General Nutrition Recommendations

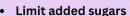
Nutrition Recommendations:

Based on USDA 2020-2025 Dietary Guidlines 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 vegetablesdark 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
 - Reccomendation: 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:





• 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.



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 musclestrengthening 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 Actitvty 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.