

General Nutrition Recommendations



Nutrition Recommendations:

Based on USDA 2020-2025 Dietary Guidelines for Americans

To promote overall health and prevent chronic disease, follow a healthy dietary pattern at every stage. A balanced eating pattern includes:

- **Vegetables:** A variety of vegetables—dark green, red and orange, legumes (beans and peas), starchy, and other vegetables
 - **Recommendation:** Aim for **2.5 cups per day**
- **Fruits:** Whole fruits.
 - **Recommendation:** Aim for **2 cups per day** focused on whole fruits over juices
- **Grains:** At least half of grains consumed should be whole grains
 - **Recommendation:** Aim for **6 ounces of grains per day**, with at least 3 ounces from whole grains
- **Dairy:** Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - **Recommendation:** about **3 cups per day**
- **Protein:** A variety of protein foods, including seafood, lean meats, poultry, eggs, legumes, nuts, seeds, and soy products
 - **Recommendation:** about **5.5 ounces per day**
- **Oils:** Oils should be included, with a focus on plant-based oils such as olive, canola, and others
 - **Recommendation:** about **5 teaspoons per day**

Nutrient Dense Choices:

- **Limit added sugars** 
 - Less than 10% of daily calories should come from added sugars.
- **Limit saturated fats** 
 - Less than 10% of daily calories from saturated fats.
- **Limit sodium** 
 - Sodium intake should be less than **2,300 mg per day**.
- **Alcohol** 
 - If alcohol is consumed, it should be in moderation (up to one drink per day for women and up to two drinks per day for men).

Special Considerations:

For specific life stages such as pregnancy, lactation, or older adults, additional guidance is available in the USDA guidelines to tailor intake to individual needs.

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THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC

Exercise Recommendations

Based on the American College of Sports Medicine (ACSM) Guidelines

Aerobic Exercise:



- **Frequency:** At least **150 minutes** of moderate-intensity aerobic activity, or **75 minutes** of vigorous-intensity activity per week.
- **Examples:** Walking, cycling, swimming, or running.
- **Recommendation:** Spread aerobic activity throughout the week (e.g., 30 minutes, 5 days a week).

Strength Training:



- **Frequency:** Engage in muscle-strengthening activities on **2 or more days per week**.
- **Focus:** Target all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- **Examples:** Lifting weights, bodyweight exercises (like squats, push-ups), or using resistance bands.

Flexibility and Mobility:



- Include activities that improve flexibility and balance **at least 2-3 days per week**, such as yoga, stretching, or pilates.

Special Considerations:



- **Older adults:** incorporate balance exercises to prevent falls.
- **Pregnant and postpartum women:** Consult with healthcare providers to adapt exercise intensity and type during pregnancy and childbirth

Physical Activity for Weight Management

A greater amount of physical activity may be necessary for weight loss and the prevention of weight regain. Aim for **300 minutes** or more of moderate-intensity aerobic activity each week, combined with muscle-strengthening exercises.