DIETARY GUIDELINES FOR AMERICANS
2015-2020

Objectives

- Understand the purpose and scope of dietary guidelines
- Discuss the recommendations of the 2015 release
- Apply learning to professional and personal menu planning and food selection
Dietary Guideline Primer

- First published in 1980
- Revised every 5 years
- Project commissioned by the federal government
  - US Dept. of Agriculture (USDA)
  - US Dept. of Health & Human Services (HHS)
- Dietary Guidelines Advisory Committee (DGAC)
  - Appointed to review & recommend
- USDA & HHS act on recommendations

Purpose of Guidelines

- NOT written for the general consumer

- Provide authoritative advice for the general population [two years and older] about how good dietary habits can promote health and reduce risk for major chronic disease.

- Serve as cornerstone of federal nutrition policy and nutrition education activities.
Who Uses the Guidelines?

- USDA → school lunch & breakfast programs; consumer *Choose My Plate*
- HHS Supplemental nutrition programs → WIC
- USDA → Older Americans Act → Meals on Wheels
- Dept. of Defense → Military
- Dept. of Veterans Affairs

- Nutrition professionals → guide individuals
1. Healthy Eating is for Life

- An eating pattern is more than the sum of many meals
  - Eating patterns represent habits that often impact health
- Life-long healthy eating helps:
  - Promote a healthy body weight
  - Prevent chronic diseases (diabetes, heart disease, hypertension)

Trading Problems

- Nutrition and health are closely related.

- Essential nutrient deficiencies & infectious diseases ↓

- Lifestyle, non-communicable diseases ↑
  - ~50% of Americans have 1 or more preventable chronic diseases
  - Two-thirds are overweight/obese
1. Adherence of the U.S. Population Ages 2 Years and Older to the 2010 Dietary Guidelines, as Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores

2. Informed Choices are Important

- People need to own their nutritional health
  - All food and beverage choices matter
- The dietary guidelines are a tool for helping with healthy choices
3. Healthy Eating is NOT Restrictive

- Many diet patterns are healthy
  - Choose foods wisely
  - "Within an appropriate calorie level"

- Choose “Food”
  - Nutrient Dense
  - Naturally occurring substances

- No excuses disclaimer
  - Any eating pattern is adaptable
    - Taste preferences,
    - Culture, traditions,
    - Budget

4. Healthy Eating Patterns Include:

- Variety of vegetables
- Fruits; especially whole fruit
- Grains; 50% are whole grains
- Fat-free or low fat dairy and/or fortified soy beverages
- Lean meats and other protein foods
- Oils from plants
  - Also nuts, seeds, seafood, olives, and avocado
Healthy Eating Patterns Limit:

- Saturated Fats <10% total kcal
- Avoid *trans* fats
- Sodium <2,300 mg
- Added Sugars <10% total kcal
- Alcohol up to 1 drink women* / 2 drinks men* daily
  - Of legal drinking age

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Amount in the 2,000-Calorie-Level Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>2½ c-eq/day</td>
</tr>
<tr>
<td>Dark green</td>
<td>1½ c-eq/wk</td>
</tr>
<tr>
<td>Red and orange</td>
<td>5½ c-eq/wk</td>
</tr>
<tr>
<td>Legumes (beans and peas)</td>
<td>1½ c-eq/wk</td>
</tr>
<tr>
<td>Starchy</td>
<td>5 c-eq/wk</td>
</tr>
<tr>
<td>Other</td>
<td>4 c-eq/wk</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 c-eq/day</td>
</tr>
<tr>
<td>Grains</td>
<td>6 oz-eq/day</td>
</tr>
<tr>
<td>Whole grains</td>
<td>≥ 3 oz-eq/day</td>
</tr>
<tr>
<td>Refined grains</td>
<td>≤ 3 oz-eq/day</td>
</tr>
<tr>
<td>Dairy</td>
<td>3 c-eq/day</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>5½ oz-eq/day</td>
</tr>
<tr>
<td>Seafood</td>
<td>8 oz-eq/wk</td>
</tr>
<tr>
<td>Meats, poultry, eggs</td>
<td>26 oz-eq/wk</td>
</tr>
<tr>
<td>Nuts, seeds, soy products</td>
<td>5 oz-eq/wk</td>
</tr>
<tr>
<td>Oils</td>
<td>27 g/day</td>
</tr>
<tr>
<td>Limit on Calories for Other Uses (% of calories)*</td>
<td>270 kcal/day (14%)</td>
</tr>
</tbody>
</table>
5. Limit Added Sugars

- Target <10% of total daily calories
  - Example: 10% of 2000 calories/day = 200 calories or roughly 50 grams of added sugar

- But, what does 50 grams look like?
  12.5 sugar cubes /packets or ~1/4 cup

![Image of sugar cubes and drinks]

5. Limit Added Sugars

- Challenges:
  - What does that equal in grams of added sugar?
  - Not addressed in Nutrition Facts
    - Sugars = ALL source of a sugar
  - New label will include added sugars

### Current Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
<td>12%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td></td>
<td>9%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>7mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### New Nutrition Facts

- Sugars 1g
- Added Sugars 0g

![Image of new nutrition facts]

SOURCE: FDA/CBS

1/6/2017
6. Limit Sat. Fat & Trans Fat

- Target <10% of total daily calories from saturated fats
  - Aim for zero trans fats

- “Don’t worry about dietary cholesterol”

7. Limit Sodium

- Target <2,300 mg/day (≥14 yrs.)
  - Less for younger children
  - 1,500 mg with pre- or diagnosed hypertension

- Read Labels!
  - Check for sodium especially in processed foods.
Dietary Intakes Compared to Recommendations. Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit

8. Small Changes are Okay

For Example;

- 9 out of 10 Americans do not eat recommended vegetable servings
  - Try to incorporate just one more serving each day.

- 50% of Americans eat twice the recommended sodium
  - Read labels to look for just that one nutrient and pick the lesser option
9. Be Active

- Physical activity is very important to maintaining and improving health

- Adults – 150 minutes of moderate intensity weekly; with muscle-strengthening 2+ days / week
- Children (-17 yrs.) – 60 minutes / day of aerobic, muscle-strengthening and bone-strengthening

Percentage of Adults Meeting the Physical Activity Guidelines (Aerobic and Muscle-Strengthening Recommendations)
<table>
<thead>
<tr>
<th>10. The Buck Stops Here and here and here and here</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Home</strong></td>
</tr>
<tr>
<td>• Small changes, plan meals, cook at home, be active as a family</td>
</tr>
<tr>
<td><strong>School</strong></td>
</tr>
<tr>
<td>• Serve healthy foods in cafeteria, vending</td>
</tr>
<tr>
<td>• Encourage physical activity, create school gardens,</td>
</tr>
<tr>
<td>• Teach the message, send that message home</td>
</tr>
<tr>
<td><strong>Workplaces</strong></td>
</tr>
<tr>
<td>• Encourage activity breaks,</td>
</tr>
<tr>
<td>• Offer healthy foods (cafeteria, vending, work functions)</td>
</tr>
<tr>
<td>• Provide health &amp; wellness counseling</td>
</tr>
<tr>
<td><strong>Community</strong></td>
</tr>
<tr>
<td>• Community gardens, farmer markets, shelters, food banks</td>
</tr>
<tr>
<td>• Create (safe) walkable communities, parks</td>
</tr>
<tr>
<td><strong>Grocers &amp; Eating Establishments, Food manufacturers</strong></td>
</tr>
<tr>
<td>• Provide healthy choices and point them out (“transparency”)</td>
</tr>
</tbody>
</table>
Survey Says….

- [some] Consumer’s are focused on quality, less-processed, fresh foods and pleasure instead of “condition management” or “dieting”
  - Low-fat category is down
  - 50% are avoiding sugar
- Many fundamentals of healthy eating left to be taught…..

- “Health Halos” and the label says….but is it?
  - Non-GMO ≠ healthy
  - Artisanal ≠ healthy
  - Organic ≠ healthy
- Cleaning up the food label – good idea? Or maybe not?

Moving Forward

- Understand the individual’s socio-ecological drivers
  - Access
    - Proximity to shopping
    - Transportation availability, disability impediments
    - Offering/providing what is needed
  - Insecurity
    - 48 million US households are food insecure
    - How can food be ‘delivered’ to people in need
    - Budgeting, resources…
  - Acculturation
    - Western world ways not always healthier
Mentions

- Process Foods
  - No outright dismissal
  - To be limited in favor of ‘whole’ foods
- No “ban” attached to [red] meat protein to reduce sat. fats & promote sustainability
  - Choose lean and/or low fat proteins
  - Watch prep methods
- Alcohol
  - 56% of adults consume alcohol
  - Don’t start if you don’t drink
  - Limit 1/day women and 2/day men
- Caffeine
  - >95% of adults consume; ok to 400 mg/day (~2-4 8 oz. cups)

Mentions

- Beverages = food!
  - ~20% of daily calories
- Most commonly consumed:
  - Water
  - Sugar-sweetened drinks
  - Milk, flavored milk
  - Alcoholic beverages
  - Fruit / vegetable juices
  - Coffee / Tea
Under Consumed

- Potassium
- Fiber
- Choline
- Magnesium
- Calcium
- Vitamins A, D, E and C

And for women 19-50 years
- Iron

Resources & Tools

Websites to Bookmark
- DietaryGuidelines.gov
- Health.gov/dietaryguidelines
- ChooseMyPlate.gov

Copy ready
- Education Handouts
- My Plate logos / icons
- Some food photos
- Super Tracker
Thank you for participating in today’s session!

This presentation is intended to provide general information about the Dietary Guidelines for Americans 2015-2020 but is not intended to provide medical advice.

Presentation Author: Debra Zwiefelhofer, RDN, LD
Review Questions

• What are 2 or 3 things you can do in your professional workplace to promote healthy eating habits?

• What are 2 or 3 things you can do in your personal life to promote healthy eating habits?