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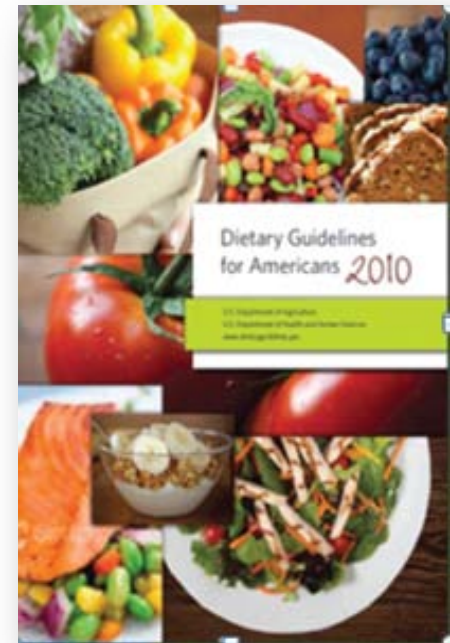
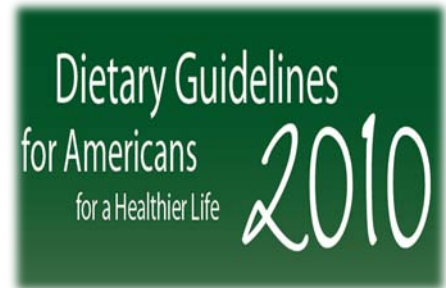
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**USDA Agriculture Outlook Forum  
Washington, DC  
February 25, 2011**

***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



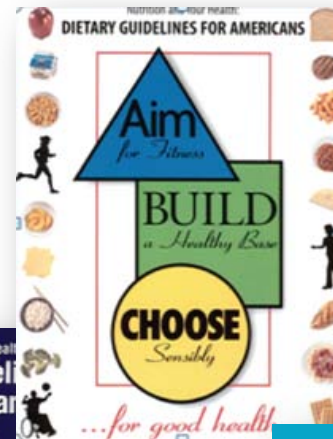
1990



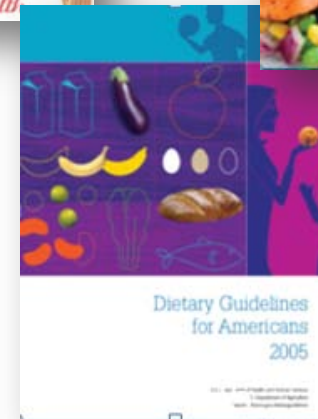
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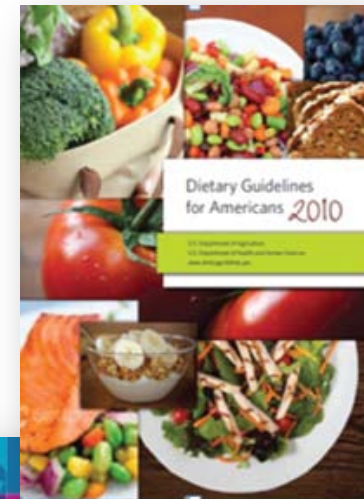
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2000



2005



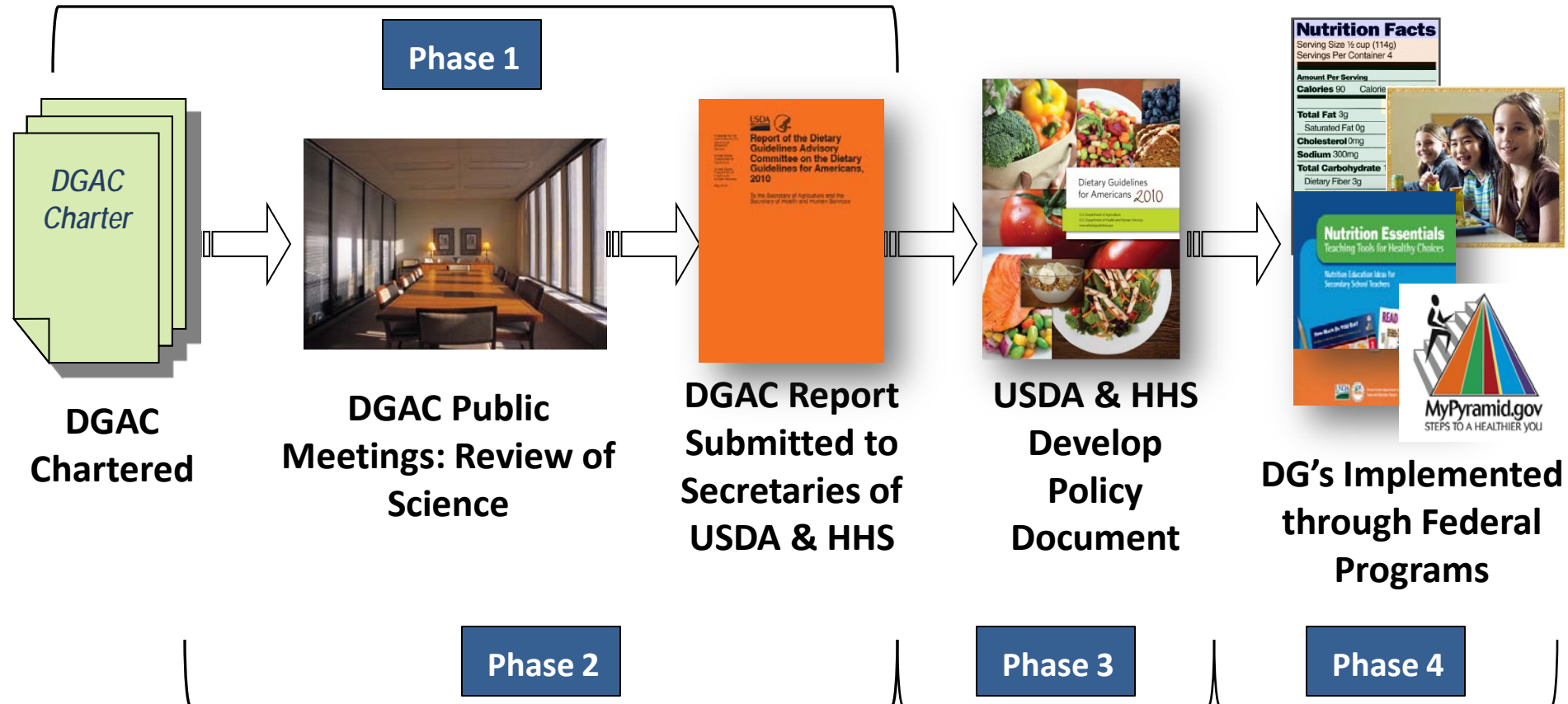
2010



# ***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







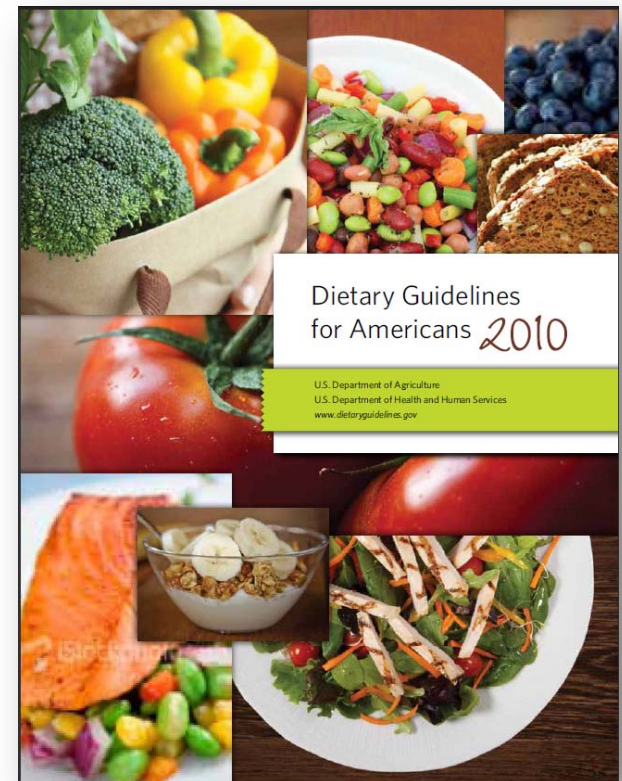
# ***Goals of Dietary Guidelines***

- 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



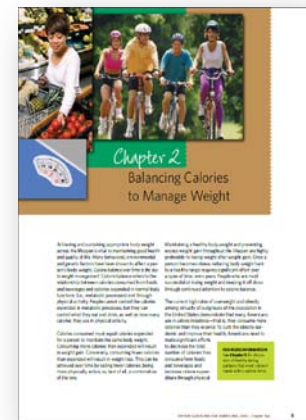
# 2010 Dietary Guidelines



- 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**

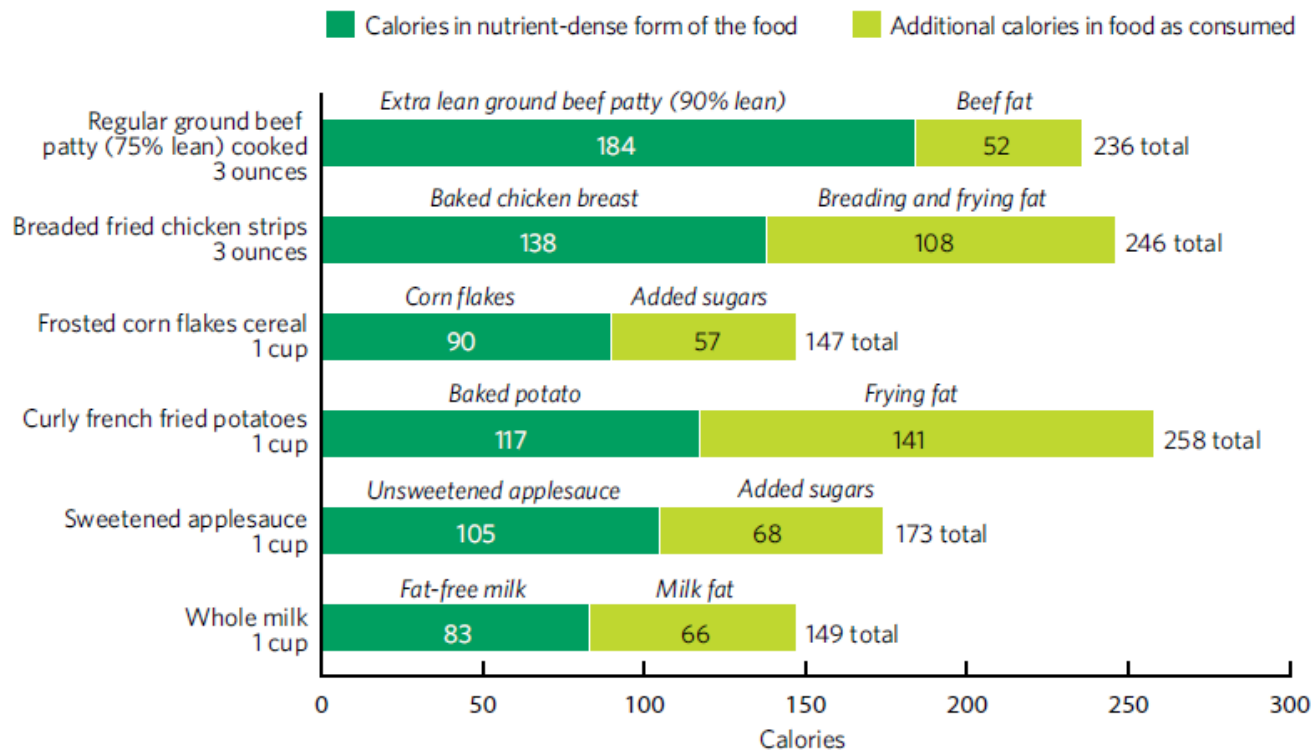
- Sodas, energy drinks, sports drinks, and sweetened bottled water including vitamin water

## **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***

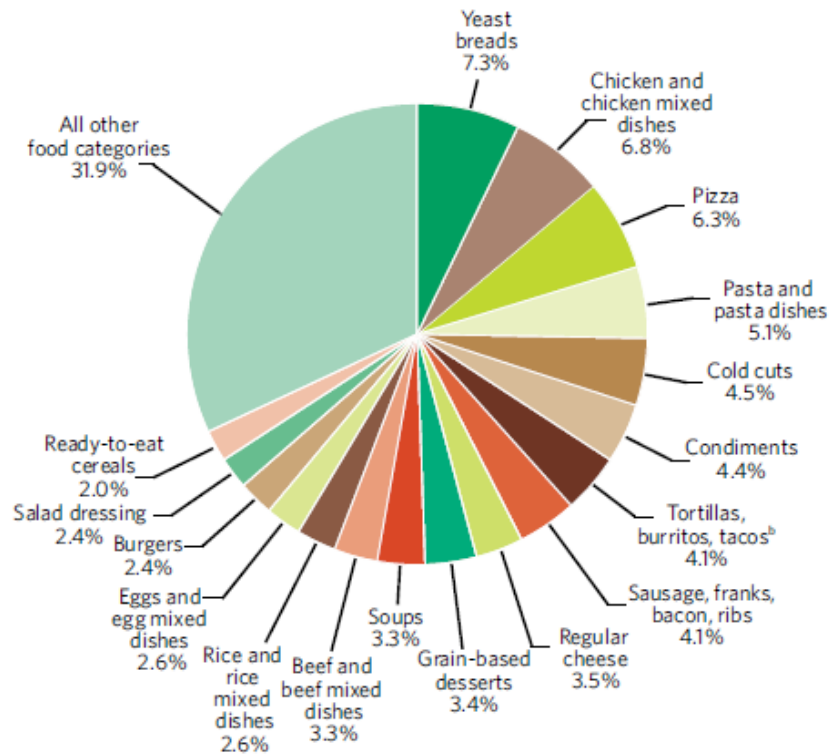
## **Sodium**

- 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<sup>a</sup>**





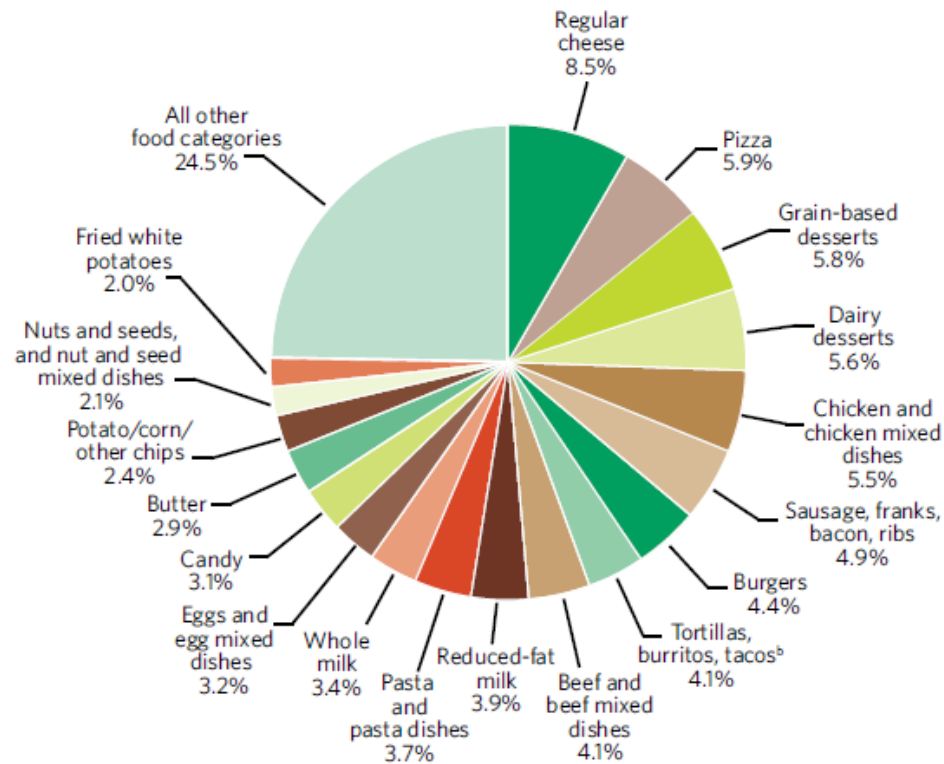
# ***Foods and Food Components to Reduce***

## **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<sup>a</sup>**





# ***Foods and Food Components to Reduce***

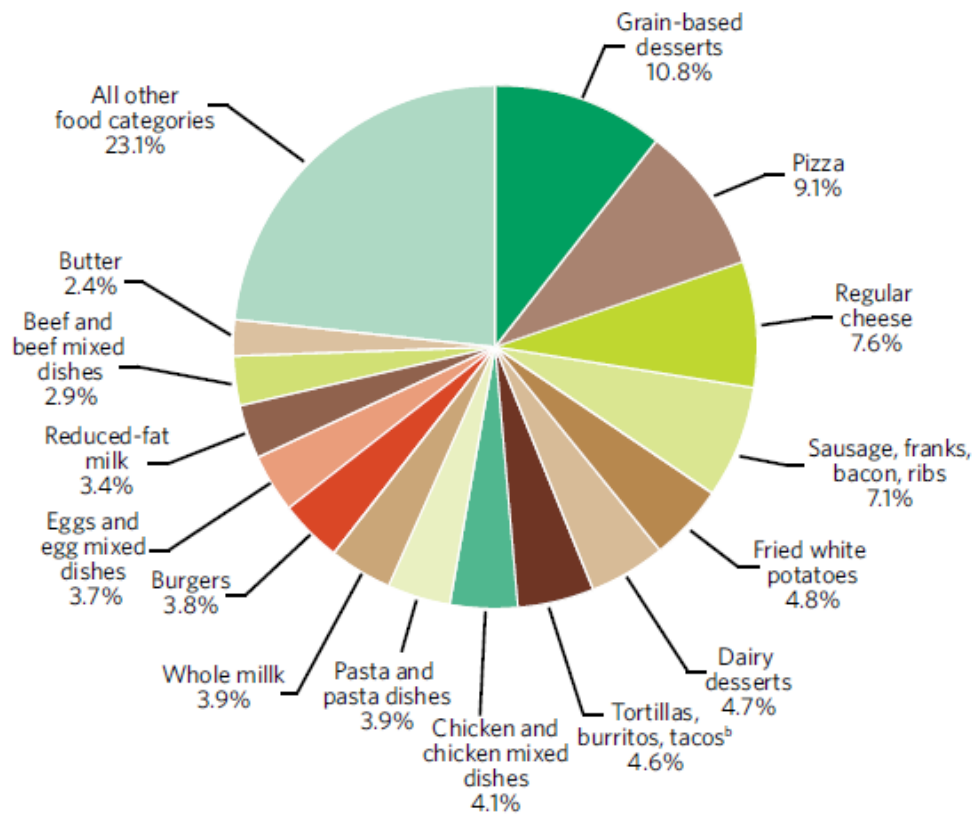
## **Calories from solid fats and added sugars**

- 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



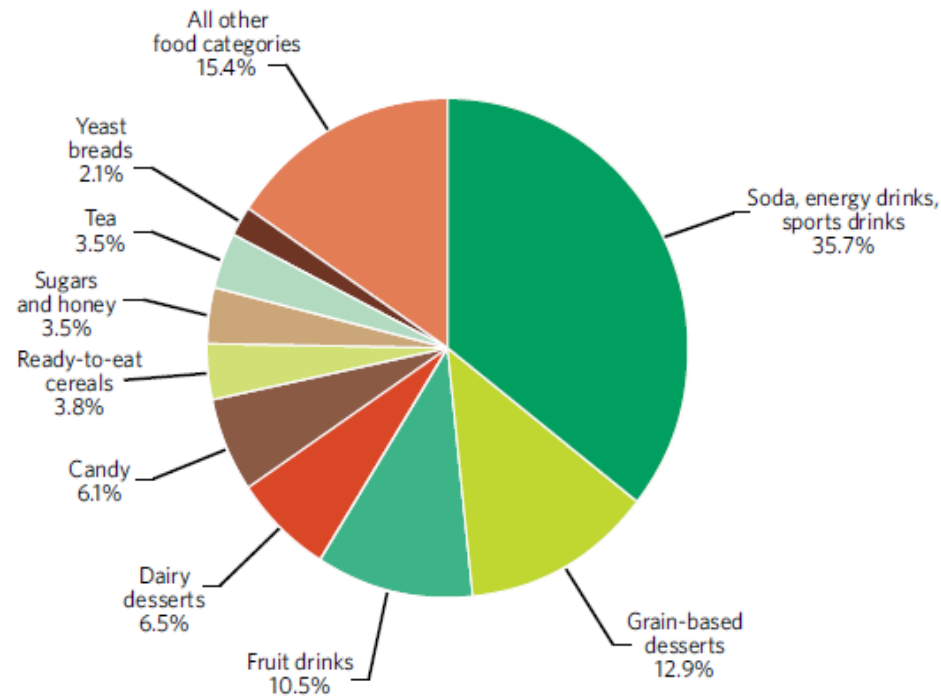
# Food Sources of Solid Fats

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



# 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<sup>a</sup>**





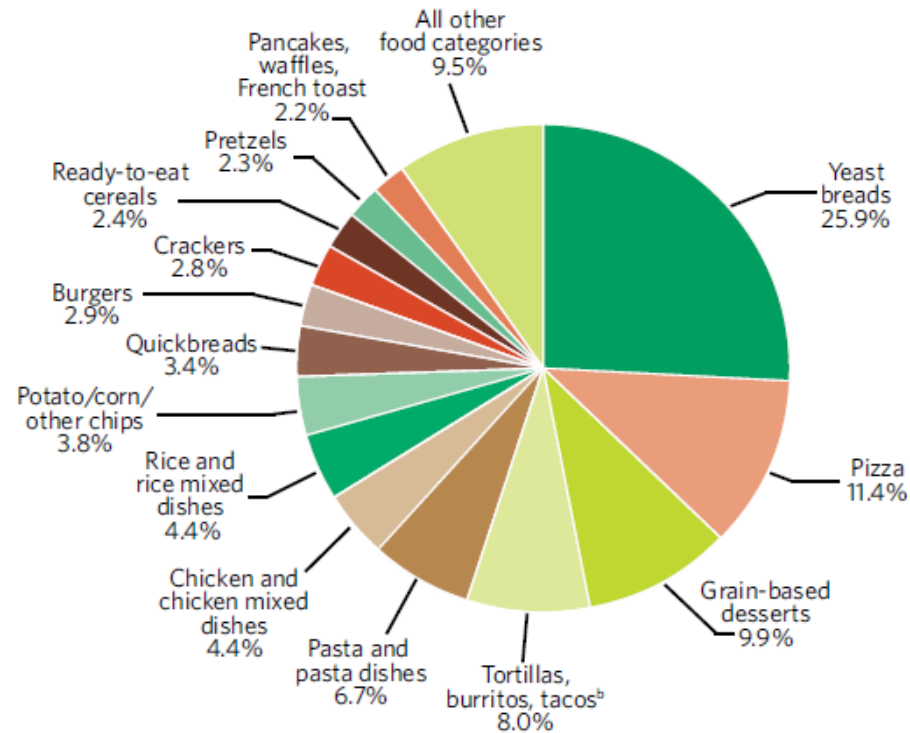
# ***Foods and Food Components to Reduce***

## **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

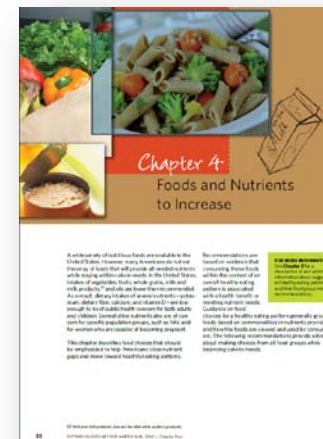
**FIGURE 3-7. Sources of Refined Grains in the Diets of the U.S. Population Ages 2 Years and Older, NHANES 2003-2004<sup>a</sup>**





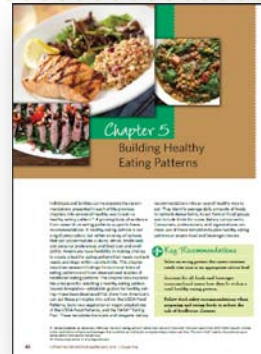
# Foods and Nutrients to Increase

- 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

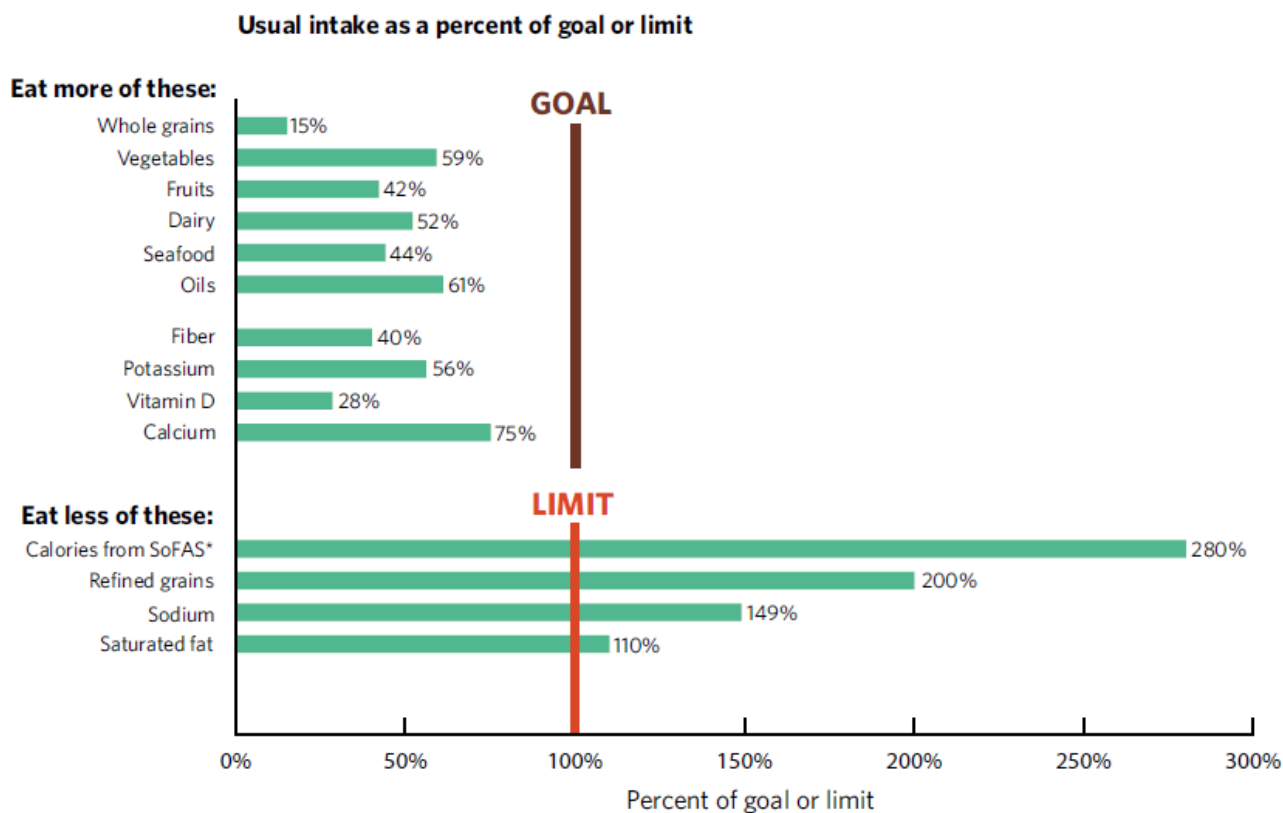
# USDA Food Patterns Changes for 2010 Dietary Guidelines

- 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](http://www.DietaryGuidelines.gov)
  - Policy document
  - Advisory Committee Report
- [www.NutritionEvidenceLibrary.gov](http://www.NutritionEvidenceLibrary.gov)