

## Food and nutrition

Table 11.1.1. The 2000 Dietary Guidelines for Americans (Dietary Guidelines for Americans, 2000)

Guideline	Guideline	Guideline	Guideline	Guideline
1. Practice moderation.	2. Increase intake of grains, vegetables, fruits, and legumes.	3. Increase intake of low-fat dairy products.	4. Increase intake of fish, poultry, lean meats, and nuts.	5. Limit intake of fats, oils, and cholesterol.
6. Limit intake of sodium.	7. Limit intake of added sugars.	8. Limit intake of alcohol.	9. Limit intake of energy-dense, nutrient-poor foods.	10. Increase intake of water.
11. Increase intake of potassium.	12. Increase intake of calcium.	13. Increase intake of iron.	14. Increase intake of zinc.	15. Increase intake of iodine.
16. Increase intake of selenium.	17. Increase intake of magnesium.	18. Increase intake of phosphorus.	19. Increase intake of vitamin A.	20. Increase intake of vitamin C.
21. Increase intake of vitamin E.	22. Increase intake of vitamin K.	23. Increase intake of vitamin B6.	24. Increase intake of vitamin B12.	25. Increase intake of vitamin D.
26. Increase intake of vitamin B1.	27. Increase intake of vitamin B2.	28. Increase intake of vitamin B3.	29. Increase intake of vitamin B5.	30. Increase intake of vitamin B7.
31. Increase intake of vitamin B9.	32. Increase intake of vitamin B10.	33. Increase intake of vitamin B11.	34. Increase intake of vitamin B12.	35. Increase intake of vitamin B13.
36. Increase intake of vitamin B14.	37. Increase intake of vitamin B15.	38. Increase intake of vitamin B16.	39. Increase intake of vitamin B17.	40. Increase intake of vitamin B18.
41. Increase intake of vitamin B19.	42. Increase intake of vitamin B20.	43. Increase intake of vitamin B21.	44. Increase intake of vitamin B22.	45. Increase intake of vitamin B23.
46. Increase intake of vitamin B24.	47. Increase intake of vitamin B25.	48. Increase intake of vitamin B26.	49. Increase intake of vitamin B27.	50. Increase intake of vitamin B28.
51. Increase intake of vitamin B29.	52. Increase intake of vitamin B30.	53. Increase intake of vitamin B31.	54. Increase intake of vitamin B32.	55. Increase intake of vitamin B33.
56. Increase intake of vitamin B34.	57. Increase intake of vitamin B35.	58. Increase intake of vitamin B36.	59. Increase intake of vitamin B37.	60. Increase intake of vitamin B38.
61. Increase intake of vitamin B39.	62. Increase intake of vitamin B40.	63. Increase intake of vitamin B41.	64. Increase intake of vitamin B42.	65. Increase intake of vitamin B43.
66. Increase intake of vitamin B44.	67. Increase intake of vitamin B45.	68. Increase intake of vitamin B46.	69. Increase intake of vitamin B47.	70. Increase intake of vitamin B48.
71. Increase intake of vitamin B49.	72. Increase intake of vitamin B50.	73. Increase intake of vitamin B51.	74. Increase intake of vitamin B52.	75. Increase intake of vitamin B53.
76. Increase intake of vitamin B54.	77. Increase intake of vitamin B55.	78. Increase intake of vitamin B56.	79. Increase intake of vitamin B57.	80. Increase intake of vitamin B58.
81. Increase intake of vitamin B59.	82. Increase intake of vitamin B60.	83. Increase intake of vitamin B61.	84. Increase intake of vitamin B62.	85. Increase intake of vitamin B63.
86. Increase intake of vitamin B64.	87. Increase intake of vitamin B65.	88. Increase intake of vitamin B66.	89. Increase intake of vitamin B67.	90. Increase intake of vitamin B68.
91. Increase intake of vitamin B69.	92. Increase intake of vitamin B70.	93. Increase intake of vitamin B71.	94. Increase intake of vitamin B72.	95. Increase intake of vitamin B73.
96. Increase intake of vitamin B74.	97. Increase intake of vitamin B75.	98. Increase intake of vitamin B76.	99. Increase intake of vitamin B77.	100. Increase intake of vitamin B78.
101. Increase intake of vitamin B79.	102. Increase intake of vitamin B80.	103. Increase intake of vitamin B81.	104. Increase intake of vitamin B82.	105. Increase intake of vitamin B83.
106. Increase intake of vitamin B84.	107. Increase intake of vitamin B85.	108. Increase intake of vitamin B86.	109. Increase intake of vitamin B87.	110. Increase intake of vitamin B88.
111. Increase intake of vitamin B89.	112. Increase intake of vitamin B90.	113. Increase intake of vitamin B91.	114. Increase intake of vitamin B92.	115. Increase intake of vitamin B93.
116. Increase intake of vitamin B94.	117. Increase intake of vitamin B95.	118. Increase intake of vitamin B96.	119. Increase intake of vitamin B97.	120. Increase intake of vitamin B98.
121. Increase intake of vitamin B99.	122. Increase intake of vitamin B100.	123. Increase intake of vitamin B101.	124. Increase intake of vitamin B102.	125. Increase intake of vitamin B103.