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 Guidelines for Americans

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

### 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

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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

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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

- 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

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Healthy U.S.-Style Eating Pattern at the 2,000-Calorie Level, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

<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-equiv/day</td>
</tr>
<tr>
<td>Dark green</td>
<td>1½ c-equiv/wk</td>
</tr>
<tr>
<td>Red and orange</td>
<td>5½ c-equiv/wk</td>
</tr>
<tr>
<td>Legumes (beans and peas)</td>
<td>1½ c-equiv/wk</td>
</tr>
<tr>
<td>Snack foods</td>
<td>5 c-equiv/wk</td>
</tr>
<tr>
<td>Other</td>
<td>4 c-equiv/wk</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 c-equiv/day</td>
</tr>
<tr>
<td>Grains</td>
<td>6 oz-equiv/day</td>
</tr>
<tr>
<td>Whole grains</td>
<td>3 oz-equiv/day</td>
</tr>
<tr>
<td>Refined grains</td>
<td>3 oz-equiv/day</td>
</tr>
<tr>
<td>Dairy</td>
<td>2 c-equiv/day</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>5½ oz-equiv/day</td>
</tr>
<tr>
<td>Seafood</td>
<td>8 oz-equiv</td>
</tr>
<tr>
<td>Meats, poultry, eggs</td>
<td>26 oz-equiv</td>
</tr>
<tr>
<td>Nuts, seeds, soy products</td>
<td>5 oz-equiv</td>
</tr>
<tr>
<td>Oils</td>
<td>27 g/day</td>
</tr>
</tbody>
</table>

Limit on Calories for Other Uses (% of calories): 270 kcal/day (14%)
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.

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
10. The Buck Stops Here and here and here

- **Home**
  - Small changes, plan meals, cook at home, be active as a family

- **School**
  - Serve healthy foods in cafeteria, vending
  - Encourage physical activity, create school gardens,
  - Teach the message, send that message home

- **Workplaces**
  - Encourage activity breaks,
  - Offer healthy foods (cafeteria, vending, work functions)
  - Provide health & wellness counseling

- **Community**
  - Community gardens, farmer markets, shelters, food banks
  - Create (safe) walkable communities, parks
  - Grocers & Eating Establishments, Food manufacturers
  - Provide healthy choices and point them out ("transparency")

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
- Iron

And for women 19-50 years

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.

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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?