

New Mexico State University

Extension Family and Consumer Sciences

Dietary Guidelines for Americans (DGA), 2025–2030 Explained

Daily Healthy Fat Recommendations

Healthy fats are found in whole foods, such as omega-3-rich seafood, raw nuts and seeds, olives, and avocados which are an important part of a balanced diet supporting human health.

The Dietary Guidelines for Americans (DGA) recommend limiting **saturated fat** intake to **less than 10% of your total daily calories**.

One of the best ways to meet this goal is to reduce intake of ultra processed foods, which are often high in saturated fat, added sugars, and sodium.

How to Calculate 10% of Your Daily Calories from Saturated Fat?

Follow these simple steps:

1. Know Your Daily Calorie Goal

Example: 2,000 calories per day

2. Multiply by 10%

$2,000 \times 0.10 = 200$ calories

This means no more than **200 calories per day** should come from saturated fat.

3. Convert Calories to Grams of Saturated Fat

Fat contains **9 calories per gram**.

$200 \div 9 =$ about 22 grams

Example: For a 2,000-calorie diet:

Limit saturated fat to about **22 grams per day**

Foods Higher in Saturated Fat May Include:

- Fried foods
- Fast food
- Ultra processed meats
- Pastries and baked goods
- Chips and snack foods
- High-fat dairy products
- Foods made with butter, shortening, or coconut oil

Key Point: Current research continues to explore which types of dietary fats best support long-term health. Focusing on whole foods, avoiding ultra processed foods and including a variety of healthy fat sources is recommended for overall wellness.



Important Note:

Individuals with medical conditions or special dietary needs should consult with their physician and/or registered dietitian for personalized nutrition guidance.

Resources:

- **Dietary Guidelines for Americans, 2025–2030:**
<https://cdn.realfood.gov/DGA.pdf>
- *Krause and Mahan's food and the nutrition care process* (16th ed.). Raymond, J. L., & Morrow, K. (2023). Elsevier.

Contact:

Dr. Zahra Zadeh, RDN, PhD
Extension Nutrition Specialist
Tel: 575-646-3097

email: zzadeh@nmsu.edu

<https://efcs.nmsu.edu/programs/food-nutrition-website.html>



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