Introducing the 2010 Dietary Guidelines for Americans

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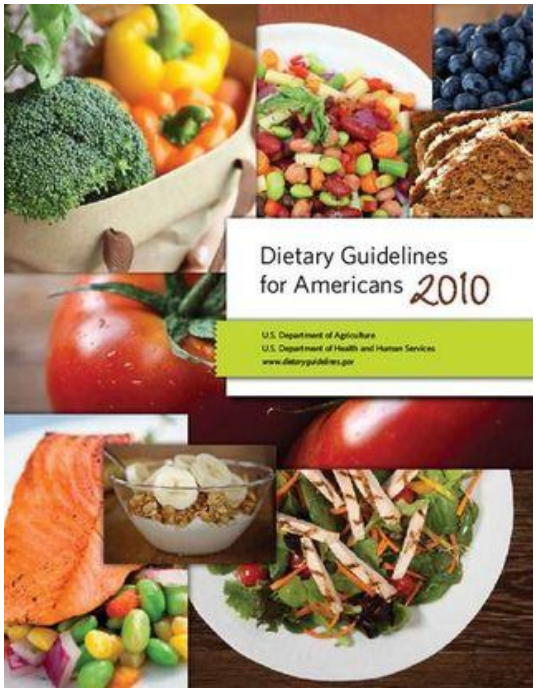
2010 Dietary Guidelines for Americans

Ultimate Goal

"to improve the health of our Nation's current and future generations by facilitating and promoting healthy eating and physical activity choices so that these behaviors become the norm among all individuals."



2010 Dietary Guidelines for Americans

- DGA are released every 5 years
- Scientific review of new evidence
- Dietary Guidelines vs. Food Guidance System

2010 Dietary Guidelines for Americans

Two overarching concepts:

1. Maintain calorie balance over time to achieve and sustain a healthy weight

2. Focus on consuming <u>nutrient-dense</u> foods and beverages

2010 Dietary Guidelines for Americans

What does "nutrient-dense" mean?

Nutrient-dense foods and beverages provide vitamins, minerals, and other substances that may have **positive health effects with relatively few calories**. The term "nutrient dense" indicates that the nutrients and other beneficial substances in a food **have not been "diluted" by the addition of calories** from added solid fats, added sugars, or added refined starches, or by the solid fats naturally present in the food. Nutrient-dense foods and beverages are lean or low in solid fats, and minimize or exclude added solid fats, sugars, starches, and sodium. Ideally, they also are in forms that retain naturally occurring components, such as dietary fiber.

2010 Dietary Guidelines for Americans

5 chapters

- Balancing Calories to Manage Weight
- Foods and Food Components to Reduce
- Foods and Nutrients to Increase
- Building Healthy Eating Patterns
- Helping Americans Make Healthy Choices

Balancing Calories to Manage Weight

Key Recommendations

Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors.

Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.

Increase physical activity and reduce time spent in sedentary behaviors.

Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

Balancing Calories to Manage Weight

Behaviors with the strongest evidence related to weight:

- Focus on the total number of calories consumed
- Monitor food intake
- When eating out, choose smaller portions or lower-calorie options
- Prepare, serve, and consume smaller portions of foods and beverages, especially those high in calories
- Eat a nutrient-dense breakfast
- Limit screen time

Food and Food Components to Reduce

- Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.
- Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consume less than 300 mg per day of dietary cholesterol.
- Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.
- Reduce the intake of calories from solid fats and added sugars.
- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.[5]

Foods and Nutrients to Increase

Key Recommendations

Individuals should meet the following recommendations as part of a healthy eating pattern and while staying within their calorie needs.

Increase vegetable and fruit intake.

Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.

Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.

Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.[58]

Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.

Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.

Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.

Use oils to replace solid fats where possible.

Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

Recommendations for Specific Population Groups

Women capable of becoming pregnant[59]

Choose foods that supply heme iron, which is more readily absorbed by the body, additional iron sources, and enhancers of iron absorption such as vitamin C-rich foods.

Consume 400 micrograms (mcg) per day of synthetic folic acid (from fortified foods and/or supplements) in addition to food forms of folate from a varied diet.[60]

Women who are pregnant or breastfeeding[59]

Consume 8 to 12 ounces of seafood per week from a variety of seafood types.

Due to their methyl mercury content, limit white (albacore) tuna to 6 ounces per week and do not eat the following four types of fish: tilefish, shark, swordfish, and king mackerel.

If pregnant, take an iron supplement as recommended by an obstetrician or other health care provider.

Individuals ages 50 years and older

Consume foods fortified with vitamin B_{12}, such as fortified cereals, or dietary supplements.

Foods and Nutrients to Increase

<u>Nutrients of concern</u>

- Potassium

  Balances sodium and promotes healthy blood pressure
- Dietary fiber

  25g/day for women; 38g/day for men

- Calcium
- Vitamin D
- For women in child-bearing years
  - Iron
  - Folate
- For Americans ≥ 50 years old: Vitamin B12

Building Healthy Eating Patterns

Key Recommendations

Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.

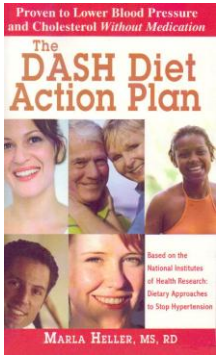
Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern.

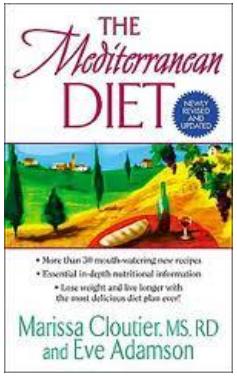
Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses.

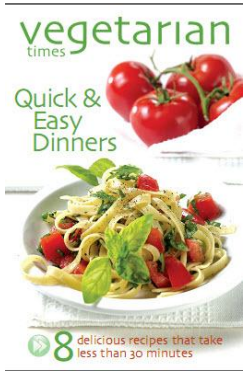
Building Healthy Eating Patterns

Examples of established programs that meet recommendations:

- DASH (Dietary Approaches to Stop Hypertension)
- Mediterranean-style
- Vegetarian

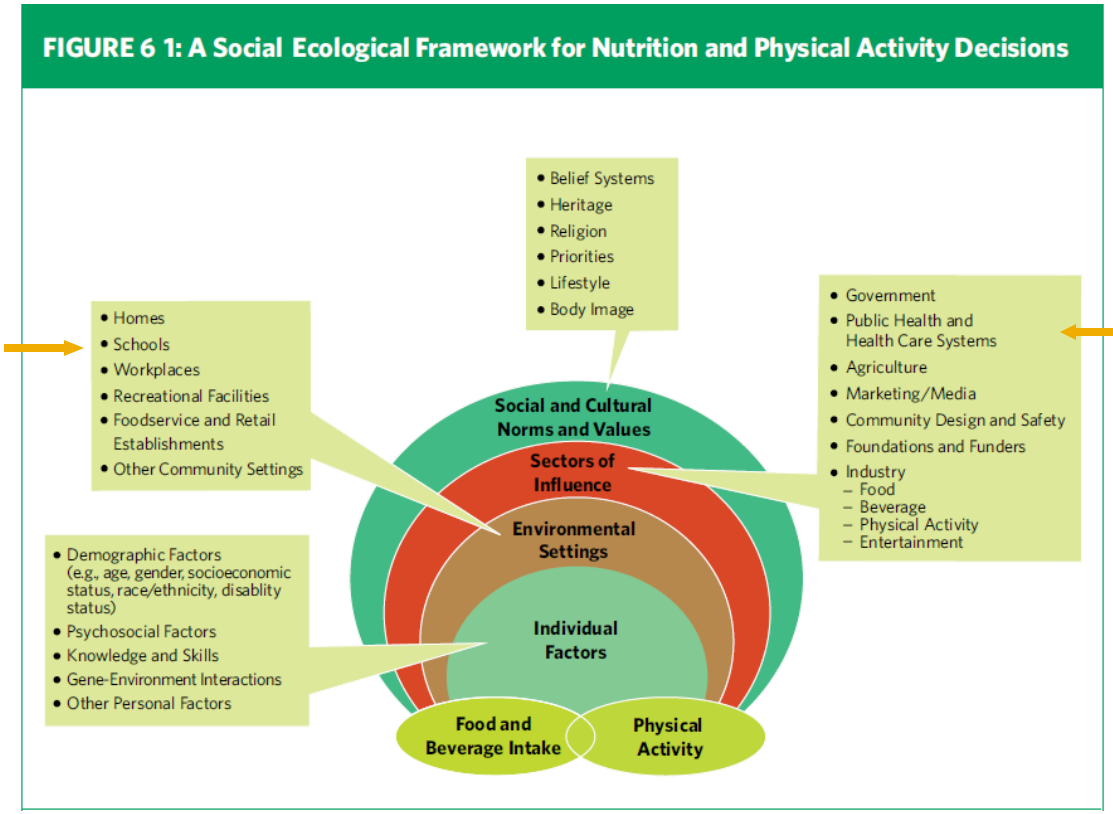






Helping Americans Make Healthy Choices

GREAT TRAYS



Minnesota OBESITY plan

2009 IOM Recommendations for School Meals

- **Zero trans fat**
- **Lower sodium**
- **Lower saturated fat**
- **More fruits and vegetables**
- **More whole grain products**
- Single approach to meal planning
- Fat-free or 1% milk only
- Minimum AND maximum calories

One Vision, Multiple Objectives

A partnership of eight statewide organizations will:

1. Increase MSFBG participation

2. Increase schools' use of products with lower sodium and saturated fat and more whole grains, fruits and vegetables

3. Increase school use of local foods

4. Provide training opportunities for menu planners and purchasing staff

5. Develop a sustainability plan

GREAT TRAYS