

The Dietary Guidelines

- ★ Reduce daily sodium intake to less than 2,300 mg per day (~1 tsp of salt)
- ★ Consume less than 300mg per day of dietary cholesterol.
- ★ Consume less than 10% of calories from saturated fats.
- ★ Keep trans fatty acid consumption as low as possible.
- ★ Reduce the intake of calories from added sugars. Limit refined grains.

