**Dietary Guidelines 2010 for a Healthier Life**

**Linda B. Bobroff**

The comments presented here are intended to help you utilize the ***Dietary Guidelines 2010 for a Healthier Life*** presentation with an educated audience. The content can be adjusted to fit the needs of a variety of audiences. These Suggested Comments are not meant to be a script, but can be used to help you prepare for an extemporaneous talk, using your own personal style. I hope you find them useful.

[**Bracketed comments in bold are my notes to you, the educator.**]

(*Parenthetical comments in italics provide more in-depth information, and may be useful for more educated or interested groups*.)

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| **Slide** | **Suggested Comments** |
| 1 | **[Introduce yourself and the topic.]** |
| 2  DGA history | The U.S. Department of Agriculture and U. S. Department of Health and Human Services have been providing dietary guidance to American consumers since 1980, when the first edition of the DG for Americans was developed. *(These two agencies are required to review the DG every five years and update them as needed based on the latest nutrition and health research.)* The latest edition was released in January 2011.  Policy makers and educators use the DG to develop consumer messages to help YOU make decisions about what you eat that will promote good health for you and your family. |
| 3  Question 1 | **For whom are the DG 2010 intended?** |
| 4  Answer 1 | Answer: C  Both A and B. They are targeted to healthy people and to those of us who are at increased risk for one or more of the major chronic diseases, like heart disease, diabetes and cancer. This is NEW for the DG and is based on concerns about the health of Americans, especially how many people weigh more than is healthy for them. |
| 5  Epidemic of overweight and obesity | About 2/3 of women and almost ¾ of men are either overweight or obese. More importantly **[CLICK mouse]** about 1/3 of all adults are obese, which increases risk for several conditions. Compare this to the early 1970s when 15% of adults were obese! *(In Florida over 26% of adults are obese.)*  Poor diet and physical inactivity are the most important factors contributing to this epidemic of overweight and obesity affecting men, women, *and children* in all segments of our society. |
| 6  Question 2 | Poor diet and physical activity are associated with which of these diseases? |
| 7  Answer 2 | All of these diseases are associated with lifestyle choices. So the lifestyle choices you make can help you reduce your risk for all of these conditions. |
| 8 Physical activity and diet are important … | Attaining a desirable weight can help promote good health, but only if you follow a healthy lifestyle to manage your weight. A poor diet and physical inactivity increase risk for the major chronic diseases, even in the absence of overweight or obesity.  Remember that thin people can be unhealthy if their lifestyle is not a health-promoting one! |
| 9  Usual intake … Eat more of these | This chart shows some nutrients and foods that most of us should eat **more** of. The blue line shows what the recommendation is for our intake of these nutrients and foods. You can see how far below the goal we are in our intake of the nutrients calcium, vitamin D, potassium, and fiber. We also don’t eat enough healthy oils, seafood, dairy, fruits, vegetables, and especially whole grains. |
| 10  Usual intake … Eat less of these | On the other hand, American diets are high in saturated fat, sodium, refined grains, and solid fats and added sugars, which we call SoFAS [**pronounced like the other word for couches!]**. |
| 11 | The DGA 2010 can help people meet these food and nutrient goals and limits. |
| 12  DGA 2010 also focus on: | Nearly one in six American households are food insecure, which means that these individuals or families are not always sure that they will have enough money for food. The DG can help these households make choices that provide the most nutrients for their money.  Many children have less than optimal diets, are physically inactive, and about 17% are obese. If we can help children establish healthy lifestyle habits, they will reduce their risk for obesity and chronic diseases like diabetes that are being seen in even young children.    Finally, this edition of the DG includes more information for people with certain food preferences, particularly vegetarians, as well as those with diverse cultural traditions and customs. |
| 13  Calorie balance | Balancing calories in with calories out can help people manage their body weight and prevent obesity. The key to success is calorie balance **over time**, not trying to burn calories for every meal or snack that you eat. |
| 14  Question 3 | **Which of these is the BEST way to assess if you’re eating the right number of calories?** |
| 15  Answer 3 | Answer: B  Knowing your daily calorie needs from a calorie table based on these factors can help you design an eating plan that meets your calorie needs (and your handout will help you accomplish that!). But monitoring your body weight over time lets you know if you’re eating the right number of calories to attain or maintain a healthy body weight and allows you to adjust your calorie intake and physical activity to meet your goals. |
| 16  Key recommenda-tions | These are the Key Recommendations that will help you balance calories to manage your body weight. Since it’s easier to **maintain** a healthy weight than to **lose** weight, having healthy eating and physical activity habits throughout life is important.  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.  Increasing physical activity and reducing time spent in sedentary behaviors will also help with weight management.  Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age. |
| 17  Individual foods and beverages and body weight | Some foods and beverages seem to play a role in weight management. There is some evidence that adults who eat more whole grains, particularly those high in dietary fiber, have a lower body weight compared to those who eat fewer whole grains. Moderate evidence in adults and limited evidence in children and adolescents suggests that increased intake of vegetables and/or fruits also may protect against weight gain.  Strong evidence shows that children and adolescents who consume more sugar-sweetened beverages have higher body weight compared to those who drink less, so intake should be limited.  Limited evidence suggests that increased intake of 100% juice is associated with higher body weight in children and adolescents who are overweight or obese, so intake should be limited to about 6-8 ounces a day.    Heavier than moderate consumption of alcohol over time is associated with weight gain. |
| 18 | Don’t kid yourself!!! |
| 19  Question 4 | **Turning to physical activity … what is the current recommendation for adults?** |
| 20  Answer 4 | Answer: C  According to the 2008 Physical Activity Guidelines for Americans, which are referred to in the DG 2010, either option or an equivalent combination of the two options is acceptable.  *(Additional health benefits are gained by engaging in physical activity beyond this amount. Adults also should include muscle-strengthening activities that involve all major muscle groups on two or more days a week. For children and adolescents ages six years and older, the recommendation is 60 min or more of physical activity every day. Younger children are encouraged to play actively several times each day.)* |
| 21  Moderate and vigorous aerobic activity | **Moderate** activity is aerobic activity that increases a person’s breathing and heart rate somewhat, but not to the point of getting out of breath. It includes brisk walking, dancing, swimming, or bicycling on a level terrain. The usual recommendation is to be sure that you are able to talk while you are exercising.  Examples of **vigorous** intensity activity that greatly increases a person’s heart rate and breathing include jogging, singles tennis, swimming continuous laps, or bicycling uphill.  Being active for at least 10 min several times a day is an acceptable approach for busy people who want to add activity to their lives. |
| 22  Recommended behaviors | Here are some recommendations for a healthy lifestyle.  While eating a variety of healthy foods from all of the food groups, keep track of the total calories that you are eating. Monitoring food intake helps people become more aware of what and how much they eat and drink.  When eating out, order a small-sized option, share a meal, or take home part of the meal. You can also look at the calorie content of foods and beverages on the menu and choose lower-calorie options.  Individuals eat and drink more when provided larger portions, so serving smaller portions will help you eat less if you want to lose weight or maintain a healthy body weight over time.  **Not** eating breakfast is associated with **excess** body weight, especially among children and adolescents. Eating a healthy breakfast helps with weight loss and weight loss maintenance, as well as improved nutrient intake.    In children, adolescents, and adults, screen time, especially television viewing, is directly associated with increased overweight and obesity. When watching television, use the time to stretch, do strength training exercises or aerobics. |
| 23 | There are some foods and food components that many of us get too much of in our diets. |
| 24  Question 5 | **Which of these should we consume less of according to the DG 2010?** |
| 25  Answer 5 | Answer: E  All of these are associated with an unhealthy eating pattern. Who remembers what we call solid fats and added sugars? (SoFAS) A healthy eating pattern emphasizes nutrient-dense foods and beverages that are low in these food components. |
| 26 | The Guidelines recommend that we reduce foods high in sodium, SoFAS, and refined grains. |
| 27  Reducing sodium | Americans consume too much sodium. *(The estimated average intake for all Americans ages two years and older is about 3,400 mg/day and many people each much more than this.)*  Sodium is mainly consumed in the form of salt, or sodium chloride, an ingredient that has many uses in food preparation and processing. |
| 28  Sources of sodium | While some foods are extremely high in sodium, the problem of excess sodium reflects frequent consumption of a variety of foods that are only moderately high in sodium. This makes it very difficult for even the most dedicated consumer to meet the sodium intake recommendation. **[Graph based on NHANES 2005-2006 data.]** |
| 29  Question 6 | **About how much of our sodium comes from processed foods?** |
| 30  Answer 6 | Answer: D  A whopping 75% of the sodium we consume comes from processed foods!! |
| 31  Question 7 | **What is the current recommendation for people ages two and older?** |
| 32  Answer 7 | Answer: A  2,300 mg or 1,500 mg, depending on specific characteristics.  Knowing that we get ¾ of our sodium from processed foods, reaching these goals seems almost impossible. Manufacturers need to play a role by reducing the amount of sodium in processed foods so that Americans will be able to meet the recommended intakes.  *(The DG2010 states: “An immediate, deliberate reduction in the sodium content of foods in the marketplace is necessary to allow consumers to reduce sodium intake to less than 2,300 mg or 1,500 mg per day.”)* |
| 33  Groups who should consume 1,500 mg … | The 1,500 mg recommendation applies to about half the total population (ages 2+) and to the majority of adults.  *(The Tolerable Upper Intake Level [UL] for sodium was set at 2,300 mg/day for adolescents and adults.)* |
| 34  Estimated mean daily sodium intake | This chart shows that average intakes of sodium for all ages under 50, except the very youngest children, are well above 2,300 mg and **all** are **far above** the 1,500 mg recommendation. |
| 35  Easy ways to reduce sodium | To keep sodium intake low, follow these suggestions.  Use the Nutrition Facts panel to see the sodium content of foods. Who already does this to compare foods when you are shopping?  Some foods like yeast breads require some salt, but most foods can be made with less salt or no salt. You can control sodium intake by cooking with fresh foods and frozen vegetables that don’t contain sauces.  As we said, processed foods tend to be high in sodium, so use fewer and choose low sodium varieties when you do use them. In restaurants, you can ask for salt to be left off in cooking (although some foods and sauces are pre-prepared so this may not always be possible). Finally, learn to use other seasonings for flavor.  **[You can add a label-reading activity or a review of the *Alternative Seasonings,* FCS 8096 fact sheet or the *Cooking with Fresh Herbs* fact sheet:** [**http://edis.ifas.ufl.edu/pdffiles/FY/FY120900.pdf**](http://edis.ifas.ufl.edu/pdffiles/FY/FY120900.pdf) **here.]** |
| 36  Question 8 | **What percent of our calories are SoFAS?** |
| 37  Answer 8 | Answer: D  Americans consume about 35% or nearly 800 calories per day of SoFAS. For most people, no more than 5 to 15 percent of calories from SoFAS can be included in their dietary pattern without contributing to excessive calories. |
| 38  SoFAS provide few nutrients | Intake of SoFAS replaces nutrient-dense foods, and makes it very difficult to achieve recommended nutrient levels. This table compares our current intake of SoFAS with the recommendation. As you can see, 5 to 15% of calories is only 100 to 300 calories for a 2,000 calorie diet, which isn’t very much. As an example, 2 tablespoons of white sugar adds about 90 calories and 2 tablespoons of a solid fat adds about 200 calories. |
| 39  Reducing solid fats | **Why do you think the emphasis is on reducing SOLID fats, rather than other types of fat?** (They are less healthy than liquid oils, like olive and peanut oils. )  *(Most fats that are high in the undesirable saturated fatty acids and trans fatty acids are solid at room temperature and we call those solid fats. These include butter, beef fat, chicken fat, lard, stick margarine, and vegetable shortening. Also the fat in fluid milk is considered solid fat; we don’t see it because our milk is homogenized.)* |
| 40  Sources of SFAs | This chart illustrates the major food sources of saturated fatty acids in the American diet, and illustrates why the Guidelines emphasize fat-free and low fat dairy products and lean meats and poultry.  **[Graph based NHANES 2005- 2006 data]** |
| 41  Question 9 | **Which is more important in risk for CVD?** |
| 42  Answer 9 | Answer: A  The type of fatty acids consumed is more important. A strong body of evidence indicates higher intake of dietary saturated fatty acids and *trans* fat is associated with higher levels of blood total cholesterol and low-density lipoprotein (LDL) cholesterol, both of which are risk factors for heart disease. |
| 43 | Fish are an exception to animal fats being high in saturated fats. Fish are high in unsaturated fatty acids. Fish couldn’t swim if they were high in saturated fats — they would be as stiff as a board! |
| 44  Use nutrition labels | Keep your intake of *trans* fats as low as possible. Even if food label states 0 grams, it may have up to 0.49 grams, so if you eat more than one serving, you may be getting more *trans* fat than you thought. Look for hydrogenated oil in ingredients list; this indicates that the food contains *trans* fat. |
| 45  Reducing added sugars | This recommendation is challenging for many people! |
| 46  Sources of added sugars | The major sources of added sugars in the diets of Americans are soda, energy drinks, and sports drinks, which contribute 36% of added sugars, grain-based desserts (13%), sugar-sweetened fruit drinks(10%), dairy-based desserts (6%), and candy (6%). **[Graph based on NHANES 2005- 2006 data.]** |
| 47  Drink fewer sugar-sweetened beverages | Strong evidence shows that children and adolescents who consume more sugar-sweetened beverages have higher body weights compared to those who drink less, and moderate evidence also supports this relationship in adults.  Reduce the intake of sugary drinks by: drinking fewer sugar-sweetened beverages, consuming smaller portions, and substituting water and other beverages with few or no calories for sugar-sweetened beverages. **What are some low- or no-sugar beverages that you enjoy?** |
| 48 | Select fruit for dessert. Eat fewer high-calorie desserts. |
| 49  Nutrition facts label and sugars | Sometimes when people see the word “sugar” on the Nutrition Facts Label of a food that has “naturally occurring” sugar, such as milk or fruit, they may feel they shouldn’t eat it, but it’s the “added” sugars that are the concern. You can check the Ingredients list to see if there are added sugars in the food.  **What are some words to look for that represent a form of added sugar?** (dextrose, glucose, fructose, high fructose corn syrup, honey, brown sugar, maple syrup, corn syrup) |
| 50  Reducing refined grains | Limit consumption of refined grains, especially those that contain solid fats and/or added sugars. Muffins, doughnuts, cakes, cupcakes, cookies, croissants, and many breads, rolls, bagels, pasta, crackers, and cereals contain refined grains. |
| 51  Sources of refined grains | Over one fourth of all refined grains consumed are from yeast breads, rolls, and bagels. These items and many other foods have whole grain counterparts in the marketplace that can readily be selected by consumers.  **[Graph based NHANES 2005- 2006 data.]** |
| 52  Foods and nutrients to increase | On the positive side, there are many foods and nutrients that we should be eating more of! The Guidelines suggest ways to increase these foods to improve our nutrient intake and reduce risk of chronic diseases. |
| 53  Eat more nutrient-dense foods | Dietary intake of the nutrients potassium, dietary fiber, calcium and vitamin D are low enough in this country to be a public health concern for both adults and children. We don’t get enough of these nutrients because of our limited consumption of nutrient-dense foods like the ones you see in this picture. |
| 54  Question 10 | **Which of these foods are we told to increase by the DG 2010?** |
| 55  Answer 10 | Answer: G  To improve their diets, Americans need to eat more vegetables, fruits, whole grains, and dairy in nutrient-dense forms. *(The total amount of protein foods Americans eat is adequate on average; but within that food group, seafood should be consumed in greater amounts, and meat and poultry in smaller amounts. Oils should be used to replace solid fats when possible. )* |
| 56  3 ways to eat half whole grains | This slide shows three ways that you can get half of your grains as whole grains as the Guidelines recommend, using bread as an example. **[Explain]**  **Which way of getting whole grains appeals to you?** |
| 57  Pick a variety of vegetables … | **What are some examples of foods from each of these five vegetable subgroups?**  **Red and orange vegetables:** All fresh, frozen, and canned red and orange vegetables, cooked or raw: for example, carrots, red and orange bell peppers, pumpkin, sweet potatoes, tomatoes, tomato juice, and winter squash (acorn, butternut, and hubbard).  **Dark-green vegetables:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, bok choy, broccoli, collard, turnip, and mustard greens, kale, romaine, spinach, and watercress.  **Beans and peas (legumes):** All cooked beans and peas: for example, black beans, chickpeas (garbanzo beans), kidney beans, lentils, pinto beans, soy beans, split peas, and white beans. Does not include green beans or green peas.  **Starchy vegetables:** All fresh, frozen, and canned starchy vegetables: for example, black-eyed peas (not dry), cassava, corn, green bananas, green peas , plantains, potatoes, and yucca.  **Other vegetables:** All fresh, frozen, and canned other vegetables, cooked or raw: for example, artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, onions, iceberg lettuce, parsnips, turnips, wax beans, and zucchini.  **\*\*\*\* Americans should eat more vegetables from the red & orange, the dark-green and the legumes sub-groups.**  *(Formerly the Dietary Guidelines included an orange vegetable subgroup. In 2010, they added red foods and now refer to a red-orange subgroup, to include tomatoes, because of the tomato’s nutritive value and the extent to which it occurs in American diets. Tomatoes are high in the antioxidant lycopene; they also are a significant source of vitamin C, fiber and potassium. )* |
| 58  New (in the DGA2010) | Americans eat about 3½ ounces of seafood per week and a new recommendation of the DG 2010 is to **eat at least 8 ounces of seafood per week**, in place of some meat and poultry. This will increase omega-3-fatty acids, which are associated with reduced risk of death from heart disease. The total amount of protein foods in the food plan remains constant.  *(The chapter discusses the risk-benefit of consuming seafood, particularly the health benefits outweighing any risk from methyl mercury, a heavy metal that is found in varying amounts in seafood. Appendix 11 lists common seafood varieties and their omega-3-fatty acid and methyl mercury contents. )*  Consumption of seafood during pregnancy is associated with improved infant health outcomes, including visual and cognitive development, so this recommendation was included.  *(The four types of fish that pregnant or breastfeeding women should NOT consume because of their high methyl mercury content are tilefish, shark, swordfish, and king mackerel.)* |
| 59  MyPlate visual | USDA has put together all of the DG recommendations into a food guidance system that replace MyPyramid and is called MyPlate!! **[CLICK mouse]**  As you can see, half of the plate is fruits and vegetables, with the larger portion for vegetables, particularly non-starchy vegetables. The other half consists of the Grains group, which emphasizes whole grains and Protein foods, which emphasizes low-fat choices. Two of the food group names have changed. Do you know which ones are different from the food groups on MyPyramid? |
| 60  (Food group name changes) | **[CLICK mouse]** The Milk group is now the Dairy group and it includes fortified soy beverages.  **[CLICK mouse]** The Meat & Beans group is now called Protein Foods. If you eat cooked dry beans and peas, you can count them as coming from the vegetable group or the protein group. However, you can’t count them in both groups at the same time!  *(NOTE: According the DGA 2010 document: 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.)*  Source: http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/Chapter5.pdf |
| 61  Take home messages | Let’s look at a few Take Home Messages. If you remember these, you will be able to apply what we’ve talked about for your own eating plan. |
| 62  Balancing calories | To balance calories for maintaining or attaining a healthy weight, follow these two simple suggestions:  Enjoy your food, but eat less.  Avoid oversized portions. |
| 63  Foods to increase | Make half your plate fruits and vegetables. |
| 64  Foods to increase | Milk and other dairy foods provide much needed protein, calcium and vitamin D, as well as other nutrients. We can decrease our saturated fat intake by making the switch to fat-free or low-fat (1%) milk. |
| 65  Foods to reduce | Using the Nutrition Facts label is a great way to compare different foods and select the lower sodium choice. |
| 66  Foods to reduce | Beverages contribute substantially to the calorie intake of many Americans – about 400 calories per day for adults 19 and over. Beverages often provide empty calories in the form of added sugars. Their consumption needs to be planned for in the context of the total diet. It is better to drink water and other beverages with few or no calories rather than beverages with added sugars. |
| 67  What will you change this week? | Here are seven steps you can take this week to make one change in your lifestyle. Don’t try to change several things at once. Pick one behavior, like eating an extra fruit each day in place of a less healthy snack, or buying low-fat (1%) milk instead of whole or 2% milk, or some other change that is meaningful to you. Then go through each of these steps, making sure that your reward doesn’t compromise what you are trying to accomplish!!   1. Decide what you will change. 2. Write it down. 3. Tell someone. 4. Try it out. 5. Adjust if necessary. 6. Keep track of your success. 7. Reward yourself.     **Who would like to share an idea for a behavior change that you might work on this week? [Discuss as long as people are interested.]** |
| 68 | Are there any questions? |
| 69 | I want to acknowledge the slides developed by USDA’s Center for Nutrition Policy and Promotion and Alice Henneman, an Extension educator with the University of Nebraska Lancaster County Extension. These were compiled and added to by Dr. Linda Bobroff, professor and Extension nutrition specialist at the University of Florida. |