

CONCEPT: NUTRITIONAL GUIDELINES

Dietary Guidelines for Americans

- ◆ Set of ____ broad guidelines for how to eat healthy.
 - Updated every ____ years.
 - Also include recommendations for _____ activity.

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

0-12 months

- ✓ Breastfeeding for first _ months.
- ✓ Focus on nutrient-rich foods.
- ✓ Avoid honey or cow's milk.

School-Aged (6-12 Years)

- ✓ Appropriate portion sizes.
- ✓ Limit processed foods.
- ✓ ____ to ____ cups of fruit per day.

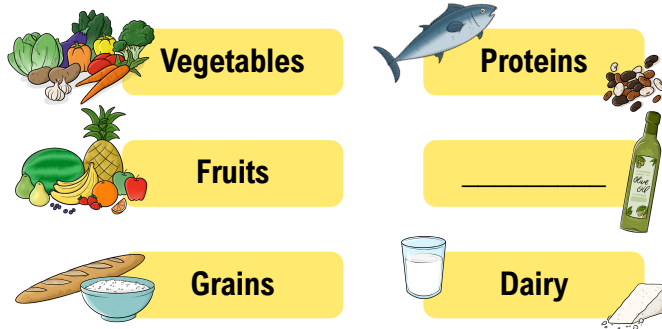
Adults

- ✓ Balanced and nutritious diet.
- ✓ Maintain good _____.
- ✓ Eat a variety of protein.

2. "Customize and enjoy nutrient-dense foods 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."



	Sedentary	Active
Females 21-25	_____	2400
Males 26-35	2400	_____

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

Added Sugars

< ____% of Calories

Saturated Fats

< ____% of Calories

Sodium

< _____ mg daily

Alcohol

Males: ≤ 2 drinks/day Females: \leq __ drink/day Pregnancy: 0 drinks/day

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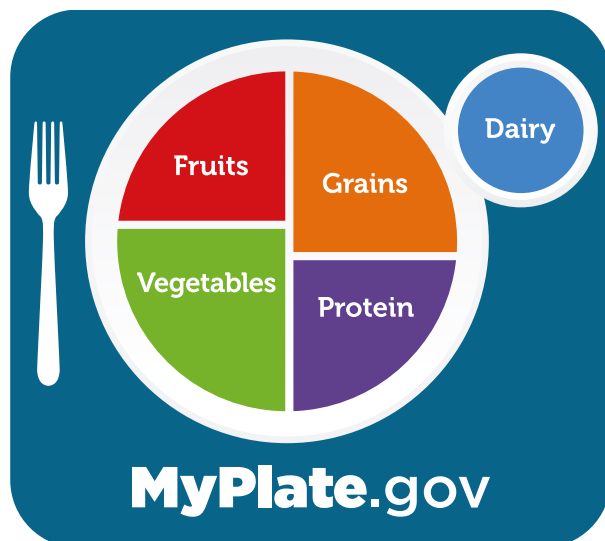
EXAMPLE

Identify the following statements as true or false.

- a) ____ Dietary patterns remain largely the same throughout the life span.
- b) ____ Food choices are only influenced by personal preferences.
- 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 26-35 is 2400 Calories.

MyPlate Food Guidance System

- ◆ Helps Americans apply ____ to their own diets.
 - **MyPlate:** visual representation of the food patterns as _____ on a plate.
 - Can create personalized food recommendations based on individual dietary and caloric _____.



Every bite counts – avoid _____ portions.

Make _____ of your plate fruits and vegetables.

Make at least _____ of your grains whole grain.

Vary your protein sources (e.g., meat, seafood, nuts)

Switch to _____-fat or fat-free dairy.

Choose water over _____ drinks.

EXAMPLE

Which of the following statements is correct about the MyPlate food guidance system?

- a) Vegetables and fruits combined should constitute most of your plate.
- b) Seafood should be the primary source of dietary protein.
- c) You should never eat oversized portions.
- d) Drinking water is healthier than drinking a can of cola.
- e) All of the grains you eat should be whole grains.

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PRACTICE

Which of the following statements about the Dietary Guidelines for Americans (DGAs) are incorrect?

- a) Healthy dietary patterns should be followed at every life stage.
- b) Added sugars and saturated fats should constitute no more than 10% of total daily calorie intake.
- c) They provide updated recipes for healthy meal preparation.
- d) The recommendations can be adapted to an individual's personal preferences, cultural traditions, and budget.
- e) They recommend meeting food group needs while staying within the calorie intake limits.

PRACTICE

Jim is considering making healthy changes to his diet. Which of the following statements best align with the MyPlate food guidance system?

- a) Jim should consider eating more cream cheese to meet his dairy needs.
- b) Instead of drinking alcohol, he should consider drinking a couple of cans of soda.
- c) He should eat fish every day to meet his protein needs.
- d) When Jim is stressed, it's okay for him to eat fried foods.
- e) He could consider substituting butter with mashed avocados to limit his saturated fat intake.