

- ◆ To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding calorie needs.



- ◆ To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding calorie needs. Some people (men over 40 years of age and women over 50 years of age) may need to consult with a healthcare provider before participating in this level of activity.
- ◆ Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

Key Recommendations for Specific Population Groups

- ◆ *Children and adolescents.* Engage in at least 60 minutes of physical activity on most, preferably all, days of the week.
- ◆ *Pregnant women.* In the absence of medical or obstetric complications, incorporate 30 minutes or more of moderate-intensity physical activity on most, if not all, days of the week. Avoid activities with a high risk of falling or abdominal trauma.

- ◆ *Breastfeeding women.* Be aware that neither acute nor regular exercise adversely affects the mother's ability to successfully breastfeed.

- ◆ *Older adults.* Participate in regular physical activity to reduce functional declines associated with aging and to achieve the other benefits of physical activity identified for all adults.

FOOD GROUPS TO ENCOURAGE

- ◆ Consume a sufficient amount of fruits and vegetables while staying within calorie needs. Two cups of fruit and 2 1/2 cups of vegetables per day are recommended for a reference 2000 kcal intake, with higher or lower amounts depending on one's calorie needs.
- ◆ Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- ◆ Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- ◆ Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Key Recommendations for Specific Population Groups

- ◆ *Children and adolescents.* Consume whole-grain products often; at least half the grains should be whole grains. Children 2 to 8 years should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products. Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

FATS

- ◆ Consume less than 10 percent of calorie intake from saturated fatty acids and less than 300 milligrams per day of cholesterol, and keep *trans* fatty acid consumption as low as possible.
- ◆ Keep total fat intake between 20 to 35 percent of calorie intake, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- ◆ When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- ◆ Limit intake of fats and oils high in saturated and/or *trans* fatty acids, and choose products low in such fats and oils.

Key Recommendations for Specific Population Groups

- ◆ *Children and adolescents.* Keep total fat intake between 30 to 35 percent of calorie intake for children 2 to 3 years of age and between 25 to 35 percent of calorie intake for children and adolescents 4 to 18 years of age, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.

