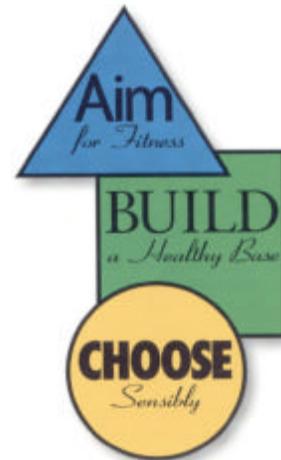




## NUTRITION 2000: DIETARY GUIDELINES FOR THE NEW MILLENNIAL



**What are the Dietary Guidelines?** The Dietary Guidelines for Americans, developed jointly by the United States Department of Agriculture and the Department of Health & Human Services, provide advice about making food choices that may help prevent disease and improve overall health and well-being for healthy people over the age of two. For the first time ever, the 2000 Dietary guidelines also provide information about the importance of food safety in our daily lives. The new guidelines highlight the important role of physical activity for good health. These guidelines are revised every five years.

### Why do we have Dietary Guidelines?

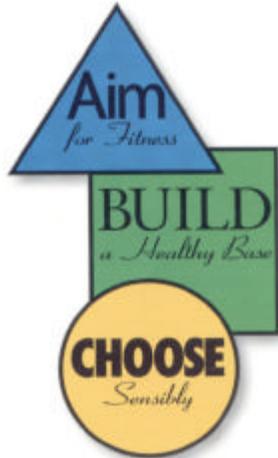
The 1<sup>st</sup> edition of the Dietary Guidelines for Americans was published in 1980 to provide the American public with dependable guidelines on diet and health. Now in its 5<sup>th</sup> edition, the Dietary Guidelines are widely accepted and used as a framework for consumer education messages.

### The 2000 Dietary Guidelines

The 2000 Dietary Guidelines are easy to follow and easy to understand. The guidelines spell out the ABCs for good health.

- ❖ AIM FOR FITNESS
- ❖ BUILD A HEALTHY BASE
- ❖ CHOOSE SENSIBLY

Following these guidelines can help you achieve your personal goal of good health.



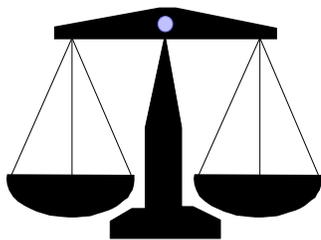
### **Aim for Fitness.**

- ❖ Aim for a healthy weight
- ❖ Be physically active each day

### Aim for a healthy weight.

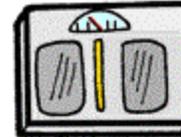
In order to aim for a healthy weight, you must first determine what a healthy weight is for you. You can do this by calculating your Body Mass Index (BMI).

$$\text{BMI} = (\text{weight (lb)}/\text{height (in)}^2) \times 705$$



Compare your results:  
BMI 18.5-25 = healthy weight  
BMI 25-30 = overweight  
BMI 30 + = obese

You will also want to measure around your waist to determine if you are at risk for health problems. Women with waist measurements greater than 35 inches and men with waist measurements greater than 40 inches are at increased risk for health problems, regardless of BMI.



If your weight is in the healthy range, it is best to work at maintaining your current weight. Here are some tips to help you maintain your weight:

- ❖ Balance the calories you eat with physical activity.
- ❖ Eat an assortment of foods including fruits, vegetables, grains, skim milk, and lean meats.
- ❖ Learn about portion sizes.
- ❖ Get at *least* 30 minutes of physical activity most days of the week.

### **What's a serving?**

Meat = 2-3 oz of lean meat (about the size of a deck of cards), 1 egg, 1/2 cup cooked beans  
Fruit = 1 medium apple, banana, orange, 3/4 cup fruit juice  
Vegetable = 1/2 cup, 3/4 cup vegetable juice  
Bread = 1 slice, 1 oz cereal, 1/2 cup cooked rice  
Milk = 1 cup milk or yogurt, 1 oz cheese

If you need to lose weight, make sure you do so gradually. Aim to lose about 10% of your weight over a six-month period. One-half to two pounds per week is a safe amount to lose.

And don't forget the kids! Children also need to aim for a healthy weight in order to live long, healthy lives. Offer your children healthy food choices and plenty of opportunity for physical activity.



### Be physically active each day.

Physical activity is a great way for people of all ages, shapes, and sizes to improve their health and well-being. Adults should aim for at least 30 minutes of physical activity and children should aim for at least 60 minutes of physical activity most days of the week. Choose activities that you enjoy and can do on a regular basis.

Some physical activities that you can do include:

- ❖ Walking
- ❖ Taking the stairs
- ❖ Mowing the lawn
- ❖ Gardening
- ❖ Pushing a stroller
- ❖ Cleaning the house
- ❖ Jogging
- ❖ Swimming
- ❖ Dancing
- ❖ Playing sports

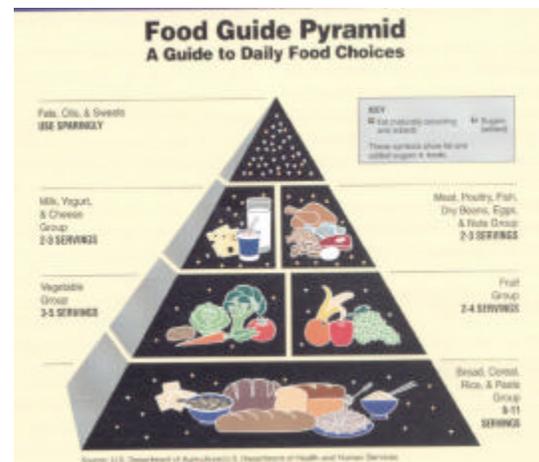
Physical activity helps to increase your physical fitness; manage your weight; build and maintain healthy bones, muscles, and joints; control your blood pressure; and decrease risk factors for heart disease, colon cancer, and Type 2 diabetes. It can even improve your attitude!

## Get Moving!

Encourage your children to be physically active:

- ❖ Plan family physical activities.
- ❖ Support their interests in sports and other physical activities.
- ❖ Limit TV and computer time.

Remember to consult your health care provider before beginning a vigorous physical activity program.



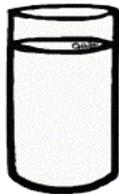
### Build a Healthy Base.

- ❖ Let the pyramid guide your choices.
- ❖ Choose a variety of grains daily, especially whole grains.
- ❖ Choose a variety of fruits and vegetables.
- ❖ Keep food safe to eat.

## Eat more of the foods on the bottom and less of those on the top.

Keeping track of the number of servings you eat each day can help you understand how your diet fits into the Food Guide Pyramid. For example, you will have eaten two servings from the Bread, Cereal, Rice, and Pasta group if you eat a sandwich with two slices of bread. If this sandwich is a turkey and cheese sandwich, then you will get servings from the meat group, and the milk group.

Above all, consider whether you are getting the nutrients that *you* need. It is also important to remember that some people, including growing children and pregnant women, have higher needs for some nutrients. To



insure that you are getting the nutrients that you need, check food labels to determine serving sizes and nutrient density. You might want to consider taking a vitamin-mineral supplement to meet specific nutrient needs if your regular diet lacks certain nutrients.

### Choose a variety of grains daily, especially whole grains.

Foods made from grains provide vitamins, minerals, carbohydrates,

fiber, and other substances that are important for good health. These foods may even help protect against disease, so you should aim to eat at least six servings of grain products each day. You can increase your intake of whole grain foods by selecting foods that list these ingredients *first* on the label's ingredients list:

- ❖ Whole wheat
- ❖ Whole grain corn
- ❖ Whole oats
- ❖ Whole rye
- ❖ Oatmeal
- ❖ Brown rice
- ❖ Popcorn
- ❖ Bulgur

### **SAMPLE INGREDIENT LIST FOR A WHOLE GRAIN FOOD**

**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, SOYBEAN AND/OR CANOLA OIL, YEAST, SALT, HONEY.

### Choose a variety of fruits and vegetables daily.

Fruits and vegetables are an essential part of our daily diet. Eating fruits and vegetables can help protect against disease, promote healthy bowel function, and improve overall health. You should aim to eat at least two servings of fruit and three servings of vegetables each day. Eating a variety of fruits and vegetables, in any form – fresh, frozen, canned, dried, juices – can help assure that you get all the nutrients that our body needs.



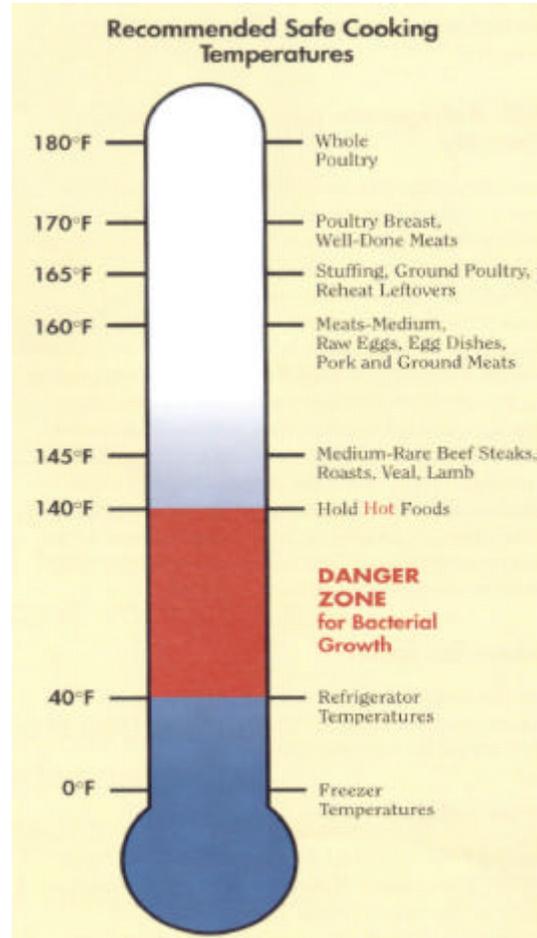
## *5-A-Day for Better Health!*

### Keep food safe to eat.

Selecting good, nutritious food isn't the only way to eat a healthy diet. You must also make sure that your food is safe to eat. That is, your food should pose little risk of foodborne illness. Foodborne illnesses are caused by eating food that contains harmful bacteria, parasites, toxins, viruses, or chemical contaminants.

Follow these steps to keep our food safe:

- ❖ Wash your hands often.
- ❖ Clean utensils and surfaces after each use.
- ❖ Replace cutting boards when they become worn.
- ❖ Wash raw fruits and vegetables before eating.
- ❖ Separate raw, cooked, and ready-to-eat foods.
- ❖ Cook foods to a safe temperature.
- ❖ Refrigerate perishable foods promptly.
- ❖ Never thaw meat, poultry, or fish at room temperature.
- ❖ Read labels.
- ❖ Keep hot food hot and cold food cold.
- ❖ When in doubt, throw it out!



**Use the temperature guide to help keep your food safe!**

### Choose Sensibly.

- ❖ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- ❖ Choose beverages and foods to moderate your intake of sugars.
- ❖ Choose and prepare foods with less salt.
- ❖ If you drink alcoholic beverages, do so in moderation.

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.

Fat is an important component of your daily diet. Fats provide us with energy and essential fatty acids, and they also help in the absorption of Vitamins A, D, E and K and the carotenoids. While fat is essential to our diets, it is important that we choose sensibly when selecting foods that contain fat.



Learning about the different types of fats can help you choose more sensibly.

Saturated fats – increase blood cholesterol. Examples of foods high in dietary cholesterol include high-fat dairy products, lard, coconut and palm oils, and fatty meats.

Dietary Cholesterol – increases blood cholesterol. Examples of foods high in dietary cholesterol include liver, egg yolks, and dairy fats. Only animal foods contain cholesterol.

Trans Fatty Acids – some types may increase blood cholesterol.

Examples of foods high in trans fatty acids include hard margarine and shortenings, which are usually found in fried foods and bakery goods.

There are many different types of trans fatty acids.

Unsaturated fats – do not increase blood cholesterol. Examples of foods containing unsaturated fats

include vegetable oils, nuts, olives, and avocados.

Aim to keep your cholesterol intake less than the Daily Value of 300 mg/day and your total fat intake to no more than 30% of calories. You can achieve this by learning to read nutrition labels, eating fat-free or low-fat dairy products, selecting lean meats, and eating plenty of fruits, vegetables, and whole grains.

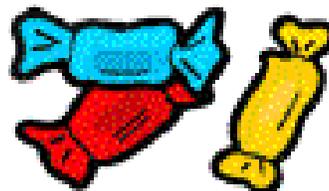
Choose beverages and foods to moderate your intake of sugars.

Just about anywhere in America if you need something to quench your thirst or satisfy your hunger, a vending machine is right around the corner, stocked full of your favorite soft drinks, fruitades, cookies, cakes, candy, and SUGAR. The sugar found in your favorite vending machine items and other snacks is not the sugar that occurs naturally in foods such as milk and fruits. This sugar is added sugar.

Added sugar provides calories but no vitamins or minerals. Excess calories from foods that contain added sugars can lead to weight gain and lower consumption of more nutritious foods.

Look for some of these added sugars on food labels:

- ❖ Brown sugar
- ❖ High fructose corn syrup



- ❖ Dextrose
- ❖ Fructose
- ❖ Glucose
- ❖ Corn sweetener
- ❖ Maltose
- ❖ Invert sugar
- ❖ Sucrose
- ❖ Molasses
- ❖ Honey
- ❖ Table sugar

To reduce your intake of added sugars, drink water to quench your thirst and try a sugar substitute instead of real sugar.

Remember: Foods containing sugars and starches can promote tooth decay.

If you drink alcoholic beverages, do so in moderation.

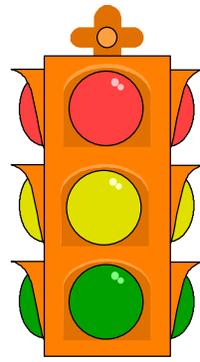
Alcoholic beverages play a large role in our society. They can be found at restaurants and bars, social gatherings, and in our homes. They can cause immense joy or tragic pain. Whatever the role alcoholic beverages play in your life, you should choose sensibly.



Alcoholic beverages are high in calories and can be harmful if consumed in excess. Drinking

alcoholic beverages can cause birth defects, social and psychological problems, cirrhosis of the liver, and malnutrition – just to name a few risks.

If you are going to drink alcohol, you should do so in moderation and with meals to slow the absorption. Moderation means no more than one drink per day for women and no more than two drinks per day for men.



*What is considered a drink?*

- ❖ 12 ounces of beer
- ❖ 5 ounces of wine
- ❖ 1.5 ounces of 80-proof distilled liquor

**And remember, never drink and drive!**

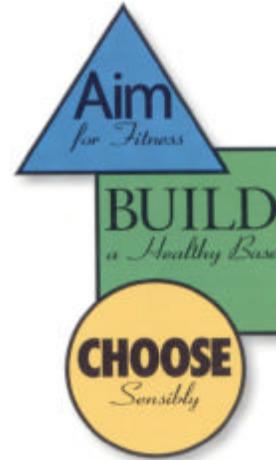
## **Making the 2000 Dietary Guidelines work for YOU.**

Following these 10 guidelines can help you develop a new lifestyle of healthful eating habits and regular physical activity. Your risk for chronic disease will be greatly reduced and you will feel better about yourself. So remember to Aim...Build...Choose...for Good Health!

### Reference:

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Nutrition and Your Health: Dietary Guidelines for Americans. 5<sup>th</sup> Edition, 2000.* Available online at: [www.usda.gov/cnpp](http://www.usda.gov/cnpp).

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