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
- Every 5 years
- Published and posted
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
    - \((\frac{1}{4} \times 200) = 50 \text{ g}\)
  - 1 tsp = 4 g
    - \((\frac{50}{4}) = 12 \text{ tsp}\)

- 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
Resources:

- Dietary Guidelines Appendix
- MyPlate and ChooseMyPlate.gov
- Communicator’s Guide to the Dietary Guidelines for health professionals
5 recommendations,
5 messages for participants
MyPlate Wins

**Interactive tools**

- SuperTracker.gov
- ChooseMyPlate.gov
- What's 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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