

USING THE DIETARY GUIDELINES FOR AMERICANS IN YOUR SCHOOL NUTRITION PROGRAM

Be



Specific



Measurable



Achievable



Relevant



Time-bound

in your goal setting.

2020–2025 Dietary Guidelines for Americans (DGA) – “Make every bite count”

- Impacts federally funded programs
- Recommends guidance for birth to 23 months, including allergy prevention
- Includes sections for obesity prevention in children
- Contains user-friendly graphics for your programs to use
- Offers intended age-specific sodium recommendations
- Provides “no added sugar” recommendations for 0–2 years

WHY LEARN ABOUT THE DGAs?

- More than half of Americans struggle with chronic diseases that are preventable.
- Guidance provides advice on what to eat and drink to meet nutrient needs, promote health, and prevent disease.
- Guidance drives policy for Federal nutrition programs.



TIPS ON HOW TO IMPLEMENT DGAs IN YOUR NUTRITION PROGRAM

- Promote National Nutrition Month activities from the Academy of Nutrition and Dietetics.
- Present fresh produce and local foods on your menu.
- Use MyPlate infographics to educate on the components of a reimbursable meal.
- Focus on guidelines during menu planning and nutrition education activities.



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