

# University of California Agriculture and Natural Resources

Making a Difference for California

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## PRESCHOOL NUTRITION NEWS

CalFresh Healthy Living, UCCE Placer and Nevada Counties

### 2020-2025 DIETARY GUIDELINES FOR AMERICANS



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 to be reviewed and published every 5 years jointly by the U.S. Departments of Agriculture (USDA) and of Health and Human Services (HHS) for the general public. This edition of *Preschool Nutrition News* will highlight the key messages in the newly update 2020-2025 guidelines. **Please note: Bold areas are new to the revised guidelines.**

#### Winter 2021

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## THE GUIDELINES

*Make every bite count with the Dietary Guidelines for Americans.*

**1** Follow a healthy dietary pattern 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. 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.**

#### More Resources

**Visit our website:**  
<http://ceplacer.ucanr.edu>

You can email a CalFresh Healthy Living, UCCE representative with any questions or information needs. Also, please feel free to share any tips or suggestions you might have with other teachers!

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## THE GUIDELINES (CONTINUED)

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- **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 food ways 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. Nutritional needs should be met from 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 includes 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
- 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



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## THE GUIDELINES (CONTINUED)

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- 4** Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit 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.

For more information on the Dietary Guidelines for Americans,  
please visit:

<https://www.dietaryguidelines.gov/>



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**Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4- to 6-Year-Olds**  
Combines stories and literacy with nutrition education for Preschool and Pre-Kindergarten.

**Parent Workshops**  
Fun, interactive parent workshops are available. Please call for more information.

**Go Glow Grow**  
A preschool curriculum that teaches about healthy foods and what they do for the body.

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This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3663.

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