



AgEcon SEARCH
RESEARCH IN AGRICULTURAL & APPLIED ECONOMICS

The World's Largest Open Access Agricultural & Applied Economics Digital Library

This document is discoverable and free to researchers across the globe due to the work of AgEcon Search.

Help ensure our sustainability.

Give to AgEcon Search

AgEcon Search

<http://ageconsearch.umn.edu>

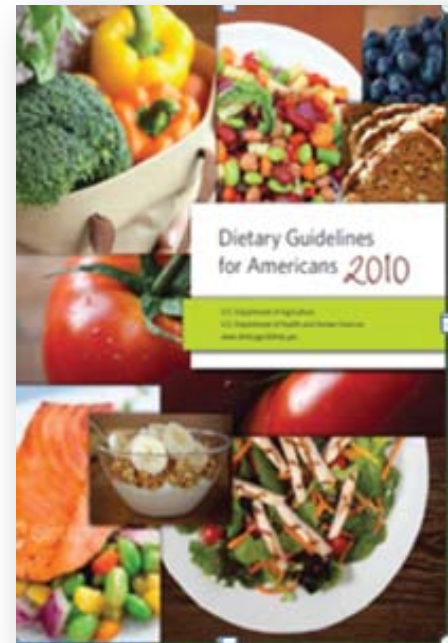
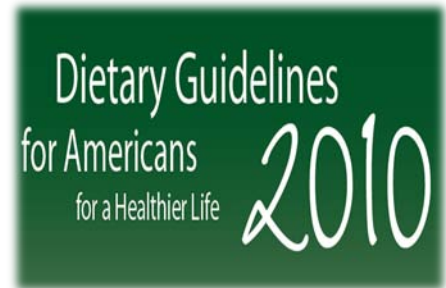
aesearch@umn.edu

*Papers downloaded from **AgEcon Search** may be used for non-commercial purposes and personal study only. No other use, including posting to another Internet site, is permitted without permission from the copyright owner (not AgEcon Search), or as allowed under the provisions of Fair Use, U.S. Copyright Act, Title 17 U.S.C.*

**USDA Agriculture Outlook Forum
Washington, DC
February 25, 2011**

***The Dietary Guidelines for
Americans: Challenges and
Opportunities for Delivering
Healthier Foods***

**Robert C. Post, PhD, Med., MSc.
Deputy Director
Center for Nutrition Policy and Promotion
USDA**





Challenges We Face

The Heavy Toll of Diet-Related Chronic Diseases

- 81.1 million Americans—37% of the population—have cardiovascular disease
- 74.5 million Americans—34% of adults—have hypertension and 36% of adults have prehypertension
- Nearly 24 million adults—11% of adults—have diabetes
- About 41% of the population will have cancer during their lifetime
- One out of every 2 women and 1 of 4 men will have an osteoporosis-related fracture in their lifetime.

Dietary Guidelines for Americans History 1980 – 2010



1980



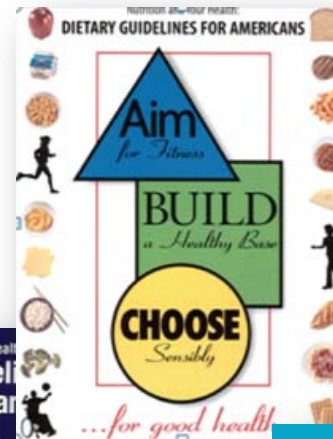
1990



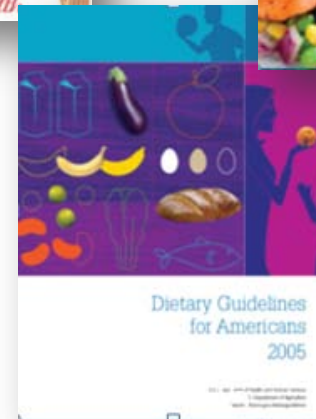
1985



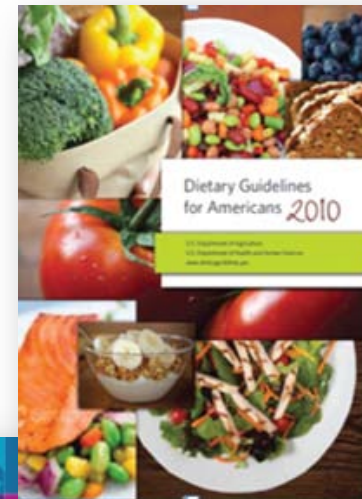
1995



2000




2005



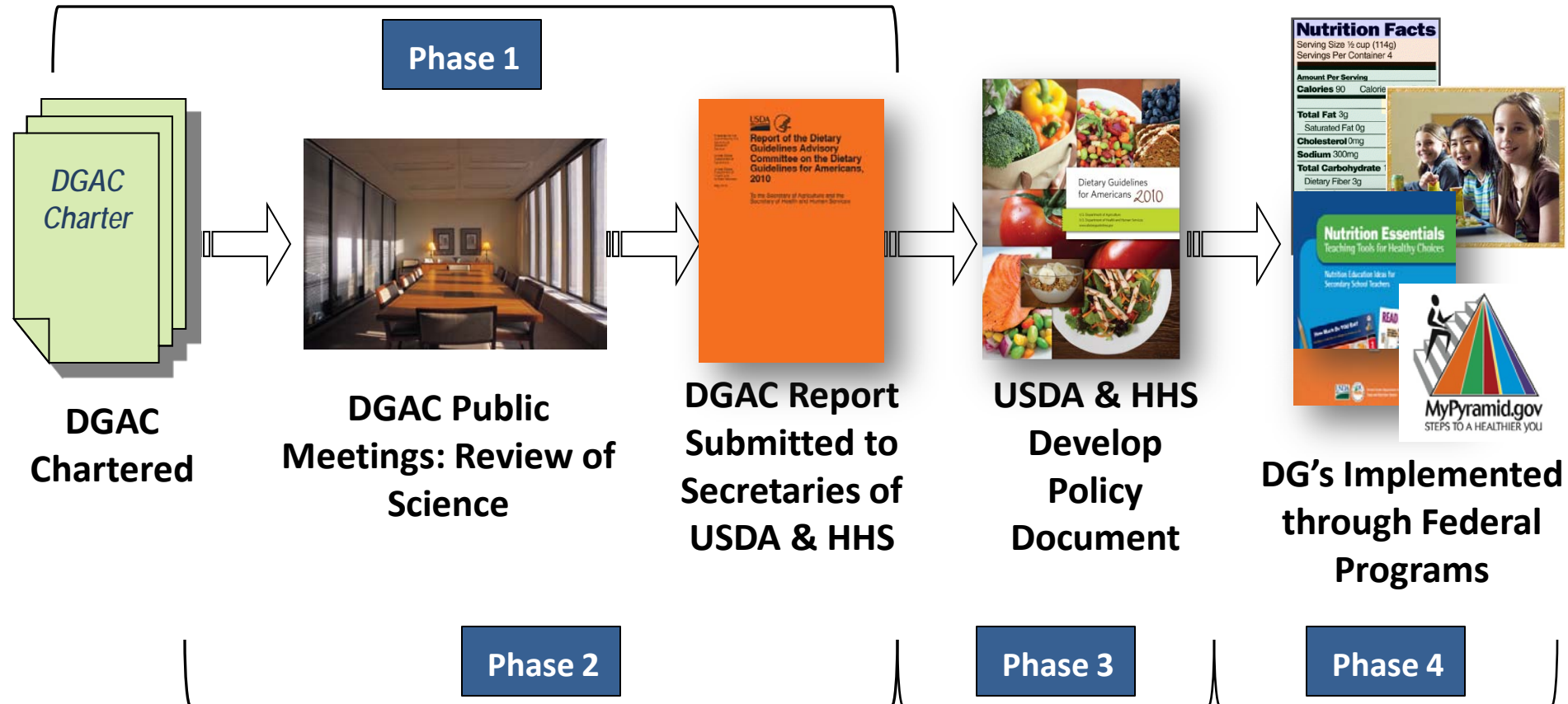
2010



What are the Dietary Guidelines for Americans?

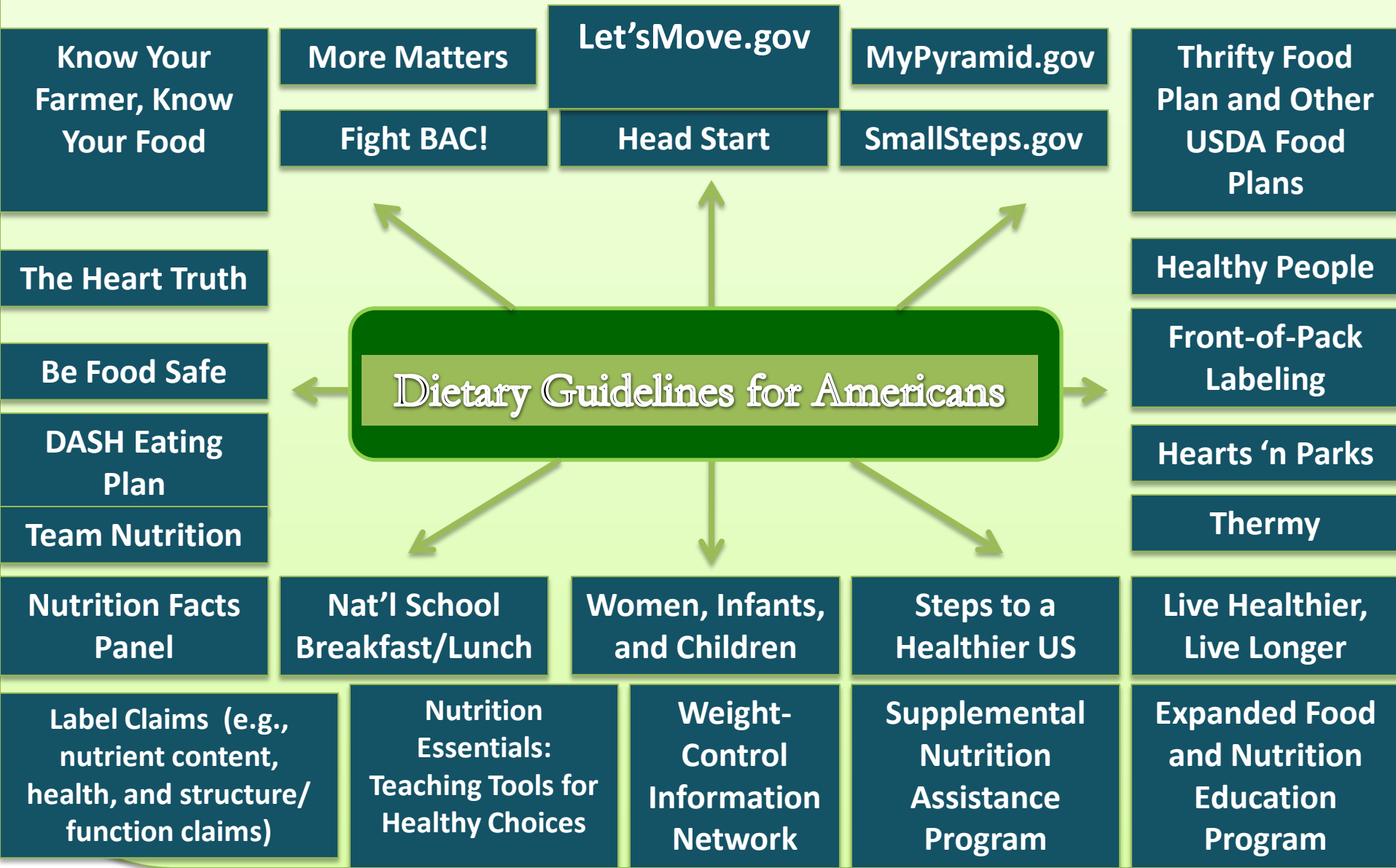
- Since 1980, Federal nutrition policy established jointly by USDA & HHS
 - Updated every 5 years
 - Provide science-based advice for ages 2 and over, including those at increased risk of chronic disease to promote health
 - Foundation for Federal nutrition programs, nutrition education programs, nutrition promotion, and a basis for research gaps and priorities
 - Ensure that messages and materials are consistent through-out the Federal government and that government speaks with “one nutrition voice”
 - Policy used by educators, health professionals, policy makers – for consumers
- 

Development of *Dietary Guidelines* Policy and Communications



Two and one-half year process to develop the DGA

Examples of Federal Programs that Implement the DG's





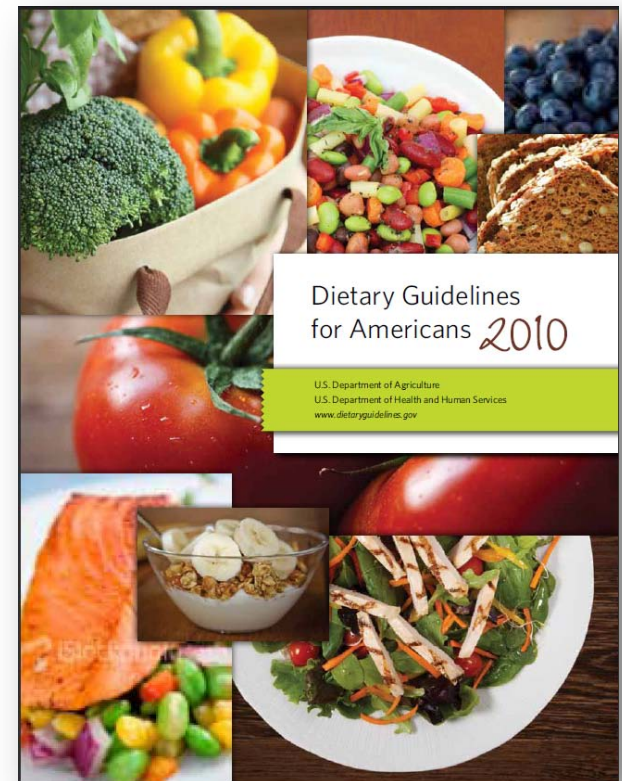
Goals of Dietary Guidelines

- Define a healthy diet
- Provide healthy options
- Promote healthy choices
- Increase public awareness and demand for choices
- Stimulate innovation for re-formulating food products and creating healthier ones



2010 Dietary Guidelines at a Glance

- Executive Summary
- Chapter 1. Introduction
- Chapter 2. Balancing Calories to Manage Weight
- Chapter 3. Foods and Food Components to Reduce
- Chapter 4. Foods and Nutrients to Increase
- Chapter 5. Building Healthy Eating Patterns
- Chapter 6. Helping Americans Make Healthy Choices
- Appendices



2010 Dietary Guidelines



- Policy Document Contents
 - Includes 23 key recommendations for the general population and 6 for subpopulation groups
 - Organized to present information in an integrated way
- Two overarching concepts
 - *Maintain calorie balance over time to achieve and sustain a healthy weight*
 - *Calories in versus calories expended (physical activity)*
 - *Focus on consuming nutrient-dense foods and beverages*
 - *Foods and food components to reduce*
 - *Foods and nutrients to increase*



Balancing Calories to Manage Weight

- Epidemic of overweight and obesity in all segments of our society
 - Environmental factors contribute to weight gain
- Evidence exists - no optimal proportion of macronutrients for weight loss
- Calorie balance over time is key
- Important modifiable factors
 - Calories consumed in foods and beverages
 - Calories expended in physical activity





Top Sources of Calories Among Americans 2 Years and Older

1. Grain-based desserts

- Cake, cookies, pie, cobbler, sweet rolls, pastries, and donuts

2. Yeast breads

- White bread and rolls, mixed-grain bread, flavored bread, whole-wheat bread, and bagels

3. Chicken and chicken mixed dishes

- Fried and baked chicken parts, chicken strips/patties, stir-fries, casseroles, sandwiches, salads, and other chicken mixed dishes

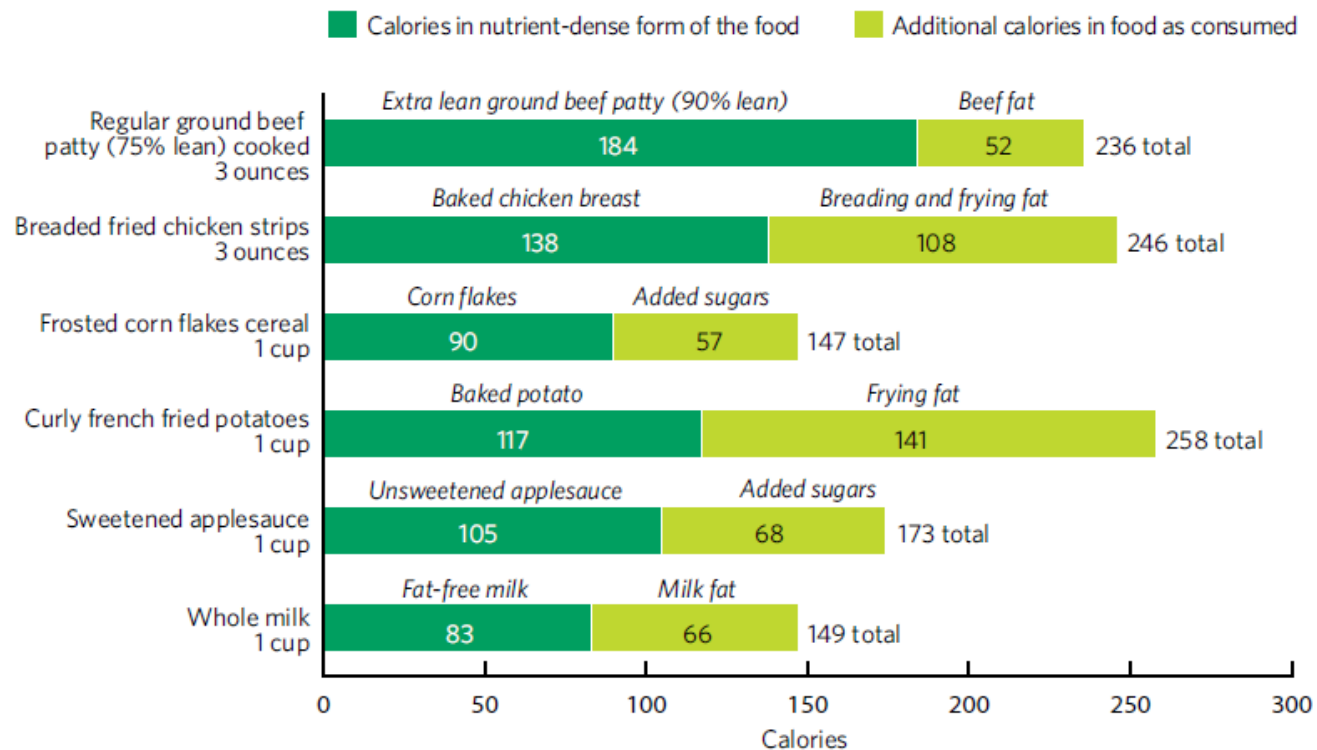
4. Soda/energy/sports drinks

- Sodas, energy drinks, sports drinks, and sweetened bottled water including vitamin water

5. Pizza

Nutrient Dense and Non-Nutrient Dense Forms of Sample Foods

FIGURE 5-2. Examples of the Calories in Food Choices That Are Not in Nutrient Dense Forms and the Calories in Nutrient Dense Forms of These Foods



Principles for Promoting Calorie Balance

- Monitor food and beverage intake, physical activity, and body weight
- Reduce portion sizes
- When eating out, make better choices
- Limit screen time



Foods and Food Components to Reduce – Highlights

- Sodium
- Fats
 - Saturated fatty acids
 - *Trans* fatty acids
 - Cholesterol
- Calories from solid fats and added sugars
- Refined grains





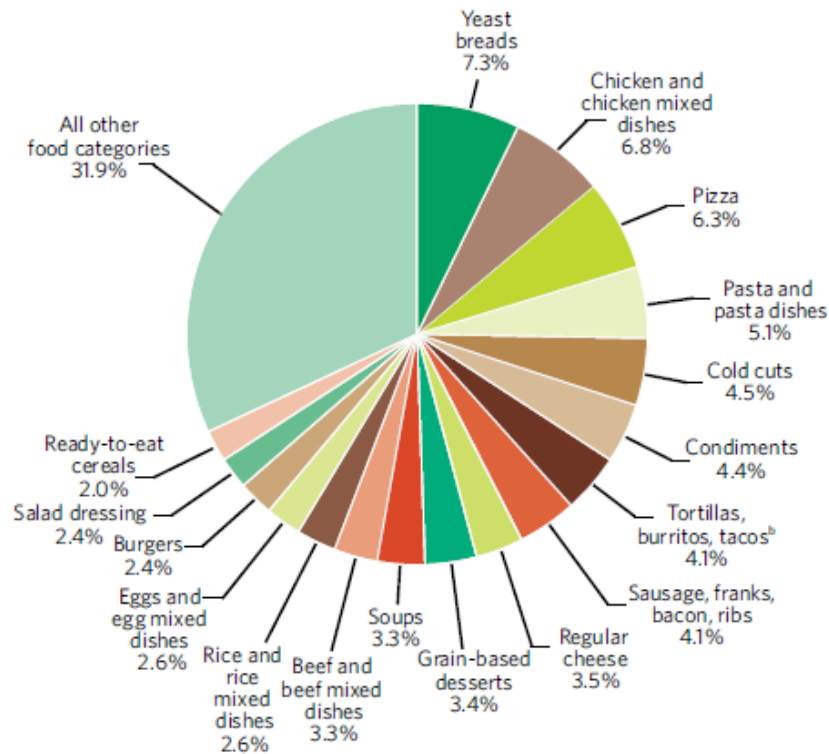
Foods and Food Components to Reduce

Sodium

- Reduce intake to less than 2300 mg per day
- Further reduce intake to 1500 mg per day for
 - Adults ages 51+
 - African Americans ages 2+
 - People ages 2+ with high blood pressure, diabetes, or chronic kidney disease
- The 1500 mg recommendation applies to half the total population (ages 2+) and to the majority of adults
- Immediate, deliberate reduction in sodium content of foods is needed

Food Sources of Sodium

FIGURE 3-2. Sources of Sodium in the Diets of the U.S. Population Ages 2 Years and Older, NHANES 2005-2006^a





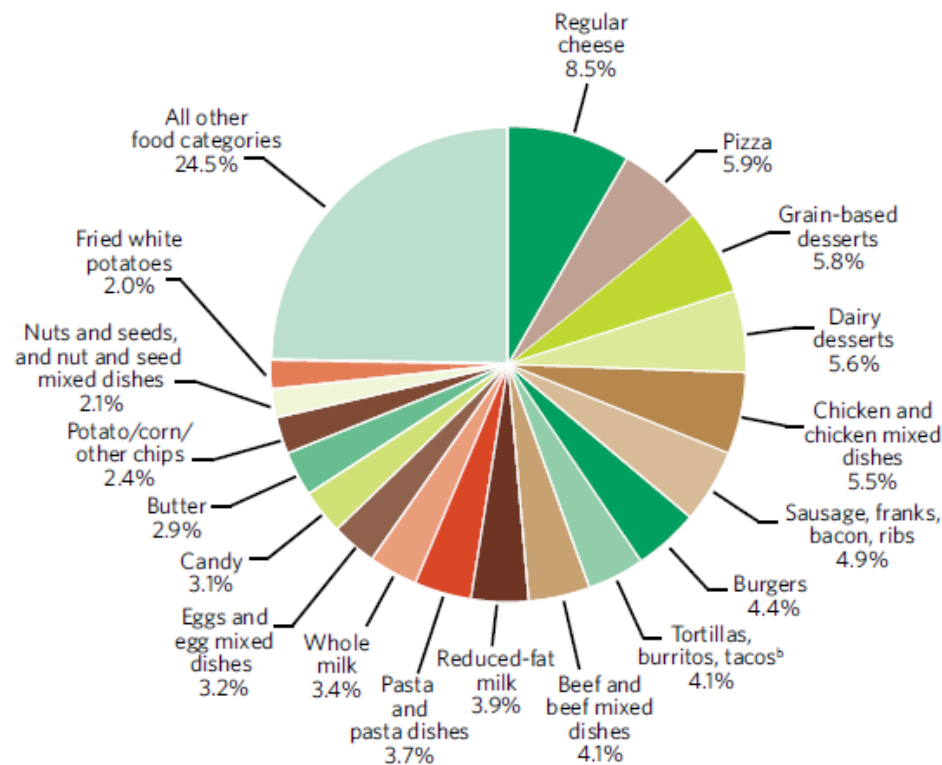
Foods and Food Components to Reduce

Fats

- Saturated fatty acids—less than 10% of calories
 - Less than 7% reduces risk of CVD further
 - Replace with poly- and monounsaturated fatty acids (not with sugar or refined grain)
- *Trans* fats—as low as possible
- Cholesterol—less than 300 mg per day
 - Effect small compared to saturated and *trans* fats **new**
 - Egg yolks—up to 1 per day **new**

Food Sources of Saturated Fats

FIGURE 3-4. Sources of Saturated Fat in the Diets of the U.S. Population Ages 2 Years and Older, NHANES 2005-2006^a





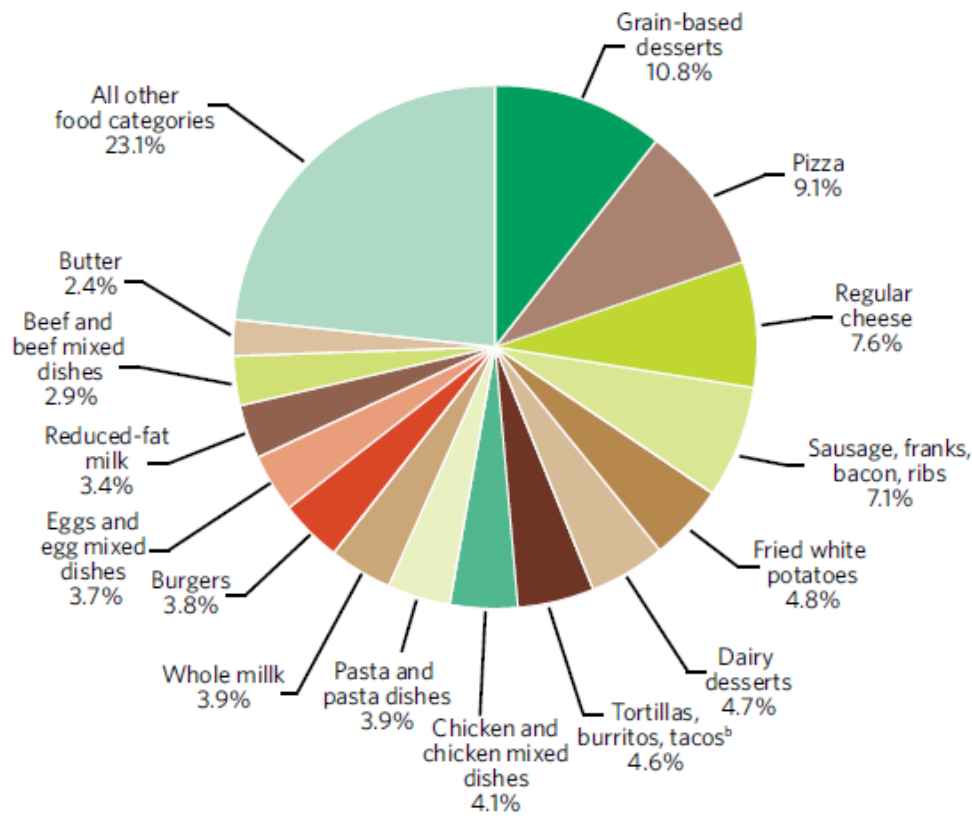
Foods and Food Components to Reduce

Calories from solid fats and added sugars

- Reduce intake of calories from solid fats and added sugars (SoFAS)
- SoFAS provide 35% of calories
 - Do not contribute nutrients
- Only 5 to 15% of calories from SoFAS can be accommodated in healthy diets

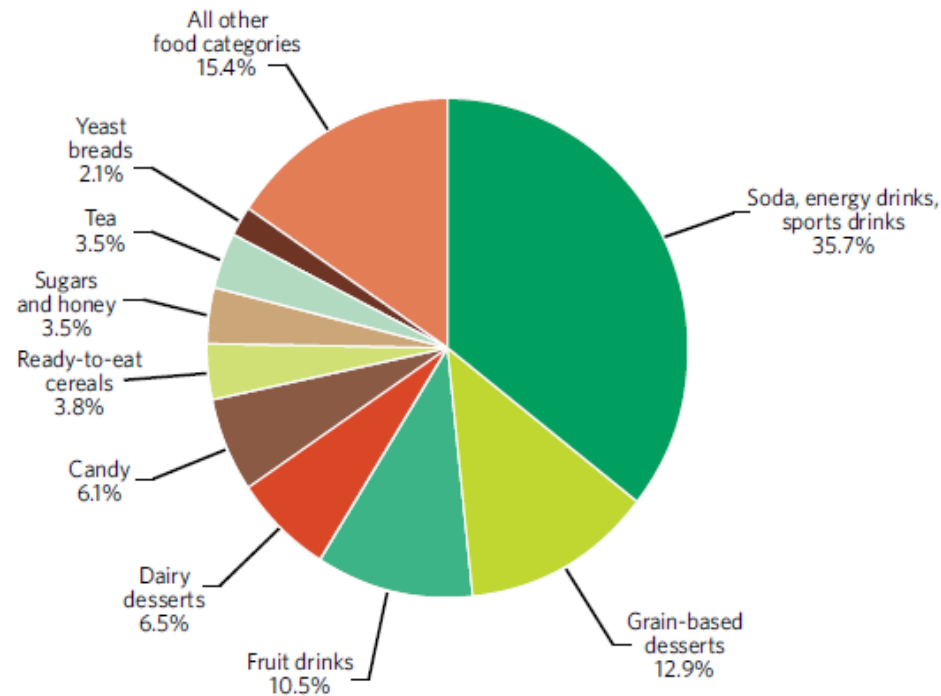
Food Sources of Solid Fats

FIGURE 3-5. Sources of Solid Fats in the Diets of the U.S. Population Ages 2 Years and Older, NHANES 2003-2004^a



Food Sources of Added Sugars

FIGURE 3-6. Sources of Added Sugars in the Diets of the U.S. Population Ages 2 Years and Older, NHANES 2005–2006^a





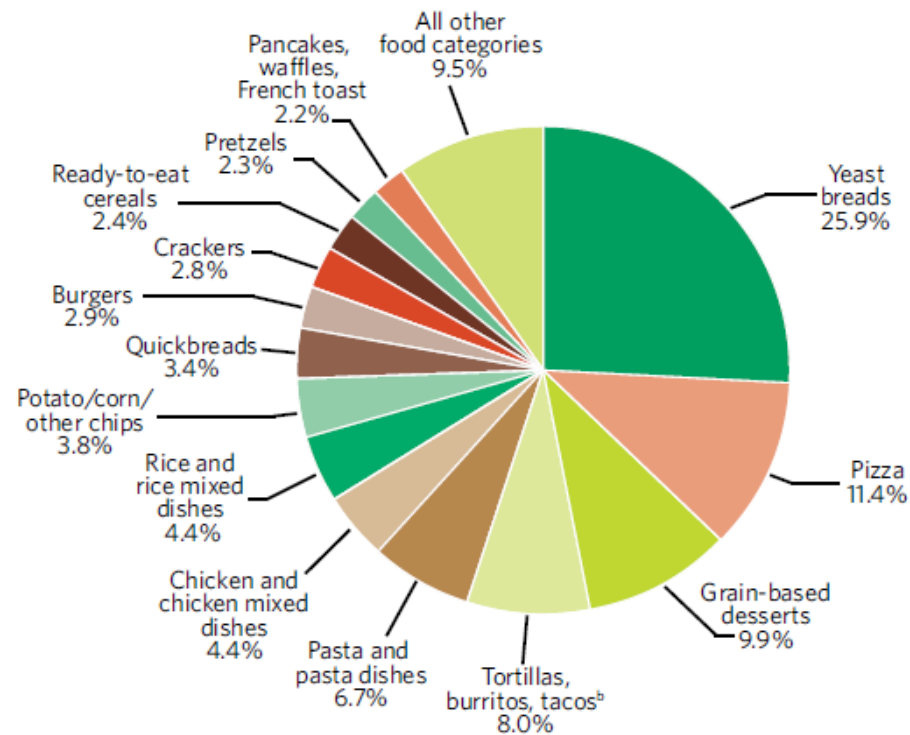
Foods and Food Components to Reduce

Refined grains

- Limit consumption of refined grains, especially those that contain solid fats, added sugars, and sodium ***new***
- Enriched refined grain products provide some vitamins and minerals, but not the fiber provided by whole grains
- Replace refined grains with whole grains

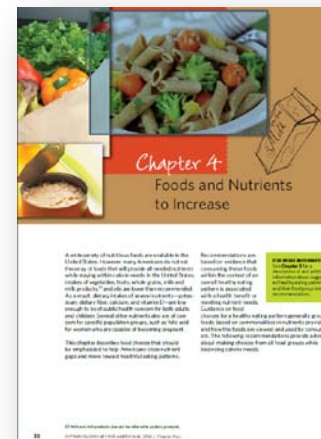
Food Sources of Refined Grains

FIGURE 3-7. Sources of Refined Grains in the Diets of the U.S. Population Ages 2 Years and Older, NHANES 2003-2004^a



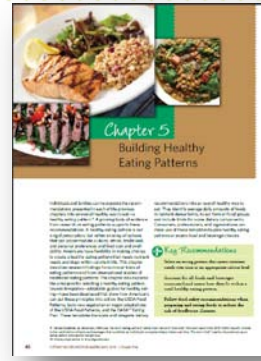
Foods and Nutrients to Increase

- While staying within calorie needs, increase intake of
 - Vegetables
 - Fruits
 - Whole grains
 - Milk
 - Seafood, in place of some meat/poultry *new*
 - Oils
- Nutrients of public health concern
 - Potassium
 - Fiber
 - Calcium
 - Vitamin D





Building Healthy Eating Patterns



- Research on overall eating patterns
 - Considerable evidence for health outcomes from DASH and traditional Mediterranean eating patterns
 - Some evidence for vegetarian
- Common elements of healthy eating patterns identified
- To promote health, follow USDA Food Patterns or DASH Eating Plan
 - Similar to each other and to the healthful eating patterns identified in the research
- Follow food safety recommendations



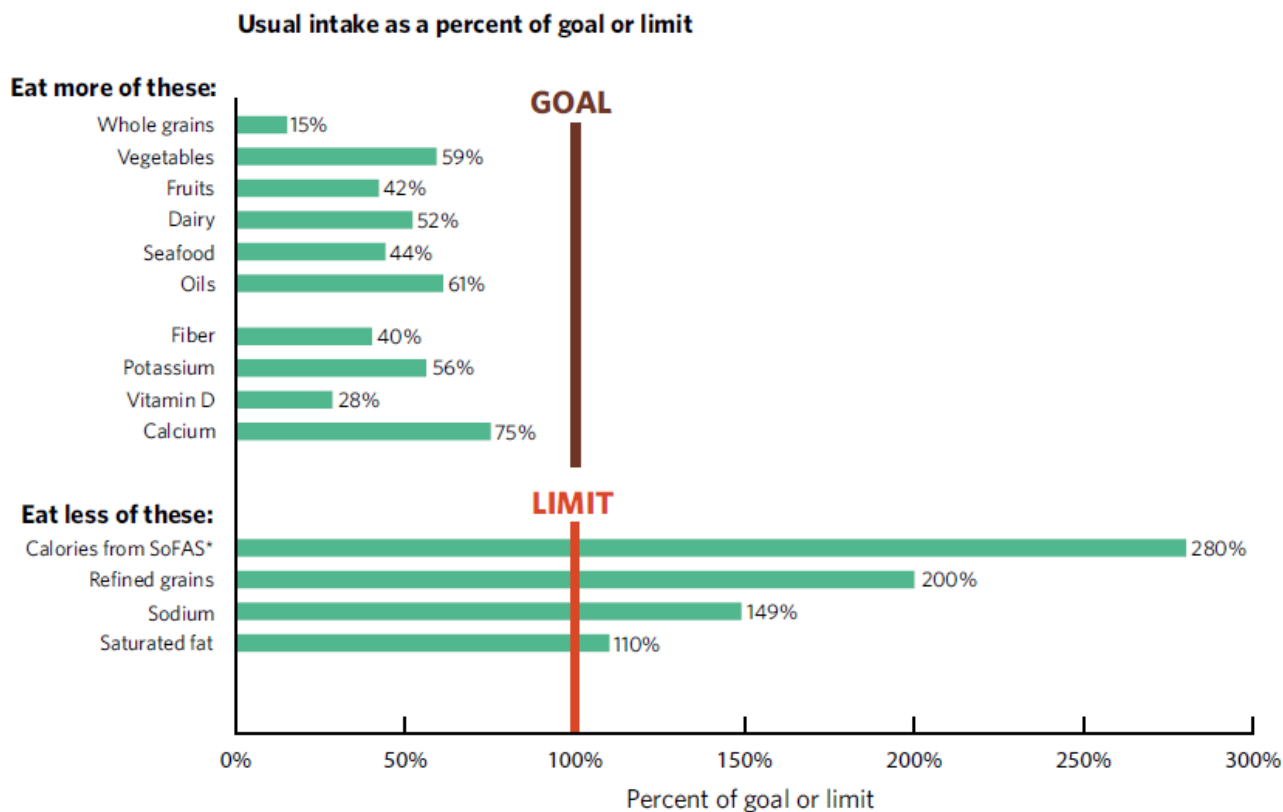
USDA Food Patterns

Changes for 2010 Dietary Guidelines

- Vegetarian adaptations
 - Lacto-ovo and vegan
- Two food groups renamed
 - “Meat & Beans” became “Protein Foods”
 - “Milk” became “Dairy Products”
 - Fortified soy milk included
- Milk for 4- to 8-year-olds increased by ½ cup per day
- At least 8 oz per week of seafood for adults
 - 3 to 6 oz for children
- Vegetable subgroups
 - Amounts revised
 - “Orange” revised to “Red and Orange”

Comparison of Consumption to Recommendations

FIGURE 5-1. How Do Typical American Diets Compare to Recommended Intake Levels or Limits?





Helping Americans Make Healthy Choices

- Current food and physical activity environment is influential—for better and for worse
- All elements of society, have a role
 - Individuals and families
 - Communities
 - Business and industry
 - All levels of government
- Work together to improve the Nation’s nutrition and physical activity



Summary

2010 Dietary Guidelines for Americans

- Evidence-based nutritional guidance
 - Promote health
 - Reduce the risk of chronic diseases
 - Reduce the prevalence of overweight and obesity
- Integrated set of advice for overall eating pattern
- Consumer-friendly advice and tools coming

Resources

- www.DietaryGuidelines.gov
 - Policy document
 - Advisory Committee Report
- www.NutritionEvidenceLibrary.gov