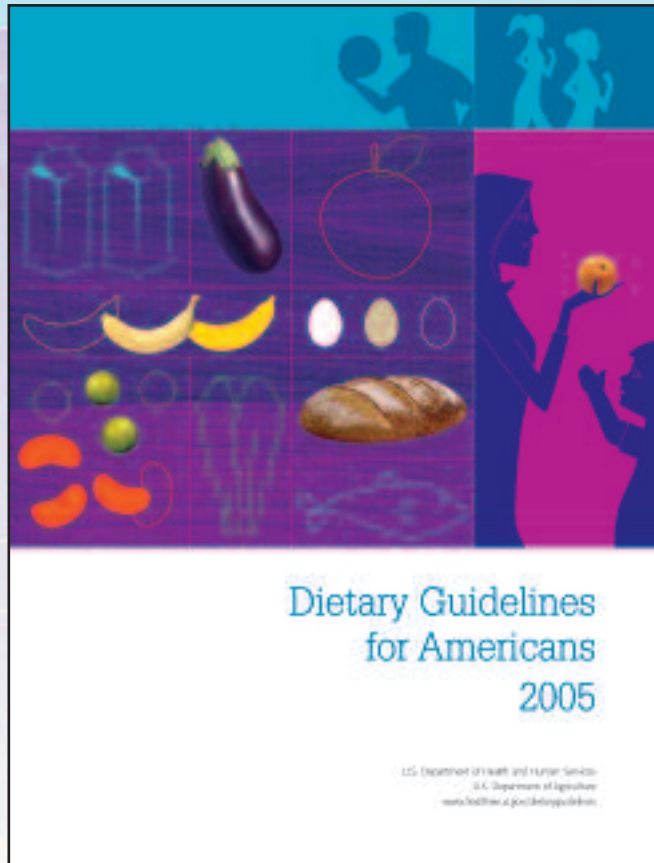


THE NEW DIETARY GUIDELINES



- ◆ Fats
- ◆ Carbohydrates
- ◆ Sodium and Potassium
- ◆ Alcoholic Beverages
- ◆ Food Safety

Following is a list of key recommendations from the *Dietary Guidelines 2005*.

ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- ◆ Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and *trans* fats, cholesterol, added sugars, salt, and alcohol.
- ◆ Meet recommended intakes within calorie needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) MyPyramid plan or the Dietary Approaches to Stop Hypertension (DASH) eating Plan.

Key Recommendations for Specific Population Groups

- ◆ *People over age 50.* Consume vitamin B12 in its crystalline form (i.e., fortified foods or supplements).
- ◆ *Women of childbearing age who may become pregnant.* Eat foods high in iron and/or iron-fortified foods with an enhancer of iron absorption, such as vitamin C-rich foods.
- ◆ *Women of childbearing age who may become pregnant and those in the first trimester of pregnancy.* Consume adequate synthetic folic acid daily (from fortified foods or supplements) in addition to food forms of folate from a varied diet.
- ◆ *Older adults, people with dark skin, and people exposed to insufficient ultraviolet band radiation (i.e., sunlight).* Consume extra vitamin D from vitamin D-fortified foods and/or supplements.

WEIGHT MANAGEMENT

- ◆ To maintain body weight in a healthy range, balance calorie intake from foods and beverages with calories expended.
- ◆ To prevent gradual weight gain over time, make small decreases in calorie intake from food and beverages and increase physical activity.

Key Recommendations for Specific Population Groups

- ◆ *Those who need to lose weight.* Aim for a slow, steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity.
- ◆ *Overweight children.* Reduce the rate of body weight gain while allowing growth and development. Consult a healthcare provider before placing a child on a weight-reduction diet.
- ◆ *Pregnant women.* Ensure appropriate weight gain as specified by a healthcare provider.
- ◆ *Breastfeeding women.* Moderate weight reduction is safe and does not compromise weight gain of the nursing infant.
- ◆ *Overweight adults and overweight children with chronic diseases and/or on medication.* Consult a healthcare provider about weight loss strategies prior to starting a weight-reduction program to ensure appropriate management of other health conditions.

PHYSICAL ACTIVITY

- ◆ Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- ◆ To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- ◆ For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

The *Dietary Guidelines for Americans 2005* provide science-based advice to promote health and reduce risk of chronic diseases through nutrition and physical activity. This sixth edition of *Dietary Guidelines for Americans* places stronger emphasis than such reports in the past on reducing one's calorie intake and increasing one's physical activity, especially since more Americans each year are becoming overweight. The *Dietary Guidelines* provides advice for people two years and older on proper dietary habits that can promote health and reduce risk for major chronic diseases.

The report identifies 41 key recommendations, of which 23 are for the general public and 18 are for special populations.

They are grouped into nine general topics:

- ◆ Adequate Nutrients Within Calorie Needs
- ◆ Weight Management
- ◆ Physical Activity
- ◆ Food Groups to Encourage