



The 2005 Dietary Guidelines (DG) Recommendations for **JLTnutrition** on 3/24/2009

Click directly on the emoticon (face) for more detailed dietary information.

Dietary Guidelines Recommendations	Emoticon	Number of cup/oz. Equ. Eaten	Number of cup/oz. Equ. Recommended
Grain		4.2 oz equivalent	6 oz equivalent
Vegetable		0.9 cup equivalent	2.5 cup equivalent
Fruit		1.5 cup equivalent	2 cup equivalent
Milk		0.5 cup equivalent	3 cup equivalent
Meat and Beans		6.5 oz equivalent	5.5 oz equivalent

Dietary Guidelines Recommendations	Emoticon	Amount Eaten	Recommendation or Goal
Total Fat		37.6% of total calories	20% to 35%
Saturated Fat		10.2% of total calories	less than 10%
Cholesterol		211 mg	less than 300 mg
Sodium		2137 mg	less than 2300 mg
Oils	*	*	*
Discretionary calories (solid fats, added sugars, and alcohol)	*	*	*

* Calculations for oils and discretionary calories from foods are under revision.

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