

Dietary Guidelines For Americans



美国膳食指南



Message from the Secretaries

Welcome to the *Dietary Guidelines for Americans, 2025–2030*.

These Guidelines mark the most significant reset of federal nutrition policy in our nation’s history.

The message is simple: eat real food.

To Make America Healthy Again, we must return to the basics. American households must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives, this approach can change the health trajectory for so many Americans.

The United States is amid a health emergency. Nearly 90% of health care spending goes to treating people who have chronic diseases.¹ Many of these illnesses are not genetic destiny; they are the predictable result of the Standard American Diet—a diet which, over time, has become reliant on highly processed foods and coupled with a sedentary lifestyle.

The consequences have been devastating. More than 70% of American adults are overweight or obese.² Nearly one in three American adolescents between the ages of 12 and 17 has prediabetes.³ Diet-driven chronic disease now disqualifies large numbers of young Americans from military service, undermining national readiness and cutting off a historic pathway to opportunity and upward mobility.⁴

For decades, federal incentives have promoted low-quality, highly processed foods and pharmaceutical intervention instead of prevention. This crisis is the result of poor policy choices; inadequate nutrition research; and a lack of coordination across federal, state, local, and private partners.

This changes today.

We are realigning our food system to support American farmers, ranchers, and companies who grow and produce real food—and the Trump administration is working to ensure all families can afford it.

We are putting real food back at the center of the American diet. Real food that nourishes the body. Real food that restores health. Real food that fuels energy and encourages movement and exercise. Real food that builds strength.

Under President Trump’s leadership, we are restoring common sense, scientific integrity, and accountability to federal food and health policy—and we are reclaiming the food pyramid and returning it to its true purpose of educating and nourishing all Americans.

These Guidelines call on every American to eat more real food. They call on farmers, ranchers, health care professionals, insurers, educators, community leaders, industry, and lawmakers across all levels of government to join in this critical effort.

Together, we can shift our food system away from chronic disease and toward nutrient density, nourishment, resilience, and long-term health.

America’s future depends on what we grow, what we serve, and what we choose to eat.

This is the foundation that will Make America Healthy Again.

Robert F. Kennedy, Jr.
Secretary,
U.S. Department of Health and
Human Services

Brooke L. Rollins
Secretary,
U.S. Department of Agriculture

¹ <https://www.cdc.gov/chronic-disease/data-research/facts-stats/index.html>

² <https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

³ <https://gis.cdc.gov/grasp/diabetes/diabetesatlas-spotlight.html>

⁴ <https://www.cdc.gov/physical-activity/php/military-readiness/unfit-to-serve.html>

来自秘书长的消息

欢迎来到《美国膳食指南（2025—2030年）》。

这些指南标志着我们国家历史上联邦营养政策的重大调整。

信息很简单：吃真实食物。

要让美国再次健康起来，我们必须回归基础。美国家庭必须优先选择以全谷物、营养密集型食物为基础的饮食——蛋白质、乳制品、蔬菜、水果、健康脂肪、全谷物。再加上大幅减少富含精制碳水化合物、添加糖、过量钠、不健康脂肪和化学添加剂的高度加工食品，这种方法可以改变许多美国人的健康状况。

美国正面临一场健康危机。近90%的医疗支出用于治疗患有慢性病的人。¹ 其中许多疾病并非遗传宿命；它们是可预测的结果，源于标准的美国饮食——这种饮食随着时间的推移，越来越依赖高度加工食品，并与久坐的生活方式相结合。

后果已经灾难性。超过70%的美国成年人超重或肥胖。² 美国12至17岁青少年中，近三分之一患有糖尿病前期。³ 由饮食驱动的慢性病现在使大量年轻美国人无法参军，削弱了国家战备能力，切断了一条通往机会和向上流动的历史性途径。⁴

几十年来，联邦激励措施推广低质量、高度加工的食品和药物干预，而非预防。这场危机是糟糕的政策选择、营养研究不足以及联邦、州、地方和私营部门之间缺乏协调的结果。

从今天起，情况将改变。

我们将调整我们的食品体系，以支持美国农民、牧场主和种植及生产真正食品的公司——而特朗普政府正努力确保所有家庭都能负担得起。

我们将真正食品重新置于美国饮食的中心。真正滋养身体的食品。真正恢复健康的食品。真正提供能量、鼓励运动和锻炼的食品。真正增强体力的食品。

在特朗普总统的领导下，我们正在恢复联邦食品和健康政策中的常识、科学诚信和问责制——我们正在重新夺回食物金字塔，并将其恢复到其真正的目的：教育和滋养所有美国人。

这些指南呼吁每一位美国人多吃真实食物。它们呼吁农民、牧场主、医疗保健专业人员、保险公司、教育工作者、社区领袖、行业以及各级政府的立法者加入这一关键努力。

携手并进，我们可以将我们的食物体系从慢性病转向营养密度、营养、韧性和长期健康。

美国人的未来取决于我们种植什么、我们提供什么以及我们选择吃什么。

这是让美国再次健康的基础。

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部长，
美国农业部

¹ <https://www.cdc.gov/chronic-disease/data-research/facts-stats/index.html>
<https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

² <https://gis.cdc.gov/grasp/diabetes/diabetesatlas-spotlight.html>
<https://www.cdc.gov/physical-activity/php/military-readiness/unfit-to-serve.html>



Eat the Right Amount for You

- + The calories you need depend on your age, sex, height, weight, and level of physical activity.
- + Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.
- + Pay attention to portion sizes, particularly for foods and beverages higher in calories.



Prioritize Protein Foods at Every Meal

- + Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.
- + Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.
- + Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.
- + Consume meat with no or limited added sugars, refined carbohydrates or starches, or chemical additives. If preferred, flavor with salt, spices, and herbs.
- + Protein serving goals: 1.2–1.6 grams of protein per kilogram of body weight per day, adjusting as needed based on your individual caloric requirements.



Consume Dairy

- + When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
- + Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

Gut Health

- + Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion. Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high-fiber foods support a diverse microbiome, which may be beneficial for health.



吃适合你的适量食物

- + 您所需的热量取决于您的年龄、性别、身高、体重和活动水平。
- + 水分补充是整体健康的关键因素。选择水（常温水或气泡水）和无糖饮料。
- + 注意食物份量，尤其是热量较高的食物和饮料。



每餐优先选择蛋白质类食物

- + 优先选择优质、营养丰富的蛋白质食物，作为健康膳食模式的一部分。
- + 食用多种动物来源的蛋白质食物，包括鸡蛋、家禽、海鲜和红肉，以及多种植物来源的蛋白质食物，包括豆类、豌豆、扁豆、豆类、坚果、种子和大豆。
- + 食用不含或有限添加糖分、精制碳水化合物或淀粉，或化学添加剂。如果愿意，可用盐、香料和香草调味。
- + 蛋白质摄入目标：每天每公斤体重摄入1.2–1.6克蛋白质，根据个人热量需求进行调整。
- + 用烘焙、烤制、烧烤、快炒或烧烤等烹饪方法替代油炸烹饪方法。



食用乳制品

- + 食用乳制品时，请选择全脂乳制品 + 乳制品摄入目标：每天3份，不含添加糖。乳制品是2000卡路里饮食模式中蛋白质、健康脂肪、维生素和矿物质的良好来源，可根据个人热量需求进行调整。

肠道健康

- + 你的肠道含有数万亿细菌和其他被称为微生物组的微生物。健康的饮食支持平衡的微生物组，促进健康消化。高度加工的食物会破坏这种平衡，而蔬菜、水果、发酵食品（例如泡菜、泡菜、开菲尔、味噌）和富含纤维的食物则支持多样化的微生物组，这可能对健康有益。



Eat Vegetables & Fruits Throughout the Day

- + Eat a variety of colorful, nutrient-dense vegetables and fruits.
- + Eat whole vegetables and fruits in their original form. Wash thoroughly prior to eating raw or cooking.
- + Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- + If preferred, flavor with salt, spices, and herbs.
- + 100% fruit or vegetable juice should be consumed in limited portions or diluted with water.
- + Vegetables and fruits serving goals for a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements:
 - Vegetables: 3 servings per day
 - Fruits: 2 servings per day



Incorporate Healthy Fats

- + Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- + When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.
- + In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.



Focus on Whole Grains

- + Prioritize fiber-rich whole grains.
- + Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- + Whole grains serving goals: 2–4 servings per day, adjusting as needed based on your individual caloric requirements.



全天食用蔬菜 and 水果

- + 多吃各种颜色丰富、营养密度高的蔬菜和水果。
- + 尽量吃原味的完整蔬菜和水果。生吃或烹饪前要彻底清洗。
- + 冷冻、干燥或罐装的蔬菜或水果（且未添加或仅添加少量糖分）也是不错的选择。
- + 如果喜欢，可以用盐、香料和香草调味。
- + 100%的果汁或蔬菜汁应该是少量食用或用水稀释。
- + 蔬菜和水果的摄入量目标适用于2000卡路里的饮食模式，根据个人热量需求进行调整，按需调整：
 - 蔬菜：每天3份
 - 水果：每天2份



添加健康脂肪

- + 健康脂肪在许多全食物中含量丰富，例如肉类、禽类、鸡蛋、富含欧米伽-3的海鲜、坚果、种子、全脂乳制品、橄榄和鳄梨。+ 在烹饪时添加脂肪到餐食中，应优先选择含有必需脂肪酸的油，例如橄榄油。其他选择可以包括黄油或牛肉脂。
- + 通常来说，饱和脂肪的摄入量不应超过每日总热量的10%。显著限制高度加工食品将有助于实现这一目标。需要更多高质量的研究来确定哪些类型的膳食脂肪最能支持长期健康。



关注全谷物

- + 优先选择富含纤维的全谷物。
- + 显著减少高度加工、精制碳水化合物的摄入量，例如白面包、即食或包装早餐选择、面粉玉米饼和饼干。
- + 全谷物份量目标：每天2-4份，根据个人热量需求调整。



Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

- + Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt). Instead, prioritize nutrient-dense foods and home-prepared meals. When dining out, choose nutrient-dense options.
- + Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives, and low-calorie non-nutritive sweeteners.
- + Avoid sugar-sweetened beverages, such as sodas, fruit drinks, and energy drinks.
- + While no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet, one meal should contain no more than 10 grams of added sugars.
- + When selecting snack foods, added sugar limits should follow FDA “Healthy” claim limits. For example, grain snacks (e.g., crackers) should not exceed 5 grams of added sugar per $\frac{3}{4}$ ounce whole-grain equivalent, and dairy snacks (e.g., yogurt) should not exceed 2.5 grams of added sugar per $\frac{2}{3}$ cup equivalent.

Added Sugars

- + To help identify sources of added sugars, look for ingredients that include the word “sugar” or “syrup” or end in “-ose.”
- + Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, agave syrup, corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, beet sugar, turbinado sugar, maltose, lactose, fruit juice concentrate, honey, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.
- + Some foods and drinks, such as fruits and plain milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.



限制高加工食品、添加糖和精制碳水化合物

- + 避免食用高度加工的包装食品、预制食品、即食食品或其他含盐或含糖的食品，例如添加了糖分和钠（盐）的薯片、饼干和糖果。相反，优先选择营养密度高的食品和家庭自制餐食。外出就餐时，选择营养密度高的选项。
- + 限制含有人工香料、石油基染料、人工防腐剂和低热量非营养性甜味剂的食品和饮料。
- + 避免含糖饮料，例如汽水、果汁和能量饮料。
- + 虽然建议不摄入添加糖或非营养性甜味剂，且任何量都不应被视为健康或营养饮食的一部分，但每餐中添加糖的摄入量不应超过10克。+ 在选择零食食品时，添加糖

限制应遵循FDA “健康” 赔偿限额。例如，谷物零食（如饼干）每34盎司全谷物当量中添加糖不应超过5克，乳制品零食（如酸奶）每34盎司中添加糖不应超过2.5克

每 $\frac{2}{3}$ 杯等量。

添加糖

- + 要帮助识别添加糖的来源，请查找包含“糖”或“糖浆”字样或以“-ose”结尾的成分。
- + 添加糖可能以多种不同的名称出现在成分标签上，包括高果糖玉米糖浆、龙舌兰糖浆、玉米糖浆、大米糖浆、果糖、葡萄糖、乳糖、蔗糖、甘蔗糖、甜菜糖、白砂糖、麦芽糖、乳糖、果汁浓缩物、蜂蜜和黑糖。非营养性甜味剂示例包括阿斯巴甜、三氯蔗糖、糖精、木糖醇和环己基氨基磺酸钾。
- + 有些食物和饮料，如水果和纯牛奶，含有天然糖分。这些食物中的糖分不被视为添加糖。



Limit Alcoholic Beverages

- + Consume less alcohol for better overall health.
- + People who should completely avoid alcohol include pregnant women, people who are recovering from alcohol use disorder or are unable to control the amount they drink, and people taking medications or with medical conditions that can interact with alcohol. For those with a family history of alcoholism, be mindful of alcohol consumption and associated addictive behaviors.

Sodium

- + Sodium and electrolytes are essential for hydration. The general population, ages 14 and above, should consume less than 2,300 mg per day of sodium. Highly active individuals may benefit from increased sodium intake to offset sweat losses.
- + For children, the recommendations vary by age:
 - Ages 1–3: less than 1,200 mg per day
 - Ages 4–8: less than 1,500 mg per day
 - Ages 9–13: less than 1,800 mg per day
- + Highly processed foods that are high in sodium should be avoided.



限制酒精饮料

- + 减少酒精摄入，以促进整体健康。
 - + 完全应避免饮酒的人群包括孕妇、正在康复或无法控制酒精使用障碍的人
- 他们饮用的量，以及正在服药或有医疗状况的人
与酒精可能发生相互作用的物质。对于那些有酒精依赖家族史的人，需注意酒精摄入及相关成瘾行为。

钠

- + 钠和电解质对于保持水分至关重要。14岁及以上人群每天摄入的钠应少于2300毫克。高活动量人群可能需要增加钠摄入量以补偿出汗损失。
- + 儿童的推荐量因年龄而异：
 - 1-3岁：每天少于1200毫克
 - 4-8岁：每天少于1500毫克
 - 9-13岁：每天少于1800毫克
- + 应避免摄入高钠的加工食品。



Special Populations & Considerations

Infancy & Early Childhood (Birth–4 Years)

- + For about the first 6 months of life, feed your baby only breast milk. When breast milk is not available, feed your baby iron-fortified infant formula.
- + Continue breastfeeding as long as mutually desired by mother and child for 2 years or beyond. If feeding or supplementing your baby with infant formula, stop feeding your baby infant formula at 12 months of age and give them whole milk.
- + All breastfed infants, as well as infants who consume less than 32 ounces of infant formula per day, should receive a daily oral vitamin D supplement of 400 IU starting shortly after birth. Consult your health care professional about vitamin D supplementation.
- + Some infants require iron supplementation. Talk with your health care professional about iron supplementation.
- + At about 6 months of age, infants may begin to have solid foods. It is crucial to continue breastfeeding or formula feeding while solids are introduced. Breast milk or infant formula continues to be the main source of nutrition for your infant up to 12 months of age.
 - If your infant is at high risk for peanut allergy (due to the presence of severe eczema and/or egg allergy), talk with your health care professional about peanut introduction as early as 4 to 6 months. This can be done by mixing a small amount of peanut butter with breast milk or formula, thinning it to a safe consistency, and feeding it by spoon. For infants with mild to moderate eczema, introduce peanut-containing foods at around 6 months of age.
- + Introduce potentially allergenic foods—including nut butters, eggs, shellfish, and wheat—with other complementary foods at about 6 months. Ask your infant’s health care professional about their risk for food allergies and safe ways to introduce these foods.
- + Infants should receive a diverse range of nutrient-dense foods in appropriate textures, while avoiding nutrient-poor and highly processed foods.
- + Examples of nutrient-dense foods to introduce during the complementary feeding period include:
 - Meat, poultry, and seafood
 - Vegetables and fruits
 - Full-fat yogurt and cheese
 - Whole grains
 - Legumes and nut- or seed-containing foods prepared in a safe, infant-appropriate form
- + Avoid added sugars during infancy and early childhood.

特殊人群与注意事项

婴儿期与幼儿早期（出生至4岁）

- + 在生命的头6个月左右，请仅用母乳喂养宝宝。当母乳不可用时，请用铁强化的婴儿配方奶粉喂养宝宝。
- + 只要母婴双方都愿意，请继续母乳喂养2年或更长时间。如果用婴儿配方奶粉喂养或补充喂养宝宝，请从宝宝12个月大时停止喂食婴儿配方奶粉，改用全脂牛奶。
- + 所有母乳喂养的婴儿，以及每天摄入婴儿配方奶粉少于32盎司的婴儿，都应在出生后不久开始每天补充400 IU的维生素D。请咨询您的医疗保健专业人士关于维生素D补充剂。
- + 有些婴儿需要补充铁剂。请与您的医疗保健专业人士讨论铁剂补充。
- + 婴儿大约6个月大时，可以开始添加辅食。在引入辅食的同时，继续母乳喂养或配方奶喂养至关重要。母乳或婴儿配方奶仍然是婴儿12个月以内主要的营养来源。
 - 如果您的婴儿有花生过敏的高风险（由于患有严重湿疹和/或鸡蛋过敏），请与您的医疗保健专业人员讨论尽早引入花生。
- + 长达4至6个月。这可以通过将少量花生酱与母乳或配方奶混合，将其稀释至安全浓度，然后用勺子喂食来实现。对于患有轻度至中度湿疹的婴儿，建议在6个月左右引入含花生食品。
- + 在大约6个月时，与其他辅食一起引入可能引起过敏的食物——包括坚果酱、鸡蛋、贝类和麸质。询问您的婴儿的医疗保健专业人员关于食物过敏的风险以及安全引入这些食物的方法。
- + 婴儿应该摄入多种营养密度高的食物，并具有适当的质地，同时避免营养贫乏和高度加工的食物。
- + 在补充喂养期间引入的营养密度高的食物示例包括：
 - 肉、禽和海鲜
 - 蔬菜和水果
 - 全脂酸奶和奶酪
 - 全谷物
 - 豆类和含有坚果或种子的食物（以安全、适合婴儿的方式制备）
- + 婴幼儿期和学龄前期应避免添加糖。



Introducing Food to Infants & Toddlers

- + Every child is different. Look for these signs that your child is developmentally ready to begin eating food:
 - Sits up alone or with support
 - Can control their head and neck
 - Tries to grasp small objects, such as toys or food
 - Brings objects to their mouth
 - Opens their mouth when food is offered
 - Moves food from the front to the back of their tongue to swallow
 - Swallows food instead of pushing it back out onto their chin
- + Parents and caregivers can encourage healthy eating by offering new foods multiple times—it may take 8 to 10 exposures before a young child is willing to try a new food—and by modeling healthy eating behaviors.

向婴儿和幼儿引入食物

- + 每个孩子都不同。寻找这些迹象，表明您的孩子已准备好开始进食食物：
 - 能独自坐稳或得到支撑
 - 能控制头部和颈部
 - 尝试抓握小物体，如玩具或食物
 - 将物体带到嘴边
 - 在提供食物时张嘴
 - 将食物从舌头前部移至后部以吞咽
 - 吞咽食物而不是将其推回下巴上
- + 父母和照护者可以通过多次提供新食物来鼓励健康饮食——可能需要8到10次接触，幼儿才会愿意尝试新食物——并通过示范健康饮食习惯。

Middle Childhood (5–10 Years)

- + Focus on whole, nutrient-dense foods such as protein foods, dairy, vegetables, fruits, healthy fats, and whole grains.
- + Full-fat dairy products are important for children to help meet energy needs and support brain development.
- + Avoid caffeinated beverages.
- + No amount of added sugars is recommended.
- + Make cooking meals fun and a regular part of the household's routine.

学龄期 (5-10岁)

- + 重点选择全谷物、营养密度高的食物，如蛋白质食物、乳制品、蔬菜、水果、健康脂肪和全谷物。
- + 全脂乳制品对儿童很重要，有助于满足能量需求并支持大脑发育。
- + 避免含咖啡因的饮料。
- + 不建议添加任何糖分。
- + 让烹饪饭菜变得有趣，并成为家庭日常的固定部分。

Adolescence (11–18 Years)

- + Adolescence is a rapid growth period with increased needs for energy, protein, calcium, and iron—especially for girls due to menstruation. Adequate calcium and vitamin D are vital for peak bone mass.
- + Adolescents should eat nutrient-dense foods such as dairy, leafy greens, and iron-rich animal foods, while significantly limiting sugary drinks and energy drinks and avoiding highly processed foods. When access to nutrient-rich foods is limited, fortified foods or supplements may be needed under medical guidance.
- + Encourage adolescents to become active participants in food shopping and cooking so they learn how to make healthy food choices for life.

青春期 (11-18岁)

- + 青春期是一个快速生长的时期，对能量、蛋白质、钙和铁的需求增加——尤其是女孩由于月经的影响。充足的钙和维生素D对达到峰值骨量至关重要。
- + 青少年应食用富含营养的食物，如乳制品、绿叶蔬菜和富含铁的动物性食物，同时显著限制含糖饮料和能量饮料，并避免高度加工食品。当获取富含营养的食物受限时，在医疗指导下可能需要强化食品或补充剂。
- + 青少年(11-18岁)应鼓励他们积极参与食品购物和烹饪，以便他们学会为一生做出健康的食品选择。
- + 鼓励青少年成为食品购物和烹饪的积极参与者，以便他们学会如何为一生做出健康的食品选择。



Young Adulthood

- + Following the *Dietary Guidelines* will support optimal health during this period, including reducing risk of the onset or progression of chronic disease and supporting other aspects of health. The brain continues to mature during young adulthood. While the most significant increases in bone density occur during adolescence, optimizing bone health to achieve peak bone mass and peak bone strength is essential. Additionally, following the *Dietary Guidelines* can support reproductive health for both women and men—with special emphasis on healthy fats, iron, and folate for women and healthy fats and protein for men.

Pregnant Women

- + Pregnancy increases nutrient needs to support maternal health and fetal growth, with iron, folate, and iodine as top priorities.
- + Pregnant women should consume diverse nutrient-dense foods, including iron-rich meats, folate-rich greens and legumes, choline-rich eggs, calcium-rich dairy, and low-mercury omega-3-rich seafood (e.g., salmon, sardines, trout).
- + Women should talk to their health care professional about taking a daily prenatal vitamin during pregnancy.

Lactating Women

- + Lactation increases energy and nutrient needs to support milk production and maternal health. Breastfeeding women should consume a wide variety of nutrient-dense foods, including vitamin B₁₂-rich protein sources such as meats, poultry, eggs, and dairy; omega-3-rich seafood; folate-rich legumes; and vitamin A-rich vegetables.
- + Women should talk to their health care professional about whether dietary supplements may be needed while breastfeeding.

Older Adults

- + Some older adults need fewer calories but still require equal or greater amounts of key nutrients such as protein, vitamin B₁₂, vitamin D, and calcium. To meet these needs, they should prioritize nutrient-dense foods such as dairy, meats, seafood, eggs, legumes, and whole plant foods (vegetables and fruits, whole grains, nuts, and seeds). When dietary intake or absorption is insufficient, fortified foods or supplements may be needed under medical supervision.

青年成年期

- + 遵循膳食指南将有助于在此期间保持最佳健康，包括降低发病或进展的风险。
- 慢性疾病并支持其他健康方面。大脑在青年期继续发育成熟。虽然骨密度最显著的增加发生在青春期，但优化骨健康以实现峰值骨量和峰值骨强度至关重要。
- 此外，遵循膳食指南可以支持男女双方的生殖健康——对女性特别强调健康脂肪、铁和叶酸，对男性则强调健康脂肪和蛋白质。

孕妇

- + 怀孕会增加营养需求，以支持母体健康和胎儿生长，铁、叶酸和碘是首要关注点。
- + 孕妇应摄入多种营养密集型食物，包括富含铁的肉类、富含叶酸的绿叶蔬菜和豆类、富含胆碱的鸡蛋、富含钙的乳制品，以及低汞的富含Omega-3的食物。海鲜（例如三文鱼、沙丁鱼、鲭鱼）。
- + 孕妇应咨询其医疗保健专业人士，了解在怀孕期间每天服用叶酸补充剂的情况。

哺乳期妇女

- + 哺乳期会增加能量和营养需求以支持乳汁分泌和母体健康。哺乳期妇女应摄入多种营养密集型食物，包括富含维生素B₁₂的蛋白质来源，如肉类、禽类，鸡蛋和乳制品；富含Omega-3的海鲜；富含叶酸的豆类；以及富含维生素A的蔬菜。
- + 哺乳期妇女应咨询其医疗保健专业人士，了解是否需要补充剂。

老年人

- + 一些老年人需要更少的卡路里，但仍需要相等或更多的关键营养素，如蛋白质、维生素B₁₂、维生素D和钙。为了满足这些需求，他们应优先选择营养密度高的食物，如乳制品、肉类、海鲜，鸡蛋、豆类和全植物性食物（蔬菜和水果、全谷物、坚果和种子）。当膳食摄入或吸收不足时，在医疗监督下可能需要强化食品或补充剂。



Individuals with Chronic Disease

- + Following the *Dietary Guidelines* can help prevent the onset or slow the rate of progression of chronic disease, especially cardiovascular disease, obesity, and type 2 diabetes. If you have a chronic disease, talk with your health care professional to see if you need to adapt the *Dietary Guidelines* to meet your specific needs.
- + Individuals with certain chronic diseases may experience improved health outcomes when following a lower carbohydrate diet. Work with your health care professional to identify and adopt a diet that is appropriate for you and your health condition.

Vegetarians & Vegans

- + Consume a variety of whole foods, especially protein-rich foods, such as dairy, eggs, beans, peas, lentils, legumes, nuts, seeds, tofu, or tempeh.
- + Significantly limit highly processed vegan or vegetarian foods that can include added fats, sugars, and salt.
- + Pay careful attention to potential nutrient gaps when consuming a vegetarian or vegan diet. Vegetarian diets often fall short in vitamins D and E, choline, and iron, whereas vegan diets show broader shortfalls in vitamins A, D, E, B₆, and B₁₂; riboflavin; niacin; choline; calcium; iron; magnesium; phosphorus; potassium; zinc; and protein. Monitor nutrient status periodically, especially for iron, vitamin B₁₂, vitamin D, calcium, and iodine.
- + To avoid nutrient gaps, prioritize targeted supplementation, diversify plant protein sources for amino acid balance, and enhance mineral bioavailability through food preparation techniques.

患有慢性疾病的人

- + 遵循膳食指南有助于预防+ 患有某些慢性疾病的人可能会延缓慢性疾病的发生或减缓其进展速度，尤其是心血管疾病、肥胖和2型糖尿病。当遵循低碳水化合物饮食时，这些人可能会改善健康状况。与你的医疗保健专业人员交谈，看看你是否需要调整膳食指南以满足你的具体健康需求，并确定和采用适合你和你健康状况的饮食。

素食者与纯素食者

- + 摄入多种全食物，尤其是富含蛋白质的食物，如乳制品、鸡蛋、豆类、扁豆、鹰嘴豆、坚果、种子、豆腐或豆豉。
- + 显著限制高度加工的素食或素食食品，这些食品可能含有添加的脂肪、糖和盐。
- + 在食用素食或纯素食时，要特别注意潜在的营养差距。素食通常缺乏维生素D和E、胆碱和铁，而纯素食显示维生素A、D、E、B₆ 和B₁₂更广泛的不足；核黄素；烟酸；胆碱；钙；铁；镁；磷；钾；锌；以及蛋白质。定期监测营养状况，特别是铁、维生素B₁₂、维生素D、钙和碘。
- + 为避免营养缺口，应优先进行针对性补充，多样化植物蛋白来源以平衡氨基酸，并通过食品加工技术提高矿物质生物利用率。