Chapter 2
Think Before You Eat: Developing a Nutrition Plan for Health

Hewlings/Medeiros

PowerPoint presentation created by
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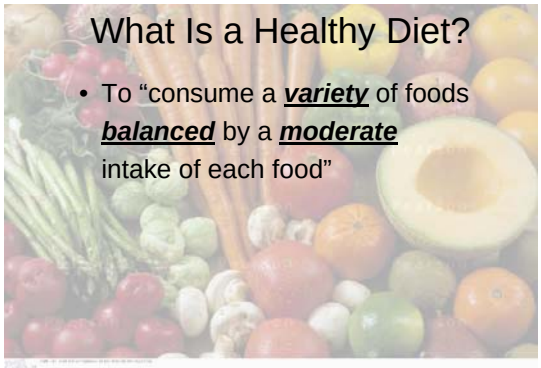
Tips for a Healthy Diet

- THINK BEFORE YOU EAT!
- NO SUCH THING AS GOOD OR BAD FOODS!
- NO NEED TO OMIT FOODS!
- ALL FOODS CAN FIT!

What Is a Healthy Diet?



- To "consume a ***variety*** of foods ***balanced*** by a ***moderate*** intake of each food"

Variety, Balance and Moderation

Variety - Choose different foods

Balance - Select foods from the major food groups

Moderation - Plan your intake; control portion size

All Foods Are Not Created Equal

- Nutrient density
- Empty calories
- Energy density

Nutrient Dense

Empty Calories

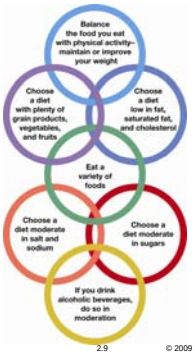
Tools and Guidelines for Planning Healthy Diets

- The Dietary Guidelines
- DRI
- EER
- AMDR
- MyPyramid

What Are the *Dietary Guidelines*?

- Science-based advice for ages 2+
  Promote health, prevent chronic disease
- Federal nutrition policy/programs
- HHS/USDA – Legislated every 5 years
- Can be adapted for special populations
  – The DASH Eating Plan for hypertension

The *Dietary Guidelines*



Nine *DG* Focus Areas

- Adequate Nutrients Within Calorie Needs
- Weight Management
- Physical Activity
- Food Groups to Encourage
- Fats
- Carbohydrates
- Sodium and Potassium
- Alcoholic Beverages
- Food Safety

- *Note: The* Dietary Guidelines for Americans 2005 *contains additional recommendations for specific populations. The full document is available at:* http://www.health.gov/dietaryguidelines

**Dietary Guidelines are similar around the world.*

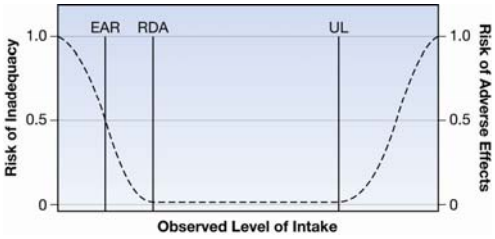
Recommendations for Specific Nutrients: Dietary Reference Intake (DRI)

- New nutrient recommendations
- Focus to prevent chronic diseases
- DRI set for all vitamins and minerals
- May consider phytochemicals

Standards Under the DRI

- Recommended Dietary Allowances (RDAs)
- Adequate Intake (AI)
- Tolerable Upper Intake Levels (ULs)
- Estimated Average Requirements (EARs)

The DRIs



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RDA for Energy?

- Estimated Energy Requirement
- Rough estimate
- Dependent on energy use
- Maintain healthy weight
- Many online sites to calculate
  http://www.mypyramid.gov
  - See formula text appendix

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Acceptable Macronutrient Distribution Range (AMDR)

- Protein: 10–35% of total calories
- Fat: 20–35%
- Carbohydrates: 45–65%

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2005 MyPyramid

Activity

Moderation

Personalization

Proportionality

Variety

Gradual Improvement

The Traditional Healthy Vegetarian Diet Pyramid

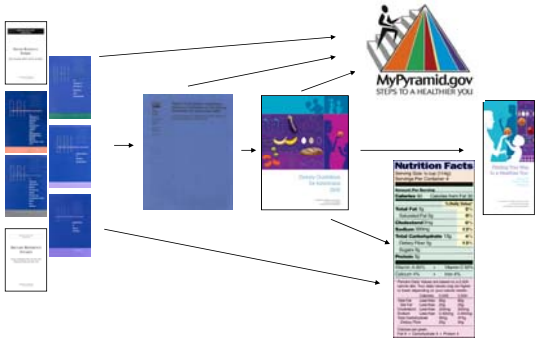
Cultural and diet-specific pyramids are available.

http://www.oldwayspt.org/vegetarian_pyramid.html

Serving Sizes

- Portion distortion: a “huge” problem

The *Dietary Guidelines*, DRI, and MyPyramid are related.



Sample label for Macaroni & Cheese

http://www.cfsan.fda.gov/~dms/foodlab.html

Standards for Food Labeling

- DRIs not used on food labels because they are gender and age specific
- FDA developed the Daily Values using two standards:
  - Reference Daily Intake (**RDI**) for vitamins and minerals (based on 1968 RDAs)
  - Daily Reference Value (**DRV**) for nutrients without RDAs, like carbohydrates, fats, proteins
  - Only used on food labels

Nutrient Panel on the Food Label

RDI: Nutrients that have RDAs or other established standards

DRVs: Nutrients that do not have RDAs or any other established standards

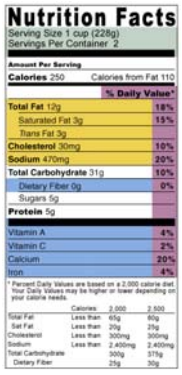
Daily Values used on the food label

Daily Values

Nutrient	Daily Value
Fat	65 grams (g)
Saturated fatty acids	20 g
Cholesterol	300 milligrams (mg)
Total carbohydrate	300 g
Fiber	25 g
Sodium	2,400 mg
Potassium	3,500 mg

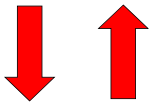
Limit these nutrients

Get enough of these nutrients



Quick Guide to % DV

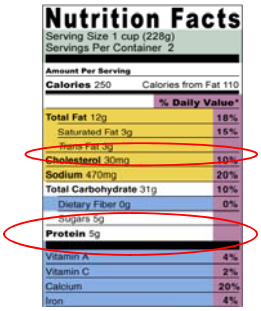
5% DV or less is low.



20% DV or more is high.

No % Daily Value

- *Trans* Fat
- Sugars
- Protein



General Guide to Calories*

40 calories is **low.**

100 calories is **moderate.**

400 calories is **high.**

*Based on a 2,000-calorie diet.

What must be on the food label?

- Product name
- Manufacturer's name and address
- Uniform serving size
- Amount in the package
- Ingredients in descending order by weight

Which foods require a label?

- Nearly all packaged foods and processed meat products
- Health claims
- Fresh fruit, vegetable, raw single-ingredient meal, poultry, and fish are ***voluntary.***

Which foods do not require a label?

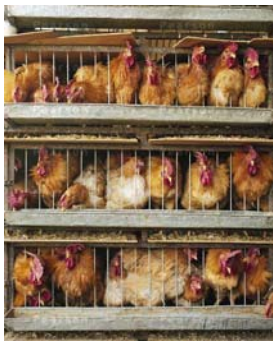
- Food for immediate consumption
- Ready-to-eat foods not for immediate consumption but prepared on site
- Bulk foods sold to consumer
- Medical foods
- Foods that contain very few nutrients
- Food produced by small businesses
- Food packaged in small containers

Health Claims Allowed on Food Labels

- Osteoporosis
- Cancer
- Heart disease
- Hypertension
- Neural tube defects
- Tooth decay
- Stroke

Cage-Free or Free-Roaming Eggs

Are they really “free”?



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