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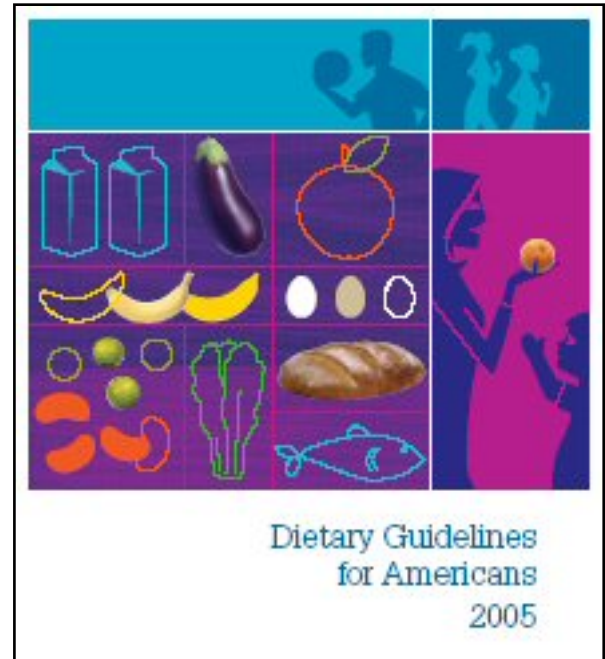
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Dietary Guidelines for Americans 2005

Dietary Guidelines for Americans is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The *Guidelines* provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.



The 2005 edition of the *Guidelines* was released at 11 AM, January 12, 2005.

Please note that documents in PDF format require [Adobe's Acrobat Reader](#).

- [Press Release \(en Español\)](#)
- [Message from the Secretaries \(en Español\)](#)
- [Transcript Of HHS-USDA Press Conference:](#)
 - Secretary of Health and Human Services Tommy G. Thompson
 - Secretary of Agriculture Ann M. Veneman
 - Media Questions and Answers

- [Dietary Guidelines for Americans 2005](#) (PDF 4.8 MB)
- [Executive Summary](#) of *Dietary Guidelines for Americans 2005* (PDF 76 KB) ([en Español](#) - PDF 139 KB)
- Consumer Brochure: [Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans](#) (PDF 229 KB)
- [Toolkit for Health Professionals](#)
- [Key Recommendations](#)
- [Chronology](#)
- [Frequently Asked Questions](#)
- Media Graphics (high resolution) and Audio Clips:
 - [Dietary Guidelines cover](#)
 - [Consumer Brochure cover](#)
 - Selected Illustrations: [Food Groups](#), [Nutrition](#), [On the Go](#), and [Physical Activity](#).
 - [WAV audio files](#) from remarks by Secretaries Thompson and Veneman
- [Archived Webcast](#):
 - RealPlayer is required to view the video; a free download is available at <http://www.real.com/freeplayer/?rppr=fed>.
 - Please test your computer video configuration in advance at <http://videocast.nih.gov/browsertest> (choose 'Test world accessible video').
 - For assistance, contact (301) 496-4357 or toll free (866) 319-4357.
- Ordering Information:

- *Dietary Guidelines for Americans, 2005*
To purchase printed copies of this 80-page report (Stock Number 001-000-04719-1), call the U.S. Government Printing Office toll-free at (866) 512-1800, or access the GPO Online Bookstore at <http://bookstore.gpo.gov>.
- *Finding Your Way to a Healthier You*
To purchase printed copies of this 12-page brochure (Stock Number 001-000-04718-3), call the U.S. Government Printing Office toll-free at (866) 512-1800, or access the GPO Online Bookstore at <http://bookstore.gpo.gov>.

Additional Resources

Related Topics

- [Food Safety](http://www.foodsafety.gov) (www.foodsafety.gov)
- [Food Labeling](#) (Center for Food Safety and Applied Nutrition, FDA, HHS)
- [Physical Activity](#) (President's Council on Physical Fitness and Sports)
- [Alcohol](#) (National Institute on Alcohol Abuse and Alcoholism, NIH, HHS)

Tools

- [Adult Energy Needs and BMI Calculator](#) (Agricultural Research Service, USDA)
- [DASH Eating Plan](#) (National Heart, Lung, and Blood Institute, NIH, HHS)
- [Measuring Physical Activity Intensity](#) (National Center for Chronic Disease Prevention and Health Promotion, CDC, HHS)
- [MyPyramid Interactive Food Guidance System](#) (U.S. Department of Agriculture)

Campaigns

- [Healthy Lifestyles](#) (U.S. Department of Health and Human Services)

- [5 A Day](#) (National Cancer Institute, NIH, HHS)
- [Verb](#) (Centers for Disease Control and Prevention, HHS)
- [Milk Matters](#) (National Institute of Child Health and Human Development, NIH, HHS)

General Health and Nutrition Information

- www.healthfinder.gov (U.S. Department of Health and Human Services)
- www.nutrition.gov (U.S. Department of Agriculture)

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