

GENERAL SUMMARY OF NUTRIENT RECOMMENDATIONS

NUTRIENT	RECOMMENDED AMOUNT	FOUND IN	TIPS
Fat	Limit saturated fats to 16-20 grams per day. Avoid trans fats when possible; limit to 1-2 gm per day	Red meat; full-fat dairy products like whole milk, cheese, and ice cream; oils; butter; nuts; most store-bought or bakery desserts	Look for healthy sources of fat, like fish, olive and vegetable oil, and nuts. Try low-fat dairy options, and eat smaller portions of red meat.
Carbohydrates	Varies depending on age, weight, and health status. Range: 100 -250 gm. Different recommendations for people with prediabetes or diabetes	Breads; pastas; rice; oats; cakes, cookies, snack foods like chips or pretzels; cereals; pastries; crackers; potatoes, corn, peas, winter squash	Try to make at least half your grains whole. Look for 100% whole wheat bread, pasta, crackers, and cereals; brown rice, oats, popcorn, and corn meal are also great examples of whole grains.
Protein	Varies depending on age, sex, health status, and sex. Range 50-100 gm	Beef, chicken, turkey; pork; fish; beans; dairy; eggs; nuts and seeds; soy	Look for leaner protein options, like chicken, low-fat yogurt, and eggs.
Salt (Sodium)	2,300 mg (=1 tsp) a day maximum for most adults 1,500 mg a day if age>50, Afro-American, or high blood pressure	Packaged snack foods; frozen foods; canned soups; canned veggies; restaurant foods; breads and rolls	Cook at home as much as possible. Rinse canned vegetables and beans to remove extra salt. Limit packaged snack foods.
Sugar	Maximum ADDED sugars recommended: <u>Women</u> : 6 to 7 tsp (24-28 gm) per day <u>Men</u> : 9 to 10 tsp (36-40 gm) per day This does not count naturally occurring sugars in foods/drinks	Sweets; certain cereals; cookies, cake, donuts, Danish, ice cream, granola bars and breakfast bars; drinks with added sugars (especially high fructose corn syrup)	Limit soda and juice intake, especially when juice is not 100% fruit juice. Check the nutrition facts to find out how much sugar is in bars and cereals, and aim for less than ten grams per serving.
Fiber	25-30 grams daily Recommendations may vary for people with certain GI conditions.	Whole grains like brown rice, whole wheat, oats; fruits; beans; vegetables	Eat fruit for a snack, and add vegetables to your favorite dishes. See tips above for eating more whole grains.
Calcium	1,000-1,200 mg daily for most adults, depending on age and sex. Requires adequate vitamin D for maximum effectiveness.	Dairy products; vegetables like leafy greens like kale, spinach and broccoli; sardines; fortified products like orange juice	Low-fat yogurt, milk, cheese and cottage cheese are great calcium sources. Add chopped spinach to common dishes like mac 'n' cheese and soups.