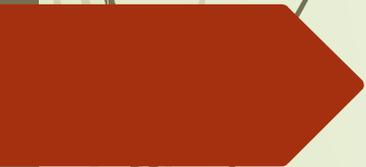


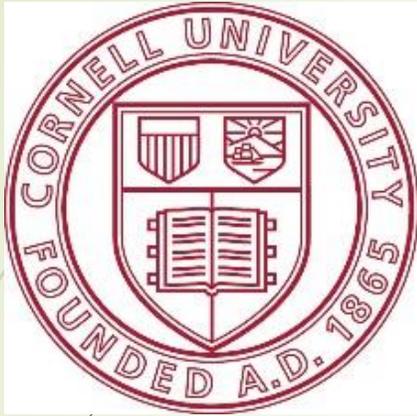


**Office of Temporary  
and Disability Assistance**

# SNAP-Ed Webinar Series

**2015- 2020 Dietary Guidelines**





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Pre-recorded webinar  
Send questions or comments to email.



# Objectives

- Brief review of the importance of the Dietary Guidelines
  - Highlight changes from 2010 version of the Dietary Guidelines
  - Explore details of new information
  - Discuss suggestions for working with participants
- 



# What are the Dietary Guidelines?

Foundation of policy for  
federal nutrition programs

- School meals
- WIC Program
- Nutrition labeling regulations
- Consumer education – MyPlate

Dietary Guidelines  
Advisory Committee  
recommendation and  
report

- Every 5 years
- Published and posted



1980



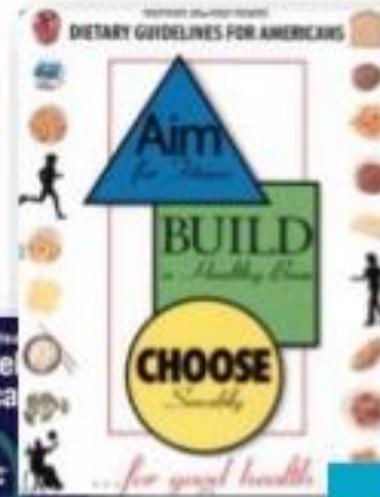
1985



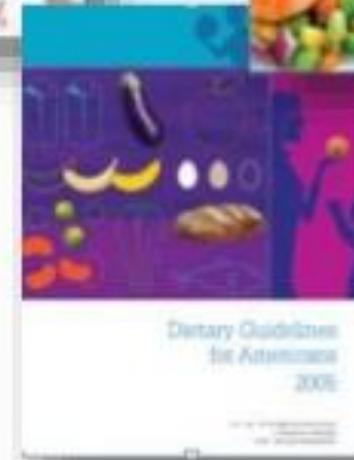
1990



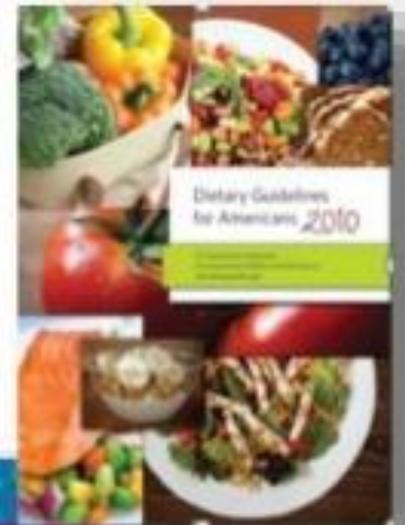
1995



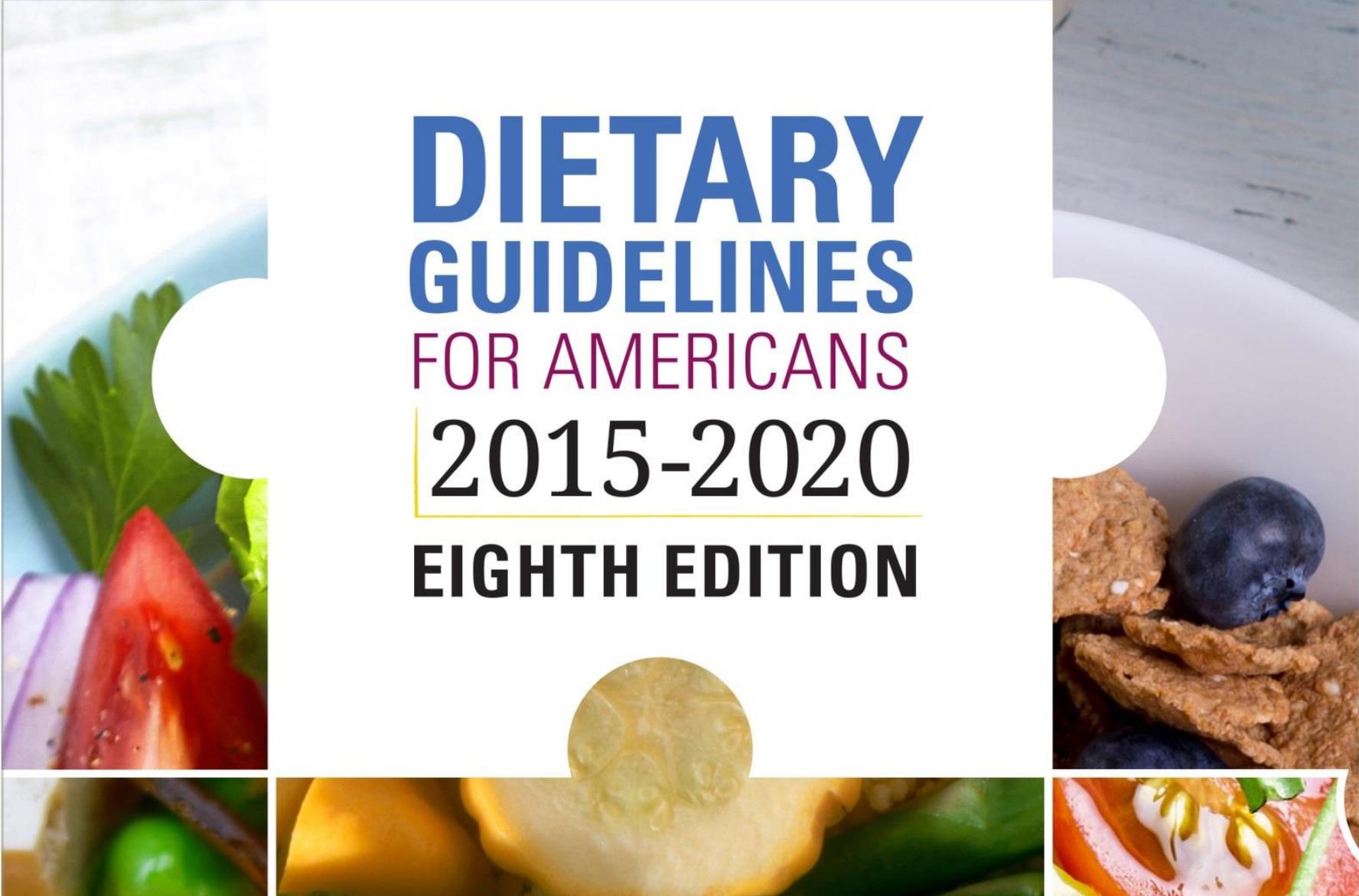
2000



2005



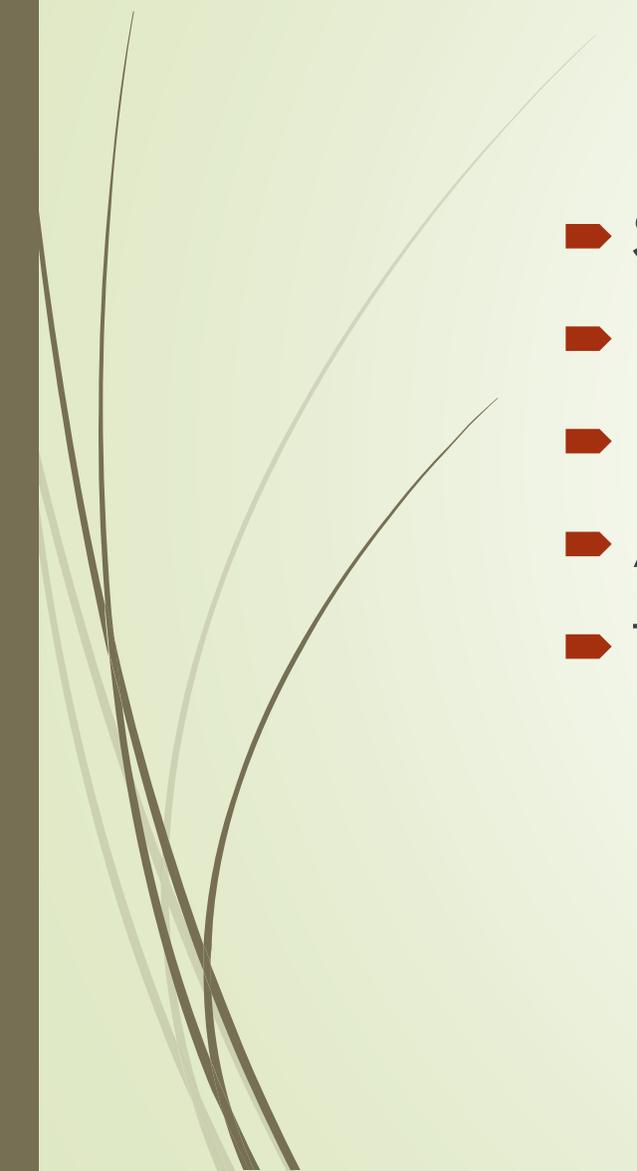
2010



**DIETARY  
GUIDELINES**  
FOR AMERICANS  
**2015-2020**  
**EIGHTH EDITION**



# Why so much history?

- Science is evolving
  - Benefit from long term studies and review of literature
  - Food systems change over time
  - Access to information has changed over time
  - Technology and available tools evolve
- 



# DGA 2015-2020 were controversial !

- ▶ Suggestions for including sustainability and taxation policies were considered **outside** of the 2015-2020 DGA committee scope
  - ▶ USDA/HHS held **listening sessions** to respond to congressional request to only make dietary recommendations when the relationship between dietary exposure and health outcome is strong
  - ▶ National Academy of Medicine, (formerly IOM), discussion of issues with the DGA process and the composition of the DGA committee
  - ▶ 2020-2025 DGAs will include recommendations from birth – 24 months
- 

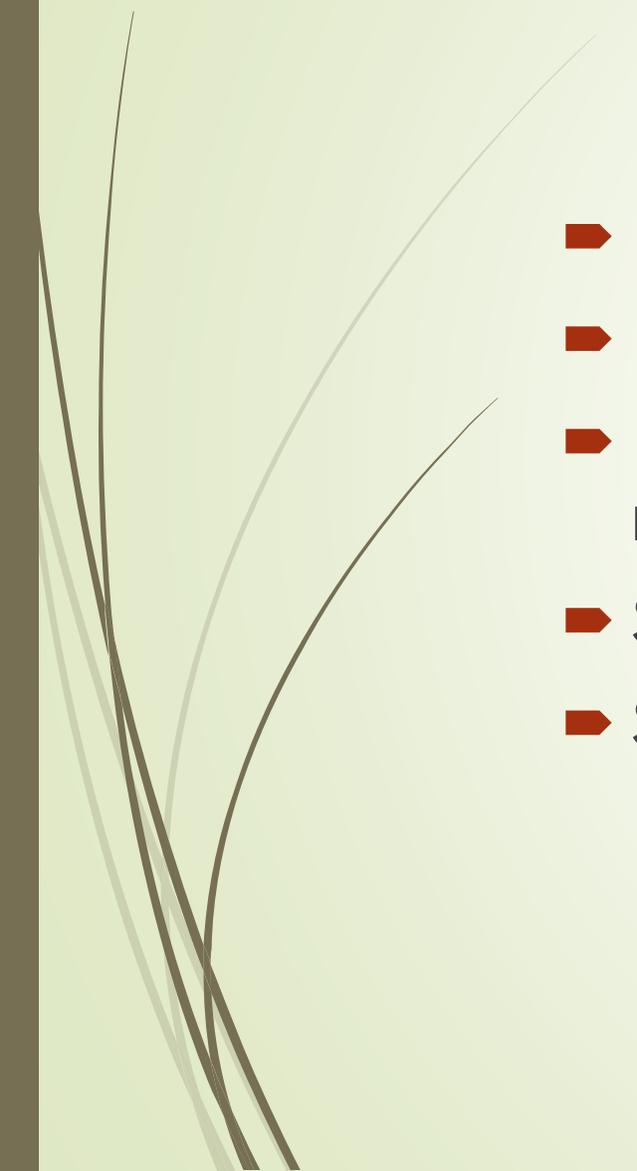


# 2015 DGA highlights

- ▶ Five messages, “5 dietary guidelines”
  - ▶ Supporting information and background
  - ▶ Consumer teaching tools, tips
- 



# DGA 2015 Dietary Guidelines:

- Follow a healthy eating pattern across the lifespan.
  - Focus on variety, nutrient density, and amount.
  - Limit calories from added sugars and saturated fats and reduce sodium intake.
  - Shift to healthier food and beverage choices.
  - Support healthy eating patterns for all.
- 

# Healthy eating patterns

- The combination of foods and beverages that make up an individual's complete dietary intake over time.
- Represents the totality of what individuals habitually eat and drink.
- Tailored to the individual's personal, cultural and traditional preferences as well as food budget.
- Will vary based on calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce risk for chronic disease.





Healthy eating pattern—foods from all the food groups, and a variety of foods from each food group.

A healthy pattern includes:

- A variety of vegetables
- Fruits, especially whole fruits
- Grains, at least half of which are whole grain
- Fat-free and low-fat dairy, including milk and yogurt
- Variety of protein foods
- Oils

A healthy pattern limits:

- Saturated fat less than 10% of calories
- Trans fat as low as possible
- Added sugars less than 10% of calories
- Sodium less than 2,300 mg per day



# Variety, nutrient density and amount

- ▶ Choose the most nutritious foods from those food groups as much as possible.
    - ▶ Nutrient-dense foods include all vegetables, fruits, whole grains, seafood, eggs, beans and peas, nuts and seeds, fat-free and low-fat dairy products and lean meats and poultry, when purchased, prepared, served and consumed with little to no added saturated fats, sugars, refined starches, and sodium.
- 

...based on 2000 calories per day

➤ **Veggies – 2 ½ cups**

- Fresh, frozen & canned without added salt or fat
- Eat a variety of “colors”

➤ **Fruit – 2 cups**

- Fresh, frozen & canned without added sugar
- Whole fruit more often. Choose 100% juice; limit to one serving.

➤ **Grains – 6 oz. equivalents**

- 3 oz. equivalents should be whole grains



– based on 2000 calories per day

➤ **Protein – 5 ½ oz. equivalents**

- Lean meat, chicken, turkey, fish, seafood, beans, nuts, legumes, eggs, soy products

➤ **Dairy**

- 2 cup-equivalents per day for children ages 2 to 3 years
- 2½ cup-equivalents per day for children ages 4 to 8 years
- 3 cup-equivalents per day for adolescents ages 9 to 18 years and for adults.



Limit calories from added sugars and saturated fats and reduce sodium intake.

- Added sugars....??
- Saturated fats...??
- Sodium...??





## Limit added sugars to less than 10% of calories

- ▶ Examples of added sugars that can be listed as an ingredient include: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.
- ▶ Naturally occurring sugars in foods such as fruit and milk are not added sugars.

## Names for added sugars

- ▶ Anhydrous dextrose
- ▶ Brown sugar
- ▶ Confectioner's powdered sugar
- ▶ Corn syrup
- ▶ Corn syrup solids
- ▶ Dextrose
- ▶ Fructose
- ▶ High-fructose corn syrup (HFCS)
- ▶ Honey
- ▶ Invert sugar
- ▶ Lactose
- ▶ Malt syrup
- ▶ Maltose
- ▶ Maple syrup
- ▶ Molasses
- ▶ Nectars (e.g., peach or pear nectar)
- ▶ Pancake syrup
- ▶ Raw sugar
- ▶ Sucrose
- ▶ Sugar
- ▶ White granulated sugar



- Foods with most added sugars
  - Sugar-sweetened beverages
  - Candy, baked goods



- Healthy foods can have a lot of added sugar !!!
  - Yogurt
  - Whole grain breakfast cereals
  - Granola bars
  - Spaghetti sauce





➤ **Added sugars should make up less than 10% of your total calories per day.**

➤ 10% of 2000 calories = 200 calories from added sugar

➤ 1 gram sugar = 4 calories

➤  $(1/4 \times 200) = 50 \text{ g}$

➤ 1 tsp = 4 g

➤  $(50/4) = 12 \text{ tsp}$

➤ Maximum added sugar per day should be less than: 50 g or 12 tsp

# Added sugars-do the math

➤ 12 tsp (50 g) adds up quickly!

12 oz soda (39g) + regular size candy bar (27g) = 66g

6 oz fruited yogurt (18g) + 2 pk granola bar (12g) = 30g

2 zebra cakes (31g) + coffee-2 tsp sugar (8g) = 39g

**How much added sugar is in your diet?**

Limit saturated fats to less than 10% of calories.  
Avoid trans fats as much as possible. Read labels.

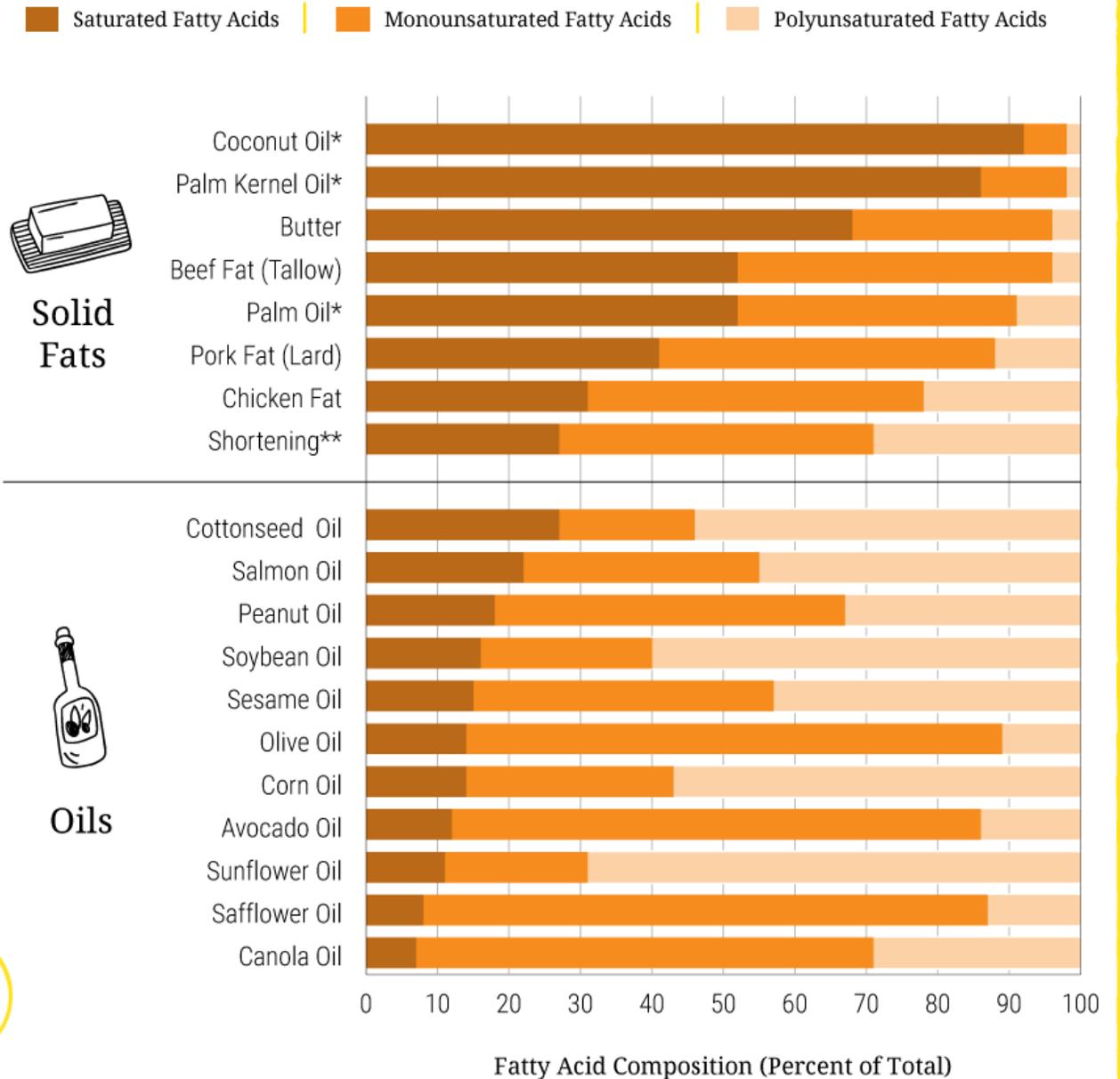
- ▶ Foods highest in saturated fat most common in the American diet are mixed dishes containing cheese, meat, or both, such as burgers, sandwiches, and tacos; pizza; and meat, poultry, and seafood dishes.
- ▶ Coconut, palm kernel and palm oils are saturated fats.
- ▶ Hydrogenated oils – margarine and shortening
- ▶ Processed foods – some desserts, baked goods, crackers, snack foods, microwave popcorn, frozen pizza and coffee creamers



...include oils

- Oils – about 5 teaspoons per day

Includes oils in foods like nuts, seeds, seafood, fish, avocados, olives, oils used in cooking or in spreads, dips or dressings.





# Cholesterol

- ▶ Cholesterol recommendation is not included in 2015 DGA.
- ▶ As recommended by the IOM, eat as little dietary cholesterol as possible while consuming a healthy eating pattern.
- ▶ In general, foods that are higher in dietary cholesterol, such as fatty meats and high-fat dairy products, are also higher in saturated fats.

## ...reduce Sodium intake

- ▶ Limit sodium to no more than 2300 mg. per day.
  - ▶ Children under age 14 need to eat less sodium.
  - ▶ Adults at risk of or with high blood pressure should eat less sodium.
- ▶ Most sodium in the American diet comes from highly processed and packaged foods, processed meats, mixed dishes and condiments.
- ▶ Read labels. Choose lower sodium products.



# Shift to healthier food and beverage choices

- ▶ Limit alcohol to 1 drink for women, up to 2 drinks for men
  - ▶ One drink equals ...
    - ▶ 12 fluid ounces of regular beer (5% alcohol),
    - ▶ 5 fluid ounces of wine (12% alcohol) 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol)
- ▶ Caffeine
  - ▶ Moderate consumption of 3 to 5 8-ounce cups of coffee a day OK for most adults
  - ▶ Most caffeine is from coffee, tea, soda and energy drinks
  - ▶ Watch out for excess calories from added sugar, cream, whole or 2% milk and coffee creamers.

# Support healthy changes

- Everyone together can make a difference for healthy communities.
  - Home
  - School
  - Government
  - Workplace
  - Food industry



# Support healthy lifestyles

- Strive to meet the Physical Activity guidelines for Americans

Adults – 150 minutes moderate intensity activity per week, plus muscle strengthening at least 2 times per week

Children 6-17 need 60 minutes of activity per day.





## DGA 2015 Summary of Recommendations

- 1. Accounts for all foods and beverages within an appropriate calorie level for age and activity level.
- 2. Focuses on variety, nutrient density, and amount—foods from all groups, and a variety within each food group.
- 3. Limits saturated and trans fats, added sugars, sodium and alcohol.
- 4. Means making substitutions—shifting to more nutrient dense foods and beverages, not increased amounts.
- 5. Is supported by an environment that encourages healthy eating patterns and regular physical activity.



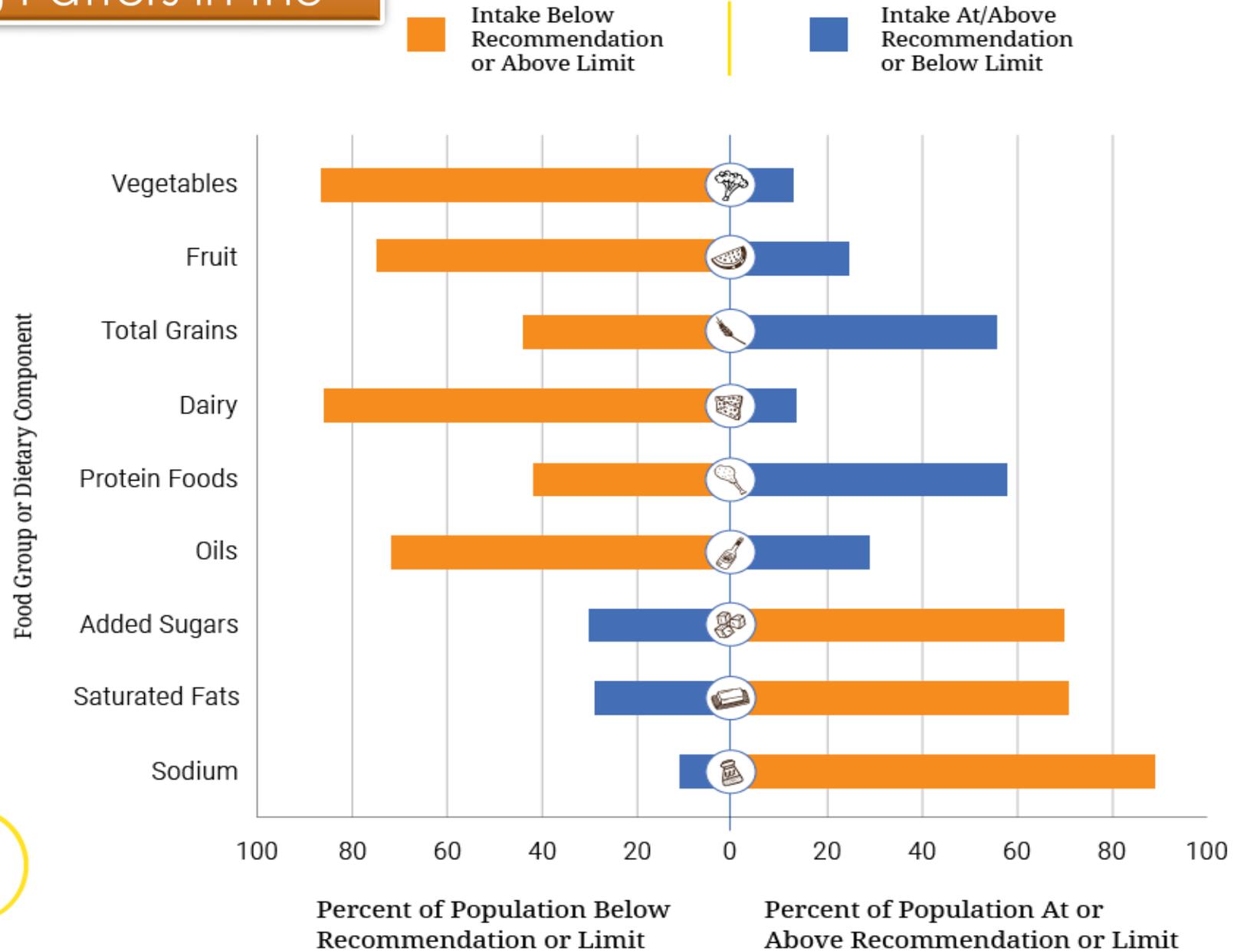
# Working with Participants

## Teaching opportunities

- Focus-healthy eating patterns, shifting to healthier choices
- Variety is key! (especially vegetable and protein groups)
- Mediterranean eating pattern/Oils (PUFA and MUFA)
- Caffeine intake limited to 3-5 8-oz cups of coffee
- Limit added sugar to 10% of calories
- Limit sodium to 2,300 mg/day for all

# Current Eating Patterns in the

US





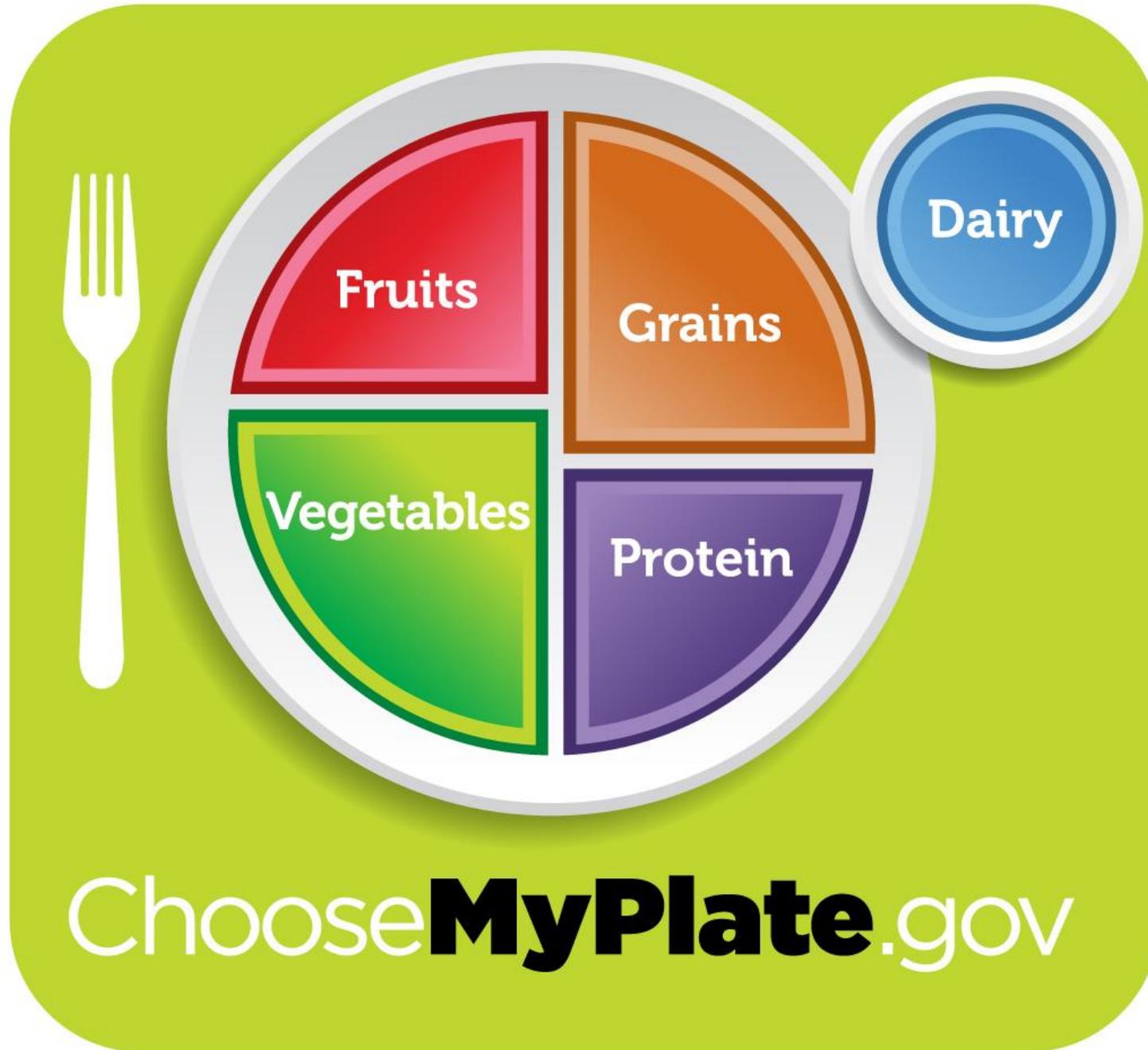
- **Resources:**

- *Dietary Guidelines Appendix*

- MyPlate and ChooseMyPlate.gov

- Communicator's Guide to the *Dietary Guidelines* for health professionals





5 recommendations,  
5 messages for participants

**1 Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

**2 Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

**3 Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

**4 Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

**5 Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.



Follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease.

### A healthy eating pattern includes:



### A healthy eating pattern limits:





MyPlate Wins

## **Interactive tools**

SuperTracker.gov

ChooseMyPlate.gov

Whats Cooking? USDA Mixing Bowl

MyPlate Daily Checklist

BMI Calculator

Portion Distortion Slides

Pregnancy Weight Gain Calculator

Preschooler Growth Charts

Quizzes





Take the Quiz:

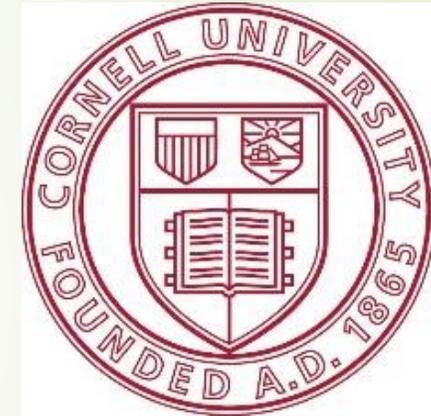
<http://www.choosemyplate.gov/myplate-quizzes-0>

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Questions ?



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