

UNDERSTANDING THE 2015-2020 DIETARY GUIDELINES FOR AMERICANS

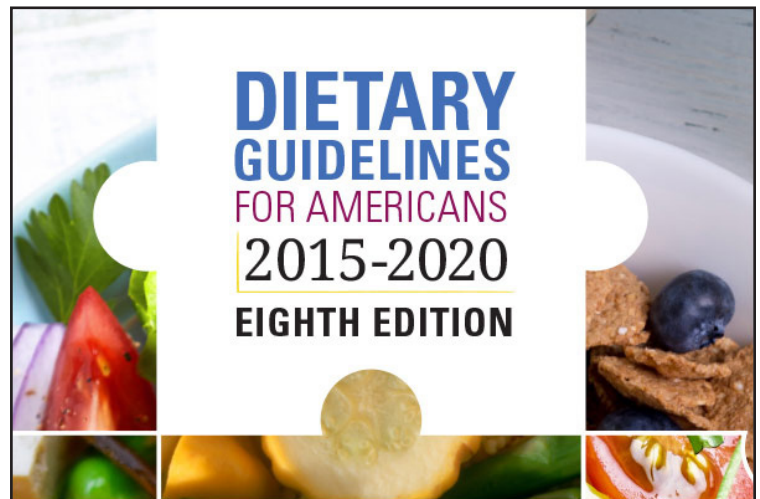
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The Dietary Guidelines for Americans has been published every 5 years since 1990. The purpose is to give policymakers, health professionals, and the public science-based recommendations for a healthy diet. The Guidelines are the basis for food and nutrition programs and policies throughout the United States.

The Process of Creating the Dietary Guidelines:

Nationally recognized scientists with expertise in particular fields are selected to form the Dietary Guidelines Advisory Committee. These experts review all new and relevant scientific studies related to diet and health. The Advisory committee evaluates the studies and considers the strength of the evidence shown in the studies. After reviewing all the information, the Advisory committee issues a report with science-based recommendations. Finally, the US Department of Health and Human Services and the US Department of Agriculture create the Dietary Guidelines based on the findings in the Advisory Report. The public may participate throughout the process by posting inquiries and comments and viewing the recorded meetings held by the Advisory committee.

How the Dietary Guidelines May Effect You: After the Dietary Guidelines Report is released, health professionals use the information to create new resources to improve health or to improve existing programs. Some well-known programs effected by the Guidelines include the USDA's National School Lunch Program and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). The Dietary Guidelines have a role in determining the types of foods, amounts of foods, and nutrition education information these programs offer. The nutrition and physical activity advice you may receive from physicians, nurses, pharmacists, and registered dietitians may also start with the Dietary Guidelines.



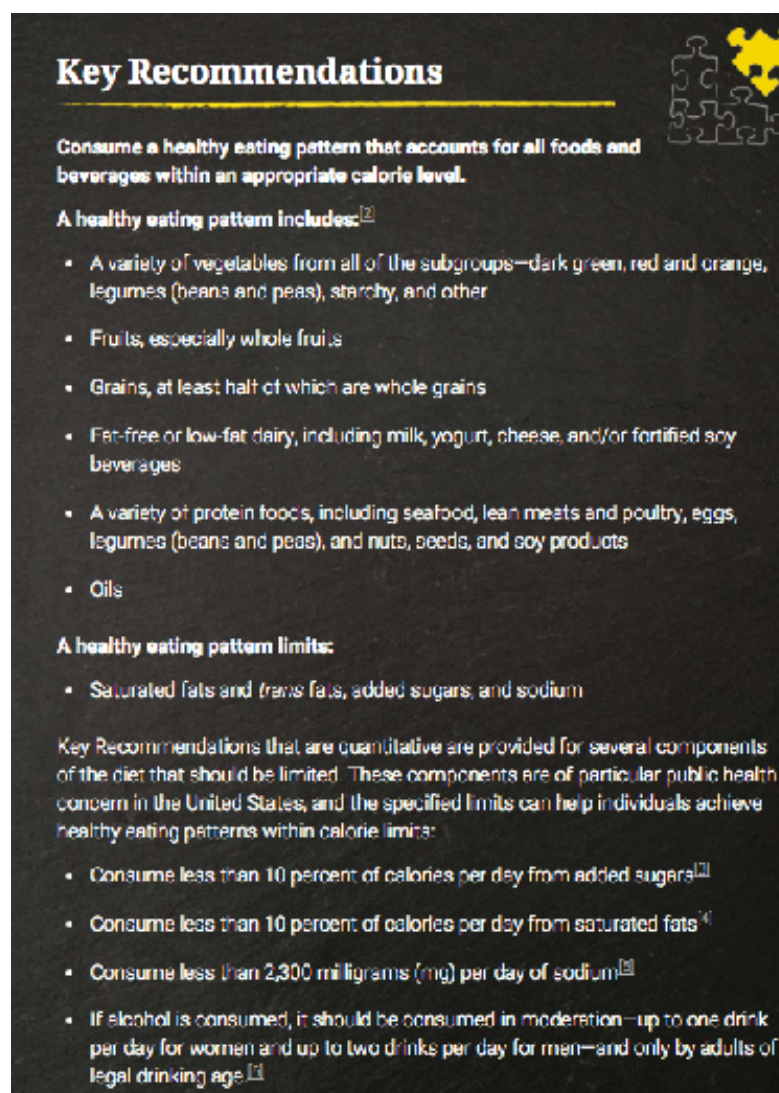
Read the next section to find out what's new in the 2015 Dietary Guidelines!

Sources: <http://health.gov/dietaryguidelines/2015/qanda.asp>; [http://health.gov/dietaryguidelines/\(image\)](http://health.gov/dietaryguidelines/(image))

What's New? - Healthy Eating Patterns

A main focus of the new 2015 Dietary Guidelines is the concept of eating patterns. Eating patterns can mean many things, including the types of foods eaten together, the time foods are eaten, the frequency of meals, the variety of foods included in the diet, or other ways foods are consumed. Maintaining a healthy eating pattern includes eating a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, protein foods, and oils. An overall healthy lifestyle is also encouraged in the new Dietary Guidelines and includes daily physical activity.

A healthy eating pattern limits saturated fats and added sugars and reduces sodium intake. Foods that are high in saturated fats and/or added sugars provide excess calories with little or no essential nutrients. The Key Recommendations table to the right further describes key components of a healthy eating pattern and summarizes dietary components to limit. Following these guidelines will enhance health and help prevent chronic diseases.



Key Recommendations

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:²

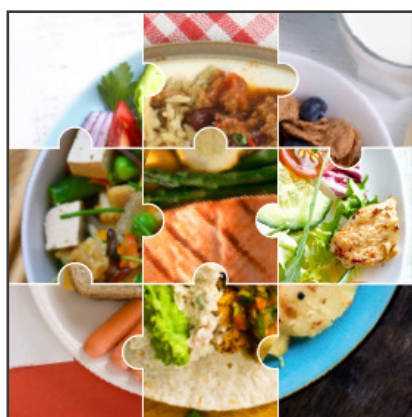
- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars³
- Consume less than 10 percent of calories per day from saturated fats⁴
- Consume less than 2,300 milligrams (mg) per day of sodium⁵
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age⁶



Other important aspects of a healthy eating pattern include food access, household food security, and acculturation. Using information from the Dietary Guidelines, public and private partnerships are encouraged to increase food access and decrease food insecurity so that healthy eating patterns will be accessible to more Americans. Cultural diversity is also encouraged by the guidance supporting healthy cultural lifestyle patterns.

Turn to the next page to find out what shifts in diet can be made for a healthy eating pattern!

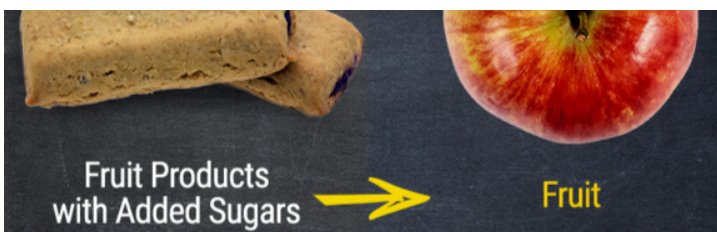
Sources: <http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/healthy-eating-patterns/>, <http://health.gov/dietaryguidelines/2015/guidelines/chapter-3/meeting-people-where-they-are/>, <http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/key-recommendations/>; <http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/> (images)

Healthy Shifts in Eating Patterns Encouraged in the 2015 Dietary Guidelines

While a healthy eating pattern can be flexible, there are some key changes that can be made across almost all age groups to meet nutrient needs and reduce the risk of chronic diseases. Making small shifts in food choices can help you move toward a healthier eating pattern over time.



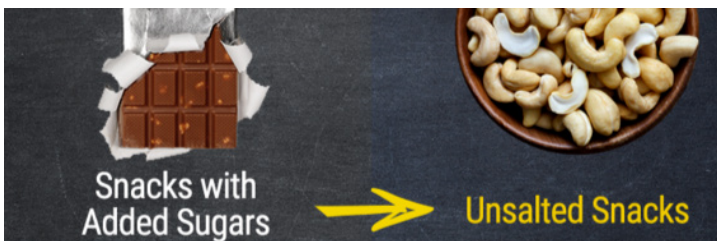
Replacing high calorie snacks with nutrient-dense snacks can help limit calories, saturated fat, and refined grains and help add a variety of vegetables to your diet.



Added sugars contribute to a highly caloric eating pattern with less essential nutrients. Choose whole fruits over fruit products with added sugars.



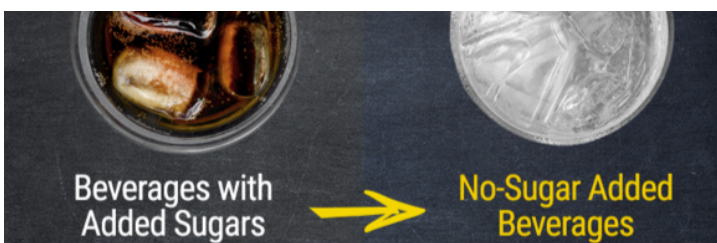
Try to make half of all grains consumed whole grains. Choose foods that list whole grains as the first ingredient and limit refined-grain desserts and snacks.



Choose healthy unsalted snacks instead of snacks with added sugar to reduce both added sugar and sodium intake.



Choosing oils over solid fats decreases saturated fat and calorie intake and increases unsaturated fat intake. Cook with oils rather than solid fats and choose oil-based dressings and spreads.



Beverages with added sugar increase calorie intake with little nutritional value. Choose no-sugar added beverages, like water, frequently and low-fat milk and 100% fruit juices following food group and calorie recommendations.

Sources: <http://health.gov/dietaryguidelines/2015/guidelines/chapter-2/current-eating-patterns-in-the-united-states/#figure-2-2-desc>, <http://health.gov/dietaryguidelines/2015/guidelines/chapter-2/a-closer-look-at-current-intakes-and-recommended-shifts/> (images)

Recipes to Kick-start a Healthy Eating Pattern!

The recipe book, Meeting Your MyPlate Goals On A Budget, is an example of how the Dietary Guidelines are translated to create resources and educational materials. The Nutrition Facts Label included with these recipes allows for saturated fat and sodium monitoring, and the MyPlate Goals allows you to find out how many servings of different food groups each recipe provides. A full PDF version of this recipe book can be found here: <http://www.choosemyplate.gov/sites/default/files/misc/tools/MeetingYourMyPlateGoalsOnABudget.pdf>.

The following recipes have been adapted from Meeting Your MyPlate Goals On A Budget. Enjoy!

Brown Rice Tabbouleh

Ingredients (6 servings)

- 1 cup dry brown rice
 - ¾ cup cucumber
 - ¾ cup tomato
 - 2 tablespoons dried parsley*
 - 1 tablespoon dried mint leaves*
 - ¼ cup green onion
 - ¼ cup vegetable oil**
 - ½ lemon
 - ½ teaspoon salt
 - ¼ teaspoon black pepper
- *Use fresh versions when possible
**Use canola or olive oil when possible



Nutrition Facts	
Serving Size (167g)	
Servings per Recipe 6	
Amount Per Serving	
Calories 200	Calories from Fat 90
%Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 15%	Vitamin C 30%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Wash all fresh ingredients
2. Cook brown rice as directed on box. (Hint: cook extra rice for the next recipe!)
3. On a cutting board, chop cucumber, tomato, and green onions. Roll lemon back and forth on surface to loosen juices then cut in half.
4. Combine rice, cucumber, tomato, parsley, mint, green onions, oil, lemon juice, salt, and pepper in large bowl. Toss well and chill. Serve as a side over lean meats or as a stuffing inside of tomatoes.

Meeting Your MyPlate Goals

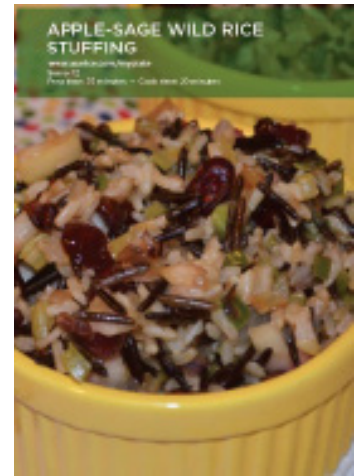
Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	1½ oz.	6 oz.
Vegetables	¼ cup	2½ cups
Fruits	—	2 cups
Dairy	—	3 cups
Protein	—	5½ oz.

*Based on a 2,000 calorie per day meal pattern

Apple-Sage Wild Rice Stuffing

Ingredients (12 servings)

- 4 ounces of any nut
- 1 ½ tablespoons oil**
- 1 ½ cups celery
- 1 ½ cups onions
- 1 medium red apple
- ⅔ cup dry brown rice
- ⅓ cup dry wild rice
- ½ cup dried cranberries
- 1 medium jalapeno
- 1 ½ teaspoons dried sage
- ¼ teaspoon salt



Nutrition Facts	
Serving Size (112g)	
Servings per Recipe 12	
Amount Per Serving	
Calories 160	Calories from Fat 80
%Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 3g	
Vitamin A 2%	Vitamin C 6%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Cook brown rice as directed on box.
2. Chop celery, onions, apple, jalapeno, and nuts.
3. Heat a large skillet over medium-high heat, stir nuts frequently for 2-3 minutes as browning occurs. Set nuts aside.
4. Heat 1 teaspoon oil over medium heat. Stir celery and onions occasionally for 8 minutes as light browning occurs.
5. Add apples for heat for 4 minutes or until tender crisp. Add nuts and remaining ingredients until heated.

Meeting Your MyPlate Goals

Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	1 oz.	6 oz.
Vegetables	¼ cup	2½ cups
Fruits	¼ cup	2 cups
Dairy	—	3 cups
Protein	½ oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern