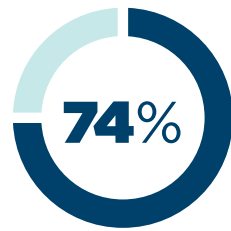
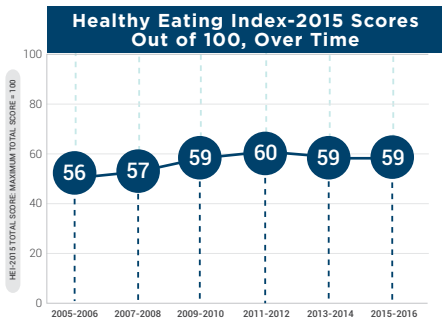


THE *DIETARY GUIDELINES FOR AMERICANS* CAN HELP YOU EAT HEALTHY TO BE HEALTHY

The *Dietary Guidelines for Americans* provide science-based advice to help everyone—no matter their age, race, socioeconomic, or health status—achieve better health by making every bite count.

Americans Do Not Follow the *Dietary Guidelines* and Our Health Is Suffering



of American adults are overweight or obese

6 IN 10 ADULTS are living with one or more diet-related chronic diseases



The Science Behind the *Dietary Guidelines* Represents Americans



The *Dietary Guidelines* is based on science that examines how diet promotes health and prevents disease in:

People who are healthy

People at risk for diet-related chronic diseases

Some people who live with diet-related chronic diseases



And the evidence base reflects the diversity of Americans, including:

All ages and life stages

Different racial and ethnic backgrounds

A range of socioeconomic statuses

Following the *Dietary Guidelines* Can Help Improve Americans' Health

Each step closer to eating a diet that aligns with the *Dietary Guidelines* is associated with:



Lower Risk of Heart Disease



Lower Risk of Type 2 Diabetes



Lower Risk of Cancer



Lower Risk of Obesity



Lower Risk of Hip Fracture

For more information about the *Dietary Guidelines*, visit DietaryGuidelines.gov.