

Summary of *THE 2005 DIETARY GUIDELINES*

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Key recommendation for most Americans:

Eat fewer calories

Be more active

Make wiser food choices

Keep food safe

Every five years the Dietary Guidelines Advisory Committee (DGAC), appointed by the Secretaries of the U.S. Department of Health and Human Services and the U.S. Department of Agriculture publish a revision of the *Dietary Guidelines* based on the analysis of new scientific information. The *2005 Guidelines* summarizes and synthesizes knowledge about nutrients, food and exercise into science-based advice for choosing a nutritious diet, maintaining a healthy weight, achieving adequate exercise, and "keeping foods safe" to avoid food borne illness.

The goal of the *Guidelines* is to promote health and reduce risk of chronic diseases through nutrition and physical activity. The *Guidelines* are applicable to healthy children (aged 2 and older) and adults of any age and are part of an ongoing effort to help Americans have healthier lifestyles and to address the epidemic of overweight and obesity that is affecting so many Americans, especially children. Because nearly two-thirds of Americans are overweight or obese and over half do not get enough exercise this new edition of the *Guidelines* places more emphasis on decreasing calorie intake and increasing activity levels and keeping weight within healthful limits.

Eat fewer calories

The typical American eating and activity pattern results with calorie consumption in excess of energy requirements for age, gender, and physical activity level. Many adults tend to gain weight slowly over time and small decreases in daily calorie intake, especially when accompanied by an increase in activity level, can help to prevent weight gain.

Prevention of weight gain can be easier to achieve than losing weight.

- Keep body weight in a healthy range by balancing calories taken in with calories expended.
- Reduce caloric intake by limiting the intake of saturated and trans fats, cholesterol, added sugars and alcohol while consuming a variety of nutrient-dense foods and beverages.
- Select fiber-rich choices of fruits, vegetables and whole grains – choose whole fruits over juices and whole grains over refined grains.
- Individuals who consume food or beverages that are high in added sugars tend to consume more calories and lower amounts of vitamins and minerals than those who consume low amounts of added sugar.
- Control portion size, especially when consuming calorie-dense foods (foods that are high in calories for a given measure of food).

“Reduced calorie diets that provide fat, carbohydrate, and protein within the recommended ranges can be safe and efficacious for weight loss. Diets that provide very low or very high amounts of protein, carbohydrate, or fat are likely to provide low amounts of a number of nutrients and are not advisable for long-term use.”

Be more active

A physically active lifestyle can contribute to overall health, maintenance of a healthy weight, improved daily energy levels, a general sense of well-being and living a long life.

Americans tend to be sedentary; in 2002 thirty-eight percent of adults had no leisure-time physical activity. A sedentary lifestyle increases the risk for coronary artery disease, hypertension, type 2 diabetes, overweight, obesity, osteoporosis, certain types of cancer, anxiety, depression, decreased health-related quality of life, and decreased cardio respiratory, metabolic, and musculoskeletal fitness.

Goals for activity:

- Reduce sedentary activities and participate in at least 30 minutes of moderate-intensity physical activity most days of the week to decrease the risk of chronic disease in adulthood.
- To achieve greater health benefits most adults should engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements. This level of activity will help to manage weight and prevent gradual, unhealthy body weight gain in adulthood.
- To sustain a weight loss adults may need to participate in moderate intensity level of exercise 60 to 90 minutes daily. This level of activity may necessitate consultation with a healthcare provider.
- To achieve physical fitness include cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.

On campus recreation facilities:

Lawson Ice Arena and Gabel Natatorium, www.wmich.edu/lawson/
Student Recreation Center, www.src.wmich.edu/

Make wiser food choices

Foods provide nutrients as well as other compounds that may have beneficial effects on health. The *Dietary Guidelines* recommend that nutrient needs be met primarily by consuming foods and provide recommendations that will help consumers make smart choices from every food group to get the most nutrition out of the calories consumed.

Fortified foods and dietary supplements cannot replace a healthful diet but in some cases may be useful in supplying nutrients that otherwise might not be consumed in the recommended amount.

The food pattern that emerges from the *Dietary Guidelines* differs from what most Americans eat. The recommendations include **more** dark green vegetables, bright orange vegetables, legumes, fruits, whole grains, and milk and **less** enriched grains, total fats (especially solid fats), added sugars, and calories.

Based on a 2000 kcal daily requirement the *Guidelines* recommend:

- Eat a variety of fruits and vegetables each day while staying within energy (calorie) needs.
- Consume about 2 ½ cups of vegetables each day selecting from all subgroups of vegetables (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Eat 2 cups of fruit daily.
- Consume 3 or more ounce-equivalents of whole-grain products per day.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
- Consume 5.5 ounce-equivalents of meat/beans.
- Choose foods with little added sugar or other sweeteners.
- Limit sodium intake to less than 2,300 mg per day by choosing foods with little added salt and by not adding salt to food when cooking or eating.
- Know what's in packaged food by reading the nutrition facts label.
- Restrict intake of foods that are high in saturated and trans fats.
 - Total fat intake should be between 20 to 35 percent of daily calories. (A diet that is too low in fats and oils – less than 20 percent of calories – could be deficient in vitamin E and essential fatty acids and may result in unfavorable changes in cholesterol and triglycerides.)

- Saturated fat intake should be limited to 10 percent of caloric intake and cholesterol to under 300mg/day.
 - Trans fat intake should be as low as possible.
 - Most fats consumed should be polyunsaturated (omega-6 and omega-3) and monounsaturated fatty acids and come from sources such as fish (salmon, trout, herring), nuts (walnuts), flaxseed, and vegetable oils (soybean oil, canola oil, olive oil, safflower oil and sunflower oil.).
 - Choose and prepare meat, poultry, dry beans and milk or milk products that are lean, low fat or fat-free.
- Those who choose to drink alcoholic beverages should do so sensibly and in moderation- one drink per day for women and up to two drinks per day for men. Some individuals should not drink any alcohol.

Nutrition advice available to students: www.wmich.edu/shc/HPAE/nutrition.html

Keep food safe

- Keep hands and food contact surfaces clean. www.fightbac.org/clean.cfm
- Cook meat, poultry and fish to the temperatures that will kill germs.
www.fightbac.org/cook-facts.cfm
- Wash fruits and vegetables. Meat and poultry should not be washed or rinsed.
www.fsis.usda.gov/Fact_Sheets/Does_Washing_Food_Promote_Food_Safety/index.asp
- When shopping, preparing, or storing foods - keep raw, cooked, and ready-to-eat food separate. www.fightbac.org/separate-facts.cfm
- Refrigerate perishable food items promptly and defrost frozen foods appropriately.
www.fightbac.org/chill/cfm
- Do not drink unpasteurized milk or eat any products containing unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.