

# Making Every Bite Count:

## New Dietary Guidelines for 2020-2025

Did you know there are new [nutritional guidelines available](#)?

The Dietary Guidelines have been published every 5 years for over 100 years to help people make food choices that are based in health and nutrition science.

For the first time, the newest guidelines are based on stages of life to highlight “the importance of dietary patterns at every life stage from infancy through older adulthood,” according to [dietaryguidelines.gov](#).

There are categories for pregnancy and lactating, infants and toddlers to age 24 months, children ages two years to 18 years, as well as other adults of all ages.

Another new change is that [these new guidelines](#) are “meant to be adaptable to personal preferences, cultural traditions, and budgetary considerations” and based on a [nutrient-dense](#) dietary pattern.

In general, the newest guidelines include [four recommendations](#) that apply to all of us:

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. Vegetables of all types, fruits, grains, dairy, protein, and oils are the designated food groups.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



These are some of the Key Recommendations in the newest guidelines for babies up to 24 months include:

1. For about the first 6 months of life, exclusively feed infants human milk, or iron-fortified formula when human milk isn't available. Continue through at least the first year of life, and longer if desired.
2. Introduce nutrient-dense foods to infants at about 6 months.
3. Introduce potentially allergenic foods along with complementary foods.
4. Encourage a wide variety of foods from all food groups, including foods rich in iron and zinc.
5. Avoid foods and beverages with added sugars, honey, and unpasteurized foods and beverages.
6. Limit foods and beverages with higher sodium.
7. Transition to healthy dietary pattern when weaning from human milk or infant formula.
8. Use [responsive feeding](#) for infants and young children to help them learn to self-regulate.

Remember, always check with your medical provider about what is best for your child.

# Online Resources for Nutrition and Healthy Eating for Families

- Pregnancy and Breastfeeding** [My Pregnancy Plate](#)  
(<https://www.ohsu.edu/womens-health/my-pregnancy-plate>)
- [La Leche League](#) (<https://lalecheleagueoregon.webs.com/>)
- [WIC/Women, Infants, and Children](#) (by county health departments)  
<https://www.oregon.gov/oha/ph/healthypeoplefamilies/wic/Pages/index.aspx>
- Children** [Nutrition for Children](#)  
(<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx>)
- [Sample Menu for a Preschooler](#)  
(<https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Sample-One-Day-Menu-for-a-Preschooler.aspx>)
- [Feeding and Nutrition for Your 4 to 5 Year Old](#)  
(<https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Feeding-and-Nutrition-Your-4-to-5-Year-Old.aspx>)
- [How To Get Your Child To Eat More Fruits and Veggies](#)  
(<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Get-Your-Child-to-Eat-More-Fruits-and-Veggies.aspx>)
- Family** [Food Hero](#) (<https://www.foodhero.org/>)
- [Eating Healthy on a Budget](#)  
(<https://www.myplate.gov/eat-healthy/healthy-eating-budget>)

## Family Connects is coming soon!

**We are so excited to share Family Connects with our communities.**

Babies don't come with an instruction manual, and Family Connects can answer questions and connect you with needed support. All families can participate and it's completely free.

**Find more information about Family Connects in this video:**  
<https://youtu.be/4SfsU8eAq9c>



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