 cup (40 g)		
Dole, Mixed Fruit in 100% Fruit Juice	4 - 4 oz cups (113 g) (45	1 cup (113 g)		
Dole, Pineapple Paradise in 100% Juice	4 - 4 oz cups (113 g) (45	1 cup (113 g)		
Dried Mangos Guam USA	2.5oz(70g)	40g(5psc)		
Essential Everyday Apple Sauce - all flavors	24 oz	1/4 cup		
Essential Everyday Chunky Mixed Fruit in 100% Juice	15 oz	1/2 cup		
Essential Everyday Fruit Cocktail in Juice	15 oz	1/2 cup		
Essential Everyday Fruit Cups - peaches, mandarins	16 oz	1/2 cup		
Essential Everyday Raisins	6 boxes (6 oz)	1 box (1 oz)		

Essential Everyday, Dried Plums	All sizes	1/4 cup (40 g)		
Essential Everyday, Mandarin Oranges in Light Syrup	All sizes	1/2 cup (119 g)		
Essential Everyday, Peach Halves / Slices in 100% juice / Water	15 oz (425 g)	1/2 cup (124 g)		
Essential Everyday, Pear Halves in 100% Juice / Water	15 oz (425 g)	1/2 cup (124 g)		
Essential Everyday, Pineapple in 100% Juice - all cuts	All sizes	1/2 cup (122 g)		
Kasugai Roasted Hot Green Peas	67g	1/4 cup (27g)		
Kirkland Sunsweet Dried Prunes	3.5 lb bag	5 pcs.		
Libby's Fruit Mix in 100% Fruit Juice	15 oz	1/2 cup		
Libby's Peach Slices in 100% Juice	15 oz	1/2 cup		
Libby's Pear Halves in Pear Juice	15 oz	1/2 cup		
Mariani Raisins	1 box(43g)	1 box		
Mariani, Pitted Dates	40 oz (1.13 kg)	6-7 dates (40 g)		
Mariani, Probiotic Prunes	7 oz (198 g)	5-6 prunes (40 g)		
Mott's Apple Sauce - ALL flavors	6 cups (4 oz each)	1 cup (4 oz)		
Native Forest, 100% Organic Pineapple Crushed	14 oz (400 g)	1/2 cup (125 g)		
Native Forest, 100% Organic Tropical Fruit Salad	14 oz (400 g)	1/2 cup (125 g)		
Newman's own Organics, Dried Cranberries	4 oz (113 g)	1/4 cup (40 g)		
Newman's Own Organics, Raisins	15 oz (425 g)	1/4 cup (40 g)		
North Coast, Apple Sauce - all flavors	4 - 4 oz cups (454 g)	4 oz cup (113 g)		
Ocean Spray Dried Cranberries	12 oz	1/4 cup		
Pineapple Slices	20oz(1lb4oz)	2 slices(114g)		
S&W Fruit Cocktail in Lightly Sweetened Juice	15oz (425g)	1/2 cup (126g)		
Santa Cruz Organic, Apple Sauce - all flavors	6 - 4 oz units (678 g)	1 unit (113 g)		
Seneca Apple Sauce - all flavors	6 cups (4 oz each)	1 cup (4 oz)		
Sirena Dried Mango	2.8 oz	1/2 bag		
Sirena Dried Pineapple	2.8 oz	1/2 bag		
Springfield Fruit Cocktail	15.25 oz	1/2 cup (128g)		
Springfield Mandarin Oranges	11pz	1/2 cup (140g)		
Springfield Raisins	12 oz	1/4 cup (40g)		
Springfield Sliced Peaches	15.25 oz	1/2 cup (128g)		
Sun Maid California Sun-Dried Raisins	6 boxes (170g)	1 box (28g)		
Sun Maid Chopped Dates	8 oz	1/4 cup		
Sun Maid Dried Mission Figs	7 oz	1/4 cup		
Sun Maid Mixed Jumbo Raisins	12 oz	1/4 cup		
Sun Maid Pitted Dried Dates	8 oz	1/4 cup		
Sun Maid Raisins	6-1oz boxes	1 container (1oz)		
Sun Maid Zante Currants	10 oz	1/4 cup		
Sunsweet, Amazin Prunes Pitted Prunes	8 oz (227 g)	1.5 oz (40 g)		
Sunsweet, D'Noir Prunes Dried Plums	8 oz (227 g)	1.5 oz (40 g)		
Taylor Prunes	250g (8.8oz)	1/4 cup (40g)		
Treetop Apple Sauce Pouches - all flavors	4 pouches (3.2 oz ea)	1 pouch (3.2 oz)		
Wild Harvest Organic, Apple Sauce	4 - 3.2 oz pouches (360	1 pouch (90 g)		
Wild Harvest Organic, Bartlett Pear Slices	15 oz (425 g)	1/2 cup (124 g)		
Wild Harvest Organic, Dried Sweetened Cranberries	4 oz (113 g)	1/4 cup (40 g)		
Wild Harvest Organic, Jumbo Raisins Red Seedless	15 oz (425 g)	1/4 cup (40 g)		
Wild Harvest Organic, Pear Halves	15 oz (425 g)	1/2 cup (124 g)		

Wild Harvest Organic, Raisins	All sizes	1/4 cup (40 g)		
Wild Harvest Organic, Yellow Cling Sliced Peaches in 100% Juice	15 oz (425 g)	1/2 cup (124 g)		
OTHER SNACKS	**SIZE**	**SERVING SIZE**	**LABELLED?**	**COMMENTS**
Bento Seafood Snack Sweet & Spicy	6g	6g		
Bibigo Crispy Seaweed snack Korean BBQ Flavored	.18 oz	1 pck or 5g		
Bibigo Crispy Seaweed snack Wasabi Flavored	.18 oz	1 pck or 5g		
D Yang Ban Roasted Laver	2g	2g		
Jell-O Cherry Sugar Free	12.5 oz	1 snack (89g)		
Jell-O Lemon Lime Sugar Free	12.5 oz	1 snack (89g)		
Jell-O Strawberry Sugar Free	12.5 oz	1 snack (89g)		
Tao Kae Noi Big Roll	3 g	1 roll (3 g)		
Tao Kae Noi Extra Sheet Roasted Seaweed Garlic Flavour	16g	1 pack (16g)		
Tao Kae Noi Extra Sheet Roasted Seaweed, original flavor	16g	1 pack (16g)		



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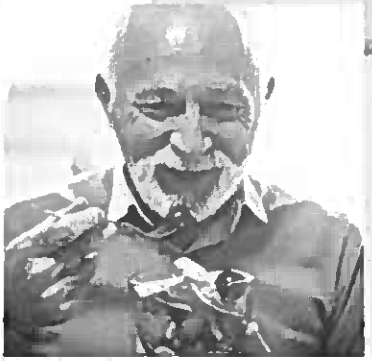


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Table of Contents

Message From the Secretaries v

Acknowledgments vi

Executive Summary vii

Introduction 1
Setting the Stage 3
Grounded in Science and Focused on Public Health 3
A Spotlight on Dietary Patterns 6
Healthy Dietary Patterns at Every Life Stage 6
Dietary Guidelines for Americans: What It Is, What It Is Not 7
Quantitative Guidance on Foods, Not Nutrient Requirements 7
Health Promotion, Not Disease Treatment 7
Developing the *Dietary Guidelines for Americans* 7
Stage 1: Identify Topics and Supporting Scientific Questions 8
Stage 2: Appoint a Dietary Guidelines Advisory Committee To Review Current Scientific Evidence 8
Stage 3: Develop the *Dietary Guidelines* 11
Stage 4: Implement the *Dietary Guidelines* 12
A Roadmap to the *Dietary Guidelines for Americans, 2020-2025* 14

Chapter 1: Nutrition and Health Across the Lifespan: The Guidelines and Key Recommendations 15
The Guidelines 17
Guideline 1: Follow a Healthy Dietary Pattern at Every Life Stage 19
What Is a Dietary Pattern? 19
The Health Benefits of a Healthy Dietary Pattern 23
A Healthy Dietary Pattern Supports Appropriate Calorie Levels 23
Most Americans Do Not Follow a Healthy Dietary Pattern 26
Guideline 2: Customize and Enjoy Food and Beverage Choices To Reflect Personal Preferences, Cultural Traditions, and Budgetary Considerations 27
Guideline 3: Focus on Meeting Food Group Needs With Nutrient-Dense Foods and Beverages, and Stay Within Calorie Limits 30
Vegetables 31
Fruits 32
Grains 32
Dairy and Fortified Soy Alternatives 33
Protein Foods 33
Oils 35
Beverages 35
Dietary Components of Public Health Concern for Underconsumption 36
Guideline 4: Limit Foods and Beverages Higher in Added Sugars, Saturated Fat, and Sodium, and Limit Alcoholic Beverages 37
Added Sugars 41
Saturated Fat 44
Sodium 46
Alcoholic Beverages 49
Support Healthy Dietary Patterns for All Americans 50
Looking Toward the Life Stages 50

Chapter 2: Infants and Toddlers 51
Introduction 53
Putting the Key Recommendations Into Action 54
Feed Infants Human Milk for the First 6 Months, If Possible 54
Provide Infants Supplemental Vitamin D Beginning Soon After Birth 56
Introduce Infants to Nutrient-Dense Complementary Foods at About 6 Months Old 56
Introduce Infants to Potentially Allergenic Foods Along With Other Complementary Foods 58
Encourage Infants and Toddlers To Consume a Variety of Complementary Foods and Beverages To Meet Energy and Nutrient Needs 59
Establish a Healthy Beverage Pattern 61
Healthy Dietary Pattern During a Toddler's Second Year of Life 63
Current Intakes 65
Supporting Healthy Eating 67
Accessing a Healthy Dietary Pattern 68
Looking Toward Chapter 3: Children and Adolescents 68

Chapter 3: Children and Adolescents 69
Introduction 71
Healthy Dietary Patterns 72
Current Intakes 75
Special Considerations 87
Sugar-Sweetened Beverages 87
Dairy and Fortified Soy Alternatives 88
Adolescent Nutrition 88
Supporting Healthy Eating 89
Accessing a Healthy Dietary Pattern 90
Looking Toward Chapter 4: Adults 90

Chapter 4: Adults 91
Introduction 93
Healthy Dietary Patterns 95
Current Intakes 97
Special Considerations 101
Dietary Fiber 101
Calcium and Vitamin D 101
Saturated Fat 102
Sodium 102
Added Sugars 103
Alcoholic Beverages 104
Supporting Healthy Eating 104
Accessing a Healthy Dietary Pattern 105
Looking Toward Chapter 5: Women Who Are Pregnant or Lactating and Chapter 6: Older Adults 106

Chapter 5: Women Who Are Pregnant or Lactating 107
Introduction 109
Healthy Dietary Patterns 110
Current Intakes 113
Special Considerations 115
Meeting Nutrient Needs 115
Folate/Folic Acid 115
Iron 115
Iodine 116
Choline 117
Seafood 117
Alcoholic Beverages 117
Caffeine 118
Supporting Healthy Eating 120

Chapter 6: Older Adults 121
Introduction 123
Healthy Dietary Patterns 124
Current Intakes 126
Special Considerations 128
Protein 128
Vitamin B_{12} 128
Beverages 129
Supporting Healthy Eating 129
Healthy Eating Through the Lifespan 130

Appendixes 131
Appendix 1: Nutritional Goals for Age-Sex Groups 131
Appendix 2: Estimated Calorie Needs 139
Appendix 3: USDA Dietary Patterns 142

List of Tables

Table I-1: Facts About Nutrition-Related Health Conditions in the United States 5

Table 1-1: Healthy U.S.-Style Dietary Pattern at the 2,000-Calorie Level, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 20

Table 2-1: Healthy U.S.-Style Dietary Pattern for Toddlers Ages 12 Through 23 Months Who Are No Longer Receiving Human Milk or Infant Formula, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 64

Table 2-2: Signs a Child is Hungry or Full 67

Table 3-1: Healthy U.S.-Style Dietary Pattern for Children Ages 2 Through 8, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 74

Table 3-2: Healthy U.S.-Style Dietary Pattern for Children and Adolescents Ages 9 Through 13, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 81

Table 3-3: Healthy U.S.-Style Dietary Pattern for Adolescents Ages 14 Through 18, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 84

Table 4-1: Healthy U.S.-Style Dietary Pattern for Adults Ages 19 Through 59, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 96

Table 5-1: Healthy U.S.-Style Dietary Pattern for Women Who Are Pregnant or Lactating, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 111

Table 5-2: Estimated Change in Calorie Needs During Pregnancy and Lactation for Women With a Healthy Prepregnancy Weight 112

Table 5-3: Weight Gain Recommendations for Pregnancy 112

Table 6-1: Healthy U.S.-Style Dietary Pattern for Adults Ages 60 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 125

Table A1-1: Daily Nutritional Goals, Ages 6 Through 11 Months and 12 Through 23 Months 131

Table A1-2: Daily Nutritional Goals, Ages 2 and Older 133

Table A1-3: Daily Nutritional Goals for Women Who Are Pregnant, by Age Group and Trimester 135

Table A1-4: Daily Nutritional Goals for Women Who Are Lactating, by Age Group and Months Postpartum 137

Table A2-1: Estimated Calorie Needs per Day, by Age and Sex, Ages 12 Through 23 Months 139

Table A2-2: Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level, Ages 2 and Older 141

Table A2-3: Estimated Change in Calorie Needs During Pregnancy and Lactation for Women With a Healthy Prepregnancy Weight 141

Table A3-1: Healthy U.S.-Style Dietary Pattern for Toddlers Ages 12 Through 23 Months Who Are No Longer Receiving Human Milk or Infant Formula, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 143

Table A3-2: Healthy U.S.-Style Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 144

Table A3-3: Healthy Vegetarian Dietary Pattern for Toddlers Ages 12 Through 23 Months Who Are No Longer Receiving Human Milk or Infant Formula, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 147

Table A3-4: Healthy Vegetarian Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 148

Table A3-5: Healthy Mediterranean-Style Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components 149

List of Figures

Figure I-1: Adherence of the U.S. Population to the *Dietary Guidelines* Over Time, as Measured by the Average Total Healthy Eating Index-2015 Scores 4

Figure 1-1: Examples of Calories in Food Choices That Are Not Nutrient Dense and Calories in Nutrient-Dense Forms of These Foods 21

Figure 1-2: Making Nutrient-Dense Choices: One Food or Beverage At a Time 22

Figure 1-3: The Science Underlying the *Dietary Guidelines* Demonstrates That Healthy Eating Across the Lifespan Can Promote Health and Reduce Risk of Chronic Disease 24

Figure 1-4: Adherence of the U.S. Population to the *Dietary Guidelines* Across Life Stages, as Measured by Average Total Healthy Eating Index-2015 Scores 26

Figure 1-5: Customizing the *Dietary Guidelines* Framework 28

Figure 1-6: Dietary Intakes Compared to Recommendations: Percent of the U.S. Population Ages 1 and Older Who Are Below and At or Above Each Dietary Goal 30

Figure 1-7: The 85-15 Guide: Percentage of Calories Needed To Meet Food Group Needs With Nutrient-Dense Choices and Percentage Left for Other Uses 37

Figure 1-8: Making Nutrient-Dense Choices: One Meal At a Time 38

Figure 1-9: Making Healthy Choices: One Day At a Time 39

Figure 1-10: Top Sources and Average Intakes of Added Sugars: U.S. Population Ages 1 and Older 43

Figure 1-11: Top Sources and Average Intakes of Saturated Fat: U.S. Population Ages 1 and Older 45

Figure 1-12: Top Sources and Average Intakes of Sodium: U.S. Population Ages 1 and Older 47

Figure 2-1: Make Healthy Shifts To Empower Toddlers To Eat Nutrient-Dense Foods in Dietary Patterns 63

Figure 2-2: Current Intakes: Ages 12 Through 23 Months 65

Figure 2-3: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 12 Through 23 Months 66

Figure 3-1: Healthy Eating Index Scores Across Childhood and Adolescence 75

Figure 3-2: Current Intakes: Ages 2 Through 4 77

Figure 3-3: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 2 Through 4 78

Figure 3-4: Current Intakes: Ages 5 Through 8 79

Figure 3-5: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 5 Through 8 80

Figure 3-6: Current Intakes: Ages 9 Through 13 82

Figure 3-7: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 9 Through 13 83

Figure 3-8: Current Intakes: Ages 14 Through 18 85

Figure 3-9: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 14 Through 18 86

Figure 4-1: Current Intakes: Ages 19 Through 30 97

Figure 4-2: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 19 Through 30 98

Figure 4-3: Current Intakes: Ages 31 Through 59 99

Figure 4-4: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 31 Through 59 100

Figure 5-1: Current Intakes: Women Who Are Pregnant or Lactating 113

Figure 5-2: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Women Who Are Pregnant or Lactating 114

Figure 6-1: Current Intakes: Ages 60 and Older 126

Figure 6-2: Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 60 and Older 127

Message From the Secretaries

We are pleased to present the *Dietary Guidelines for Americans, 2020-2025*. This edition marks the first time the Guidelines provide recommendations by life stage, from birth through older adulthood.

Each stage of life is distinct and has unique needs that affect health and disease risk. Early food preferences influence food and beverage choices later. And the science has evolved to focus on the importance of a healthy dietary pattern over time. The science also shows it's never too late to start and maintain a healthy dietary pattern, which can yield health benefits in the short term and cumulatively over years. This new edition of the *Dietary Guidelines* includes specific recommendations for all life stages, now including infants and toddlers, and pregnant and lactating women. We are excited this is the first edition to provide guidance for every life stage.

This edition of the *Dietary Guidelines* is grounded in robust scientific reviews of the current body of evidence on key nutrition and health topics for each life stage. We thank the 20 distinguished scientists on the 2020 Dietary Guidelines Advisory Committee for their expertise and dedication in conducting an independent scientific review that was characterized by more transparency and public participation throughout the process than ever before. The Committee's work culminated in a comprehensive scientific report on the current state of nutrition science and provided advice to the Departments for our development of this 9th edition of the *Dietary Guidelines*. The Committee also included important considerations for future research, such as a need to reconsider the Dietary Reference Intakes. The U.S. and Canadian Dietary Reference Intake Steering Committees are currently developing plans to re-examine energy, protein, fat, and carbohydrate–the timeline for these macronutrient reviews has not been established. USDA and HHS are looking forward to jointly funding the work to help guide our Departments' research agendas in the coming years.

With the science must come practice—that is, making food and beverage choices that align with the *Dietary Guidelines*. Using the new edition of the *Dietary Guidelines*, we hope Americans can find ways to "Start Simple" and incorporate modest changes each day that push Americans closer to meeting the recommendations. It's more important than ever to make healthy eating a priority in the United States. With the release of the *Dietary Guidelines for Americans*, 2020-2025, we have an important call to action for you as health professionals and policymakers. We are asking you to help the public "make every bite count with the *Dietary Guidelines for Americans*." Help people make food and beverage choices that are rich in nutrition—individual choices that can become a healthy routine over time, choices they can enjoy in good health for many years to come.

Thank you for all you do to help Americans make strides toward aligning closer to the *Dietary Guidelines* as we all work together to help the public lead healthier lives.

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Executive Summary

The foods and beverages that people consume have a profound impact on their health. The scientific connection between food and health has been well documented for many decades, with substantial and increasingly robust evidence showing that a healthy lifestyle—including following a healthy dietary pattern—can help people achieve and maintain good health and reduce the risk of chronic diseases throughout all stages of the lifespan: infancy and toddlerhood, childhood and adolescence, adulthood, pregnancy and lactation, and older adulthood. The core elements of a healthy dietary pattern are remarkably consistent across the lifespan and across health outcomes.

Since the first edition was published in 1980, the *Dietary Guidelines for Americans* have provided science-based advice on what to eat and drink to promote health, reduce risk of chronic disease, and meet nutrient needs. Publication of the *Dietary Guidelines* is required under the 1990 National Nutrition Monitoring and Related Research Act, which states that at least every 5 years, the U.S. Departments of Agriculture (USDA) and of Health and Human Services (HHS) must jointly publish a report containing nutritional and dietary information and guidelines for the general public. The statute (Public Law 101-445, 7 United States Code 5341 et seq.) requires that the *Dietary Guidelines* be based on the preponderance of current scientific and medical knowledge. The 2020-2025 edition of the *Dietary Guidelines* builds from the 2015 edition, with revisions grounded in the *Scientific Report of the 2020 Dietary Guidelines Advisory Committee* and consideration of Federal agency and public comments.

The *Dietary Guidelines* is designed for policymakers and nutrition and health professionals to help all individuals and their families consume a healthy, nutritionally adequate diet. The information in the *Dietary Guidelines* is used to develop, implement, and evaluate Federal food, nutrition, and health policies

and programs. It also is the basis for Federal nutrition education materials designed for the public and for the nutrition education components of USDA and HHS nutrition programs. State and local governments, schools, the food industry, other businesses, community groups, and media also use *Dietary Guidelines* information to develop programs, policies, and communication for the general public.

The aim of the *Dietary Guidelines* is to promote health and prevent disease. Because of this public health orientation, the *Dietary Guidelines* is not intended to contain clinical guidelines for treating chronic diseases. Chronic diseases result from a complex mix of genetic, biological, behavioral, socioeconomic, and environmental factors, and people with these conditions have unique health care requirements that require careful oversight by a health professional. The body of scientific evidence on diet and health reviewed to inform the *Dietary Guidelines* is representative of the U.S. population—it includes people who are healthy, people at risk for diet-related chronic conditions and diseases, such as cardiovascular disease, type 2 diabetes, and obesity, and some people who are living with one or more of these diet-related chronic illnesses. At the same time, it is essential that Federal agencies, medical organizations, and health professionals adapt the *Dietary Guidelines* to meet the specific needs of their patients as part of an individual, multifaceted treatment plan for the specific chronic disease.

Consistent and Evolving

Although many recommendations have remained relatively consistent over time, the *Dietary Guidelines* also has built upon previous editions and evolved as scientific knowledge has grown. The *Dietary Guidelines for Americans, 2020-2025* reflects this in three important ways:

The first is its recognition that diet-related chronic diseases, such as cardiovascular disease, type 2 diabetes, obesity, and some types of cancer, are very prevalent among Americans and pose a major public health problem. Today, more than half of adults have one or more diet-related chronic diseases. As a result, recent editions of the *Dietary Guidelines* have focused on healthy individuals, as well as those with overweight or obesity and those who are at risk of chronic disease. A fundamental premise of the *2020-2025 Dietary Guidelines* is that just about everyone, no matter their health status, can benefit from shifting food and beverage choices to better support healthy dietary patterns.

The second is its focus on dietary patterns. Researchers and public health experts, including registered dietitians, understand that nutrients and foods are not consumed in isolation. Rather, people consume them in various combinations over time—a dietary pattern—and these foods and beverages act synergistically to affect health. The *Dietary Guidelines for Americans, 2015-2020* puts this understanding into action by focusing its recommendations on consuming a healthy dietary pattern. The *2020-2025 Dietary Guidelines* carries forward this emphasis on the importance of a healthy dietary pattern as a whole—rather than on individual nutrients, foods, or food groups in isolation.

The third is its focus on a lifespan approach. This edition of the *Dietary Guidelines* highlights the importance of encouraging healthy dietary patterns at every life stage from infancy through older adulthood. It provides recommendations for healthy dietary patterns by life stage, identifying needs specific to each life stage and considering healthy dietary pattern characteristics that should be carried forward into the next stage of life. For the first time since the 1985 edition, the *2020-2025 Dietary Guidelines* includes recommendations for healthy dietary patterns for infants and toddlers.

The Guidelines

The *2020-2025 Dietary Guidelines* provides four overarching Guidelines that encourage healthy eating patterns at each stage of life and recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern. The Guidelines also explicitly emphasize that a healthy dietary pattern is not a rigid prescription. Rather, the Guidelines are a customizable framework of core elements within which individuals make tailored and affordable choices that meet their personal, cultural, and traditional preferences. Several examples of healthy dietary patterns that translate and integrate the recommendations in overall healthy ways to eat are provided. The Guidelines are supported by Key Recommendations that provide further guidance on healthy eating across the lifespan.

The Guidelines

Make every bite count with the *Dietary Guidelines for Americans*. Here's how:

1 Follow a healthy dietary pattern at every life stage.

At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.

- **For about the first 6 months of life,** exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable. Provide infants with supplemental vitamin D beginning soon after birth.
- **At about 6 months,** introduce infants to nutrient-dense complementary foods. Introduce infants to potentially allergenic foods along with other complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk.
- **From 12 months through older adulthood,** follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.

2 Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.

3 Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.

An underlying premise of the *Dietary Guidelines* is that nutritional needs should be met primarily from foods and beverages—specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

The core elements that make up a healthy dietary pattern include:

- **Vegetables of all types**—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- **Fruits,** especially whole fruit
- **Grains,** at least half of which are whole grain
- **Dairy,** including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- **Protein foods,** including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- **Oils,** including vegetable oils and oils in food, such as seafood and nuts

4

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person's daily calorie needs and sodium limits. A healthy dietary pattern doesn't have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited. Limits are:

- **Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- **Saturated fat**—Less than 10 percent of calories per day starting at age 2.
- **Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- **Alcoholic beverages**—Adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.



Terms to Know

Several terms are used throughout the *Dietary Guidelines* and are essential to understanding the Guidelines and putting them into action. These terms are defined here:

- **Dietary pattern:** It is the combination of foods and beverages that constitutes an individual's complete dietary intake over time. This may be a description of a customary way of eating or a description of a combination of foods recommended for consumption.
- **Nutrient dense:** Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium. Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with no or little added sugars, saturated fat, and sodium—are nutrient-dense foods.

For most individuals, no matter their age or health status, achieving a healthy dietary pattern will require changes in food and beverage choices. Some of these changes can be accomplished by making simple substitutions, while others will require greater effort to accomplish. This edition of the *Dietary Guidelines* presents overall guidance on choosing nutrient-dense foods and beverages in place of less healthy choices and also discusses special nutrition considerations for individuals at each life stage—infants and toddlers, children and adolescents, adults, women who are pregnant or lactating, and older adults.

Although individuals ultimately decide what and how much to consume, their personal relationships; the settings in which they live, learn, work, play, and gather; and other contextual factors—including their ability to consistently access healthy and affordable food—strongly influence their choices. Health professionals, communities, businesses and industries, organizations, government, and other segments of society all have a role to play in supporting individuals and families in making choices that align with the *Dietary Guidelines* and ensuring that all people have access to a healthy and affordable food supply. Resources, including Federal programs that support households, regardless of size and make-up, in choosing a healthy diet and improving access to healthy food, are highlighted throughout this edition of the *Dietary Guidelines for Americans*.