

TOPIC: DIETARY GUIDELINES FOR AMERICANS

Dietary Guidelines for Americans

◆ **Dietary Guidelines for Americans** (____): set of ____ broad guidelines to improve healthful eating habits.

- Also include recommendation for _____ activity.

1. "Follow a healthy dietary pattern at every life stage".

0-6 months

Human _____ or _____.

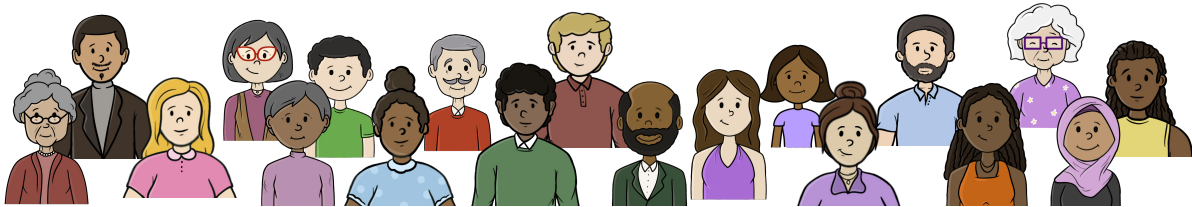
6-12 months

Introduce _____-dense foods
from different food groups.

12+ months

Varied, _____, adequate &
nutrient-dense diet.

2. "Customize and enjoy nutrient-dense food and beverage choices to reflect personal preference, cultural traditions, and budgetary considerations."



3. "Focus on meeting food group needs with nutrient-dense food and beverage and stay within Caloric limits."



Vegetables



Proteins



Fruits





Grains



Dairy



	Sedentary	Active
Females 19-30	_____	2400
Males 19-30	2400	_____

4. "Limit food and beverages that are higher in added sugar, saturated fats, sodium, and limit alcoholic beverages."

Added Sugar

< ____% of Calories

Saturated Fat

< ____% of Calories

Sodium

< 2300 mg daily.

Alcohol

Men: $\leq$ 2 drinks/day.

Women: $\leq$ 1 drink/day.

Pregnancy: ____ drinks/day.

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EXAMPLE

For the statements listed below, write a “T” if the statement follows the DGAs and write an “F” if the statement does not.

- a. Dietary patterns should remain the same throughout the life span. _____
- b. Food choices should reflect personal preference, cultural traditions, and budgetary considerations. _____
- c. A diet should contain no more than 10 percent of the calories from saturated fat. _____
- d. Women, regardless of pregnancy status, should have no more than 1 drink per day. _____
- e. The average caloric limit for a sedentary male age 19-30 is 2400 Calories. _____

PRACTICE

According to the Dietary Guidelines for Americans how much sodium should Americans consume?

- a) Less than 1100 mg per day.
- b) Less than 2300 mg per day.
- c) Less than 2000 mg per day.
- d) Less than 3400 mg per day.

PRACTICE

Decide whether the recommendation of the Dietary Guidelines for Americans below is stated correctly. If stated incorrectly, choose the answer that best corrects the statement.

Recommendation: Focus on meeting food group needs with Calorie-dense foods and beverages and stay within nutrient limits.

- a) The statement is correct.
- b) Focus on meeting Calorie needs with nutrient-dense foods and beverages include different food groups.
- c) Focus on meeting food group needs with Calorie-dense foods and beverages and supplementing when necessary.
- d) Focus on meeting food group needs with nutrient-dense foods and beverages and stay within Calorie limits.

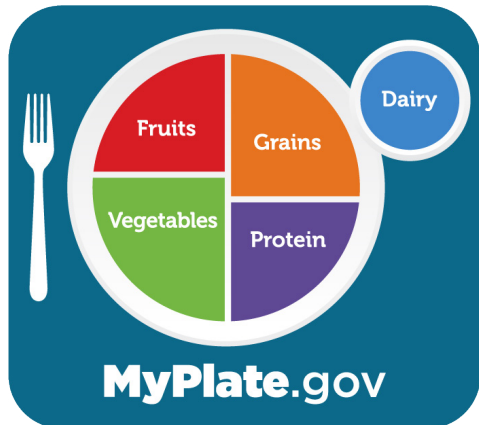
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USDA Dietary Patterns

◆ **USDA Dietary Patterns:** recommended amounts of different food groups to create a healthful diet → _____.

• **MyPlate:** visual representation of the food patterns as _____ on a plate.

- Focuses on the _____ of food groups (not specific _____).



Focus on _____ → _____ cups daily.

_____ your veggies → _____ cups daily.

Make half your grains _____ → _____ total servings or 3 oz daily.

Go _____ with protein → _____ oz daily.

Get your _____ rich foods → _____ cups daily.

◆ MyPlate._____ creates personalized recommendations based on your:

◆ Age

◆ _____

◆ Weight

◆ Sex

◆ _____ level

◆ Pregnancy/nursing status

EXAMPLE

On the blank plate below, shade in the appropriate proportionality for the different food groups according to MyPlate.gov.



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PRACTICE

According to MyPlate, what should make up about half of your “plate”?

- a) Grains.
- b) Vegetables.
- c) Fruits & vegetables.
- d) Grains & whole grains.

How does MyPlate accommodate differences in cultural food choices?

- a) MyPlate provides unique diet recommendations for 12 different ethnic food traditions.
- b) MyPlate emphasizes general food groups which are present in all food traditions, it does not specify specific foods.
- c) MyPlate does not accommodate differences in cultural food choices.
- d) MyPlate specifies calorie counts and nutrient requirements that can be met by any ethnic food tradition.

PRACTICE

Which of the following could be considered a strength of the MyPlate recommendations.

- a) MyPlate emphasizes learning to recognize a healthy diet without requiring strict calorie or nutrient counting.
- b) MyPlate emphasizes the benefit of exercise and physical fitness in maintaining health.
- c) MyPlate avoids confusion by offering a single recommendation for everyone.
- d) MyPlate bases recommendations based on food weight which can be much more accurate than other measuring methods.

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Serving & Portion Size

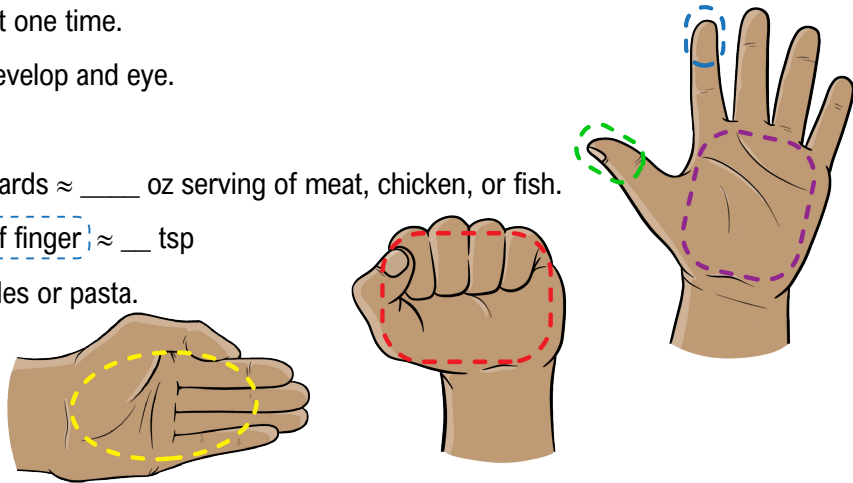
◆ **Serving Size:** on labels; amount a person is _____ to eat or drink. _____ a recommended amount.

◆ **Portion Size:** how much you _____ at one time.

Practice: measure foods until you develop an eye.

Some shortcuts → use your _____.

- { Small palm } or pack of playing cards ≈ _____ oz serving of meat, chicken, or fish.
- { Pad of Thumb } ≈ _____ Tbsp; { tip of finger } ≈ _____ tsp
- { Small fist } ≈ _____ cup of vegetables or pasta.
- { Cupped hand } ≈ _____ cup.



◆ Eating out:

- _____ portion sizes. Higher levels of _____ fat.
- Ask for half portion or plan to bring _____ home; limit high _____ beverages.

PRACTICE

Which statement is true?

- When eating out, most American restaurants provide portion sizes that are roughly equal to the MyPlate recommendations.
- Serving sizes on food labels are based on the MyPlate recommendations.
- A serving size of meat is generally recommended to be about the size of the palm of your hand.
- Most restaurant meals follow the recommended proportions for different food groups on MyPlate.