

Dietary Guidelines  
for Americans  
2005

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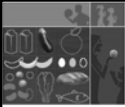
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## Background

*Dietary Guidelines for Americans*

- published every 5 years
- jointly by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA).
- provides advice for people two years and older
- about how good dietary habits can promote health and reduce risk for major chronic diseases.

- The 2005 Dietary Guidelines released January 12, 2005

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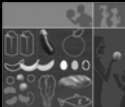
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## New Dietary Guidelines Will Help Americans Make Better Food Choices, Live Healthier Lives

- places stronger emphasis on reducing calorie consumption and increasing physical activity.
- basis of federal food programs and nutrition education programs and supports the nutrition and physical fitness pillars of President Bush's *HealthierUS* Initiative.

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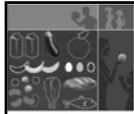
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## 9 General Topics

- o Adequate Nutrients Within Calorie Needs
- o Weight Management
- o Physical Activity
- o Food Groups to Encourage
- o Fats
- o Carbohydrates
- o Sodium and Potassium
- o Alcoholic Beverages
- o Food Safety

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## ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- o Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

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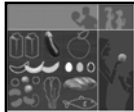
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## ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- o Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

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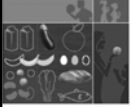
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## ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS For Specific Population Groups

- People over age 50
- Women of child-bearing age who may become pregnant
- Women of child-bearing age who may become pregnant and those in the first trimester of pregnancy
- Older adults, people with dark skin, and people exposed to insufficient sunlight.

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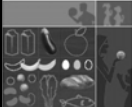
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## WEIGHT MANAGEMENT

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

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## Weight Management for Specific Population Groups

- Those who need to lose weight.
- Overweight Children
- Pregnant women
- Breastfeeding women
- Overweight adults and children with chronic disease and/or on medication

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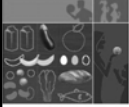
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## PHYSICAL ACTIVITY

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
  - To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week

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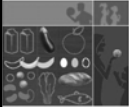
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## PHYSICAL ACTIVITY

- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements

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## PHYSICAL ACTIVITY

- To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

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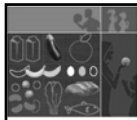
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## PHYSICAL ACTIVITY

- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

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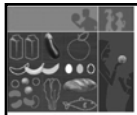
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## PHYSICAL ACTIVITY for Specific Population Groups

- Children and adolescents
- Pregnant women
- Breastfeeding women
- Older adults

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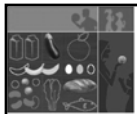
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## FOOD GROUPS TO ENCOURAGE

- Consume a sufficient amount of fruits and vegetables while staying within energy needs.
  - 2 cups of fruit per day
  - 2-1/2 cups of vegetables per day
    - recommended for a 2,000-calorie intake, with higher or lower amounts depending on the calorie level.

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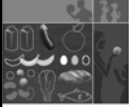
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## FOOD GROUPS TO ENCOURAGE

- Choose a variety of fruits and vegetables each day.
  - select from all five vegetable subgroups several times a week.
    - dark green, orange,
    - legumes, starchy vegetables,
    - other vegetables

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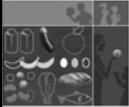
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## FOOD GROUPS TO ENCOURAGE

- Consume 3 or more ounce-equivalents of **whole-grain** products per day
  - The rest from enriched or whole-grain products.
  - In general, at least half the grains should come from whole grains.

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## FOOD GROUPS TO ENCOURAGE

- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

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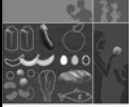
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## Food Groups to Encourage For Specific Population Groups

Children and adolescents

- Consume whole-grain products often; at least half the grains should be whole grains.
- Children 2-8 years old should consume 2 cups per day of fat-free or low-fat milk or milk equivalents
- Children 9 years old & older should consume 3 cups milk per day

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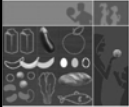
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## FATS

- Consume
  - less than 10 percent of calories from saturated fatty acids
  - less than 300 mg/day of cholesterol,
  - keep trans fatty acid consumption as low as possible.

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## FATS

- Keep total fat intake between 20 to 35 percent of calories
  - most fats should be from sources of polyunsaturated and/or monounsaturated fatty acids
    - fish, nuts, and vegetable oils

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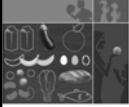
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## FATS

- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.

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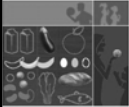
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## FATS

- Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils

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## Fats for Specific Population Groups

**Children and adolescents**

- Keep total fat intake between 30-36% of calories for children 2-6 years old
- Keep total fat intake between 25-25% of calories for children and teens 4-18 years old.
- Most fats should come from sources high in polyunsaturated and monounsaturated fatty acids.

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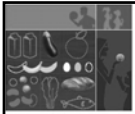
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## CARBOHYDRATES

- o Choose fiber-rich fruits, vegetables, and whole grains often.
- o Choose and prepare foods and beverages with little added sugars or caloric sweeteners

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## CARBOHYDRATES

- o Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

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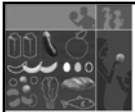
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## SODIUM AND POTASSIUM

- o Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- o Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables

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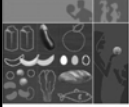
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## Sodium and Potassium for Specific Population Groups

- Individuals with hypertension, blacks, and middle-aged and older adults
  - Aim to consume no more than 1,500 milligrams sodium per day, and meet the potassium recommendation (4,700 mg/day) with food.

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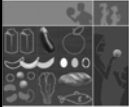
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## ALCOHOLIC BEVERAGES

- Those who choose to drink alcoholic beverages should do so sensibly and in moderation
  - up to one drink per day for women
  - up to two drinks per day for men.

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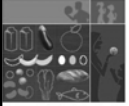
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## ALCOHOLIC BEVERAGES

- Alcoholic beverages should not be consumed by :
  - those who cannot restrict their alcohol intake,
  - women of childbearing age who may become pregnant,
  - pregnant and lactating women,
  - children and adolescents,
  - individuals taking medications that can interact with alcohol,
  - those with specific medical conditions

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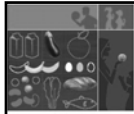
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## ALCOHOLIC BEVERAGES

- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination
  - driving or operating machinery

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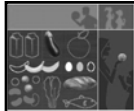
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## FOOD SAFETY

- Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.

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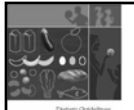
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## FOOD SAFETY

- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

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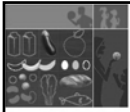
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## FOOD SAFETY

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- o Cook foods to a safe temperature to kill microorganisms.
- o Chill (refrigerate) perishable food promptly and defrost foods properly.

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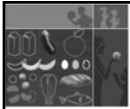
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## Food Safety for Specific Population Groups

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- o Infants and young children, pregnant women, older adults, and those who are immune compromised.
  - Do not eat or drink
    - unpasteurized milk or products made from unpasteurized milk,
    - raw or partially cooked eggs or foods containing raw eggs
    - raw or undercooked meat, poultry, fish or shellfish
    - unpasteurized juices, or raw sprouts

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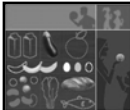
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## Food Safety for Specific Population Groups

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- o Pregnant women, older adults and those who are immune compromised.
  - Eat only certain deli meats and frankfurters that have been reheated to steaming hot.

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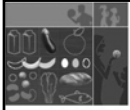
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## Useful Tables in 2005 Dietary Guidelines

- o Estimated Calorie Requirements by Gender, Age, Physical Activity
- o USDA Food Guide
- o Discretionary Calorie Allowance
- o Tables of Food Sources of:
  - Potassium                      Vitamin E
  - Iron                                Food sources of calcium
  - Non-dairy food sources of calcium
  - Vitamin A                        Magnesium
  - Dietary Fiber                  Vitamin C

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