



Dietary  
Guidelines  
for Americans

# 2020 - 2025

## THE DIETARY GUIDELINES ARE CORE TO SNAP-ED

The goal of SNAP-Ed is: "To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current DGA and the USDA food guidance." (FY 2022 SNAP-Ed Plan Guidance, Page 5)

### The 4 Key Guidelines

**1** Follow a healthy dietary pattern at every life stage.



**2** Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

**3** Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.

**4** Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

## WHAT'S CHANGED?

### ADDITIONAL LIFE STAGES



New recommendations for birth to age 2, pregnancy & lactation, and older adulthood.

### SHIFTING MESSAGES & APPROACHES



Greater emphasis on dietary patterns, nutrient density, and customizing choices for personal preference, cultural traditions, and budgetary considerations.

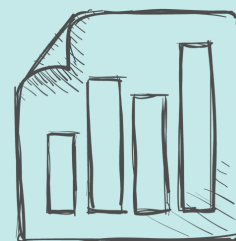
### PHYSICAL ACTIVITY GUIDELINES



Incorporation of the 2018 Physical Activity Guidelines for Americans, 2nd Edition messages.

## NEW RESOURCES & MATERIALS

- 2020-2025 DGA updates for professionals
  - <https://www.dietaryguidelines.gov/>
- DGA resources for consumers
  - <https://www.dietaryguidelines.gov/resources/consumer-resources>
- MyPlate resources aligned with the 2020-2025 DGA updates
  - <https://www.myplate.gov/resources>
- DGA Toolkit for professionals
  - <https://bit.ly/dgaresources>
- Top 10 Things You Need to Know About the DGAs 2020-2025
  - <https://bit.ly/top1odga>



### Ensuring SNAP-Ed Program Alignment

- Review 2020-2025 DGA resources & materials listed above.
- Talk with your team about how you can integrate these updates into your programming including new guidelines, messages, or approaches for the populations you serve.
- Ensure messaging you use as part of your programming is aligned with updated guidelines and messages.



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