



Stewardship of the Body

“I give you thanks that I am fearfully, wonderfully made” (Ps. 139)

Nutrition: Dietary Guidelines for Americans 2010

What are the Dietary Guidelines for Americans 2010? By law (Public Law 101-445, Title III, 7 U.S.C. 5301 et seq.), *Dietary Guidelines for Americans* is reviewed, updated if necessary, and published every 5 years. The U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) jointly create each edition. The *Dietary Guidelines for 2010* are the 7th edition of dietary guidelines produced by the U.S. government.

Who develops the guidelines? *Dietary Guidelines for Americans, 2010* is based on the *Report of the Dietary Guidelines Advisor Committee*. Input and comments are received from other agencies and the public.

Who was on the committee? The committee consisted of scientific experts, physicians, and registered dietitians. They reviewed and analyzed the most current information on diet and health and incorporated it into a scientific, evidence-based report.

When were the guidelines released? The guidelines were released on January 31, 2011.

What is the purpose of the guidelines? The dietary guidelines emphasize three major goals for Americans:

1. Balance calories with physical activity to manage weight
2. Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood.
3. Consume fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains.

The guidelines include 23 key recommendations for the general population and 6 additional key recommendations for specific population groups, such as pregnant women. The recommendations are intended to help people choose an overall healthy diet.

What are some of the key recommendations? The key recommendations are grouped into 4 categories:

- Balancing calories to manage weight:
 - Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors
 - Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.
 - Maintain appropriate calorie balance during each stage of life – childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.
- Food and food components to reduce:

- Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older, are African American, have hypertension, diabetes, or chronic kidney disease.
- Consume less than 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consume less than 300 mg per day of dietary cholesterol.
- Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.
- Reduce the intake of calories from solid fats and added sugars.
- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- If alcohol is consumed, it should be consumed in moderation: up to 1 drink per day for women and 2 drinks per day for men, and only by adults of legal drinking age.
- Foods and nutrients to increase:
 - Increase vegetable and fruit intake.
 - Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
 - Consume at least half of all grains as whole grains.
 - Increase intake of fat-free milk and milk products, such as yogurt, cheese or fortified soy beverages.
 - Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.
 - Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
 - Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
 - Use oils to replace solid fats where possible.
 - Choose foods that provide more potassium, dietary fiber, calcium and vitamin D, which are nutrients of concern in American diets. These include vegetables, fruits, whole grains, and milk and milk products.
- Building healthy eating patterns
 - Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
 - Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern.
 - Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses.

Future bulletin inserts will include more specific “how to’s” related to these key guidelines.

Source: Dietary Guidelines for Americans, 2010 available at:
<http://health.gov/dietaryguidelines/2010.asp>