

**Evidence Analysis Library**  
**Nutrition and Physical Activity: General Population**  
**2023 Evidence-Based Nutrition Practice Guideline**

**Key Population-Based Nutrition and Physical Activity Recommendations for Americans**

**Dietary Guidelines for Americans**

1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions and budgetary considerations.
3. Focus on meeting food-group needs with nutrient-dense foods and beverages and stay within calorie limits.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium and limit alcoholic beverages.

**Physical Activity Guidelines for Americans**

1. Move more and sit less throughout the day.
2. Do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity.
3. Do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days a week.

**References**

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025. 9th Edition.* . 2020.
2. U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans, 2nd edition.* U.S. Department of Health and Human Services;2018.