 USING THE DIETARY GUIDELINES FOR AMERICANS IN YOUR SCHOOL NUTRITION PROGRAM

**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.

**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.

**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

**BE**

- **S** Specific
- **M** Measurable
- **A** Achievable
- **R** Relevant
- **T** Time-bound

**in your goal setting.**

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