Models for Healthy Eating

The **Dietary Guidelines for Americans 2005** shows how to choose from the basic food groups: fruits, vegetables, dairy, grains and protein. These guidelines recommend the daily amounts for a 2,000 calorie diet of fruit (2 cups or 4 servings); vegetables (2½ cups or 5 servings); low-fat or fat-free dairy (3 cups); grains (6 servings including 3 servings of "whole" grains plus 3 additional servings of enriched or whole grains*); and protein (5½ ounce equivalent, varying your choices between lean meat, poultry, fish, beans and nuts); and keeping fats, salt and sugar to a minimum.

*A serving is about one slice of bread.

The Nutrition Label allows you to quickly and easily see how many calories a serving contains; serving size; how much good stuff (potassium, fiber, vitamins A and C, iron and calcium) you're getting; how much bad stuff (saturated fat, trans fat, sodium and cholesterol); and the percent daily values (DV) those amounts represent.

The DASH (Dietary Approaches to Stop Hypertension) Diet, developed for high blood pressure patients, is generally regarded as a healthy model for many people to follow. It emphasizes whole grains, fruits and vegetables, and low-fat or fat-free dairy. For more information about the DASH Diet, visit the National Heart, Lung, and Blood Institute at ***www.nhlbi.nih.gov***.

Dietary Guideline Tips and Tricks

Choose deeply hued produce. The brighter or darker the fruit or vegetable, the more vitamins, minerals, fiber and phyto-chemicals it may contain.

Get familiar with proper portion sizes. A cup of fruit, vegetables or legumes such as beans is about the size of two scoops of ice cream on your plate. A standard 3-ounce serving of meat is the size of a deck of cards.

Have a healthy sandwich. Use whole-wheat instead of white bread. Two slices and you're two-thirds of the way to your daily 3-ounce whole-grain amount.

Consider calcium substitutes. If you can't or don't drink milk, try lactose-free milk products or calcium-fortified foods and beverages such as calcium-fortified orange juice.

Read the nutrition label. Simple guidelines for daily values (DV): 5% or less is considered low; 20% or more is considered high. Choose foods with a higher DV for the good nutrients such as calcium and fiber, and choose those with a lower DV for fat, cholesterol and sodium.

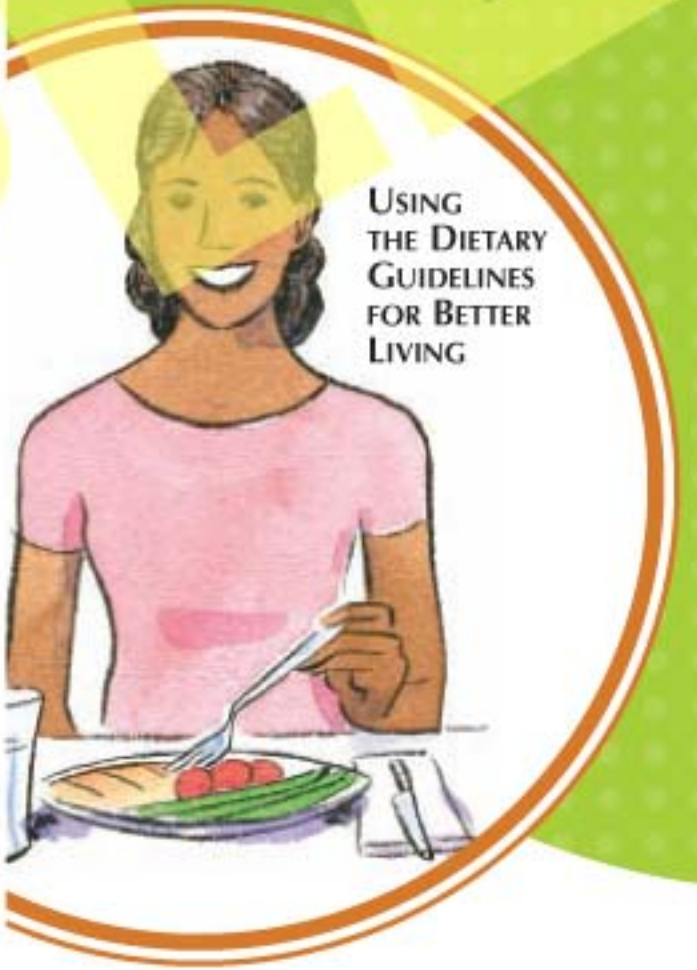
Cook it healthier. Bake or broil instead of frying.

Remember the 400 Rule. If a single serving of a food has more than 400 calories, it's too high.

Burn more calories than you eat. Do this every day to help you lose weight, look great and feel better.

PC 51432

Healthier Eating, Healthier You



Using the Dietary Guidelines for Better Living

Why Follow Dietary Guidelines?

Today's supermarket aisles present a dizzying array of choices for feeding you and your family. Throw in hectic lifestyles that encourage fast-food eating and advertising schemes that promote larger portions, and it's no wonder why people eat too much fat, salt and sugar — and not enough nutrients such as fiber and disease-fighting antioxidants.

The Dietary Guidelines for Americans 2005 offer a way to healthy nutrition. They comprise the best of expert advice and scientific research to recommend what to eat and how much to exercise if you want to control weight, prevent disease and be physically fit.

What's In the Guidelines?

The guidelines emphasize reducing calorie consumption and increasing physical activity. They promote eating a wide variety of fruits and vegetables of all colors, substituting "whole" grain products for processed grains, and switching to lower fat dairy products. ***Some specifics:***

- Whole foods should be preferred over processed foods, for example, fresh fruit over juice.
- Foods should be fiber-rich and contain "little added sugars or caloric sweeteners" such as corn syrup.
- Less than 10 percent of calories should come from saturated fats.
- Daily sodium intake should be lower than previously recommended, 2,300 mg versus 2,400 mg.
- Meat, poultry, dried beans, and milk or milk products should be lean, low-fat or fat-free.

This brochure explains the dietary guidelines and how to use them to make wiser choices every day — to look better, feel better and live longer.

Choices: What You Eat

Forget fad diets. Eat more of the good stuff (whole grains, fresh fruits and vegetables), less of the bad (processed foods), and take it easy on salt, fat and added sugar — while staying in your calorie range.

More of these ...

Fantastic Fruit: For the average diet, the guidelines suggest 4 servings or 2 cups of fruit per day to get antioxidants like A and C and heart-helping fiber. ***Helpful hint:*** Eat a rainbow of colors.

Delectable Vegetables: Five servings, or 2½ cups of vegetables per day, are recommended to get sufficient fiber, vitamins, minerals and disease-fighting phytochemicals. ***Select from all five vegetable subgroups:*** dark green, orange, legumes, starchy vegetables such as potatoes, and other vegetables.

Hearty Whole Grains: Consume 3 ounces or more of whole-grain products per day, with the rest coming from enriched grain products.

Incredible Calcium: Try for 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Powerful Potassium: Potassium counteracts the effects of sodium on blood pressure. Potassium powerhouses include spinach, potatoes with skin, sweet potatoes, orange juice and bananas.

Friendly Fats: The good fats are polyunsaturated or monounsaturated. They're found in fish, nuts and vegetable oils such as olive or canola oil.

How Many Calories Do You Need?

Federal guidelines use 2,000 calories a day as a general reference. You may need more or less depending on your age, weight and health goals. To calculate how many calories a day are right for you, visit ***www.healthierus.gov/dietaryguidelines*** and click on Tools.

Why Count Calories?

Calories add up fast, both on paper and on the bathroom scale. If you eat 100 more calories a day than you burn, you'll gain about a pound in a month. That's about 10 pounds a year.

Less of these ...

Sneaky Sweeteners: Choose and prepare foods and beverages with little added sugars or caloric sweeteners such as high fructose corn syrup. They pile on empty calories.

Frightful Fats: Keep saturated fats to less than 10 percent of calories per day and total fat intake to between 20 percent and 35 percent of calories. In particular, try to minimize trans fats (hydrogenated or partially hydrogenated oils), the kind of fat found in many processed foods.

Artery-Clogging Cholesterol: Aim for less than 300 mg per day.

Salty Sodium: Most of the sodium you eat comes from processed foods, not the salt shaker. Read labels.

Choices: What You Do

Physical activity and a more active lifestyle (instead of watching TV for example) promote health, psychological well-being and a healthy body weight.

IF YOUR GOAL IS	YOU NEED
Reducing risk of chronic disease	At least 30 minutes of moderately intense physical activity on most days of the week, such as brisk walking or bicycling
Preventing gradual weight gain	About 60 minutes of moderately to vigorously intense activity on most days of the week
Losing weight	60 to 90 minutes of more intense daily exercise