



The 2005 Dietary Guidelines (DG) Recommendations for **jessi5623** on 10/28/2005

Click directly on the emoticon (face) for more detailed dietary information.

Dietary Guidelines Recommendations	Emoticon	Number of cup/oz. Equ. Eaten	Number of cup/oz. Equ. Recommen
Grain		5.5 oz equivalent	5 oz equivalent
Vegetable		1.3 cup equivalent	2 cup equivalent
Fruit		2.4 cup equivalent	1.5 cup equivalent
Milk		2 cup equivalent	3 cup equivalent
Meat and Beans		5.7 oz equivalent	5 oz equivalent

Dietary Guidelines Recommendations	Emoticon	Amount Eaten	Recommendation c
Total Fat		31.6% of total calories	20% to 35%
Saturated Fat		7.9% of total calories	less than 10%
Cholesterol		409 mg	less than 300 mg
Sodium		3169 mg	less than 2300 mg
Oils	*	*	*
Discretionary calories (solid fats, added sugars, and alcohol)	*	*	*

* Calculations for oils and discretionary calories from foods are under revision.

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