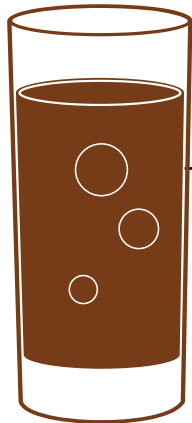


THE ROLE OF YOGURT IN THE AMERICAN DIET: AN EXPERT DISCUSSION

PART II:
COMPONENTS OF
A BALANCED DIET

Most Americans have diets heavy in nutrient-poor foods and consume an excess of saturated fats, added sugar, and refined grains.¹



150 CALORIES* | NO SIGNIFICANT NUTRIENT CONTENT

According to the Dietary Guidelines for Americans (DGA), most Americans need to increase their intake of nutrient-dense foods.¹

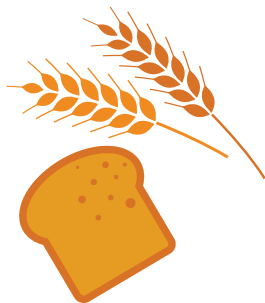
KEY FOOD GROUPS

Americans consume far too few fruits and vegetables, whole grains, milk and milk products, and seafood. Consumption of these key food groups is so far below recommended amounts that intake by Americans of some nutrients is of public health concern.¹

FRUITS & VEGETABLES



WHOLE GRAINS



DAIRY



SEAFOOD



“Americans consume far too few nutrient-dense foods...The 2010 dietary guidelines identified four nutrients of concern: potassium, dietary fiber, calcium, and vitamin D. These are nutrients that were consumed in insufficient levels by most segments of the population, from children and teens to adults and the elderly.”

- Sharon Donovan, PhD, RD, University of Illinois at Urbana-Champaign

Reference

1. Dietary Guidelines Advisory Committee. 2010. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010, to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

*Based on a 12 oz regular carbonated beverage

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