

Calorie Intake (kcal)	Discretionary Calories (kcal)
1000	165*
1200	171*
1400	171*
1600	132
1800	195
2000	267
2200	290
2400	362
2600	410
2800	426
3000	512
3200	648

* These amounts are higher than for a 1600 kcal diet because these lower calorie diets refer to the needs of children 2-8 years of age. Adult recommendations typically start at 1600 kcal.

The intent is to not exceed this discretionary calorie allowance from the combination of foods and beverages with alcohol, added sugars, or added fats.

"FINDING YOUR WAY TO A HEALTHIER YOU"

The brochure designed for the public based on the *2005 Dietary Guidelines for Americans* is entitled "Finding Your Way to a Healthier You." It incorporates the major themes of the *Dietary Guidelines for Americans*, but provides a simpler message. The three main themes are:

- ◆ Make smart choices from every food group.
- ◆ Find your balance between food and physical activity.
- ◆ Get the most nutrition out of your calories.

Make smart choices from every food group.

- ◆ Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- ◆ Include lean meats, poultry, fish, beans, eggs, and nuts.
- ◆ Make sure ones diet is low in saturated fat, *trans* fats, cholesterol, salt (sodium), and added sugars.

Find your balance between food and physical activity.

- ◆ Be physically active for at least 30 minutes most days of the week.
- ◆ Increasing the intensity or amount of

time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.

- ◆ Children and teenagers should be physically active every day, or most every day.

Get the most nutrition out of your calories.

- ◆ Choose the most nutritionally-rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories.
- ◆ Pick foods like fruits, vegetables, whole grains, and fat-free and low-fat milk products more often.

Other recommendations refer to safe food-handling practices and moderation in alcohol consumption (if used).

Safe food handling encompasses the following advice:

- ◆ Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed to avoid spreading bacteria to other foods.



- ◆ Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
- ◆ Cook foods to a safe temperature to kill microorganisms.
- ◆ Chill (refrigerate) perishable food promptly and defrost foods properly.
- ◆ Avoid raw (unpasteurized) milk or any products made from unpasteurized milk,

raw or partially cooked eggs or foods containing raw eggs, or raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

Moderate drinking refers to:

Up to one drink a day for women and up to two drinks for men.

12 ounces of a regular beer, 5 ounces of wine or 1-1/2 ounces of 80 proof distilled spirits count as a drink for purposes of explaining moderation.

THE DIETARY GUIDELINES AND YOU

When applying the Dietary Guidelines, you need to consider your own state of health. Make specific changes and see whether they are effective for you. Note that results don't occur overnight and that sometimes results can be disappointing. Even when carefully following a diet low in saturated fat, some people continue to have high blood cholesterol. Other people can eat greater amounts of saturated fats and keep their blood cholesterol under control. Differences in genetic background are the key cause. Each of us must take into consideration our individual nutritional needs and our risks of developing certain diseases. Plan your diet with your specific needs in mind, taking into account your current health status and family history. While the Dietary Guidelines aren't able to tailor a unique nutrition program for every North American citizen, they do provide typical adults with simple nutritional advice, which can be implemented by anyone willing to take a step toward good health.

Dietary Guidelines for Americans is published jointly by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The 2005 Dietary Guidelines are available at www.healthierus.gov/dietaryguidelines. MyPyramid is produced by the Center for Nutrition Policy and Promotion, an organization of the U. S. Department of Agriculture.

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