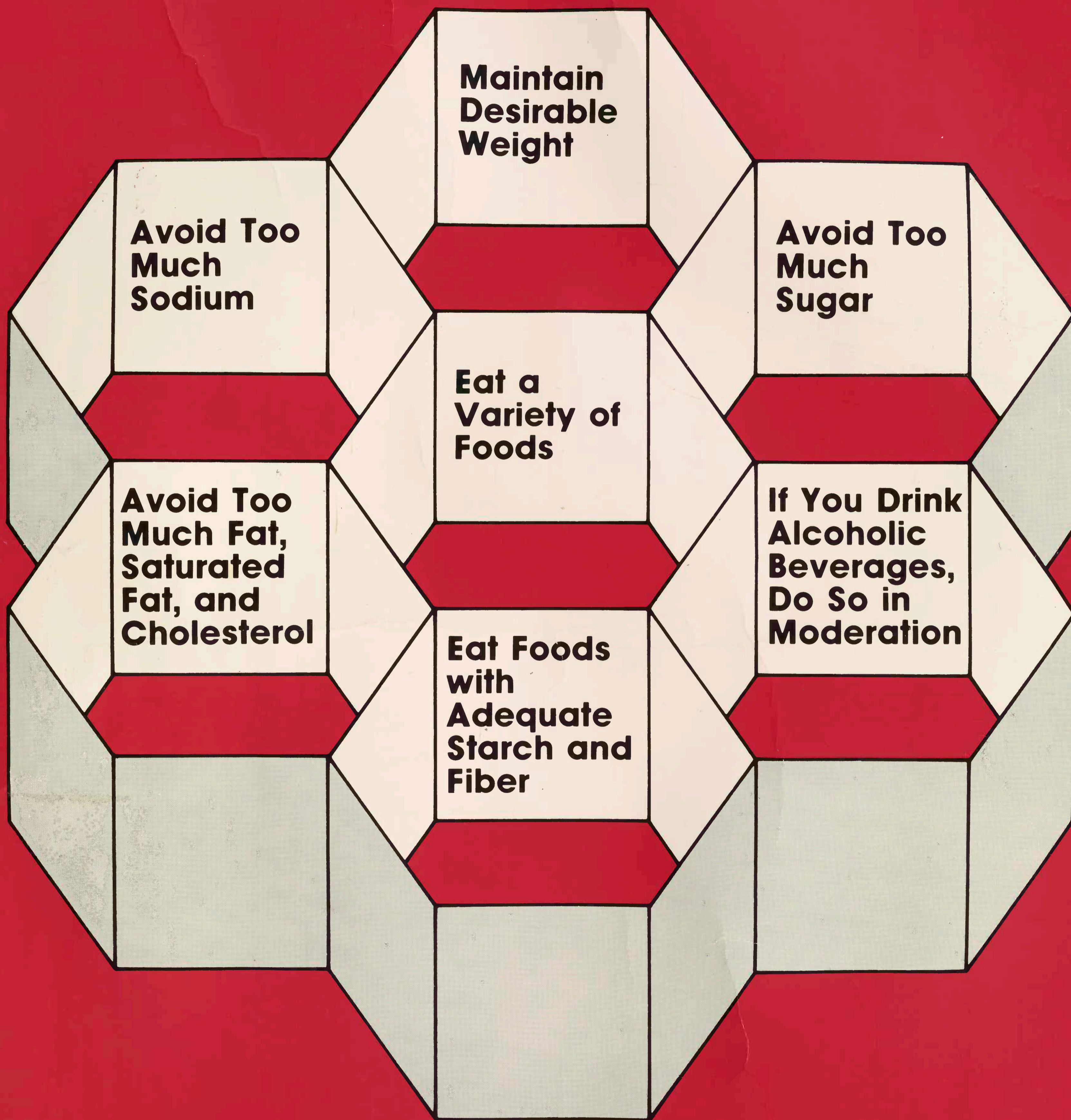


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Nutrition and Your Health

Dietary Guidelines for Americans



Good nutrition is a balancing act: Choosing foods with enough protein, vitamins, minerals, and fiber; but not too much fat, sodium, sugar, and alcohol. Also, energy (calorie) intake must be balanced with energy expended. The seven Dietary Guidelines, used together, can help you select a healthful diet.