

**Docket Number**  
**2004-0463**

**Tab 2**

Nutrition and Your Health:

# Dietary Guidelines for Americans

**Eat a variety  
of foods** page 5

**Maintain healthy  
weight** page 8

**Choose a diet  
low in fat, saturated  
fat, and cholesterol**  
page 13

**Choose a diet  
with plenty of  
vegetables, fruits,  
and grain products**  
page 18

**Use sugars only  
in moderation**  
page 21

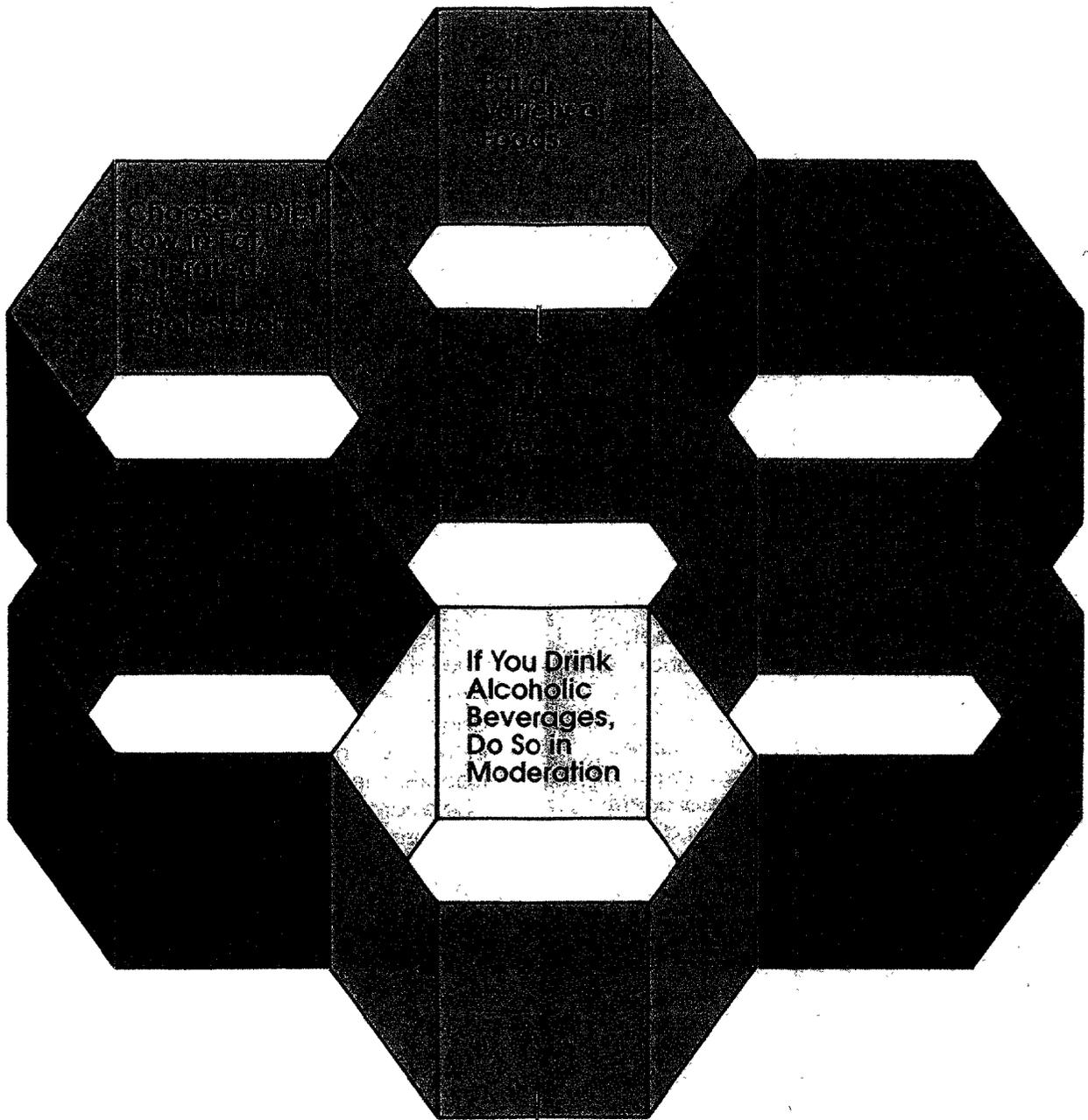
**Use salt and sodium  
only in moderation**  
page 23

**If you drink alcoholic  
beverages, do so in  
moderation** page 25

Third Edition, 1990

U.S. Department of Agriculture

U.S. Department of Health and Human Services



**Use the seven guidelines together as you choose a healthful and enjoyable diet.**