

Dietary Guidelines for Americans 2005

What is a “Healthy Diet”?

The Dietary Guidelines describe a **healthy diet** as one that

*Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;

*Includes lean meats, poultry, fish, beans, eggs, and nuts; and

*Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The recommendations in the Dietary Guidelines are for the general public over 2 years of age. Individuals with a chronic health condition should consult with a health provider to determine what dietary pattern is appropriate for them.

Derived from www.mypyramid.gov/guidelines/index.html

Suggested Weights for Adults

Height (without shoes) Weight in pounds (without clothes)

	19 to 34 years	35 years and over
5'0"	97-128	108-138
5'1"	101-132	111-143
5'2"	104-137	115-148
5'3"	107-141	119-152
5'4"	111-146	122-157
5'5"	114-150	126-162
5'6"	118-155	130-167
5'7"	121-160	134-172
5'8"	125-164	138-178
5'9"	129-169	142-183
5'10"	132-174	146-188
5'11"	136-179	151-194
6'0"	140-184	155-199
6'1"	144-189	159-205
6'2"	148-195	164-210
6'3"	152-200	168-216
6'4"	156-205	173-222
6'5"	160-211	177-228
6'6"	164-216	182-234

Note: The higher weights in the ranges generally apply to men, who tend to have more muscle and bone; the lower weights more often apply to women, who have less muscle and bone.

Research also suggests that, for adults, body shape as well as weight is important to health. Excess fat in the abdomen is believed to be of greater health risk than that in the hips and thighs. There are several ways to check body shape. Some require the help of a doctor; others you can do yourself.

A look at your profile in the mirror may be enough to make it clear you have too much fat in the abdomen. Or you can check your body shape this way:

*Measure around your waist near your navel while you stand relaxed, not pulling in stomach.

*Measure around your hips, over the buttocks where they are largest.

*Divide the waist measure by the hips measure to get your waist-to-hip ratio. Research in adults suggests that ratios close to or above one are linked with greater risk for several diseases.

However, ratios have not been defined for all populations or age groups.

If your weight is within the range in the table, if your waist-to-hip ratio does not place you at risk, and if you have no medical problem for which your doctor advises you to gain or lose weight, there appears to be no health advantage to changing your weight. If you do not meet all of these conditions, or if you are not sure, you may want to talk to your doctor about how your weight might affect your health and what you should do about it.

Source: Derived from www.nal.usda.gov/fnic/dga/weight.htm