

SECTION 2

BASIC NUTRITION, DIETARY GUIDELINES FOR AMERICANS AND MYPLATE

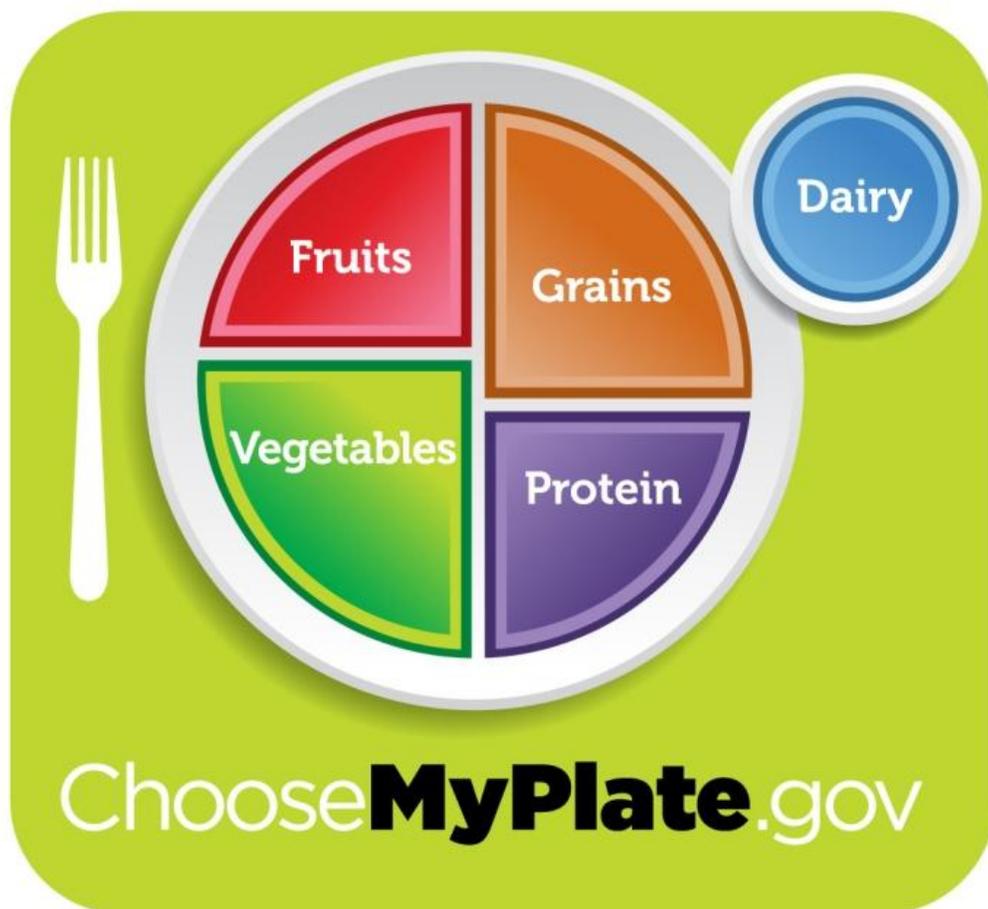


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2.0 BASIC NUTRITION

2.0.1 Introduction

Food is an enjoyable part of our everyday lives. Often lost in the big picture, however, is the importance our food choices are for our overall health. Food has a more important role in our lives, as food, in the right amounts at the right times is what helps to keep our bodies working properly. Food helps us breathe, move and think. Food keeps us alive and well. This module covers the basic concepts of good nutrition. By understanding these concepts, you'll become a more effective educator.

The 2010 Dietary Guidelines for Americans are the basis for federal nutrition policy. The MyPlate Food Guidance System provides food-based guidance to help implement the recommendations of the Guidelines. MyPlate was based on both the Guidelines and the Dietary Reference Intakes (DRIs) from the National Academy of Sciences, while taking into account the current consumption patterns of Americans. MyPlate translates the Guidelines into a total diet that meets nutrient needs from food sources and aims to moderate or limit dietary components often eaten in excess. An important tool is the Nutrition Facts label on food products.

www.ChooseMyPlate.gov provides web-based interactive information and print materials for consumers.

2.0.2 Purpose

The purpose of Section 2 is to review basic nutrition, DRI's, food groups, 2010 Dietary Guidelines (including Key Consumer Behaviors and Potential Strategies for Professionals) and the MyPlate Food Guidance System.

2.0.3 Objectives

Upon completion of Section 2, you will be able to:

1. State the purpose of the Dietary Guidelines for Americans and name the governing bodies that review, update and publish the Dietary Guidelines for Americans.
2. State the USDA food groups and subgroups where applicable.
3. State what a healthy eating pattern consists of according to the Dietary Guidelines.
4. State the three major goals of the Dietary Guidelines.
5. Identify key consumer behaviors and potential strategies for professionals.
6. State the larger initiative on which MyPlate is based.
7. Identify the MyPlate selected messages to help consumers focus on key behaviors.

8. Name a source to help professionals teach the Dietary Guidelines for Americans and MyPlate eating pattern recommendations.

2.1 DIETARY REFERENCE INTAKES

The Food and Nutrition Board of the Institute of Medicine, National Academies of Sciences, have released the DRIs periodically for selected nutrients. The DRIs replace and expand the Recommended Dietary Allowances (RDA). The DRIs are values that are quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people. The DRIs include levels that may reduce the risk of cardiovascular disease, osteoporosis, certain cancers and other diseases that are diet-related. This framework that emerged has replaced the RDAs with a set of four dietary references: the EAR, RDA, AI and UL.

- **Estimated Average Requirement (EAR):** the average daily nutrient intake level estimated to meet the requirement of half of the healthy individuals in a particular life stage and gender group; used to assess the adequacy of diets of groups of people.
- **Recommended Dietary Allowance (RDA):** the average daily nutrient intake level sufficient to meet the nutrient requirement of nearly all (97 to 98 percent) healthy individuals in a particular life stage and gender group.
- **Adequate Intake (AI):** a recommended average daily nutrient intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people that are assumed to be adequate—used when an RDA cannot be determined.
- **Tolerable Upper Intake Level (UL):** the highest average daily nutrient intake level likely to pose no risk of adverse health effects to almost all individuals in the general population. As intake increased above the UL, the potential risk of adverse effects increases.

The DRI's have separate recommendations throughout the lifecycle for infants, children, males, females, pregnant and lactating women. The EAR should be used for assessing the nutrient adequacy of populations, not individuals. The RDA for a nutrient should serve as a goal for intake for individuals, not as a benchmark of adequacy of diets of populations.

How are DRI values applied? Most applications fall into one of four categories: assessment, planning, educational and regulatory. These four categories are not mutually exclusive. For example, educational goals are related inherently to assessment and planning.

2.2 FOOD GROUPS

The foods we eat are categorized into groups of similar components and nutrients. The food groups include: grains; vegetables; fruits; dairy products; and protein foods.

GRAINS

Foods in the grain group include any food made from wheat, rice, oats, cornmeal, barley or another cereal grain.

Grains are divided into two subgroups, whole grains and enriched grains.

- Whole grains contain the entire grain kernel—the bran, germ and endosperm.
 - Examples include: whole-wheat bread, whole-grain cereals and crackers, oatmeal, and brown rice.
- Enriched grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life. B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after being removed from the milling process.
 - Examples include: white breads, enriched grain cereals and crackers, enriched pasta, and white rice.



VEGETABLES

The vegetable group includes any vegetable or 100% vegetable juice. Vegetables are organized into 5 subgroups, based on their nutrient content. The subgroups and some commonly eaten vegetables in each group are:



- **Dark Green Vegetables:** Broccoli, spinach, romaine, collard, turnip, and mustard greens.
- **Red and Orange Vegetables:** Tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.
- **Beans and Peas:** Kidney beans, lentils, chickpeas, and pinto beans.
- **Starchy Vegetables:** White potatoes, corn, and green peas.
- **Other Vegetables:** Iceberg lettuce, green beans, and onions.

FRUITS

The fruit group includes any fruit or 100% fruit juice. The majority of the fruit recommended should come from whole fruits vs. fruit juices.

DAIRY PRODUCTS

All fluid milk products and many foods made from milk are considered part of this group. This includes milk-based desserts like ice cream and pudding and soft cheeses such as ricotta and cottage cheese. Foods made from milk that retain their calcium content are part of this group, while foods made from milk that have little to no calcium, such as cream cheese, cream and butter are not in this group.

Selecting more dairy products that are fat-free, low-fat fluid milk or yogurt rather than as cheese can increase intake of potassium, vitamin A, and vitamin D and decrease intake of sodium, cholesterol, and saturated fatty acids.

For those who are lactose intolerant; lactose-free and lower-lactose products are available. These include hard cheeses and yogurt. Also, enzyme preparations can be added to milk to lower the lactose content. Calcium-fortified foods and beverages, such as soy beverages or orange juice may provide calcium, but may not provide the other nutrients found in milk and milk products.

PROTEIN FOODS

The protein group includes all foods made from meat, poultry, fish, dry beans or peas, eggs, seeds and nuts. Dry beans and peas are a part of this group as well as the vegetable group. Most meat and poultry choices should be lean or low-fat. Fish, nuts and seeds contain healthy oils and can be chosen instead of meat or poultry.

OILS

Oils are not a food group, but are emphasized because they contribute essential fatty acids and vitamin E to the diet. Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish.

Some common oils are;

- Canola oil
- Cottonseed oil
- Soybean oil
- Corn oil
- Safflower oil
- Olive oil



Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like nuts, olives, some fish and avocados.

Foods that are mainly oil include mayonnaise, certain salad dressings and soft margarine with no *trans* fats. Most oils are high in monounsaturated or polyunsaturated fats and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. A few plant oils however, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes are considered to be solid fats.

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common solids fats are butter, beef fat (tallow, suet), chicken fat, stick margarine and shortening. Replacing some saturated fatty acids with unsaturated fatty acids lowers both total and low-density lipoprotein (LDL) blood cholesterol levels.

2.3 THE DIETARY GUIDELINES FOR AMERICANS

The Dietary Guidelines (DG) for Americans is reviewed, updated if necessary, and published every 5 years. The U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) jointly create each edition. Dietary Guidelines 2010 is available in its entirety at www.dietaryguidelines.gov.

The DG for Americans, 2010 was released at a time of rising concern about the health of the American population. Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity affecting men, women, and children in all segments of our society. Even in the absence of overweight, poor diet and physical inactivity are associated with major causes of morbidity and mortality in the United States. Therefore, the DG, 2010 is intended for Americans ages 2 years and older, including those at increased risk of chronic disease.

The DG for Americans, 2010 includes recommendations based on the most recent evidence-based review of nutrition science. Two overarching concepts emerge from these recommendations: maintain calorie balance to achieve and sustain a healthy weight; and focus on nutrient-dense foods and beverages. The DG's are used in developing nutrition education and communication messages and materials and to reduce the risk of chronic disease.

The Dietary Guidelines for Americans three major goals are:

- Balance calories with physical activity to manage weight
- Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
- Consume fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains

A healthy eating pattern is not a rigid prescription, but rather an array of options that can accommodate cultural, ethnic, traditional, and personal preferences and food cost and availability. What is a "healthy eating pattern"? The Dietary Guidelines describe a healthy eating pattern as one that:

- Focuses on nutrient-dense foods – vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, lean meats and poultry, seafood, eggs, beans and peas, and nuts and seeds that are prepared without added solid fats, sugars, starches, and sodium.

2.3.1 Key Recommendations for the General Population

BALANCING CALORIES TO MANAGE WEIGHT

- 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.

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

FOODS 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, especially 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. There is no safe level of alcohol consumption during pregnancy. Breastfeeding women should be very cautious about drinking alcohol, if they choose to drink at all.

FOODS AND NUTRIENTS TO INCREASE

- 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, 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.
- 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, milk and milk products.

BUILDING HEALTHY EATING PATTERNS

- 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 food borne illnesses.

2.3.2 Key Consumer Behaviors and Potential Strategies for Professionals

Topic Area	Key Consumer Behaviors	Potential Strategies
CALORIE INTAKE	Consume foods and drinks to meet, not exceed, calorie needs.	<p>Know your calorie needs.</p> <p>Weigh yourself and adjust what and how much you eat and/or your physical activity based on your weight change over time.</p>
	Plan ahead to make better food choices.	<p>Prepare and pack healthy meals at home for children and/or adults to eat at school or work.</p> <p>Have healthy snacks available at home and bring nutrient-dense snacks to eat when on-the-go.</p> <p>Think ahead before attending parties: Eat a small, healthy snack before heading out. Plan to take small portions and focus on healthy options. Consider whether you are hungry before going back for more. Choose a place to talk with friends that is some distance from the food table.</p>

	<p>Track food and calorie intake.</p>	<p>Track what you eat using a food journal or an online food planner (e.g., www.ChooseMyPlate.gov).</p> <p>Check the calories and servings per package on the Nutrition Facts label. For foods and drinks that do not have a label or posted calorie counts, try an online calorie counter.</p> <p>Pay attention to feelings of hunger. Eat only until you are satisfied, not full. If you tend to overeat, be aware of time of day, place, and your mood while eating so you can better control the amount you eat.</p> <p>Limit eating while watching television, which can result in overeating.</p> <p>If you choose to eat while watching television, portion out a small serving.</p>
	<p>Limit calorie intake from solid fats and added sugars.</p>	<p>Choose foods prepared with little or no added sugars or solid fats.</p> <p>Identify the amount of calories from added sugars and solid fats contained in foods and drinks at http://www.myfoodapedia.gov.</p> <p>Choose products with less added sugars and solid fats. Select products that contain added sugars and solid fats less often.</p> <p>When you have foods and drinks with added sugars and solid fats, choose a small portion.</p>
	<p>Reduce portions, especially of high-calorie foods.</p>	<p>Use smaller plates.</p> <p>Portion out small amount of food.</p> <p>To feel satisfied with fewer calories, replace large portions of high-calorie foods with lower calorie foods, like vegetables and fruits.</p>
	<p>Cook and eat more meals at home, instead of eating</p>	<p>Cook and eat at home more often, preferable as a family.</p> <p>When preparing meals, include</p>

	out.	<p>vegetables, fruits, whole grains, fat-free or low-fat dairy products, and protein foods that provide fewer calories and more nutrients.</p> <p>Experiment with healthy recipes and ingredient substitutions.</p>
	Think about choosing healthy options when eating out.	<p>When eating out, choose a smaller size option (e.g., appetizer, small plate). Manage larger portions by sharing or taking home part of your meal.</p> <p>Check posted calorie counts or check calorie counts online before you eat at a restaurant.</p> <p>When eating out, choose dishes that include vegetables, fruits, and/or whole grains.</p> <p>When eating out, avoid choosing foods with the following words: creamy, fried, breaded, battered, or buttered. In addition, keep portions of syrups, dressings, and sauces small.</p>
PHYSICAL ACTIVITY	Limit screen time.	<p>Limit the amount of time you spend watching television or using other media such as video games. This is especially important for children and adolescents.</p> <p>Use the time you watch television to be physically active in front of the television.</p>
	Increase physical activity.	<p>Pick activities you like and that fit into your life. For children, activity should be fun and developmentally appropriate.</p> <p>Be active with family and friends. Having a support network can help you stay active.</p> <p>Keep track of your physical activity and gradually increase it to meet the recommendations of the <i>2008 Physical Activity Guidelines for Americans</i>.</p> <p>Physical activity can be tracked at http://www.presidentschallenge.org or by using logs like the one found at http://www.health.gov/paguidelines.</p>

	Choose moderate – or vigorous – intensity physical activities.	<p>Choose moderate – intensity activities, which include walking briskly, biking, dancing, general gardening, water aerobics, and canoeing.</p> <p>You can replace some or your entire moderate – intensity activity with vigorous activity. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. Vigorous activities include aerobic dance, jumping rope, race walking, jogging, running, soccer, swimming fast or swimming laps, and riding a bike on hills or riding fast.</p> <p>Adults should include muscle – strengthening activities at least 2 days a week. Muscle – strengthening activities include lifting weights, push-ups, and sit-ups. Choose activities that work all the different parts of the body – the legs, hips, back, chest, stomach, shoulders, and arms.</p> <p>Encourage children to do muscle – strengthening activities such as climbing at least 3 days a week and bone – strengthening activities, such as jumping, at least 3 days a week.</p>
	Avoid inactivity. Some physical activity is better than none.	<p>Start with 10-minute chunks of physical activity a couple of days a week. Every bit counts, and doing something is better than doing nothing.</p> <p>Walking is one way to add physical activity to your life. Build up to walking longer and more often. Pick up the pace as you go.</p>
	Slowly build up the amount of physical activity you choose.	Start by being active for longer each time; then do more by being active more often.
VEGETABLES	Increase vegetable intake.	<p>Include vegetables in meals and in snacks. Fresh, frozen, and canned vegetables all count. When eating canned vegetables, choose those labeled as reduced sodium or no salt-added.</p> <p>Add dark-green, red, and orange</p>

	<p>Eat recommended amounts of vegetables, and include a variety of vegetables, especially dark green vegetables, red and orange vegetables, and beans and peas.</p>	<p>vegetables to soups, stews, casseroles, stir-fries, and other main and side dishes. Use dark leafy greens, such as romaine lettuce and spinach, to make salads.</p> <p>Focus on dietary fiber—beans and peas are a great source. Add beans or peas to salads (e.g., kidney or garbanzo beans), soups (e.g., split peas or lentils), and side dishes (e.g., baked beans or pinto beans), or serve as a main dish.</p> <p>Keep raw, cut-up vegetables handy for quick snacks. If serving with a dip, choose lower calorie options, such as yogurt-based dressings or hummus, instead of sour cream or cream cheese-based dips.</p> <p>When eating out, choose a vegetable as a side dish. With cooked vegetables, request that they be prepared with little or no fat and salt. With salads, ask for the dressing on the side so you can decide how much you use.</p> <p>When adding sauces, condiments, or dressings to vegetables, use small amounts and look for lower calorie options (e.g., reduced-fat cheese sauce or fat-free dressing). Sauces can make vegetables more appealing, but often add extra calories.</p>
FRUITS	<p>Increase fruit intake.</p> <p>Eat recommended amounts of fruits and choose a variety of fruits. Choose whole or cut-up fruits more often than fruit juice.</p>	<p>Use fruit as snacks, salads, or desserts.</p> <p>Instead of sugars, syrups, or other sweet toppings, use fruit to top foods such as cereal and pancakes.</p> <p>Enjoy a wide variety of fruits, and maximize taste and freshness by adapting your choices to what is in season.</p> <p>Keep rinsed and cut-up fruit handy for quick snacks.</p> <p>Use canned, frozen, and dried fruits, as well as fresh fruits. Unsweetened fruit or fruit canned in 100% juice is the better choice because light or heavy syrup adds sugar and calories.</p>

		<p>Select 100% fruit juice when choosing juices.</p>
<p>MILK AND MILK PRODUCTS (DAIRY PRODUCTS)</p>	<p>Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, and fortified soy beverages.</p> <p>Replace higher fat milk and milk products with lower fat options.</p>	<p>Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change will cut calories, but will not reduce calcium or other essential nutrients.</p> <p>When drinking beverages, such as cappuccino or latte, request fat-free or low-fat milk.</p> <p>Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads with fat-free or low-fat yogurt.</p> <p>When recipes such as dips call for sour cream, substitute plain fat-free or low-fat yogurt.</p> <p>When selecting cheese, choose low-fat or reduced-fat versions.</p> <p>If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try fortified soy beverages^a.</p> <p>Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt are better sources of potassium and are lower in sodium than most cheeses. Also, most milk is fortified with vitamin D.</p>
<p>a. Fortified soy beverages have been marketed as “soymilk,” a product name consumers could see in supermarkets and consumer materials. However, FDA’s regulations do not contain provisions for the use of the term soymilk. Therefore, in this document, the term “fortified soy beverage” includes products that may be marketed as soymilk.</p>		
<p>PROTEIN FOODS</p>	<p>Choose a variety of foods from the protein foods group.</p> <p>Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.</p>	<p>Eat a variety of foods from the protein foods group each week. This group includes seafood, beans and peas, and nuts, as well as lean meats, poultry, and eggs.</p> <p>Eat seafood in place of meat or poultry twice a week. Select some seafood that is higher in oils and lower in mercury, such as salmon, trout, and herring.</p> <p>Select lean meats and poultry. Choose meat cuts that are low in fat and ground beef that is extra lean (at least 90% lean). Trim or drain fat from meat and remove</p>

		<p>poultry skin before cooking or eating.</p> <p>Try grilling, broiling, poaching, or roasting. These cooking methods do not add extra fat.</p> <p>Drain fat from ground meats after cooking. Avoid breading on meat and poultry, which adds calories.</p>
GRAINS		
WHOLE GRAINS	<p>Increase whole-grain intake</p> <p>Consume at least half of all grains as whole grains.</p>	<p>Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta. For example, choose 100% whole-grain breads; whole-grain cereals such as oatmeal; whole-grain crackers and pasta; and brown rice.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient’s name.</p> <p>Note that foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain any whole grains.</p> <p>Use the Nutrition Facts label and the ingredients list to choose whole grains that are a good or excellent source of dietary fiber. Good sources of fiber contain 10 to 19 percent of the Daily Value per serving, and excellent sources of dietary fiber contain 20 percent or more.</p>
Refined Grains	<p>Whenever possible, replace refined grains with whole grains.</p>	<p>Eat fewer refined grain products, especially those that are high in calories from solid fats and/or added sugars, such as cakes, cookies, other desserts, and pizza.</p> <p>Replace white bread, rolls, bagels, muffins, pasta, and rice with whole-grain versions.</p> <p>When choosing a refined grain, check the ingredients list to make sure it is made with enriched flour.</p>

OILS AND FATS		
OILS	<p>Use oils instead of solid fats, when possible.</p>	<p>When using spreads, choose soft margarines with zero <i>trans</i> fats made from liquid vegetable oil, rather than stick margarine or butter. If you do use butter, use only a small amount.</p> <p>When cooking, use vegetable oils such as olive, canola, corn, safflower, or sunflower oil rather than solid fats (butter, stick margarine, shortening, lard).</p> <p>Consider calories when adding oils to foods or in cooking. Use only small amounts to keep calories in check.</p> <p>Use the ingredients list to choose foods that contain oils with more unsaturated fats. Use the Nutrition Facts label to choose foods that contain less saturated fat.</p>
SOLID FATS	<p>Cut back on solid fats.</p> <p>Choose foods with little solid fats and prepare foods to minimize the amount of solid fats.</p> <p>Limit saturated fat intake and keep <i>trans</i> fat intake as low as possible.</p>	<p>Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; cheese; processed and fatty meats (e.g., sausages, hot dogs, bacon, ribs); and ice cream.</p> <p>Select lean meats and poultry, and fat-free or low-fat milk and milk products.</p> <p>When cooking, replace solid fats such as butter, beef fat, chicken fat, lard, stick margarine, and shortening with oils; or choose cooking methods that do not add fat.</p> <p>Choose baked, steamed, or broiled rather than fried foods most often.</p> <p>Check the Nutrition Facts label to choose foods with little or no saturated fat and no <i>trans</i> fat.</p> <p>Limit foods containing partially hydrogenated oils, a major source of <i>trans</i> fats.</p>

<p>ADDED SUGARS</p>	<p>Cut back on foods and drinks with added sugars or caloric sweeteners (sugar-sweetened beverages).</p>	<p>Drink few or no regular sodas, sports drinks, energy drinks, and fruit drinks.</p> <p>Eat less cake, cookies, ice cream, other desserts, and candy. If you do have these foods and drinks, have a small portion. These drinks and foods are the major sources of added sugars for Americans.</p> <p>Choose water, fat-free milk, 100% fruit juice, or unsweetened tea or coffee as drinks rather than sugar-sweetened drinks.</p> <p>Select fruit for desserts. Eat less of high-calorie desserts.</p> <p>Use the Nutrition Facts label to choose breakfast cereals and other packaged foods with less total sugars, and use the ingredients list to choose foods with little or no added sugars.</p>
<p>SODIUM</p>	<p>Reduce sodium intake.</p> <p>Choose foods low in sodium and prepare foods with little salt.</p> <p>Increase potassium intake.</p>	<p>Use the Nutrition Facts label to choose foods lower in sodium.</p> <p>When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium. Many packaged foods contain more sodium than their made-from-fresh counterparts.</p> <p>Use little or no salt when cooking or eating. Trade in your salt shaker for the pepper shaker. Spices, herbs, and lemon juice can be used as alternatives to salt to season foods with a variety of flavors.</p> <p>Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.</p> <p>Get more potassium in your diet. Food sources of potassium include potatoes, cantaloupe, bananas, beans, and yogurt.</p>
<p>ALCOHOL</p>	<p>For adults of legal drinking age who choose to drink alcohol, consume it</p>	<p>Limit alcohol to no more than 1 drink per day for women and 2 drinks per day for men.</p>

	<p>in moderation.</p> <p>Avoid alcohol in certain situations that can put you at risk.</p>	<p>Avoid excessive (heavy or binge) drinking.</p> <p>Consider the calorie content of mixers as well as the alcohol.</p> <p>If breastfeeding, wait at least 4 hours after drinking alcohol before breastfeeding. Alcohol should not be consumed at all until consistent latch on and breastfeeding patterns are established.</p> <p>Avoid alcohol if you are pregnant or may become pregnant; if under the legal drinking age; if you are on medication that can interact with alcohol; if you have medical conditions that could be worsened by drinking; and if planning to drive, operate machinery, or do other activities that could put you at risk if you are impaired.</p> <p>Do not begin drinking or drink more frequently on the basis of potential health benefits.</p>
<p>FOOD SAFETY</p>	<p>Be food safe.</p>	<p>Clean: Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.</p> <p>Separate: Keep raw meat and poultry apart from foods that won't be cooked.</p> <p>Cook: Use a food thermometer. You can't tell if food is cooked safely by how it looks.</p> <p>Chill: Chill leftovers and takeout foods within 2 hours and keep the refrigerator at 40°F or below.</p>

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>

(May 2012).

2.4 GETTING STARTED WITH MYPLATE

MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change

consumer behavior alone. MyPlate illustrates the five food groups using a familiar mealtime's visual, a place setting.

MyPlate is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

MyPlate features selected messages to help consumers focus on key behaviors. Selected messages include:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals – and choose foods with lower numbers.
- Drink water instead of sugary drinks.

TEN TIPS NUTRITION EDUCATION SERIES

The Ten Tips Nutrition Education Series provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. Each topic below has a Ten Tips sheet available for downloading from:

www.ChooseMyPlate.gov/healthy-eating-tips/ten-tips.html

- Choose MyPlate
- Add More Vegetables to Your Day
- Focus on Fruits
- Make Half Your Grains Whole
- Got Your Dairy Today?
- With Protein Foods, Variety Is Key
- Build a Healthy Meal
- Healthy Eating for Vegetarians
- Smart Shopping for Veggies and Fruits
- Liven up Your Meals With Vegetables and Fruits
- Kid-Friendly Veggies and Fruits
- Be a Healthy Role Model for Children
- Cut Back on Your Kid's Sweet Treats
- Salt and Sodium
- Eat Seafood Twice a Week
- Eating Better on a Budget
- Use Super Tracker Your Way
- Enjoy Your Food, But Eat Less
- Make Better Beverage Choices
- Make Celebrations Fun, Healthy & Active
- The School Day Just Got Healthier
- Choosing Whole Grain Foods
- Be Food Safe
- MyPlate Snack Tips for Parents

- Healthy Eating for an Active Lifestyle
- Be Choosey in the Dining Hall
- Mini-Fridge Makeover
- Stay Fit on Campus
- Be an Active Family
- Be Active Adults

2.5 SELF-TEST QUESTIONS

1. What are the two most important factors contributing to an epidemic of overweight and obesity affecting men, women, and children in all segments of our society?
2. What is the purpose of the Dietary Guidelines for Americans and who are the governing bodies that review, update and publish the Dietary Guidelines for Americans?
3. Name the USDA food groups and subgroups where applicable.
4. According to the DGs, what is the focus of a healthy eating pattern?
5. What are the three major goals of the DG's?
6. Identify key consumer behaviors and potential strategies for professionals.
7. What is the larger initiative on which MyPlate is based?
8. Identify the MyPlate selected messages to help consumers focus on key behaviors.
9. Name a source to help professionals teach the Dietary Guidelines for Americans and MyPlate eating pattern recommendations.