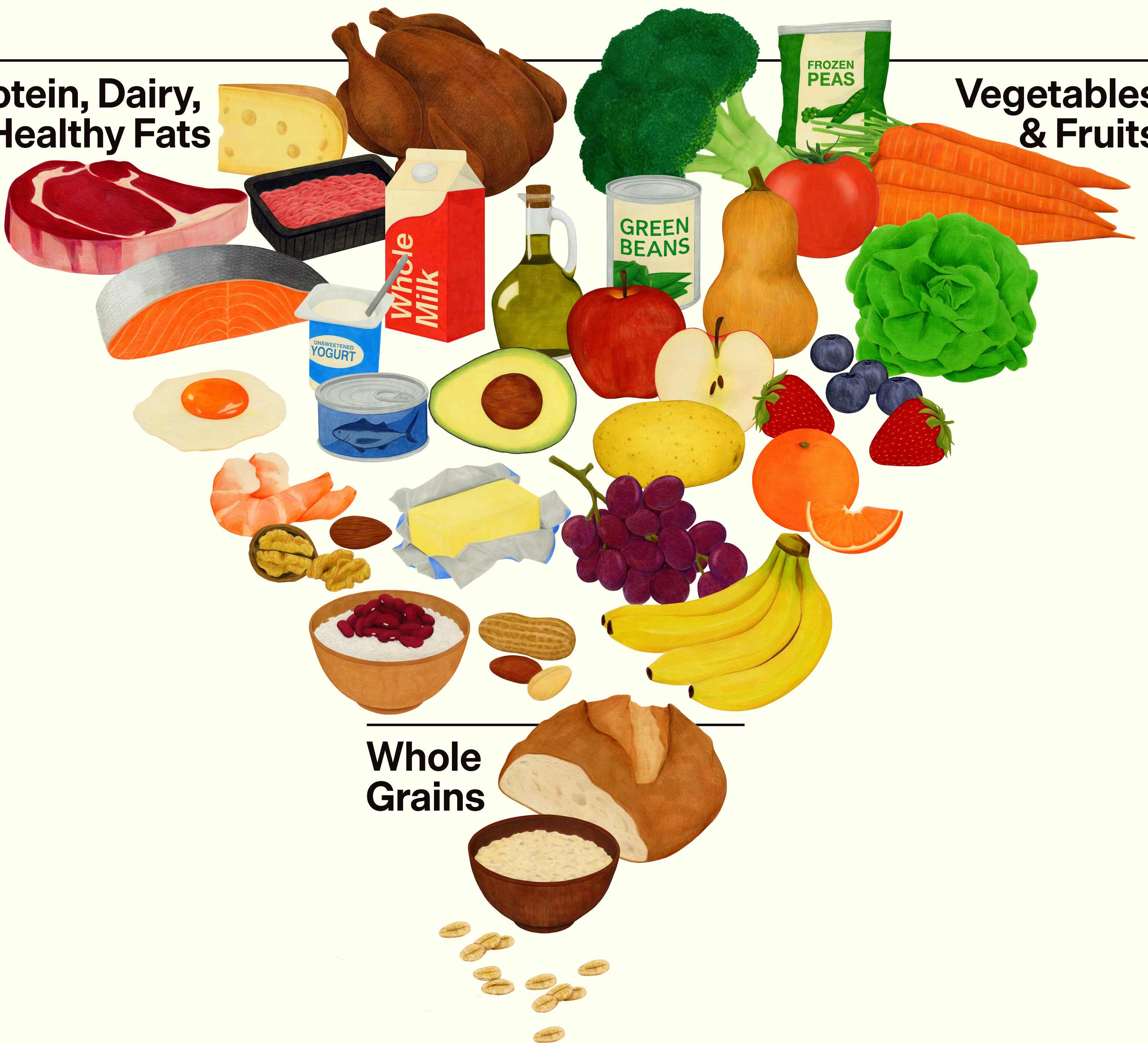


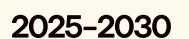
Eat Real Food



**Protein, Dairy,
& Healthy Fats**

**Vegetables
& Fruits**







Message from the Secretaries

Welcome to the *Dietary Guidelines for Americans, 2025–2030*.

These Guidelines mark the most significant reset of federal nutrition policy in our nation's history.

The message is simple: eat real food.

To Make America Healthy Again, we must return to the basics. American households must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives, this approach can change the health trajectory for so many Americans.

The United States is amid a health emergency. Nearly 90% of health care spending goes to treating people who have chronic diseases.¹ Many of these illnesses are not genetic destiny; they are the predictable result of the Standard American Diet—a diet which, over time, has become reliant on highly processed foods and coupled with a sedentary lifestyle.

The consequences have been devastating. More than 70% of American adults are overweight or obese.² Nearly one in three American adolescents between the ages of 12 and 17 has prediabetes.³ Diet-driven chronic disease now disqualifies large numbers of young Americans from military service, undermining national readiness and cutting off a historic pathway to opportunity and upward mobility.⁴

For decades, federal incentives have promoted low-quality, highly processed foods and pharmaceutical intervention instead of prevention. This crisis is the result of poor policy choices; inadequate nutrition research; and a lack of coordination across federal, state, local, and private partners.

This changes today.

We are realigning our food system to support American farmers, ranchers, and companies who grow and produce real food—and the Trump administration is working to ensure all families can afford it.

We are putting real food back at the center of the American diet. Real food that nourishes the body. Real food that restores health. Real food that fuels energy and encourages movement and exercise. Real food that builds strength.

Under President Trump's leadership, we are restoring common sense, scientific integrity, and accountability to federal food and health policy—and we are reclaiming the food pyramid and returning it to its true purpose of educating and nourishing all Americans.

These Guidelines call on every American to eat more real food. They call on farmers, ranchers, health care professionals, insurers, educators, community leaders, industry, and lawmakers across all levels of government to join in this critical effort.

Together, we can shift our food system away from chronic disease and toward nutrient density, nourishment, resilience, and long-term health.

America's future depends on what we grow, what we serve, and what we choose to eat.

This is the foundation that will Make America Healthy Again.

Robert F. Kennedy, Jr.
Secretary,
U.S. Department of Health and
Human Services

Brooke L. Rollins
Secretary,
U.S. Department of Agriculture

¹ <https://www.cdc.gov/chronic-disease/data-research/facts-stats/index.html>

² <https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

³ <https://gis.cdc.gov/qasmp/diabetes/diabetesatlas-spotlight.html>

⁴ <https://www.cdc.gov/physical-activity/php/military-readiness/unfit-to-serve.html>



Eat the Right Amount for You

- + The calories you need depend on your age, sex, height, weight, and level of physical activity.
- + Pay attention to portion sizes, particularly for foods and beverages higher in calories.
- + Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.



Prioritize Protein Foods at Every Meal

- + Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.
- + Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.
- + Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.
- + Consume meat with no or limited added sugars, refined carbohydrates or starches, or chemical additives. If preferred, flavor with salt, spices, and herbs.
- + Protein serving goals: 1.2–1.6 grams of protein per kilogram of body weight per day, adjusting as needed based on your individual caloric requirements.



Consume Dairy

- + When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
- + Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

Gut Health

- + Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion. Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high-fiber foods support a diverse microbiome, which may be beneficial for health.



Eat Vegetables & Fruits Throughout the Day

- + Eat a variety of colorful, nutrient-dense vegetables and fruits.
- + Eat whole vegetables and fruits in their original form. Wash thoroughly prior to eating raw or cooking.
- + Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- + If preferred, flavor with salt, spices, and herbs.
- + 100% fruit or vegetable juice should be consumed in limited portions or diluted with water.
- + Vegetables and fruits serving goals for a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements:
 - Vegetables: 3 servings per day
 - Fruits: 2 servings per day



Incorporate Healthy Fats

- + Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- + When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.
- + In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.



Focus on Whole Grains

- + Prioritize fiber-rich whole grains.
- + Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- + Whole grains serving goals: 2–4 servings per day, adjusting as needed based on your individual caloric requirements.



Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

- + Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt). Instead, prioritize nutrient-dense foods and home-prepared meals. When dining out, choose nutrient-dense options.
- + Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives, and low-calorie non-nutritive sweeteners.
- + Avoid sugar-sweetened beverages, such as sodas, fruit drinks, and energy drinks.
- + While no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet, one meal should contain no more than 10 grams of added sugars.
- + When selecting snack foods, added sugar limits should follow FDA “Healthy” claim limits. For example, grain snacks (e.g., crackers) should not exceed 5 grams of added sugar per $\frac{3}{4}$ ounce whole-grain equivalent, and dairy snacks (e.g., yogurt) should not exceed 2.5 grams of added sugar per $\frac{2}{3}$ cup equivalent.

Added Sugars

- + To help identify sources of added sugars, look for ingredients that include the word “sugar” or “syrup” or end in “-ose.”
- + Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, agave syrup, corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, beet sugar, turbinado sugar, maltose, lactose, fruit juice concentrate, honey, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.
- + Some foods and drinks, such as fruits and plain milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.



Limit Alcoholic Beverages

- + Consume less alcohol for better overall health.
- + People who should completely avoid alcohol include pregnant women, people who are recovering from alcohol use disorder or are unable to control the

amount they drink, and people taking medications or with medical conditions that can interact with alcohol. For those with a family history of alcoholism, be mindful of alcohol consumption and associated addictive behaviors.

Sodium

- + Sodium and electrolytes are essential for hydration. The general population, ages 14 and above, should consume less than 2,300 mg per day of sodium. Highly active individuals may benefit from increased sodium intake to offset sweat losses.
- + For children, the recommendations vary by age:
 - Ages 1–3: less than 1,200 mg per day
 - Ages 4–8: less than 1,500 mg per day
 - Ages 9–13: less than 1,800 mg per day
- + Highly processed foods that are high in sodium should be avoided.



Special Populations & Considerations

Infancy & Early Childhood (Birth–4 Years)

- + For about the first 6 months of life, feed your baby only breast milk. When breast milk is not available, feed your baby iron-fortified infant formula.
- + Continue breastfeeding as long as mutually desired by mother and child for 2 years or beyond. If feeding or supplementing your baby with infant formula, stop feeding your baby infant formula at 12 months of age and give them whole milk.
- + All breastfed infants, as well as infants who consume less than 32 ounces of infant formula per day, should receive a daily oral vitamin D supplement of 400 IU starting shortly after birth. Consult your health care professional about vitamin D supplementation.
- + Some infants require iron supplementation. Talk with your health care professional about iron supplementation.
- + At about 6 months of age, infants may begin to have solid foods. It is crucial to continue breastfeeding or formula feeding while solids are introduced. Breast milk or infant formula continues to be the main source of nutrition for your infant up to 12 months of age.
 - If your infant is at high risk for peanut allergy (due to the presence of severe eczema and/or egg allergy), talk with your health care professional about peanut introduction as early as 4 to 6 months. This can be done by mixing a small amount of peanut butter with breast milk or formula, thinning it to a safe consistency, and feeding it by spoon. For infants with mild to moderate eczema, introduce peanut-containing foods at around 6 months of age.
- + Introduce potentially allergenic foods—including nut butters, eggs, shellfish, and wheat—with other complementary foods at about 6 months. Ask your infant’s health care professional about their risk for food allergies and safe ways to introduce these foods.
- + Infants should receive a diverse range of nutrient-dense foods in appropriate textures, while avoiding nutrient-poor and highly processed foods.
- + Examples of nutrient-dense foods to introduce during the complementary feeding period include:
 - Meat, poultry, and seafood
 - Vegetables and fruits
 - Full-fat yogurt and cheese
 - Whole grains
 - Legumes and nut- or seed-containing foods prepared in a safe, infant-appropriate form
- + Avoid added sugars during infancy and early childhood.



Introducing Food to Infants & Toddlers

- + Every child is different. Look for these signs that your child is developmentally ready to begin eating food:
 - Sits up alone or with support
 - Can control their head and neck
 - Tries to grasp small objects, such as toys or food
 - Brings objects to their mouth
 - Opens their mouth when food is offered
 - Moves food from the front to the back of their tongue to swallow
 - Swallows food instead of pushing it back out onto their chin
- + Parents and caregivers can encourage healthy eating by offering new foods multiple times—it may take 8 to 10 exposures before a young child is willing to try a new food—and by modeling healthy eating behaviors.

Middle Childhood (5–10 Years)

- + Focus on whole, nutrient-dense foods such as protein foods, dairy, vegetables, fruits, healthy fats, and whole grains.
- + Full-fat dairy products are important for children to help meet energy needs and support brain development.
- + Avoid caffeinated beverages.
- + No amount of added sugars is recommended.
- + Make cooking meals fun and a regular part of the household's routine.

Adolescence (11–18 Years)

- + Adolescence is a rapid growth period with increased needs for energy, protein, calcium, and iron—especially for girls due to menstruation. Adequate calcium and vitamin D are vital for peak bone mass.
- + Adolescents should eat nutrient-dense foods such as dairy, leafy greens, and iron-rich animal foods, while significantly limiting sugary drinks and energy drinks and avoiding highly processed foods. When access to nutrient-rich foods is limited, fortified foods or supplements may be needed under medical guidance.
- + Encourage adolescents to become active participants in food shopping and cooking so they learn how to make healthy food choices for life.



Young Adulthood

- + Following the *Dietary Guidelines* will support optimal health during this period, including reducing risk of the onset or progression of chronic disease and supporting other aspects of health. The brain continues to mature during young adulthood. While the most significant increases in bone density occur during adolescence, optimizing bone health to achieve peak bone mass and peak bone strength is essential. Additionally, following the *Dietary Guidelines* can support reproductive health for both women and men—with special emphasis on healthy fats, iron, and folate for women and healthy fats and protein for men.

Pregnant Women

- + Pregnancy increases nutrient needs to support maternal health and fetal growth, with iron, folate, and iodine as top priorities.
- + Pregnant women should consume diverse nutrient-dense foods, including iron-rich meats, folate-rich greens and legumes, choline-rich eggs, calcium-rich dairy, and low-mercury omega-3-rich seafood (e.g., salmon, sardines, trout).
- + Women should talk to their health care professional about taking a daily prenatal vitamin during pregnancy.

Lactating Women

- + Lactation increases energy and nutrient needs to support milk production and maternal health. Breastfeeding women should consume a wide variety of nutrient-dense foods, including vitamin B₁₂-rich protein sources such as meats, poultry, eggs, and dairy; omega-3-rich seafood; folate-rich legumes; and vitamin A-rich vegetables.
- + Women should talk to their health care professional about whether dietary supplements may be needed while breastfeeding.

Older Adults

- + Some older adults need fewer calories but still require equal or greater amounts of key nutrients such as protein, vitamin B₁₂, vitamin D, and calcium. To meet these needs, they should prioritize nutrient-dense foods such as dairy, meats, seafood, eggs, legumes, and whole plant foods (vegetables and fruits, whole grains, nuts, and seeds). When dietary intake or absorption is insufficient, fortified foods or supplements may be needed under medical supervision.



Individuals with Chronic Disease

- + Following the *Dietary Guidelines* can help prevent the onset or slow the rate of progression of chronic disease, especially cardiovascular disease, obesity, and type 2 diabetes. If you have a chronic disease, talk with your health care professional to see if you need to adapt the *Dietary Guidelines* to meet your specific needs.
- + Individuals with certain chronic diseases may experience improved health outcomes when following a lower carbohydrate diet. Work with your health care professional to identify and adopt a diet that is appropriate for you and your health condition.

Vegetarians & Vegans

- + Consume a variety of whole foods, especially protein-rich foods, such as dairy, eggs, beans, peas, lentils, legumes, nuts, seeds, tofu, or tempeh.
- + Significantly limit highly processed vegan or vegetarian foods that can include added fats, sugars, and salt.
- + Pay careful attention to potential nutrient gaps when consuming a vegetarian or vegan diet. Vegetarian diets often fall short in vitamins D and E, choline, and iron, whereas vegan diets show broader shortfalls in vitamins A, D, E, B₆, and B₁₂; riboflavin; niacin; choline; calcium; iron; magnesium; phosphorus; potassium; zinc; and protein. Monitor nutrient status periodically, especially for iron, vitamin B₁₂, vitamin D, calcium, and iodine.
- + To avoid nutrient gaps, prioritize targeted supplementation, diversify plant protein sources for amino acid balance, and enhance mineral bioavailability through food preparation techniques.

Want an “Eat Real Food” Poster for your school? Here’s How



Go to.....



USDA Food and Nutrition Administration Department website

<https://www.fna.usda.gov/cnpp/dietary-guidelines-americans/eatrealfood-toolkit>



Click the link below for downloading your “Eat Real Food” Poster

[Eat Real Food Poster](#)



Eat Real Food” Posters: Ideal for **Facebook**, **X** and **Instagram** and Framing.

Community Facilities Direct Loan and Grant

What does this program do?

The Community Facilities Direct Loan and Grant program provides affordable funding for essential community facilities in rural areas. Examples include health care facilities, buildings like town halls, and public safety facilities such as fire departments.

Who can apply?

Eligible borrowers include:

- **Local and Tribal governments and their affiliated organizations**
- **Community-based nonprofits**
- **Federally recognized Tribes**



Community Facilities Direct
Loan and Grant webpage

What areas are eligible?

Cities, villages, towns, townships, and federally recognized Tribal lands with under 20,000 residents are eligible to apply.

How can funds be used?

You can use funds to purchase, build or improve essential community facilities, and to buy equipment and pay approved project expenses.

Additional examples of essential community facilities include:

- Child care centers
- Libraries and educational facilities
- Facilities and equipment that support distance learning and telehealth
- Food banks and greenhouses
- Infrastructure projects such as roads, bridges, dams, harbors, and levies, along with irrigation improvements

What funding is available?

- Low interest loans
- Grants
- Community Facilities Loan Guarantees - information available at this link: tinyurl.com/CFGLoans

How do we get started?

We accept applications year-round.

Your local USDA Rural Development office can help. A list of offices is available at this link: tinyurl.com/RDStateOffices.

What governs this program?

- Direct Loan: 7 CFR 1942, Subpart A, available at this link: tinyurl.com/CF-1942-A
- Grant: 7 CFR 3570, Subpart B, available at this link: tinyurl.com/CF-3570-PartB
- You can find information about federally recognized Tribes at this link: tinyurl.com/BIATribal.

NOTE: Because information changes, always consult official program instructions or contact your local Rural Development office for help. A list is available at this link: go.usa.gov/xJHPE. You will find additional resources, forms, and program information at rd.usda.gov. USDA is an equal opportunity provider, employer, and lender.

Last revised December 2024

Community Facilities Guaranteed Loans

What does this program do?

This program provides loan guarantees to eligible lenders to develop essential community facilities in rural areas. Examples of community facilities include health care facilities, buildings like town halls, and public safety facilities such as fire departments.

Who can apply?

Eligible applicants include lenders with the legal authority, financial strength, and experience to operate a successful lending program. Examples of eligible lenders include:

- **Federal and state-chartered banks**
- **Savings and loans institutions**
- **Farm Credit banks with direct lending authority**
- **Credit unions**
- **Additional nonregulated lending institutions approved by USDA**



Community Facilities
Guaranteed Loans website

Who can qualify for CF loan guarantees?

Eligible borrowers include:

- Regional and local municipalities
- Tribal governments and their affiliated organizations
- Community-based nonprofits
- Federally recognized Tribes

What areas are eligible?

Cities, villages, towns, townships, and federally recognized Tribal lands with fewer than 50,000 residents are eligible to apply.

An approved lender can be located anywhere in the United States.

How can funds be used?

You can use funds to purchase, build or improve essential community facilities, and to buy equipment and approved project expenses.

Additional examples of essential community facilities include:

- Child care centers
- Libraries and educational facilities
- Facilities and equipment that support distance learning and telehealth
- Food banks and greenhouses

- Infrastructure projects such as roads, bridges, dams, harbors, and levies, along with irrigation improvements

How do we get started?

- We accept applications year-round.
- Interested borrowers can ask their lender about the CF Loan Guarantee program. Information is available at this link: .
- Interested lenders can contact the USDA Rural Development Community Programs director in the state in which the proposed project is located. A list of state offices is available at this link: tinyurl.com/RDStateOffices.

Who can answer questions?

- Your local USDA Rural Development office can help. A list of offices is available at this link: tinyurl.com/RDStateOffices.
- You will find information about USDA Rural Development's OneRD Loan Guarantee initiative at this link: tinyurl.com/USDA-1RD-LG

What governs this program?

Code of Federal Regulations, 7 CFR 5001, available at this link: tinyurl.com/RD-7CFR-5001

NOTE: Because information changes, always consult official program instructions or contact your local Rural Development office for help. A list is available at this link: tinyurl.com/RDStateOffices. You will find additional RD program resources at rd.usda.gov. Information about other USDA programs and services is available at this link: ask.usda.gov, or by emailing askusda@usda.gov. USDA is an equal opportunity provider, employer, and lender.

January 2025

Single Family Housing Direct Home Loans

What does this program do?

This program offers mortgage financing to help eligible, low- and very-low-income applicants buy, build, improve, or repair a rural home as their primary residence. The Single Family Housing Direct Loan Program also provides payment assistance – a temporary subsidy – to help increase a borrower’s repayment ability.



QR code: SFH Direct Home Loan Program webpage

Who can apply?

Your adjusted income must be at- or below the low-income limit for the area in which you wish to buy a house, and the property must be located in an eligible rural area. Our Income and Property Eligibility website is available at this link: tinyurl.com/RDEligibility.

What are some requirements?

Among other requirements, you must:

- Be without decent, safe housing
- Be unable to get a loan with reasonable terms and conditions from other resources
- Agree to live in the home as your primary residence
- Meet U.S. citizenship or noncitizen requirements

Additionally, properties must:

- Be considered modest for the area
- Not have a market value higher than the area loan limit

- The typical loan payback period is 33 years (38 years for very-low-income applicants unable to afford a 33-year loan term).
- With payment assistance, a monthly mortgage payment can be reduced to as low as a 1-percent interest rate.
- You must repay all or part of any payment assistance you receive over the life of the loan when the property title transfers or you no longer live in the dwelling. You can learn more about subsidy recapture at this link: tinyurl.com/RHS-subsidy.

How do we get started?

Applications are accepted year-round through your local USDA Rural Development office. A list of state offices is available at this link: tinyurl.com/RDStateOffices.

How can funds be used?

Funds can be used to buy, build, repair, renovate, or relocate a home, or to purchase and prepare home sites.

What are some other program terms?

- Down payments typically are not required.
- The maximum loan amount depends on factors such as income, assets, debts, and the amount of payment assistance for which you are eligible.
- Interest rates are fixed and based on current market rates at loan approval or closing, whichever is lower.

What governs this program?

- The Housing Act of 1949, amended; 7 CFR Part 3550 (available at this link: go.usa.gov/xzcvG)
- The Single Family Housing Direct Program Field Office Handbook is available at this link: tinyurl.com/RHS-guides.

NOTE: Because information changes, always consult official program instructions or contact your local Rural Development office for help. A list is available at this link: go.usa.gov/xJHPE. You will find additional resources, forms, and program information at rd.usda.gov. USDA is an equal opportunity provider, employer, and lender.

Last revised September 2024



U.S. Small Business
Administration

WE'RE HERE FOR AMERICA'S SMALL BUSINESSES.

The U.S. Small Business Administration empowers entrepreneurs, strengthens communities, and drives economic growth across the country.



START

Launch new businesses.



GROW

Grow and strengthen your business.



EXPAND

Expand with capital, markets, and contracts.



RECOVER

Recover and rebuild after setbacks.



CONNECT

Connect with resource partners and lenders.



U.S. Small Business
Administration

SBA.GOV

SBA PRIORITIES



GROCERY GUARANTY PROGRAM

SBA guarantees 90% of loans to strengthen food supply chains—from producers and processors to distributors—helping businesses grow, invest, and reach more communities.



MANUFACTURING GROWTH

New SBA loan limits up to \$10 million for eligible manufacturers to expand, modernize, and create good-paying jobs.



SUPPORTING RURAL AMERICA

Investing in farmers, ranchers, producers, and small businesses that keep our communities strong.



FOCUS ON AMERICAN MADE

Strengthening domestic production, resilient supply chains, and opportunities for small businesses.



STRONGER TOGETHER

Partnering across federal, state, and local agencies to maximize opportunities for small businesses.



U.S. Small Business
Administration



HOW SBA CAN HELP

A Partner for Schools & Communities



CONNECT YOU TO LOCAL BUSINESSES

We connect schools with Nevada farmers, producers, processors, and grocery businesses.



ACCESS TO CAPITAL

Helping food and agriculture businesses access SBA financing to grow, expand, and meet demand.



BUILD RESILIENT FOOD SYSTEMS

Partnering with USDA and other agencies to strengthen local and regional food supply chains.



TECHNICAL ASSISTANCE & RESOURCES

Providing counseling, training, and tools to help businesses start, grow, and succeed.



FEDERAL CONTRACTING OPPORTUNITIES

Helping small businesses become contract-ready and connect with federal, state, and local procurement opportunities.



U.S. Small Business
Administration



SCHOOL NUTRITION & LOCAL OPPORTUNITIES

Healthy Students. Strong Communities.



ALIGNING WITH DIETARY GUIDELINES

Access nutritious, high-quality foods that meet the latest Dietary Guidelines for Americans and support student health.



BUY LOCAL. BUY SEASONAL.

Purchasing locally and seasonally supports Nevada farmers, ranchers, and producers while delivering fresh, flavorful foods.



STRENGTHEN LOCAL FOOD SYSTEMS

Building reliable food supply chains that benefit students, schools, and our communities.



INVEST IN OUR COMMUNITIES

School purchasing keeps dollars local, creates jobs, and builds a more resilient local economy.



U.S. Small Business
Administration



THE SBA RESOURCE PARTNER NETWORK

Access the right tools at the right time—wherever you are.



Approved and
funded by the SBA



1,400+ partner
offices nationwide



Find local resource
partners near you at
[SBA.gov/local-assistance](https://www.sba.gov/local-assistance)



U.S. Small Business
Administration



INCREASE YOUR CHANCES OF SECURING A LOAN

Lenders want to know they're making a smart choice by giving you a loan. Your local SBA Resource Partners can help you develop:



BUSINESS PLAN

A clear roadmap for your business.



EXPENSE SHEETS

A detailed look at your costs.



FINANCIAL STATEMENTS

Show your business is financially sound.



FINANCIAL PROJECTIONS

Demonstrate future growth and potential.



LENDER MATCH

Connect with lenders who understand your business.



U.S. Small Business
Administration



HOW CAN AN SBA-BACKED LOAN HELP YOU?

SBA-backed loans provide the financing you need to start, grow, and succeed—
at every stage of your business.



- ✓ Launch, grow, or repair a start-up
- ✓ Start or purchase a small business
- ✓ Access revolving credit or working capital for day-to-day expenses



- ✓ Purchase, renovate, or expand facilities
- ✓ Purchase inventory, equipment, or machinery
- ✓ Purchase land or real estate
- ✓ Export a product or service

ARE YOU READY TO CONSIDER FEDERAL CONTRACTING?



The world's largest customer,
buying all kinds of products & services.



Required by law to provide contract
opportunities to small businesses.



Evaluate your readiness &
learn more by visiting

[SBA.gov/contracting](https://www.sba.gov/contracting)



U.S. Small Business
Administration



Your Local SBA District Office Can Help

www.sba.gov

Nevada District Office
300 South 4th Street, #400
Las Vegas, Nevada 89101-6202

702.388.6611
or
NVDO@SBA.GOV



U.S. Small Business
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**POWERING THE
AMERICAN DREAM**

START • GROW • EXPAND • RECOVER • CONNECT

*Helping Nevada's small businesses
start, grow, expand, recover, and connect.*

