

Dietary Guidelines For Americans





Message from the Secretaries

Welcome to the *Dietary Guidelines for Americans, 2025–2030*.

These Guidelines mark the most significant reset of federal nutrition policy in our nation's history.

The message is simple: eat real food.

To Make America Healthy Again, we must return to the basics. American households must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives, this approach can change the health trajectory for so many Americans.

The United States is amid a health emergency. Nearly 90% of health care spending goes to treating people who have chronic diseases.¹ Many of these illnesses are not genetic destiny; they are the predictable result of the Standard American Diet—a diet which, over time, has become reliant on highly processed foods and coupled with a sedentary lifestyle.

The consequences have been devastating. More than 70% of American adults are overweight or obese.² Nearly one in three American adolescents between the ages of 12 and 17 has prediabetes.³ Diet-driven chronic disease now disqualifies large numbers of young Americans from military service, undermining national readiness and cutting off a historic pathway to opportunity and upward mobility.⁴

For decades, federal incentives have promoted low-quality, highly processed foods and pharmaceutical intervention instead of prevention. This crisis is the result of poor policy choices; inadequate nutrition research; and a lack of coordination across federal, state, local, and private partners.

This changes today.

We are realigning our food system to support American farmers, ranchers, and companies who grow and produce real food—and the Trump administration is working to ensure all families can afford it.

We are putting real food back at the center of the American diet. Real food that nourishes the body. Real food that restores health. Real food that fuels energy and encourages movement and exercise. Real food that builds strength.

Under President Trump's leadership, we are restoring common sense, scientific integrity, and accountability to federal food and health policy—and we are reclaiming the food pyramid and returning it to its true purpose of educating and nourishing all Americans.

These Guidelines call on every American to eat more real food. They call on farmers, ranchers, health care professionals, insurers, educators, community leaders, industry, and lawmakers across all levels of government to join in this critical effort.

Together, we can shift our food system away from chronic disease and toward nutrient density, nourishment, resilience, and long-term health.

America's future depends on what we grow, what we serve, and what we choose to eat.

This is the foundation that will Make America Healthy Again.

Robert F. Kennedy, Jr.
Secretary,
U.S. Department of Health and
Human Services

Brooke L. Rollins
Secretary,
U.S. Department of Agriculture

¹ <https://www.cdc.gov/chronic-disease/data-research/facts-stats/index.html>

² <https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

³ <https://nls.cdc.gov/grasp/diabetes/diabetesatlas-spotlight.html>

⁴ <https://www.cdc.gov/physical-activity/sph/military-readiness/unfit-to-serve.html>





Eat the Right Amount for You

- ⊕ The calories you need depend on your age, sex, height, weight, and level of physical activity.
- ⊕ Pay attention to portion sizes, particularly for foods and beverages higher in calories.
- ⊕ Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.



Prioritize Protein Foods at Every Meal

- ⊕ Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.
- ⊕ Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.
- ⊕ Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.
- ⊕ Consume meat with no or limited added sugars, refined carbohydrates or starches, or chemical additives. If preferred, flavor with salt, spices, and herbs.
- ⊕ Protein serving goals: 1.2–1.6 grams of protein per kilogram of body weight per day, adjusting as needed based on your individual caloric requirements.



Consume Dairy

- ⊕ When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
- ⊕ Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

Gut Health

- ⊕ Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion. Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high-fiber foods support a diverse microbiome, which may be beneficial for health.



Eat Vegetables & Fruits Throughout the Day

- ⊕ Eat a variety of colorful, nutrient-dense vegetables and fruits.
- ⊕ Eat whole vegetables and fruits in their original form. Wash thoroughly prior to eating raw or cooking.
- ⊕ Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- ⊕ If preferred, flavor with salt, spices, and herbs.
- ⊕ 100% fruit or vegetable juice should be consumed in limited portions or diluted with water.
- ⊕ Vegetables and fruits serving goals for a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements:
 - Vegetables: 3 servings per day
 - Fruits: 2 servings per day



Incorporate Healthy Fats

- ⊕ Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- ⊕ When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.
- ⊕ In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.



Focus on Whole Grains

- ⊕ Prioritize fiber-rich whole grains.
- ⊕ Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- ⊕ Whole grains serving goals: 2–4 servings per day, adjusting as needed based on your individual caloric requirements.



Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

- Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt). Instead, prioritize nutrient-dense foods and home-prepared meals. When dining out, choose nutrient-dense options.
- Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives, and low-calorie non-nutritive sweeteners.
- Avoid sugar-sweetened beverages, such as sodas, fruit drinks, and energy drinks.
- While no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet, one meal should contain no more than 10 grams of added sugars.
- When selecting snack foods, added sugar limits should follow FDA "Healthy" claim limits. For example, grain snacks (e.g., crackers) should not exceed 5 grams of added sugar per $\frac{3}{4}$ ounce whole-grain equivalent, and dairy snacks (e.g., yogurt) should not exceed 2.5 grams of added sugar per $\frac{1}{2}$ cup equivalent.

Added Sugars

- To help identify sources of added sugars, look for ingredients that include the word "sugar" or "syrup" or end in "-ose."
- Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, agave syrup, corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, beet sugar, turbinado sugar, maltose, lactose, fruit juice concentrate, honey, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.
- Some foods and drinks, such as fruits and plain milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.



Limit Alcoholic Beverages

- + Consume less alcohol for better overall health.
- + People who should completely avoid alcohol include pregnant women, people who are recovering from alcohol use disorder or are unable to control the

amount they drink, and people taking medications or with medical conditions that can interact with alcohol. For those with a family history of alcoholism, be mindful of alcohol consumption and associated addictive behaviors.

Sodium

- + Sodium and electrolytes are essential for hydration. The general population, ages 14 and above, should consume less than 2,300 mg per day of sodium. Highly active individuals may benefit from increased sodium intake to offset sweat losses.
- + For children, the recommendations vary by age:
 - Ages 1–3: less than 1,200 mg per day
 - Ages 4–8: less than 1,500 mg per day
 - Ages 9–13: less than 1,800 mg per day
- + Highly processed foods that are high in sodium should be avoided.



Special Populations & Considerations

Infancy & Early Childhood (Birth–4 Years)

- ⊕ For about the first 6 months of life, feed your baby only breast milk. When breast milk is not available, feed your baby iron-fortified infant formula.
- ⊕ Continue breastfeeding as long as mutually desired by mother and child for 2 years or beyond. If feeding or supplementing your baby with infant formula, stop feeding your baby infant formula at 12 months of age and give them whole milk.
- ⊕ All breastfed infants, as well as infants who consume less than 32 ounces of infant formula per day, should receive a daily oral vitamin D supplement of 400 IU starting shortly after birth. Consult your health care professional about vitamin D supplementation.
- ⊕ Some infants require iron supplementation. Talk with your health care professional about iron supplementation.
- ⊕ At about 6 months of age, infants may begin to have solid foods. It is crucial to continue breastfeeding or formula feeding while solids are introduced. Breast milk or infant formula continues to be the main source of nutrition for your infant up to 12 months of age.
 - If your infant is at high risk for peanut allergy (due to the presence of severe eczema and/or egg allergy), talk with your health care professional about peanut introduction as early as 4 to 6 months. This can be done by mixing a small amount of peanut butter with breast milk or formula, thinning it to a safe consistency, and feeding it by spoon. For infants with mild to moderate eczema, introduce peanut-containing foods at around 6 months of age.
- ⊕ Introduce potentially allergenic foods—including nut butters, eggs, shellfish, and wheat—with other complementary foods at about 6 months. Ask your infant's health care professional about their risk for food allergies and safe ways to introduce these foods.
- ⊕ Infants should receive a diverse range of nutrient-dense foods in appropriate textures, while avoiding nutrient-poor and highly processed foods.
- ⊕ Examples of nutrient-dense foods to introduce during the complementary feeding period include:
 - Meat, poultry, and seafood
 - Vegetables and fruits
 - Full-fat yogurt and cheese
 - Whole grains
 - Legumes and nut- or seed-containing foods prepared in a safe, infant-appropriate form
- ⊕ Avoid added sugars during infancy and early childhood.



Introducing Food to Infants & Toddlers

- ⊕ Every child is different. Look for these signs that your child is developmentally ready to begin eating food:
 - Sits up alone or with support
 - Can control their head and neck
 - Tries to grasp small objects, such as toys or food
 - Brings objects to their mouth
 - Opens their mouth when food is offered
 - Moves food from the front to the back of their tongue to swallow
 - Swallows food instead of pushing it back out onto their chin
- ⊕ Parents and caregivers can encourage healthy eating by offering new foods multiple times—it may take 8 to 10 exposures before a young child is willing to try a new food—and by modeling healthy eating behaviors.

Middle Childhood (5–10 Years)

- ⊕ Focus on whole, nutrient-dense foods such as protein foods, dairy, vegetables, fruits, healthy fats, and whole grains.
- ⊕ Full-fat dairy products are important for children to help meet energy needs and support brain development.
- ⊕ Avoid caffeinated beverages.
- ⊕ No amount of added sugars is recommended.
- ⊕ Make cooking meals fun and a regular part of the household's routine.

Adolescence (11–18 Years)

- ⊕ Adolescence is a rapid growth period with increased needs for energy, protein, calcium, and iron—especially for girls due to menstruation. Adequate calcium and vitamin D are vital for peak bone mass.
- ⊕ Adolescents should eat nutrient-dense foods such as dairy, leafy greens, and iron-rich animal foods, while significantly limiting sugary drinks and energy drinks and avoiding highly processed foods. When access to nutrient-rich foods is limited, fortified foods or supplements may be needed under medical guidance.
- ⊕ Encourage adolescents to become active participants in food shopping and cooking so they learn how to make healthy food choices for life.



Young Adulthood

- Following the *Dietary Guidelines* will support optimal health during this period, including reducing risk of the onset or progression of chronic disease and supporting other aspects of health. The brain continues to mature during young adulthood. While the most significant increases in bone density occur during adolescence, optimizing

bone health to achieve peak bone mass and peak bone strength is essential. Additionally, following the *Dietary Guidelines* can support reproductive health for both women and men—with special emphasis on healthy fats, iron, and folate for women and healthy fats and protein for men.

Pregnant Women

- Pregnancy increases nutrient needs to support maternal health and fetal growth, with iron, folate, and iodine as top priorities.
- Pregnant women should consume diverse nutrient-dense foods, including iron-rich meats, folate-rich greens and legumes, choline-rich eggs, calcium-rich

dairy, and low-mercury omega-3-rich seafood (e.g., salmon, sardines, trout).

- Women should talk to their health care professional about taking a daily prenatal vitamin during pregnancy.

Lactating Women

- Lactation increases energy and nutrient needs to support milk production and maternal health. Breastfeeding women should consume a wide variety of nutrient-dense foods, including vitamin B₁₂-rich protein sources such as meats, poultry,

eggs, and dairy; omega-3-rich seafood; folate-rich legumes; and vitamin A-rich vegetables.

- Women should talk to their health care professional about whether dietary supplements may be needed while breastfeeding.

Older Adults

- Some older adults need fewer calories but still require equal or greater amounts of key nutrients such as protein, vitamin B₁₂, vitamin D, and calcium. To meet these needs, they should prioritize nutrient-dense foods such as dairy, meats, seafood,

eggs, legumes, and whole plant foods (vegetables and fruits, whole grains, nuts, and seeds). When dietary intake or absorption is insufficient, fortified foods or supplements may be needed under medical supervision.



Individuals with Chronic Disease

- Following the *Dietary Guidelines* can help prevent the onset or slow the rate of progression of chronic disease, especially cardiovascular disease, obesity, and type 2 diabetes. If you have a chronic disease, talk with your health care professional to see if you need to adapt the *Dietary Guidelines* to meet your specific needs.
- Individuals with certain chronic diseases may experience improved health outcomes when following a lower carbohydrate diet. Work with your health care professional to identify and adopt a diet that is appropriate for you and your health condition.

Vegetarians & Vegans

- Consume a variety of whole foods, especially protein-rich foods, such as dairy, eggs, beans, peas, lentils, legumes, nuts, seeds, tofu, or tempeh.
- Significantly limit highly processed vegan or vegetarian foods that can include added fats, sugars, and salt.
- Pay careful attention to potential nutrient gaps when consuming a vegetarian or vegan diet. Vegetarian diets often fall short in vitamins D and E, choline, and iron, whereas vegan diets show broader shortfalls in vitamins A, D, E, B₆, and B₁₂; riboflavin; niacin; choline; calcium; iron; magnesium; phosphorus; potassium; zinc; and protein. Monitor nutrient status periodically, especially for iron, vitamin B₁₂, vitamin D, calcium, and iodine.
- To avoid nutrient gaps, prioritize targeted supplementation, diversify plant protein sources for amino acid balance, and enhance mineral bioavailability through food preparation techniques.

Dietary Guidelines For Americans 2025-2030

2025-2030 美國膳食指南

--- PAGE 2 (第 2 頁) ---

Message from the Secretaries 部長致詞

Welcome to the Dietary Guidelines for Americans, 2025-2030.

歡迎閱讀《2025-2030 美國膳食指南》。

These Guidelines mark the most significant reset of federal nutrition policy in our nation's history.

這些指南標誌著我國歷史上聯邦營養政策最重大的重啟。

The message is simple: eat real food. 傳遞的訊息很簡單：吃真正的食物。

To Make America Healthy Again, we must return to the basics. American households must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains.

為了「讓美國再次健康」，我們必須回歸基本面。美國家庭必須優先選擇以原型、營養密集的食物為基礎的飲食——包括蛋白質、乳製品、蔬菜、水果、健康脂肪和全穀物。

Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives, this approach can change the health trajectory for so many Americans.

配合大幅減少攝取充滿精製碳水化合物、添加糖、過量鈉、不健康脂肪及化學添加物的高度加工食品，這種方法將能改變許多美國人的健康軌跡。

The United States is amid a health emergency. Nearly 90% of health care spending goes to treating people who have chronic diseases.

美國正處於一場健康緊急狀態之中。近 90% 的醫療保健支出都用於治療慢性病患者。

Many of these illnesses are not genetic destiny; they are the predictable result of the Standard American Diet—a diet which, over time, has become reliant on highly processed foods and coupled with a sedentary lifestyle.

許多這類疾病並非基因注定的宿命；它們是「標準美式飲食」的可預見後果——這種飲食模式隨著時間推移，已變得依賴高度加工食品，並伴隨著久坐不動的生活型態。

The consequences have been devastating. More than 70% of American adults are overweight or obese. Nearly one in three American adolescents between the ages of 12 and 17 has prediabetes.

其後果是毀滅性的。超過 70% 的美國成年人體重過重或肥胖。在 12 至 17 歲的美國青少年中，近三分之一患有糖尿病前期。

Diet-driven chronic disease now disqualifies large numbers of young Americans from military service, undermining national readiness and cutting off a historic pathway to opportunity and upward mobility.

飲食造成的慢性疾病如今導致大量美國年輕人不符合服兵役的資格，這不僅削弱了國家的戰備能力，也切斷了一條歷史悠久的機會之路與社會階級流動的管道。

For decades, federal incentives have promoted low-quality, highly processed foods and pharmaceutical intervention instead of prevention.

數十年來，聯邦政府的獎勵措施推廣了劣質、高度加工食品以及藥物干預，而非預防措施。

This crisis is the result of poor policy choices; inadequate nutrition research; and a lack of coordination across federal, state, local, and private partners.

這場危機源於錯誤的政策選擇、不足的營養研究，以及聯邦、州、地方和私營合作夥伴之間缺乏協調。

This changes today. 這一切將從今天開始改變。

We are realigning our food system to support American farmers, ranchers, and companies who grow and produce real food—and the Trump administration is working to ensure all families can afford it.

我們正在重新調整食品體系，以支持種植與生產「真正的食物」的美國農民、牧場主和企業——川普政府也正致力於確保所有家庭都能負擔得起這些食物。

We are putting real food back at the center of the American diet. Real food that nourishes the body.

我們要讓「真正的食物」重回美國飲食的核心。那是能滋養身體的真正食物。

Real food that restores health. Real food that fuels energy and encourages movement and exercise. Real food that builds strength.

能恢復健康的真正食物。能提供能量並鼓勵活動與運動的真正食物。以及能強健體魄的真正食物。

Under President Trump's leadership, we are restoring common sense, scientific integrity, and accountability to federal food and health policy—and we are reclaiming the food pyramid and returning it to its true purpose of educating and nourishing all Americans.

在川普總統的領導下，我們正在讓聯邦食品與健康政策重拾常識、科學誠信與責任感——我們將收回「食物金字塔」的主導權，並使其回歸教育與滋養所有美國人的真正宗旨。

These Guidelines call on every American to eat more real food. They call on farmers, ranchers, health care professionals, insurers, educators, community leaders, industry, and lawmakers across all levels of government to join in this critical effort.

這些指南呼籲每一位美國人多吃真正的食物。同時也呼籲農民、牧場主、醫療專業人員、保險業者、教育工作者、社區領袖、產業界以及各級政府的立法者，共同加入這項關鍵的努力。

Together, we can shift our food system away from chronic disease and toward nutrient density, nourishment, resilience, and long-term health.

只要團結一心，我們就能扭轉現有的食品體系，使其遠離慢性疾病，並朝向營養密集、充分滋養、具備韌性與長期健康的目標邁進。

America's future depends on what we grow, what we serve, and what we choose to eat.

美國的未來取決於我們種植什麼、供應什麼，以及選擇吃什麼。

This is the foundation that will Make America Healthy Again.

這正是「讓美國再次健康」的基石。

--- PAGE 3 (第 3 頁) ---

Eat the Right Amount for You 吃適合您的份量

The calories you need depend on your age, sex, height, weight, and level of physical activity.

您所需的熱量取決於您的年齡、性別、身高、體重和體能活動程度。

Pay attention to portion sizes, particularly for foods and beverages higher in calories.
注意食物份量，特別是熱量較高的食物和飲料。

Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.

水分補充是整體健康的關鍵因素。選擇水（一般水或氣泡水）和無糖飲料。

Prioritize Protein Foods at Every Meal 每餐優先攝取蛋白質食物

Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.

優先選擇高品質、營養密集的蛋白質食物，作為健康飲食模式的一部分。

Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.

攝取多樣化的動物性蛋白質來源，包括雞蛋、家禽、海鮮和紅肉，以及多樣化的植物性蛋白質來源，包括豆類、豌豆、扁豆、豆科植物、堅果、種子和黃豆。

Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.

將油炸烹調方式替換為烘焙、炙燒、烤、快炒或燒烤。

Consume Dairy 攝取乳製品

When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.

攝取乳製品時，應包含無添加糖的全脂乳製品。乳製品是蛋白質、健康脂肪、維生素和礦物質的極佳來源。

Consume meat with no or limited added sugars, refined carbohydrates or starches, or chemical additives. If preferred, flavor with salt, spices, and herbs.

攝取不含或僅含少量添加糖、精製碳水化合物或澱粉、或化學添加物的肉類。如果喜歡，可用鹽、香料和草本植物調味

Protein serving goals: 1.2-1.6 grams of protein per kilogram of body weight per day, adjusting as needed based on your individual caloric requirements.

蛋白質攝取目標：每天每公斤體重攝取 1.2 至 1.6 克蛋白質，並根據您的個人熱量需求進行調整。

Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

乳製品攝取目標：在 2,000 卡路里的飲食模式中，每天 3 份，並根據您的個人熱量需求進行調整。

Gut Health 腸道健康

Your gut contains trillions of bacteria and other microorganisms called the microbiome.

您的腸道含有數兆個細菌和其他微生物，稱為微生物群系。

A healthy diet supports a well-balanced microbiome and healthy digestion.
健康的飲食有助於維持平衡的微生物群系和健康的消化功能。

Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high-fiber foods support a diverse microbiome, which may be beneficial for health.

高度加工食品可能會破壞這種平衡，而蔬菜、水果、發酵食物（如酸菜、泡菜、克菲爾菌、味噌）和高纖維食物則有助於維持多樣化的微生物群系，這可能對健康有益。

--- PAGE 4 (第 4 頁) ---

Eat Vegetables & Fruits Throughout the Day 全天攝取蔬菜與水果

Eat a variety of colorful, nutrient-dense vegetables and fruits.

攝取各種顏色豐富、營養密集的蔬菜和水果。

Eat whole vegetables and fruits in their original form. Wash thoroughly prior to eating raw or cooking.

食用保持原始形態的原型蔬菜和水果。在生吃或烹飪前請徹底清洗。

Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.

不含或僅含極少量添加糖的冷凍、乾燥或罐頭蔬果也可以是不錯的選擇。

If preferred, flavor with salt, spices, and herbs.

如果喜歡，可用鹽、香料和草本植物調味。

100% fruit or vegetable juice should be consumed in limited portions or diluted with water.

100% 果汁或蔬菜汁應限量飲用或加水稀釋。

Vegetables and fruits serving goals for a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements:

在 2,000 卡路里的飲食模式中，蔬菜和水果的攝取目標（並根據您的個人熱量需求進行調整）：

Vegetables: 3 servings per day

蔬菜：每天 3 份

Fruits: 2 servings per day

水果：每天 2 份

Incorporate Healthy Fats 摄取健康脂肪

Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.

許多原型食物中都含有豐富的健康脂肪，例如肉類、家禽、雞蛋、富含 Omega-3 的海鮮、堅果、種子、全脂乳製品、橄欖和酪梨。

When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.

在烹飪或在餐點中添加脂肪時，優先選擇含有必需脂肪酸的油類，如橄欖油。其他選擇可包括奶油或牛脂。

In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.

一般而言，飽和脂肪的攝取量不應超過每日總熱量的 10%。大幅限制高度加工食品將有助於達成此目標。需要更多高品質的研究來確定哪種類型的膳食脂肪最能支持長期健康。

Focus on Whole Grains 專注於全穀物

Prioritize fiber-rich whole grains.

優先選擇富含纖維的全穀物。

Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.

大幅減少攝取高度加工的精製碳水化合物，例如白麵包、即食或包裝早餐食品、麵粉薄餅和蘇打餅乾。

Whole grains serving goals: 2-4 servings per day, adjusting as needed based on your individual caloric requirements.

全穀物攝取目標：每天 2-4 份，並根據您的個人熱量需求進行調整。

Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

限制高度加工食品、添加糖與精製碳水化合物

Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt). Instead, prioritize nutrient-dense foods and home-prepared meals. When dining out, choose nutrient-dense options.

避免食用高度加工的包裝食品、調理食品、即食食品或其他鹹或甜的食物，例如含有添加糖和鈉（鹽）的洋芋片、餅乾和糖果。取而代之的是，優先選擇營養密集的食物和在家烹調的餐點。在外用餐時，選擇營養密集的選項。

Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives, and low-calorie non-nutritive sweeteners.

限制含有納入人工香料、石油基色素、人工防腐劑和低卡路里無營養甜味劑的食物與飲料。

Avoid sugar-sweetened beverages, such as sodas, fruit drinks, and energy drinks.

避免含糖飲料，如汽水、果汁飲料和能量飲料。

While no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet, one meal should contain no more than 10 grams of added sugars.

雖然不建議攝取任何量的添加糖或無營養甜味劑，也不認為它們是健康或營養飲食的一部分，但一餐中的添加糖含量不應超過 10 克。

When selecting snack foods, added sugar limits should follow FDA "Healthy" claim limits. For example, grain snacks (e.g., crackers) should not exceed 5 grams of added sugar per ounce whole-grain equivalent, and dairy snacks (e.g., yogurt) should not exceed 2.5 grams of added sugar per 2/3 cup equivalent.

選擇零食時，添加糖的限制應遵循 FDA 「健康 (Healthy)」 聲明的限制標準。

例如，穀物零食（如蘇打餅乾）每盎司全穀物當量的添加糖不應超過 5 克，乳製品零食（如優格）每 2/3 杯當量的添加糖不應超過 2.5 克。

Added Sugars 添加糖

To help identify sources of added sugars, look for ingredients that include the word "sugar" or "syrup" or end in "-ose."

為了幫助識別添加糖的來源，請留意含有「糖 (sugar)」或「糖漿 (syrup)」字眼，或以「-ose (糖)」結尾的成分。

Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, agave syrup, corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, beet sugar, turbinado sugar, maltose, lactose, fruit juice concentrate, honey, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.

添加糖在成分標籤上可能以許多不同的名稱出現，包括高果糖玉米糖漿、龍舌蘭糖漿、玉米糖漿、米糖漿、果糖、葡萄糖、右旋糖、蔗糖、甘蔗糖、甜菜糖、原蔗糖、麥芽糖、乳糖、濃縮果汁、蜂蜜和糖蜜。無營養甜味劑的例子包括阿斯巴甜、蔗糖素、糖精、木糖醇和acesulfame K。

Some foods and drinks, such as fruits and plain milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.

有些食物和飲料，如水果和原味牛奶，含有天然存在的糖分。這些食物中的糖分不被視為添加糖。

--- PAGE 6 (第 6 頁) ---

Limit Alcoholic Beverages 限制酒精飲料

Consume less alcohol for better overall health.

為了整體健康，請減少酒精攝取。

People who should completely avoid alcohol include pregnant women, people who are recovering from alcohol use disorder or are unable to control the amount they drink, and people taking medications or with medical conditions that can interact with alcohol.

應完全避免飲酒的人包括孕婦、正在從酒精使用障礙中康復或無法控制飲酒量的人，以及正在服用藥物或患有會與酒精產生交互作用的疾病的人。

For those with a family history of alcoholism, be mindful of alcohol consumption and associated addictive behaviors.

對於有酗酒家族史的人，請留意酒精攝取及相關的成癮行為。

Sodium 鈉

Sodium and electrolytes are essential for hydration. The general population, ages 14 and above, should consume less than 2,300 mg per day of sodium.

鈉和電解質對於水分補充至關重要。一般人群（14 歲及以上）每天的鈉攝取量應少於 2,300 毫克。

Highly active individuals may benefit from increased sodium intake to offset sweat losses.

活動量大的人可能會因增加鈉攝取量以彌補流汗流失而受益。

For children, the recommendations vary by age:

對於兒童，建議量因年齡而異：

Ages 1-3: less than 1,200 mg per day

1-3 歲：每天少於 1,200 毫克

Ages 4-8: less than 1,500 mg per day

4-8 歲：每天少於 1,500 毫克

Ages 9-13: less than 1,800 mg per day

9-13 歲：每天少於 1,800 毫克

Highly processed foods that are high in sodium should be avoided.

應避免高鈉的高度加工食品。

--- PAGE 7 (第 7 頁) ---

Special Populations & Considerations 特殊族群與考量

Infancy & Early Childhood (Birth-4 Years)

嬰兒期與幼兒早期（出生至 4 歲）

For about the first 6 months of life, feed your baby only breast milk. When breast milk is not available, feed your baby iron-fortified infant formula.

在生命的前 6 個月左右，只餵哺母乳。當無法提供母乳時，餵哺強化鐵質的嬰兒配方奶粉。

Continue breastfeeding as long as mutually desired by mother and child for 2 years or beyond.

只要母子雙方都願意，持續餵哺母乳至 2 歲或更久。

If feeding or supplementing your baby with infant formula, stop feeding your baby infant formula at 12 months of age and give them whole milk.

如果餵哺或補充嬰兒配方奶粉，請在寶寶 12 個月大時停止餵食配方奶，改餵全脂牛奶。

All breastfed infants, as well as infants who consume less than 32 ounces of infant formula per day, should receive a daily oral vitamin D supplement of 400 IU starting shortly after birth.

所有喝母乳的嬰兒，以及每天攝取少於 32 盎司嬰兒配方奶粉的嬰兒，應在出生後不久開始每天口服補充 400 IU 的維生素 D。

Consult your health care professional about vitamin D supplementation.
請諮詢您的醫療專業人員關於維生素 D 的補充。

Some infants require iron supplementation. Talk with your health care professional about iron supplementation.

有些嬰兒需要補充鐵質。請與您的醫療專業人員討論鐵質補充事宜。

At about 6 months of age, infants may begin to have solid foods. It is crucial to continue breastfeeding or formula feeding while solids are introduced.

大約 6 個月大時，嬰兒可以開始吃固體食物。在引入固體食物的同時，繼續餵哺母乳或配方奶至關重要。

Breast milk or infant formula continues to be the main source of nutrition for your infant up to 12 months of age.

直到 12 個月大之前，母乳或嬰兒配方奶仍是嬰兒的主要營養來源。

If your infant is at high risk for peanut allergy (due to the presence of severe eczema and/or egg allergy), talk with your health care professional about peanut introduction as early as 4 to 6 months.

如果您的嬰兒屬於花生過敏的高風險群（由於患有嚴重濕疹和/或雞蛋過敏），請與您的醫療專業人員討論最早在 4 至 6 個月大時引入花生。

This can be done by mixing a small amount of peanut butter with breast milk or formula, thinning it to a safe consistency, and feeding it by spoon.

做法是將少量花生醬與母乳或配方奶混合，稀釋至安全的濃稠度，並用湯匙餵食。

For infants with mild to moderate eczema, introduce peanut-containing foods at around 6 months of age.

對於患有輕度至中度濕疹的嬰兒，大約在 6 個月大時引入含花生的食物。

Introduce potentially allergenic foods—including nut butters, eggs, shellfish, and wheat—with other complementary foods at about 6 months.

大約在 6 個月大時，隨其他副食品一同引入潛在的過敏性食物——包括堅果醬、雞蛋、貝類和小麥。

Ask your infant's health care professional about their risk for food allergies and safe ways to introduce these foods.

向您嬰兒的醫療專業人員詢問食物過敏的風險以及引入這些食物的安全方法。

Infants should receive a diverse range of nutrient-dense foods in appropriate textures, while avoiding nutrient-poor and highly processed foods.

嬰兒應攝取質地適宜的多樣化營養密集食物，同時避免營養貧乏和高度加工的食物。

Examples of nutrient-dense foods to introduce during the complementary feeding period include:

在副食品餵食期間可引入的營養密集食物範例包括：

Meat, poultry, and seafood 肉類、家禽和海鮮

Vegetables and fruits 蔬菜和水果

Full-fat yogurt and cheese 全脂優格和起司

Whole grains 全穀物

Legumes and nut- or seed-containing foods prepared in a safe, infant-appropriate form

豆類以及以安全、適合嬰兒的形式製備的含堅果或種子食物

Avoid added sugars during infancy and early childhood.

在嬰兒期和幼兒早期避免添加糖。

--- PAGE 8 (第 8 頁) ---

Introducing Food to Infants & Toddlers 向嬰兒與幼兒引入食物

Every child is different. Look for these signs that your child is developmentally ready to begin eating food:

每個孩子都是不同的。觀察以下跡象，確認您的孩子在發育上是否已準備好開始進食：

Sits up alone or with support

能獨自坐起或在支撐下坐起

Can control their head and neck

能控制頭部和頸部

Tries to grasp small objects, such as toys or food

嘗試抓取小物品，如玩具或食物

Brings objects to their mouth
將物品放入口中

Opens their mouth when food is offered
當提供食物時會張開嘴巴

Moves food from the front to the back of their tongue to swallow
將食物從舌頭前方移至後方以吞嚥

Swallows food instead of pushing it back out onto their chin
吞嚥食物而不是將其推回下巴處

Parents and caregivers can encourage healthy eating by offering new foods multiple times—it may take 8 to 10 exposures before a young child is willing to try a new food—and by modeling healthy eating behaviors.

父母和照顧者可以透過多次提供新食物來鼓勵健康飲食——幼兒可能需要接觸 8 到 10 次才願意嘗試新食物——並透過以身作則展現健康的飲食行為。

Middle Childhood (5-10 Years) 兒童中期（5-10 歲）

Focus on whole, nutrient-dense foods such as protein foods, dairy, vegetables, fruits, healthy fats, and whole grains.

專注於原型、營養密集的食物，如蛋白質食物、乳製品、蔬菜、水果、健康脂肪和全穀物。

Full-fat dairy products are important for children to help meet energy needs and support brain development.

全脂乳製品對兒童很重要，有助於滿足能量需求並支持大腦發育。

Avoid caffeinated beverages.
避免含咖啡因飲料。

No amount of added sugars is recommended.
不建議攝取任何量的添加糖。

Make cooking meals fun and a regular part of the household's routine.
讓烹飪餐點變得有趣並成為家庭日常生活的一部分。

Adolescence (11-18 Years) 青春期 (11-18 歲)

Adolescence is a rapid growth period with increased needs for energy, protein, calcium, and iron—especially for girls due to menstruation. Adequate calcium and vitamin D are vital for peak bone mass.

青春期是一個快速生長的時期，對能量、蛋白質、鈣和鐵的需求增加——尤其是女孩因生理期的緣故。充足的鈣和維生素 D 對於達到骨質高峰 (Peak Bone Mass) 至關重要。

Adolescents should eat nutrient-dense foods such as dairy, leafy greens, and iron-rich animal foods, while significantly limiting sugary drinks and energy drinks and avoiding highly processed foods. When access to nutrient-rich foods is limited, fortified foods or supplements may be needed under medical guidance.

青少年應攝取營養密集的食物，如乳製品、綠葉蔬菜和富含鐵質的動物性食物，同時大幅限制含糖飲料和能量飲料並避免高度加工食品。當難以取得營養豐富的食物時，可能需要在醫療指導下使用強化食品或補充劑。

Encourage adolescents to become active participants in food shopping and cooking so they learn how to make healthy food choices for life.

鼓勵青少年積極參與購買食物和烹飪，讓他們學會如何為終身健康做出食物選擇。

--- PAGE 9 (第 9 頁) ---

Young Adulthood 青壯年期

Following the Dietary Guidelines will support optimal health during this period, including reducing risk of the onset or progression of chronic disease and supporting other aspects of health.

遵循飲食指南將支持此時期的最佳健康狀態，包括降低慢性疾病發病或惡化的風險，並支持其他方面的健康。

The brain continues to mature during young adulthood. While the most significant increases in bone density occur during adolescence, optimizing bone health to achieve peak bone mass and peak bone strength is essential.

大腦在青壯年期持續成熟。雖然骨密度的最顯著增加發生在青春期，但優化骨骼健康以達到骨質高峰和骨骼強度高峰是至關重要的。

Additionally, following the Dietary Guidelines can support reproductive health for both women and men—with special emphasis on healthy fats, iron, and folate for women and healthy fats and protein for men.

此外，遵循飲食指南可以支持男性和女性的生殖健康——女性應特別強調健康脂肪、鐵和葉酸的攝取，男性則應強調健康脂肪和蛋白質。

Pregnant Women 孕婦

Pregnancy increases nutrient needs to support maternal health and fetal growth, with iron, folate, and iodine as top priorities.

懷孕會增加營養需求以支持母體健康和胎兒生長，其中鐵、葉酸和碘為首要重點。

Pregnant women should consume diverse nutrient-dense foods, including iron-rich meats, folate-rich greens and legumes, choline-rich eggs, calcium-rich dairy, and low-mercury omega-3-rich seafood (e.g., salmon, sardines, trout).

孕婦應攝取多樣化的營養密集食物，包括富含鐵的肉類、富含葉酸的綠色蔬菜和豆類、富含膽鹼的雞蛋、富含鈣的乳製品，以及低汞且富含 Omega-3 的海鮮（如鮭魚、沙丁魚、鱈魚）。

Women should talk to their health care professional about taking a daily prenatal vitamin during pregnancy.

婦女在懷孕期間應與醫療專業人員討論每天服用產前維生素的事宜。

Lactating Women 哺乳期婦女

Lactation increases energy and nutrient needs to support milk production and maternal health.

哺乳期會增加能量和營養需求，以支持乳汁分泌和母體健康。

Breastfeeding women should consume a wide variety of nutrient-dense foods, including vitamin B12-rich protein sources such as meats, poultry, eggs, and dairy; omega-3-rich seafood; folate-rich legumes; and vitamin A-rich vegetables.

哺乳婦女應攝取種類廣泛的營養密集食物，包括富含維生素 B12 的蛋白質來源，如肉類、家禽、雞蛋和乳製品；富含 Omega-3 的海鮮；富含葉酸的豆類；以及富含維生素 A 的蔬菜。

Women should talk to their health care professional about whether dietary supplements may be needed while breastfeeding.

婦女應與醫療專業人員討論哺乳期間是否需要膳食補充劑。

Older Adults 老年人

Some older adults need fewer calories but still require equal or greater amounts of key nutrients such as protein, vitamin B12, vitamin D, and calcium.

一些老年人需要的熱量較少，但仍需要同等或更多量的關鍵營養素，如蛋白質、維生素 B12、維生素 D 和鈣。

To meet these needs, they should prioritize nutrient-dense foods such as dairy, meats, seafood, eggs, legumes, and whole plant foods (vegetables and fruits, whole grains, nuts, and seeds).

為了滿足這些需求，他們應優先選擇營養密集的食物，如乳製品、肉類、海鮮、雞蛋、豆類和原型植物性食物（蔬菜和水果、全穀物、堅果和種子）。

When dietary intake or absorption is insufficient, fortified foods or supplements may be needed under medical supervision.

當飲食攝取或吸收不足時，可能需要在醫療監督下使用強化食品或補充劑。

--- PAGE 10 (第 10 頁) ---

Individuals with Chronic Disease 慢性病患者

Following the Dietary Guidelines can help prevent the onset or slow the rate of progression of chronic disease, especially cardiovascular disease, obesity, and type 2 diabetes.

遵循飲食指南有助於預防慢性病的發作或減緩其惡化速度，特別是心血管疾病、肥胖和第二型糖尿病。

If you have a chronic disease, talk with your health care professional to see if you need to adapt the Dietary Guidelines to meet your specific needs.

如果您患有慢性病，請與您的醫療專業人員討論，看看是否需要調整飲食指南以滿足您的特定需求。

Individuals with certain chronic diseases may experience improved health outcomes when following a lower carbohydrate diet.

患有某些慢性病的個人在遵循低碳水化合物飲食時，可能會改善健康結果。

Work with your health care professional to identify and adopt a diet that is appropriate for you and your health condition.

請與您的醫療專業人員合作，確定並採用適合您和您健康狀況的飲食。

Vegetarians & Vegans 素食者與全素者

Consume a variety of whole foods, especially protein-rich foods, such as dairy, eggs, beans, peas, lentils, legumes, nuts, seeds, tofu, or tempeh.

攝取多樣化的原型食物，特別是富含蛋白質的食物，如乳製品、雞蛋、豆類、豌豆、扁豆、豆科植物、堅果、種子、豆腐或天貝。

Significantly limit highly processed vegan or vegetarian foods that can include added fats, sugars, and salt.

大幅限制可能含有添加脂肪、糖和鹽的高度加工全素或素食食品。

Pay careful attention to potential nutrient gaps when consuming a vegetarian or vegan diet.

採取素食或全素飲食時，請特別注意潛在的營養缺口。

Vegetarian diets often fall short in vitamins D and E, choline, and iron, whereas vegan diets show broader shortfalls in vitamins A, D, E, B6, and B12; riboflavin; niacin; choline; calcium; iron; magnesium; phosphorus; potassium; zinc; and protein. 素食飲食常缺乏維生素 D 和 E、膽鹼和鐵，而全素飲食則在維生素 A、D、E、B6 和 B12；核黃素；菸鹼酸；膽鹼；鈣；鐵；鎂；磷；鉀；鋅和蛋白質方面表現出更廣泛的不足。

Monitor nutrient status periodically, especially for iron, vitamin B12, vitamin D, calcium, and iodine.

定期監測營養狀況，特別是鐵、維生素 B12、維生素 D、鈣和碘。

To avoid nutrient gaps, prioritize targeted supplementation, diversify plant protein sources for amino acid balance, and enhance mineral bioavailability through food preparation techniques.

為了避免營養缺口，應優先考慮針對性的補充劑，多樣化植物蛋白來源以平衡胺基酸，並透過食物製備技術提高礦物質的生物利用率。



世代的轉變：解析2025-2030年美國最新飲食指南 一場回歸「真實食物」（Real Food）的根本性重設

發布單位：美國衛生及公共服務部 (U.S. Department of Health and Human Services)
與美國農業部 (U.S. Department of Agriculture)

美國正處於一場健康危機之中

70% 90% 50%

超過70%的美國成年人過重或肥胖。

近90%的醫療支出用於治療慢性病，而其中多數與飲食和生活方式相關。

50%的美國人患有糖尿病前期或糖尿病。

這些疾病並非遺傳的宿命，而是可預見的結果——源於數十年來對高度加工食品的依賴。

數十年的錯誤指引，導致了史無前例的慢性病發生率

過去的錯誤

數十年來，聯邦政策的誘因推廣了低品質、高度加工的食品，並優先考慮藥物干預而非預防。

飲食驅動的慢性病，現已導致大量年輕美國人喪失服兵役資格，損害了國家戰備能力。

視覺對比



舊版1992年食物金字塔

這場危機是糟糕的政策選擇、不充分的營養研究以及缺乏協調的結果。

今天，這一切將有所改變。

這次的指南標誌著我國歷史上聯邦營養政策最重大的重設。訊息很簡單：吃真實食物 (eat real food)。

我們正在將真實食物重新置於美國飲食的中心——滋養身體、恢復健康、提供能量並建立力量的真實食物。

全新飲食金字塔：一個基於科學實證與常識的框架



金字塔頂層：優先考慮蛋白質、乳製品與健康脂肪

蛋白質 (Protein)

- 原則：優先考慮高品質、營養密集的蛋白質食物。攝取多樣化的動物性（雞蛋、禽肉、海鮮、紅肉）與植物性（豆類、豌豆、豌豆、扁豆、堅果、種子、黃豆）蛋白質來源。
- 烹調建議：以烘烤、炙燒、燒烤、快炒或烤架燒烤取代油炸。
- 建議攝取量：每日每公斤體重**1.2-1.6克**蛋白質（約每磅體重**0.54-0.73克**）。



乳製品與健康脂肪 (Dairy & Healthy Fats)

- 原則：攝取無添加糖的全脂乳製品。優先考慮來自橄欖油、奶油或牛油等來源的脂肪。健康脂肪亦豐富存在於肉類、雞蛋、富含Omega-3的海鮮、堅果、種子、橄欖與酪梨中。
- 建議攝取量：乳製品**每日3份**（以2000大卡飲食為基準）。



金字塔中層：每日攝取多樣化的蔬菜與水果

核心原則

- 攝取多樣化、色彩豐富、營養密集的蔬菜和水果。
- 盡可能食用完整、保持原形的蔬菜水果。
- 冷凍、乾燥或罐裝的蔬果若無或極少添加糖，也是不錯的選擇。
- 100%蔬果汁應限制份量或用水稀釋。

建議攝取目標 (以2000大卡飲食為基準)

蔬菜：每日3份。

水果：每日2份。



金字塔底層：專注於全穀類，而非精製碳水化合物

核心原則

- 優先考慮富含纖維的全穀類。
- 大幅減少攝取高度加工的精緻碳水化合物，例如：**白麵包、即食早餐穀物、麵粉薄餅和蘇打餅乾**。

建議攝取目標

每日2-4份，並根據個人熱量需求調整。



必須限制的項目：高度加工食品、添加糖與精製碳水化合物

核心原則

- ✖ **避免高度加工食品**：避免鹹味或甜味的包裝、預製、即食食品（如洋芋片、餅乾、糖果、）。
- ✖ **限制化學添加物**：限制含有人工香料、石油基色素、人工防腐劑和低熱量非營養性甜味劑的食品與飲料。
- ✖ **避免含糖飲料**：避免汽水、果汁飲料和能量飲料。
- ✖ **嚴格控制添加糖**：健康飲食中不建議攝取任何添加糖或非營養性甜味劑。單一餐點的添加糖不應超過10克。



如何辨識成分標示中的「添加糖」？

辨識技巧：注意成分中含有「糖 (sugar)」或「糖漿 (syrup)」的字眼，或以「-ose」結尾的詞語。

常見的添加糖名稱列表

- 高果糖玉米糖漿 (high-fructose corn syrup)
- 龍舌蘭糖漿 (agave syrup)
- 玉米糖漿 (corn syrup)
- 果糖 (fructose)、葡萄糖 (glucose)、蔗糖 (sucrose)
- 濃縮果汁 (fruit juice concentrate)
- 蜂蜜 (honey)、糖蜜 (molasses)

非營養性甜味劑舉例

- 阿斯巴甜 (aspartame)
- 三氯蔗糖 (sucralose)
- 糖精 (saccharin)
- 木糖醇 (xylitol)
- 等等...

特別說明

水果和純牛奶等食物含有天然糖分，這些不被視為『添加糖』。

不同生命階段的營養指南（一）：嬰幼兒期（出生至4歲）



嬰兒期（約出生至1歲）

- 餵養：前6個月純母乳餵養。若無法提供母乳，則使用鐵強化化嬰兒配方奶。
- 過敏原：約6個月大時，可開始引入花生醬、雞蛋、貝類、小麥等潛在過敏原食物。高風險嬰兒應諮詢專業人士。
- 固體食物：約6個月大時，引入多樣化的營養密集型食物，如肉類、禽肉、海鮮、蔬菜水果、全脂優格等。
- 避免：嬰兒期和幼兒期應避免添加糖。



幼兒期（1至4歲）

- 飲食模式：專注於完整的營養密集型食物。全脂乳製品對能量需求和腦部發育很重要。
- 鼓勵健康行為：家長可透過自身示範和多次提供新食物（可能需要8-10次接觸）來鼓勵健康飲食。



不同生命階段的營養指南（二）：青少年期至哺乳期



中童期（5-10歲）

- 重點：鼓勵有趣的家庭烹飪，避免含咖啡因飲料，不建議攝取添加糖。



青少年期（11-18歲）

- 關鍵營養素：快速成長期，需要更多能量、蛋白質、鈣和鐵。乳製品、綠葉蔬菜和富含鐵的動物性食物至關重要。
- 生活技能：鼓勵青少年參與食物採購和烹飪。



成年期、懷孕期與哺乳期

- 懷孕期：增加對鐵、葉酸、碘的需求。建議攝取富含鐵的肉類、富含葉酸的蔬菜豆類、富含膽鹼的雞蛋和低汞的Omega-3海鮮。
- 哺乳期：能量和營養需求增加。應攝取多樣化營養密集食物，特別是富含維生素B12的蛋白質來源。



不同生命階段的營養指南（三）：高齡者與特殊考量



高齡者 (Older Adults)

- 需求變化：熱量需求可能減少，但對蛋白質、維生素B12、維生素D和鈣等關鍵營養素的需求不變或更高。
- 飲食重點：優先考慮營養密集食物，如乳製品、肉類、海鮮、雞蛋、豆類和完整的植物性食物。



慢性病患者 (Individuals with Chronic Disease)

- 原則：遵循本指南有助於預防或減緩慢性病進程。部分患者在較低碳水化合物飲食下可能有更好的健康結果。
- 建議：與醫療專業人員合作，制定個人化的飲食計畫。



素食者與純素者 (Vegetarians & Vegans)

- 注意事項：需特別注意潛在的營養缺口（如鐵、維生素B12、維生素D、鈣、碘等），並考慮補充劑。
- 建議：優先選擇完整食物，大幅限制高度加工的素食產品。

