

New Mexico State University

Extension Family and Consumer Sciences

Plate to Practice:

A Visual Translation of the Dietary Guidelines for Americans

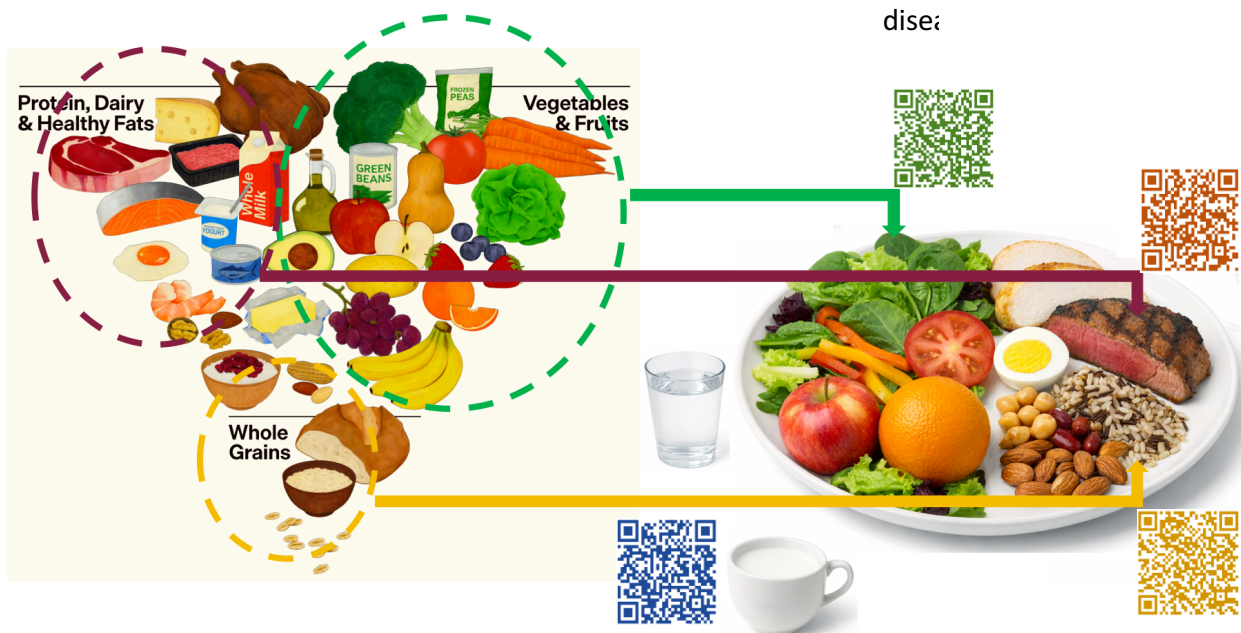
Eat the Right Amount and Pay Attention to Your Portion Sizes:

Your calorie needs depend on age, gender, size, and activity level.

- Eat more of nutrient-dense foods, real and whole foods.
- Limit ultra processed foods.

Build Your Plate Around Real Foods:

Choose protein foods, vegetables, fruits, whole grains, and dairy as the foundation of meals.



Key Health Habits

- Stay hydrated with water.
- Limit alcohol intake.
- Aim for balanced eating patterns over time, not perfection at every meal.
- Reduce foods high in added sugars, excess sodium, refined carbohydrates and artificial additives. These foods are linked to higher risk of chronic disease:

Key Points To Remember

- Include protein in each meal. Consume a balanced amount of animal- and plant- based sources of protein throughout the day.
- Eat and choose from a variety of colored vegetables and fruits every day from fresh, frozen, canned, or dried.
- Consume dairy daily and choose options with little or no added sugar.
- Consume 2-4 servings of carbohydrate each day, based on your energy needs.
- Focus on fiber-rich whole grains such as oats, brown rice, and whole wheat.
- Choose healthy fats from whole foods like fish, nuts, seeds, olives, limit saturated fats and avoid trans fats by limiting ultra processed foods.

Resources:

[Dietary Guidelines for Americans, 2025–2030](#)

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