

COASTLINE ELDERLY NUTRITION NEWS

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New Dietary Guidelines: 2010

Every five years, the USDA and HHS release “Dietary Guidelines for Americans” (DGA). On January 31, 2011, an updated version was made public.

The DGA provides advice for making food choices that promote good health, a healthy weight, and help prevent disease for healthy Americans ages 2 and over. They are important to follow because they form the basis of Federal nutrition policy, education, outreach, and food assistance programs used by consumers, industry, nutrition educators and health professionals.

The DGA includes 23 key recommendations for all Americans, which focus on four major themes:

1. Reduce the incidence & prevalence of overweight and obesity of the US population by reducing overall calorie intake and increasing physical activity.
2. Shift food intake patterns to a diet that emphasizes vegetables, cooked dry beans and peas, fruits, whole grains, nuts, and seeds. In addition, increase the intake of seafood and fat-free/low-fat milk and milk products and consume only moderate amounts of lean meats, poultry, and eggs.
3. Significantly reduce intake of foods containing added sugars and solid fats because these dietary components contribute excess calories and few, if any, nutrients. In addition, reduce sodium intake and lower intake of refined grains that are coupled with added sugar, solid fat, and sodium.
4. Meet the *2008 Physical Activity Guidelines for Americans*

Take Action by Making Changes in these 3 Areas:

1. Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

2. Foods to Increase

- Make $\frac{1}{2}$ your plate fruits & veggies
- Switch to fat-free or low-fat milk

3. Foods to Reduce

- Compare sodium in foods like soup, bread, & frozen meals – choose the foods with lower numbers
- Drink water instead of sugary drinks