JULY BREAKFAST

Tuesday – 7/5 NO BREAKAST DELIVERY Happy Independence Day	Wednesday – 7/6 Apple Juice Oatmeal Chicken Biscuit Fresh Fruit	Thursday – 7/7 Grape Juice Cinnamon Squares Cereal Pineapple and Cottage Cheese Wheat English Muffin & Peanut Butter
Tuesday – 7/12 Grape Juice Oatmeal String Cheese Pancakes (2) & Pancake Syrup	Wednesday – 7/13 Orange Juice Cheese Omelet Fig Bar Strawberry Craisins	Thursday – 7/14 Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel & Peanut Butter Tropical Fruit
Tuesday – 7/19 Grape Juice Hard Boiled Egg Whole Wheat Honey Bun Pineapple Tidbits	Wednesday – 7/20 Orange Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit	Thursday – 7/21 Grape Juice String Cheese Oatmeal French Toast Sticks & Pancake Syrup Raisins
Tuesday – 7/26 Grape Juice Turkey Sausage Links (2) Whole Wheat Honey Bun Strawberry Craisins	Wednesday – 7/27 Apple Juice Oatmeal Raisins Whole Wheat Bagel & Peanut Butter	Thursday – 7/28 Orange Juice Turkey Sausage Biscuit Swiss Cheese Bran Flakes Cereal

Dietary Guidelines for Americans 2020-2025

The *2020-2025 Dietary Guidelines* provides four overarching Guidelines that encourage healthy eating patterns at each stage of life and recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern. Make every bite count with the *Dietary Guidelines for Americans*. Here's how:

Guideline 1- Follow a healthy dietary pattern at every life stage. At every life stage-infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood-it is never too early or too late to eat healthfully. From 12 months through older adulthood, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.

Guideline 2- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations. A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.

Guideline 3- Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits. An underlying premise of the *Dietary Guidelines* is that nutritional needs should be met primarily from foods and beverages-specifically, nutrient dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits. The core elements that make up a healthy dietary pattern include:

- **Vegetables of all types**-dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- **Fruits**, especially whole fruit
- **Grains**, at least half of which are whole grain
- **Dairy**, including fat-free low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- **Protein foods,** including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- **Oils,** including vegetable oils and oils in food, such as seafood and nuts

Guideline 4-Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages. At every life stage, meeting food group recommendations even with nutrient-dense choices requires most of a person's daily calorie needs and sodium limits. A healthy dietary pattern doesn't have much room for extra added sugars, saturated fat, or sodium, or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited. **Limits are:**

- **Added sugars-**Less than 10 percent of calories per day
- **Saturated fat-**Less than 10 percent of calories per day
- **Sodium-**Less than 2, 300 milligrams per day
- **Alcoholic beverages-**Adults can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more.

Terms to Know

Several terms are used throughout the *Dietary Guidelines* and are essential to understanding the Guidelines and putting them into action. These terms are defined here:

- **Dietary pattern:** It is the combination of foods and beverages that constitutes an individual's complete dietary intake over time. This may be a description of a customary way of eating or a description of a combination of foods recommended for consumption.
- **Nutrient dense:** Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium. Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry when prepared with no or little added sugars, saturated fat, and sodium-are nutrient-dense foods.

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BIRD
CAT
CHICKEN
DOG
FISH
GUINEA PIG
HAMSTER
HORSE
IGUANA
LIZARD
SNAKE
TURTLE