



## Summary

The recommended intakes are an average to aim for each day. Nutrients are drawn from a wide variety of foods and the more varied the diet, the more likely to obtain all the nutrients need. Energy is not a nutrient but, kilojoules (food energy) are important for providing energy for the daily activities. Protein, fats and carbohydrates are converted into energy in different quantities. Vitamins and minerals are also essential nutrients for the body. The information in the Dietary Guidelines is used in developing Federal food, nutrition, and health policies and programs. Dietary Guidelines information to develop programs, policies, and communication for the general public include businesses, schools, community groups, media, the food industry, and State and local governments.