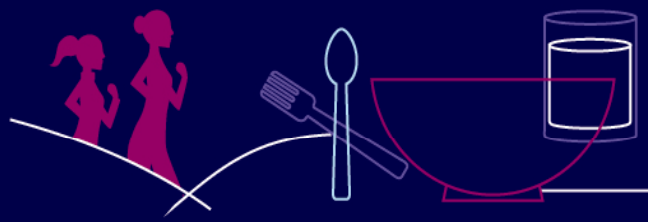
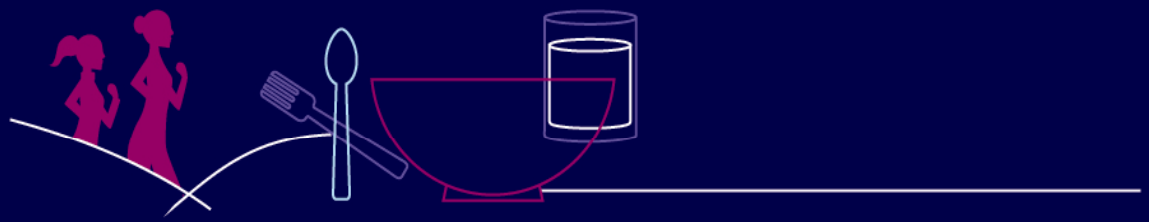
Dietary Guidelines For Americans, 2005



Overview

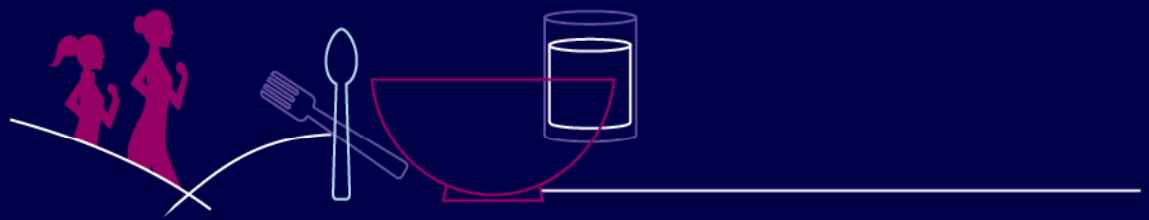
- Dietary Guidelines process
- Overview of focus areas and recommendations
- *Finding Your Way to a Healthier You*



DIETARY GUIDELINES FOR AMERICANS, 2005

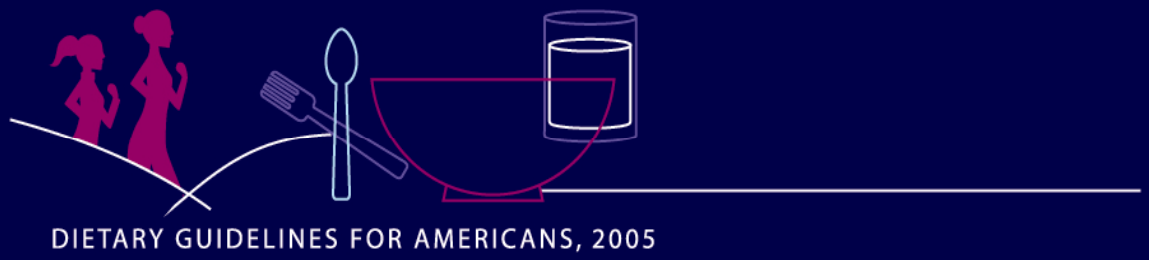
What Are the *Dietary Guidelines*?

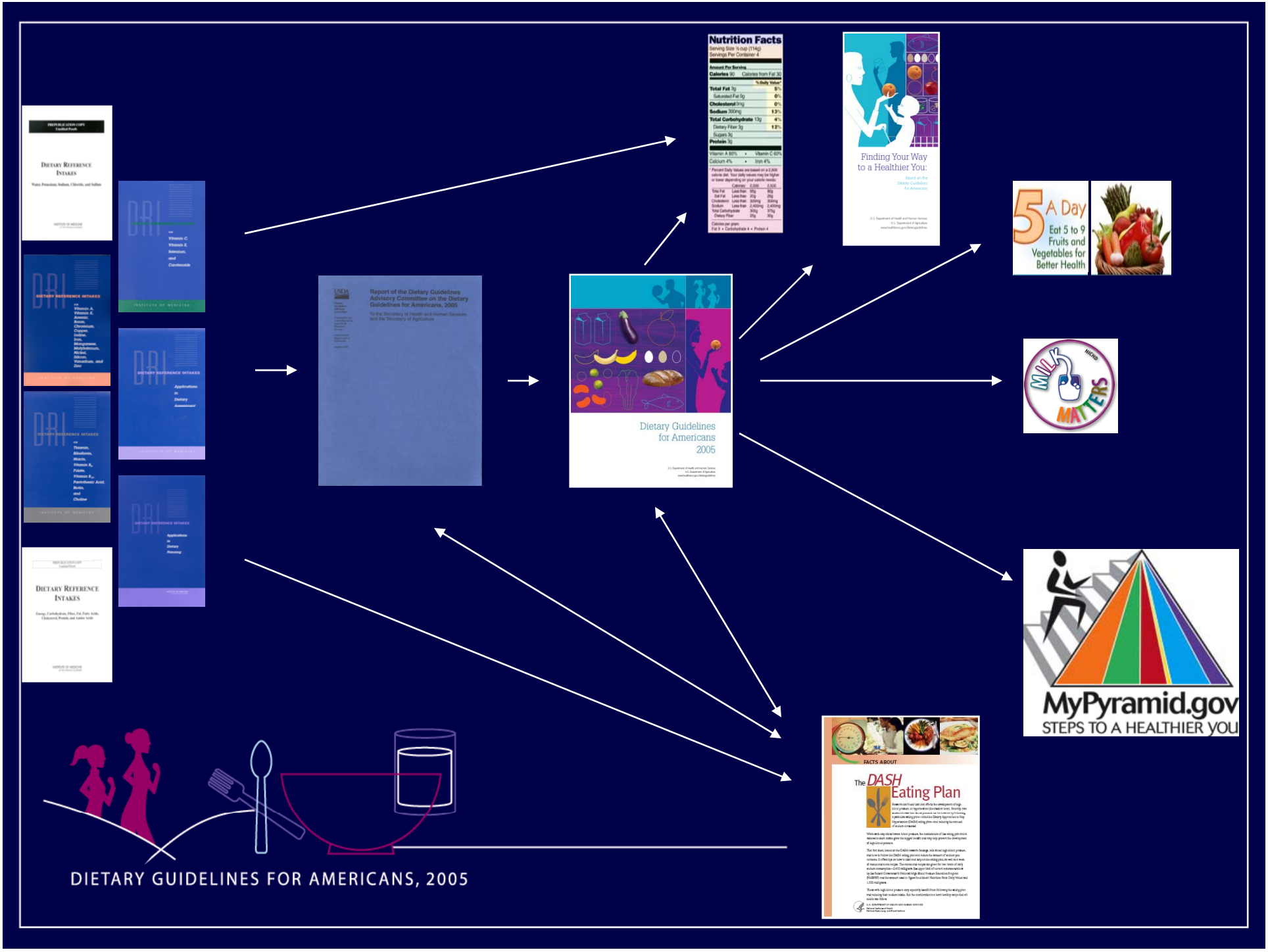
- Science-based advice for ages 2+
  - Promote health, prevent chronic disease
- Federal nutrition policy/programs
- HHS/USDA – Legislated for every 5 yrs



Components of the *Guidelines*

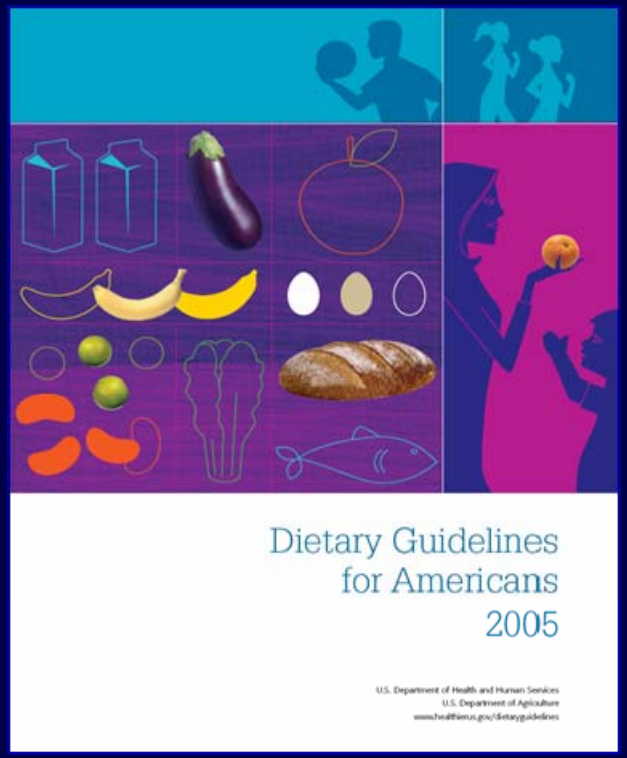
- Report of the DGAC on the Dietary Guidelines for Americans, 2005 – www.health.gov/dietaryguidelines/dga2005/
- *Dietary Guidelines for Americans*, 2005
- *Finding Your Way to a Healthier You: Based on the* Dietary Guidelines for Americans
- Implementation Tools
  - DASH eating plan
  - Food label
  - MyPyramid Food Guidance System
  - Tool kit for nutrition professionals
- www.healthierus.gov/dietaryguidelines

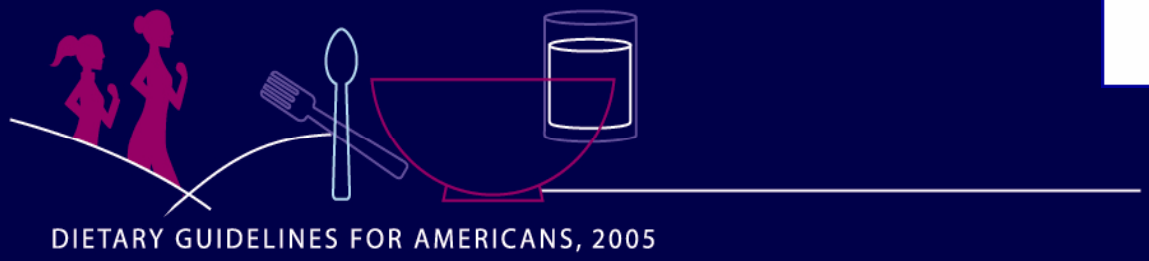



Dietary Reference Intakes
Water, Potassium, Sodium, Chloride, and Sulfate
Dietary Reference Intakes
Vitamin C, Vitamin E, Selenium, and Carotenoids
Dietary Reference Intakes
Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc
Dietary Reference Intakes
Applications in Dietary Assessment
Dietary Reference Intakes
Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline
Dietary Reference Intakes
Applications in Dietary Planning
Dietary Reference Intakes
Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids
USDA
Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2005
To the Secretary of Health and Human Services and the Secretary of Agriculture
Dietary Guidelines for Americans 2005
Nutrition Facts
Finding Your Way to a Healthier You:
Based on the Dietary Guidelines for Americans
5 A Day
Eat 5 to 9 Fruits and Vegetables for Better Health
MILK MATTERS
MyPyramid.gov
STEPS TO A HEALTHIER YOU
FACTS ABOUT
The DASH Eating Plan
DIETARY GUIDELINES FOR AMERICANS, 2005

Dietary Guidelines for Americans, 2005

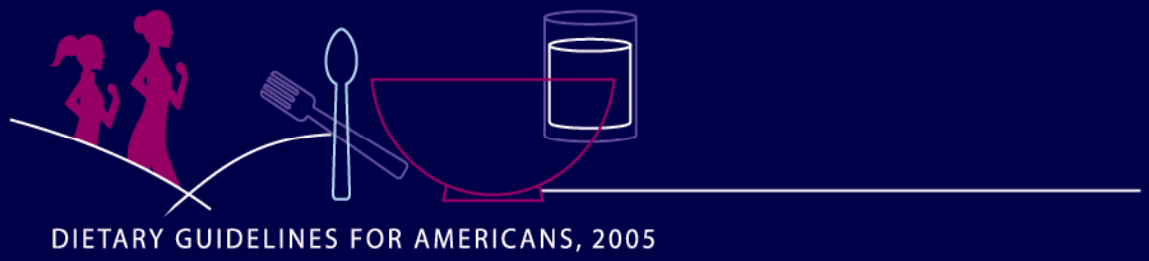
- Policymakers, health professionals
- DGAC report, public comments
- Dietary recommendations for chronic disease prevention

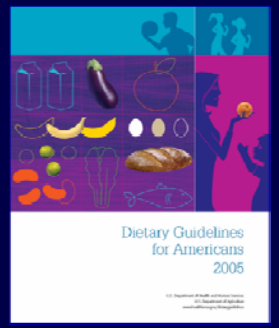




Dietary Guidelines for Americans, 2005

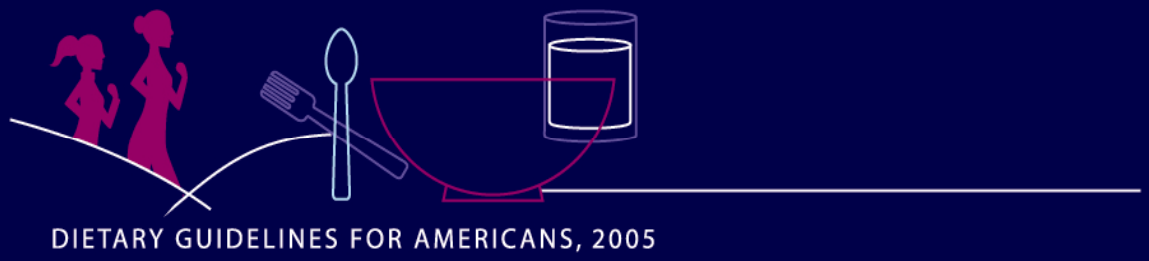
- 9 focus areas
- 23 general recommendations
- 18 specific population recommendations (e.g., older Americans, children, African Americans)

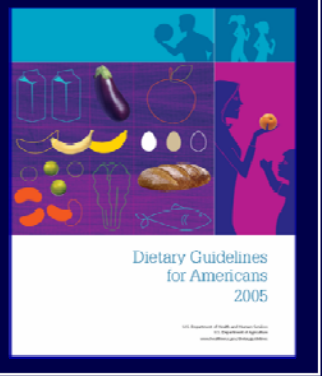




Nine Focus Areas

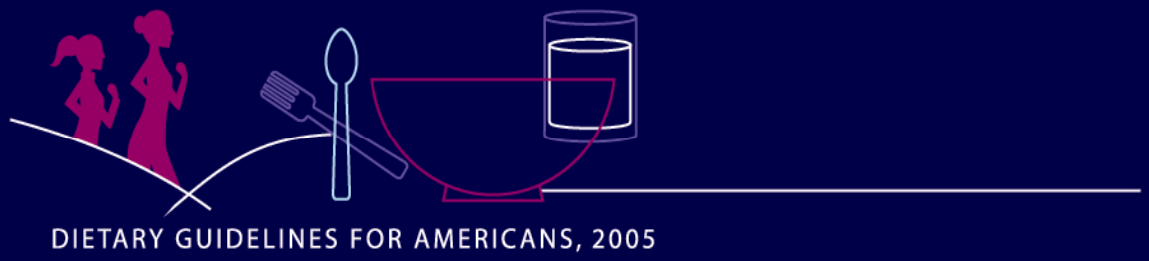
- Adequate Nutrients Within Calorie Needs
- Weight Management
- Physical Activity
- Food Groups To Encourage
- Fats
- Carbohydrates
- Sodium and Potassium
- Alcoholic Beverages
- Food Safety

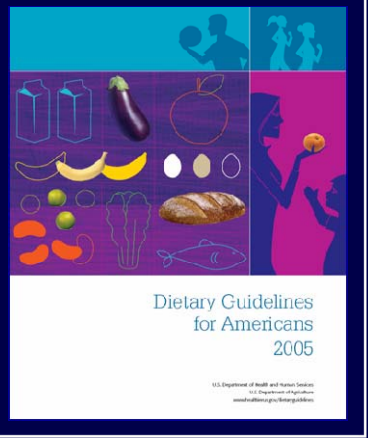




New for 2005

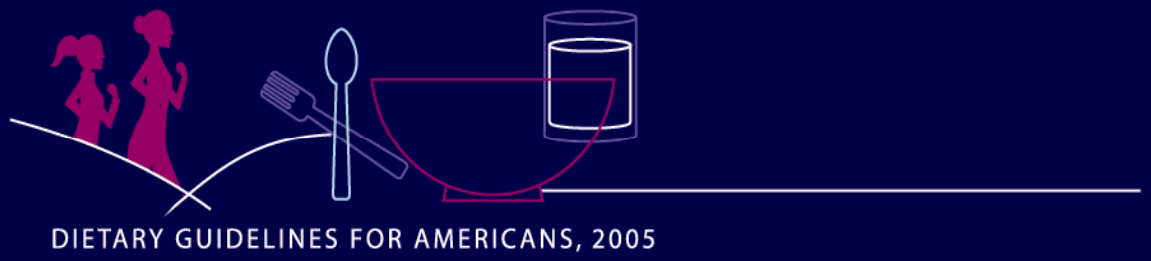
- Policy and consumer separate
- More recommendations
- More specificity in policy
- 2000 calorie reference diet
- Cups and ounces rather than servings
- Consumer research for messaging

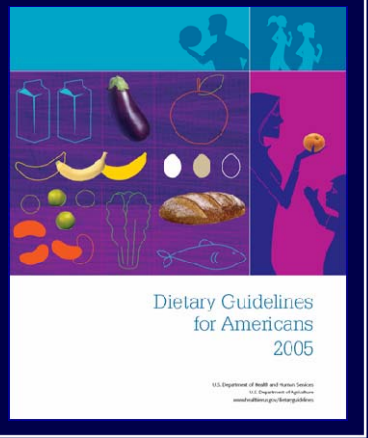




Adequate Nutrients Within Calorie Needs

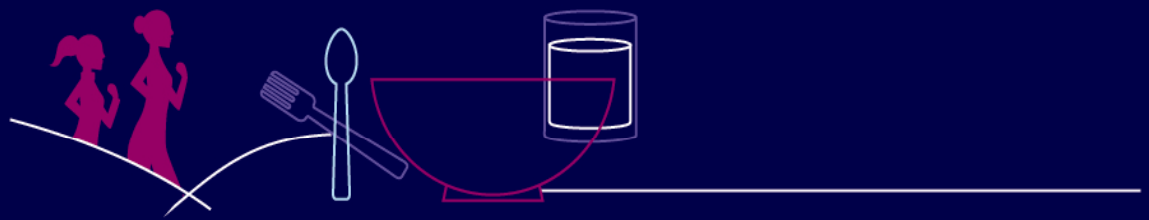
- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit intake of saturated and *trans* fat, cholesterol, added sugars, salt, and alcohol.
- DASH and FGS examples of healthy eating patterns.





New for 2005

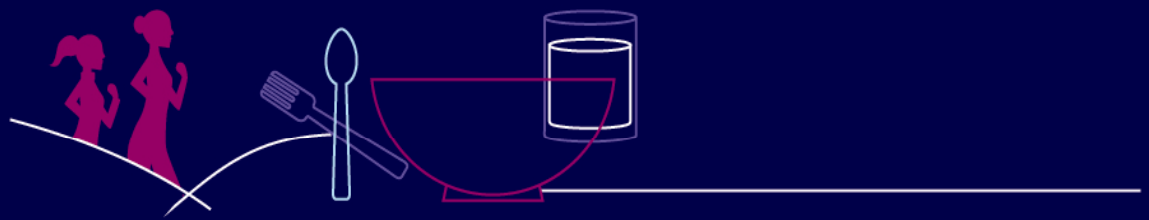
- Specific, detailed eating patterns DASH/USDA Food Guide
- 2000 calorie example
- Specific recommendations for:
  - people over 50, women who may become pregnant and those in first trimester, older adults, dark-skinned people, and people exposed to insufficient UVB radiation



DIETARY GUIDELINES FOR AMERICANS, 2005

Physical Activity

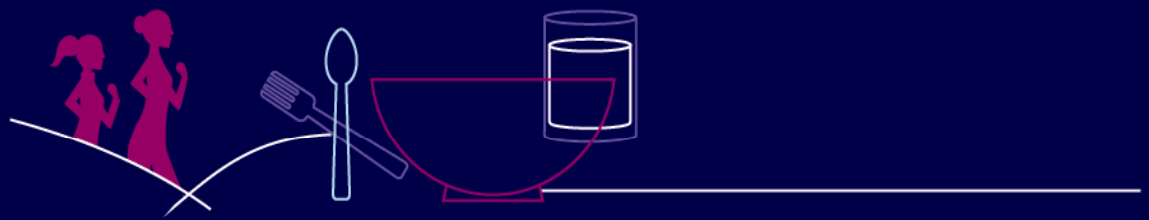
- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a health body weight.
- Achieve physical fitness by including cardiovascular conditioning, stretching, and resistance exercises.
- Children and adolescents – At least 60 minutes on most, preferably all, days of the week.



DIETARY GUIDELINES FOR AMERICANS, 2005

New for 2005

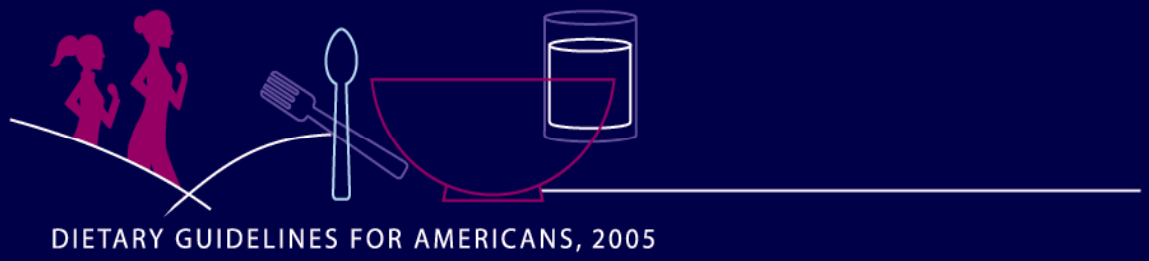
- Specificity of recommendations
  - At least 30 minutes to reduce risk of chronic disease
  - Up to 60 minutes of moderate to vigorous physical activity may be needed to prevent gradual weight gain that occurs over time
  - 60 to 90 minutes of moderate-intensity physical activity to sustain weight loss
- Recommendations for specific populations

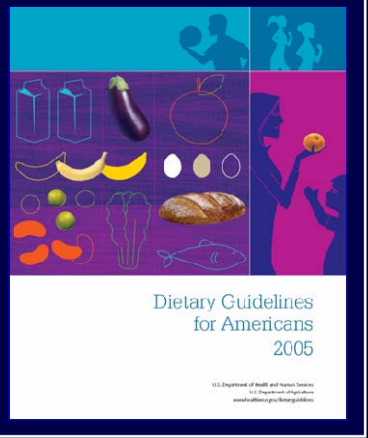


DIETARY GUIDELINES FOR AMERICANS, 2005

Weight Management

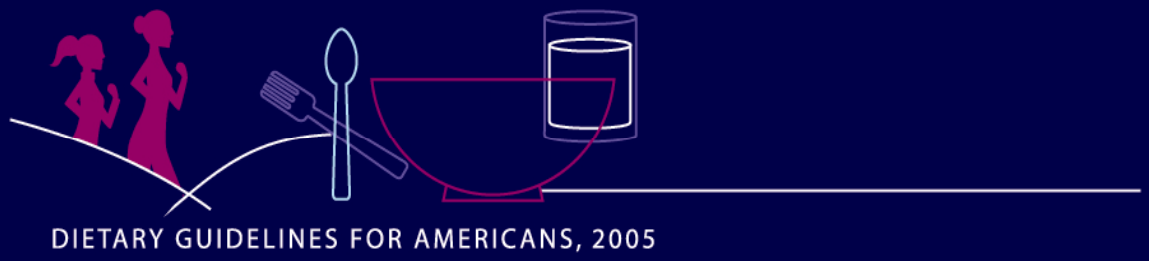
- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

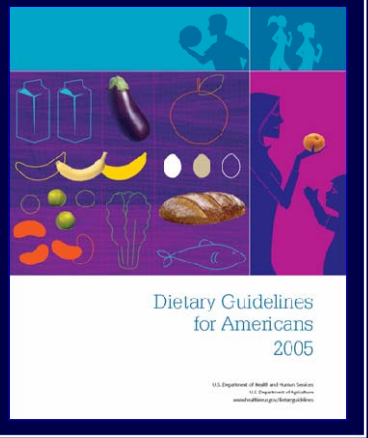




New for 2005

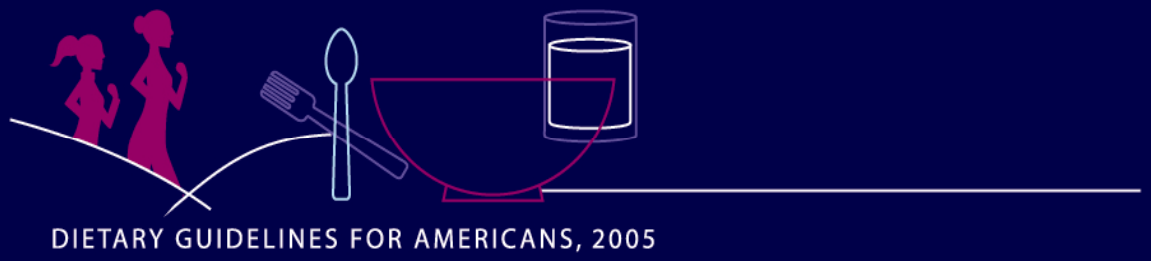
- For weight maintenance after loss – 60 to 90 minutes of moderate-intensity PA per day to sustain weight loss
- Specific recommendations for:
  - Those who need to lose weight, overweight children, pregnant women, breastfeeding women, overweight adults and overweight children with chronic diseases and/or on medication

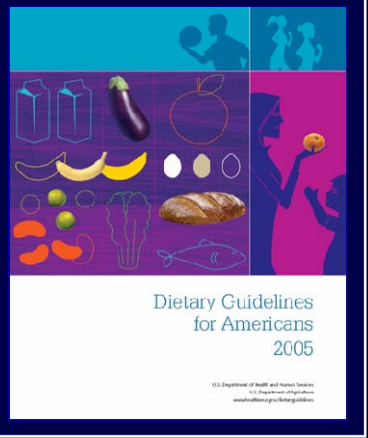




Food Groups To Encourage

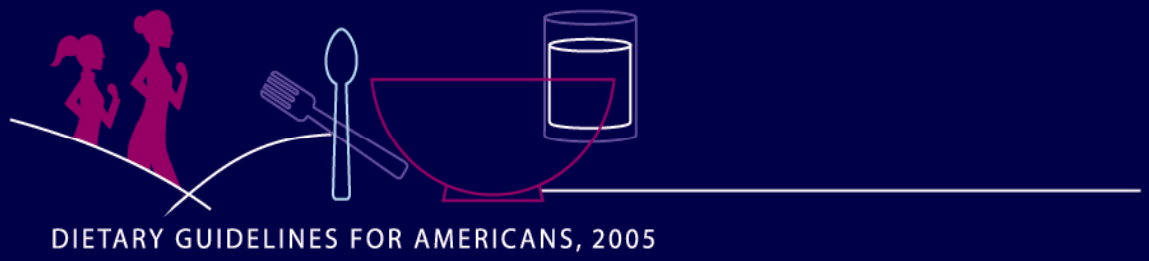
- Consume sufficient amts. of fruits & vegetables while staying within energy needs.
  - For 2000 calories: 2 cups of fruit, 2½ cups of vegetables
- Choose a variety of fruits and vegetables.
- Consume 3 oz.-equivalents of whole grains daily – at least half whole grains (rest enriched).
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

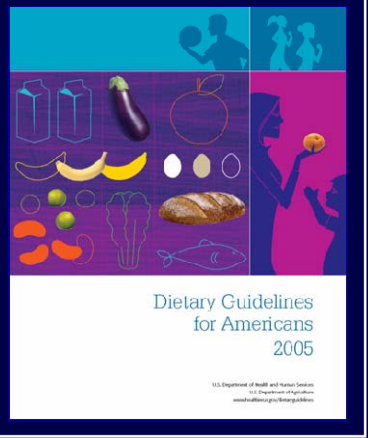




New for 2005

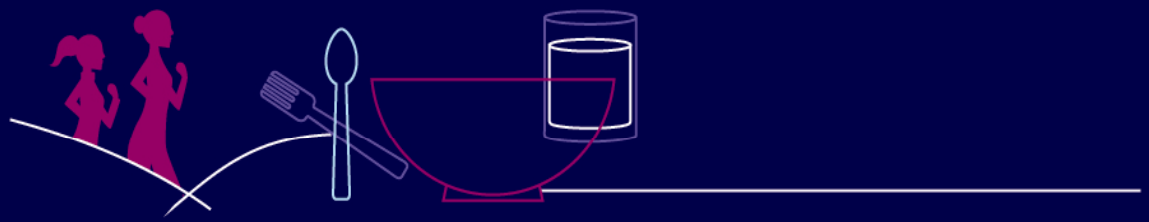
- Focus on cups instead of servings
- Increase in amount from dairy group (3 cups)
- Specific number recommended for whole grains
- Foods groups identified with disease prevention
- Specific recommendations for children and adolescents
  - At least half the grains should be whole grains
  - Children 2 to 8 years should consume 2 cups fat-free or low-fat milk or equivalent milk products





Fats

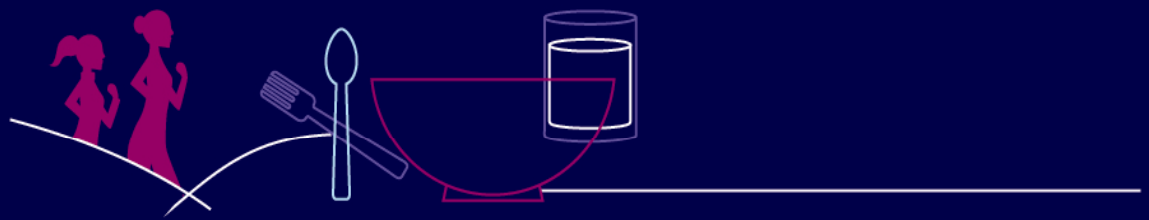
- Consume less than 10% of calories from saturated fatty acids, less than 300 mg/day of cholesterol, and keep *trans* fatty acids as low as possible.
- Total fat between 20 to 35% with most fats from sources of PUFAs and MUFAs, such as fish, nuts, and vegetable oils.
- Select and prepare meat, poultry, dry beans, and milk or milk products that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or *trans* fatty acids.



DIETARY GUIDELINES FOR AMERICANS, 2005

New for 2005

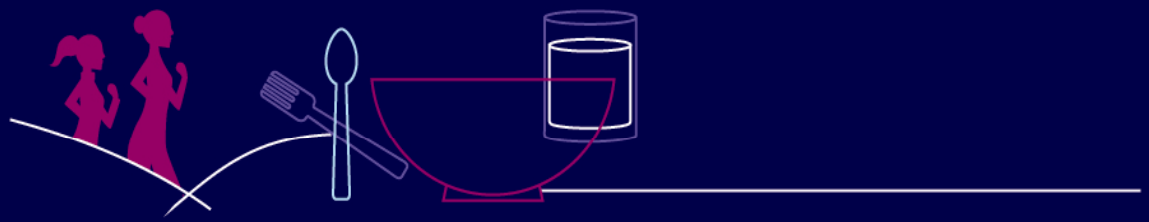
- Focus on reducing *trans* and saturated fats
- Increase emphasis on MUFAs and PUFAs
- Increase in range of total fat 20-35% (DRIs)
- Specific recommendations for children and adolescents
  - Total fat between 30-35% calories (2 to 3 yo)
  - Total fat between 25-35% calories (4 to 18 yo) with most fats coming from PUFAs and MUFAs such as fish, nuts, and vegetable oils



DIETARY GUIDELINES FOR AMERICANS, 2005

Carbohydrates

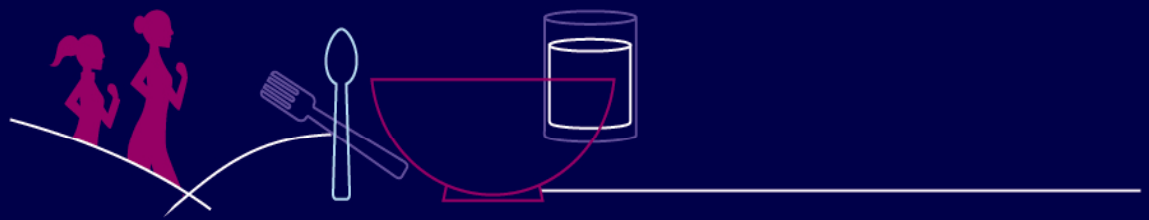
- Choose fiber-rich fruits, vegetables, and whole grains.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the DASH eating plan and the USDA Food Guidance System.
- Consume sugar- and starch-containing foods and beverages less frequently to reduce caries.



DIETARY GUIDELINES FOR AMERICANS, 2005

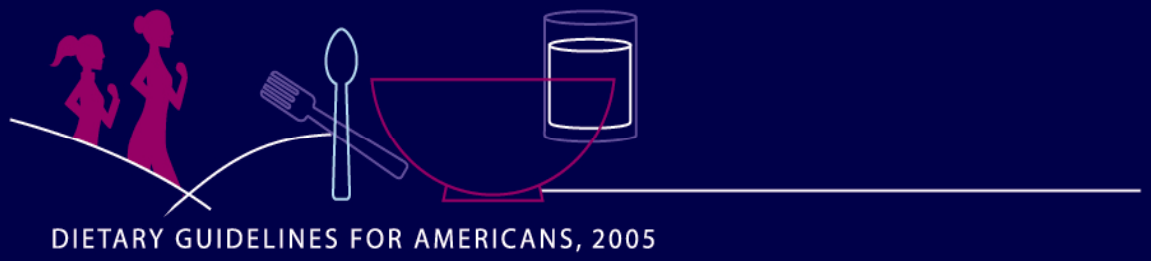
New for 2005

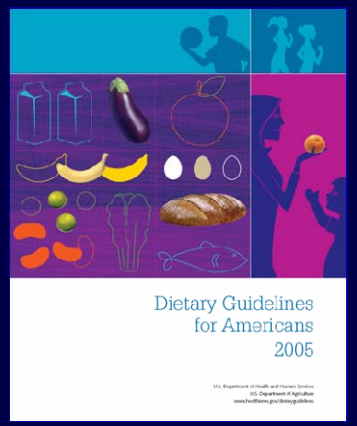
- Focus on fiber
- Examples of food patterns with quantifications of maximum added sugars for healthful diet



Sodium and Potassium

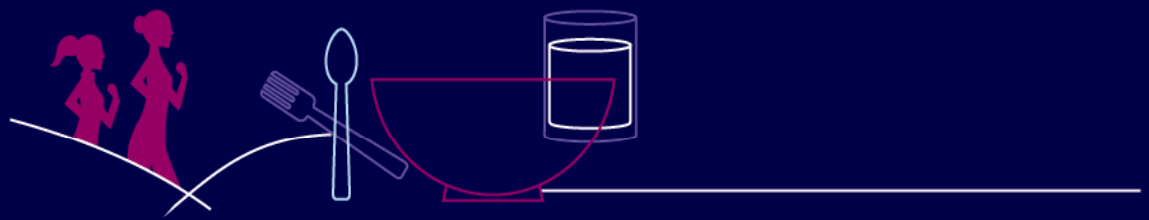
- Consume < 2,300 mg (~1 tsp. salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.





New for 2005

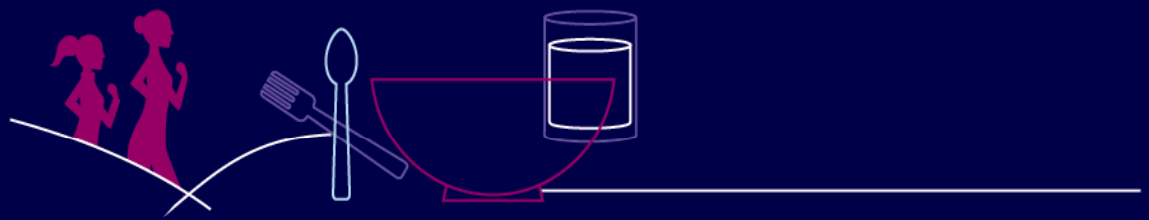
- Specific recommendations for individuals with hypertension, blacks, and middle-aged and older adults
  - Aim to consume no more than 1,500 mg of sodium per day, and meet the potassium recommendation (4,700 mg) with food.



DIETARY GUIDELINES FOR AMERICANS, 2005

Alcoholic Beverages

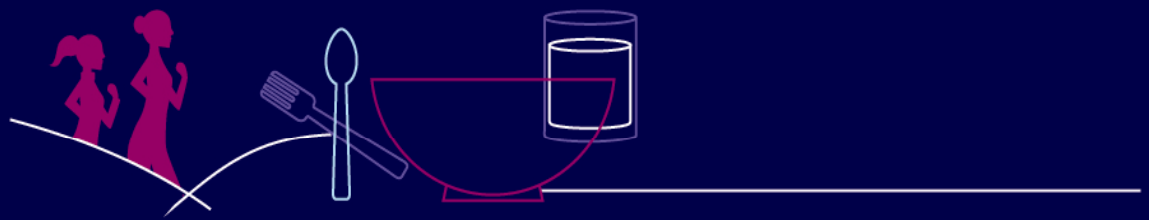
- Those who choose to drink alcoholic beverages should do so sensibly and in moderation – defined as the consumption of up to one drink per day for women and up to two drinks per day for men.
- Alcoholic beverages should not be consumed by some individuals.
- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination.



DIETARY GUIDELINES FOR AMERICANS, 2005

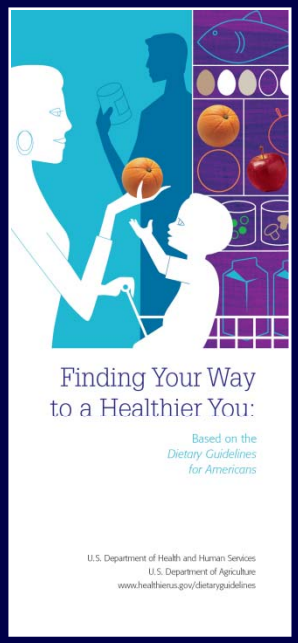
Food Safety

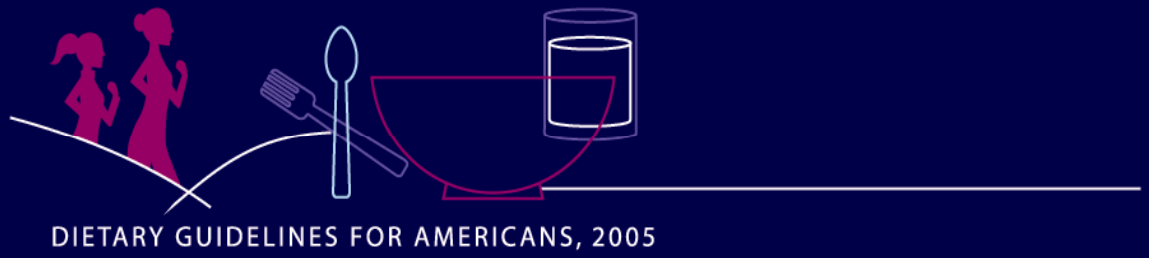
- To avoid microbial foodborne illness:
  - Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
  - Separate foods.
  - Cook foods to safe temperature.
  - Chill perishable foods promptly.
  - Avoid unpasteurized milk, raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.



DIETARY GUIDELINES FOR AMERICANS, 2005

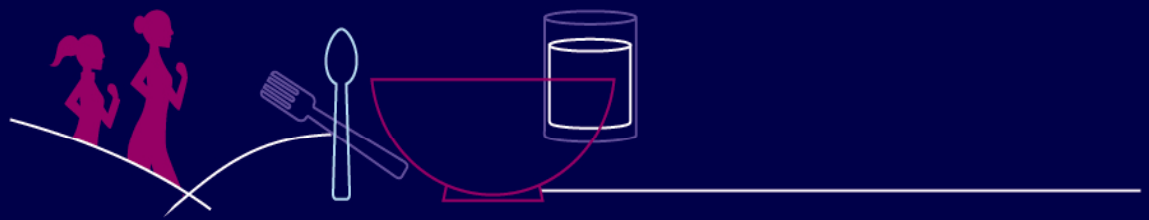
Consumer Brochure





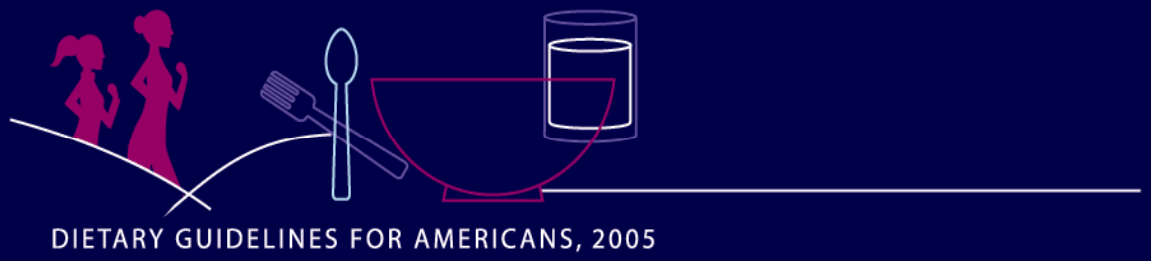
Consumer Research

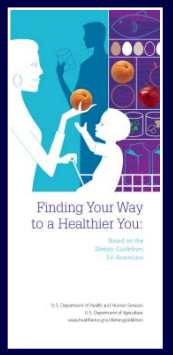
- Create messages that will inspire individuals to seek more info.
- Communicate scientifically accurate concepts.



Finding Your Way to a Healthier You: Based on the *Dietary Guidelines for Americans*

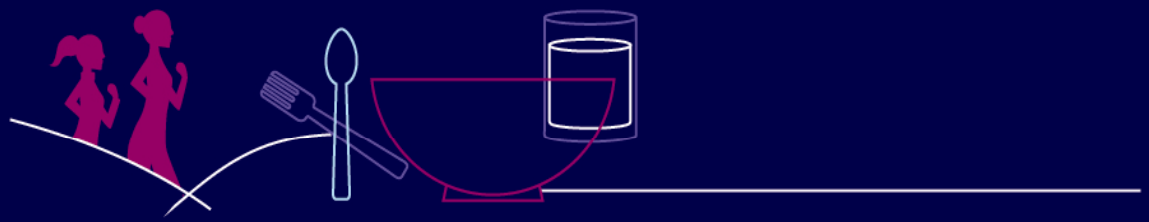
- Feel better today. Stay healthy for tomorrow.
  - Make smart choices from every food group.
  - Find your balance between food and physical activity.
  - Get the most nutrition out of your calories.





Consumer Research Application

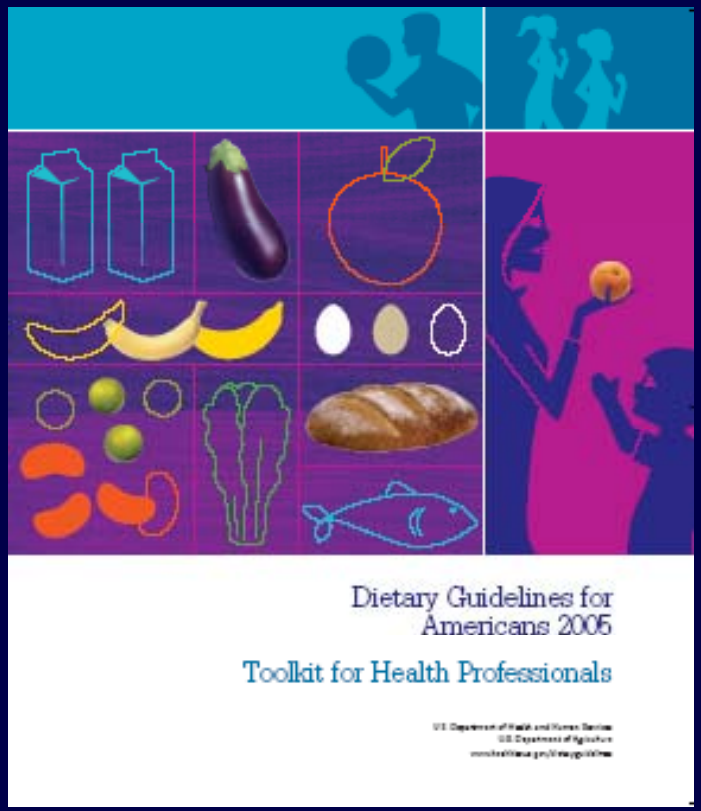
- Motivation is essential.
- Trust is important.
- The more and individual knows, the more choices they have.
- Keep it simple, but true to the science.



DIETARY GUIDELINES FOR AMERICANS, 2005

Tool Kit

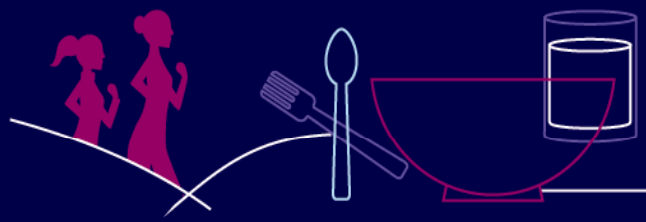
- In partnership with ADA
- Dynamic
- Personalizable



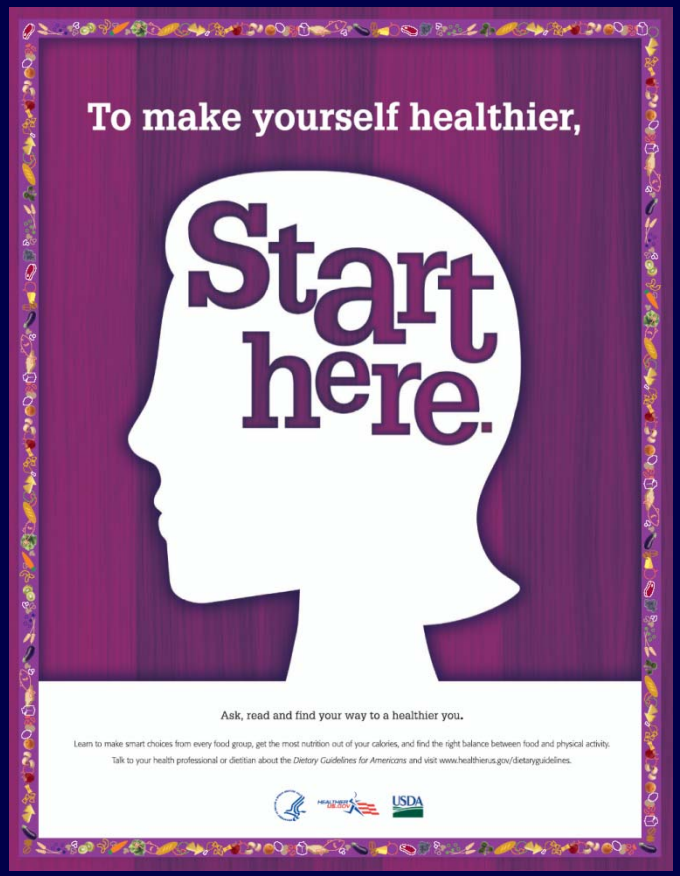
DIETARY GUIDELINES FOR AMERICANS, 2005

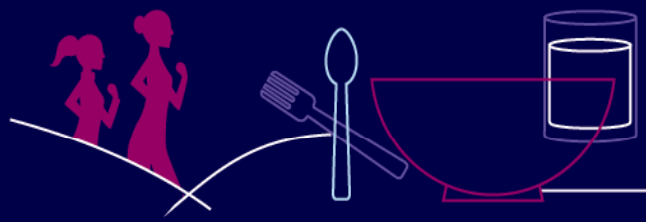
Tool Kit for Health Professionals

- Background
- Communicating the Guidelines
- *Fact Sheets*
- *Qs and As*
- *Presentations*
- DASH Eating Plan
- Working Together
- *USDA Food Guidance System*
- *Food Label*
- *Meal Planning*
- *Tips*
- *Spanish Materials*



DIETARY GUIDELINES FOR AMERICANS, 2005





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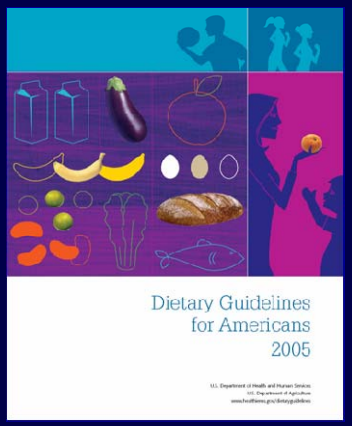
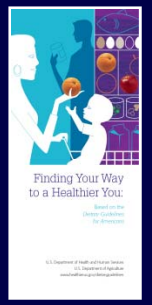
www.healthierus.gov/dietaryguidelines





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