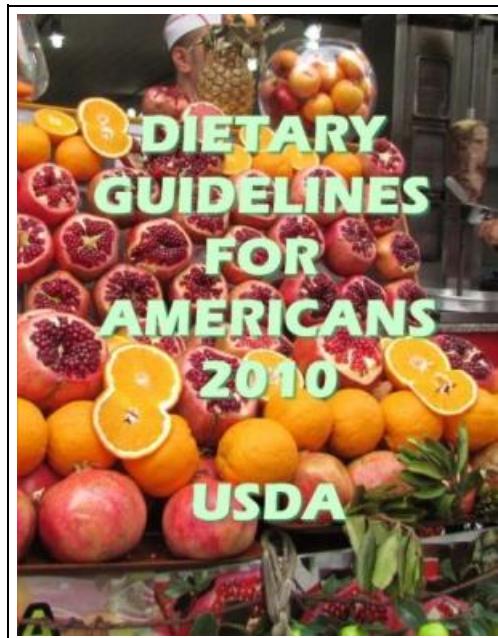


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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Live a life healthy and happy. Live longer. This book is a BW copy of the government publication. Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health. The Dietary Guidelines for Americans, 2010 exemplifies these strategies through recommendations that accommodate the food preferences, cultural traditions, and customs of the many and diverse groups who live in the United States. We are pleased to present the Dietary Guidelines for Americans, 2010. Based on the most recent scientific evidence review, this document provides information and advice for choosing a healthy eating pattern—namely, one that focuses on nutrient-dense foods and beverages, and that contributes to achieving and maintaining a healthy weight. Such a healthy eating pattern also embodies food safety principles to avoid foodborne illness. The 2010 Dietary Guidelines are intended to be used in developing educational materials and aiding policymakers in designing and carrying out nutrition-related programs, including Federal nutrition assistance and education programs. The Dietary Guidelines also serve as the basis for nutrition messages and consumer materials developed by nutrition educators and health professionals for the general public and specific audiences, such as children. This document is based on the recommendations put forward by the 2010 Dietary Guidelines Advisory Committee. The Committee was composed of scientific experts who reviewed and analyzed the most current information on diet and health and incorporated it into a scientific, evidence-based report. We want to thank them and the other public and private professionals who assisted in developing this document for their hard work and dedication....

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