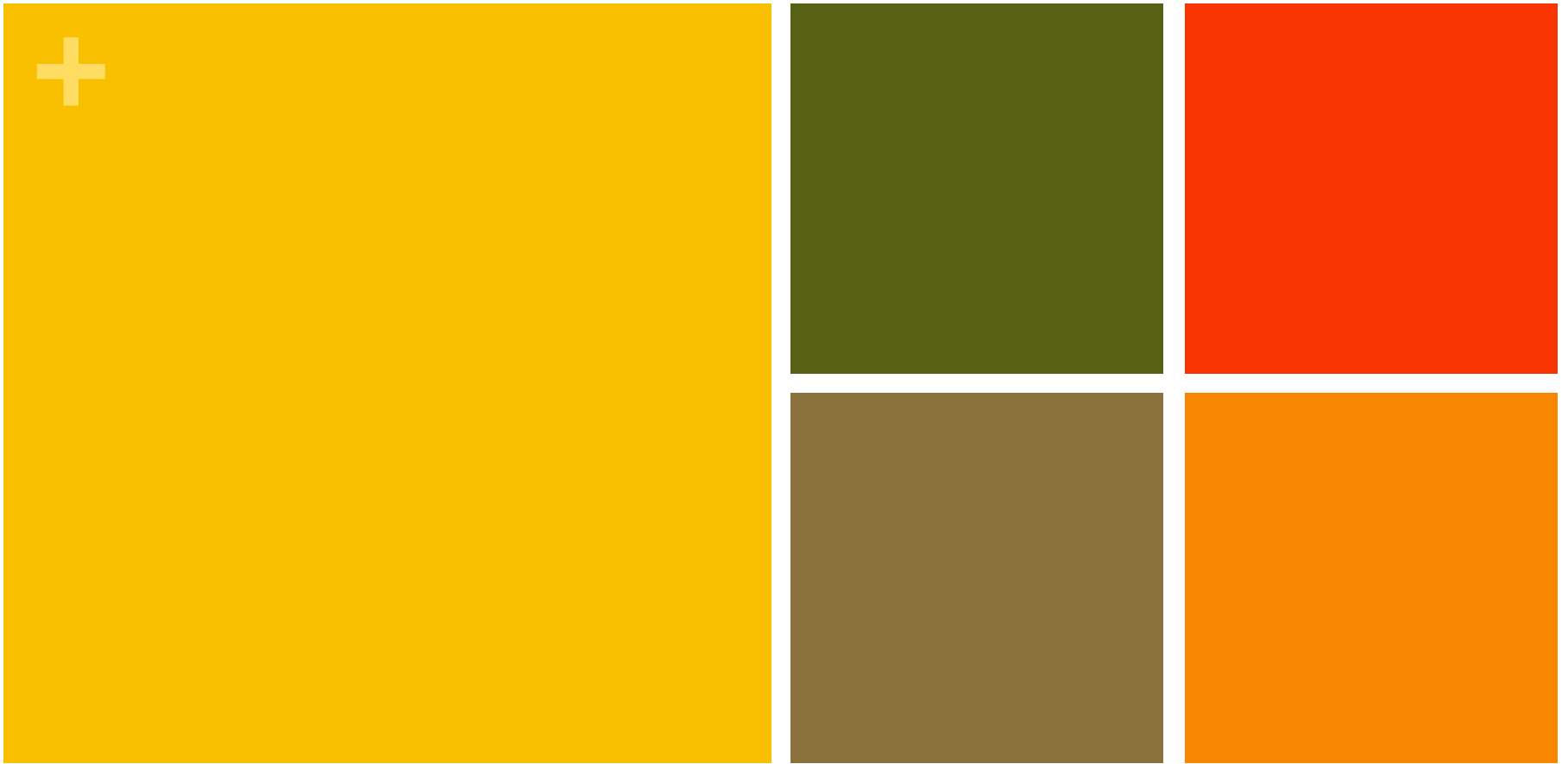


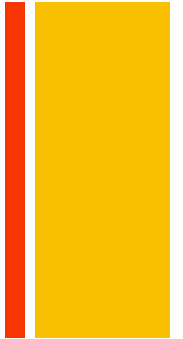
Choose**MyPlate**.gov



Healthy Diet Patterns vs Nutrient Recommendations

Mateja R. Savoie Roskos PhD, MPH, RD, CD, CNP

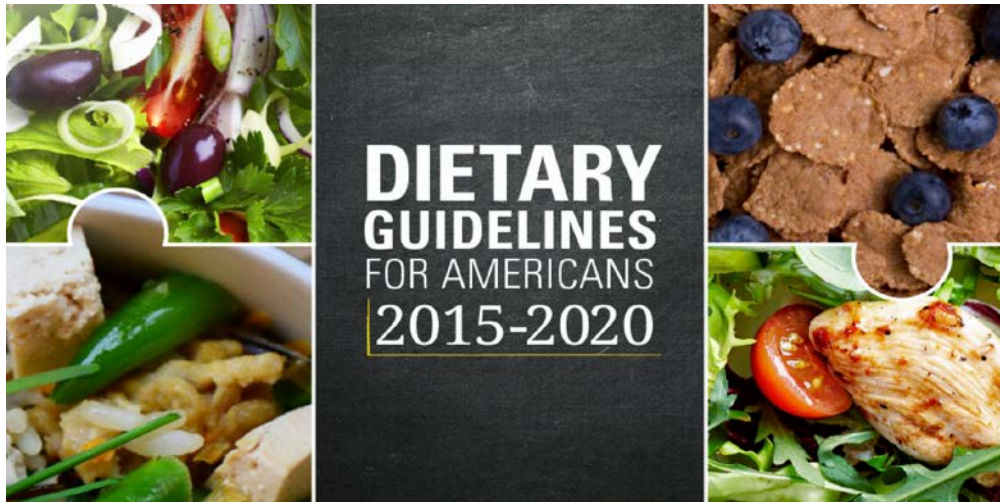
+ Outline



- Discuss the 2015 Dietary Guidelines for Americans changes and recommendations
- Discuss healthy eating patterns
- Define and discuss nutritionism
- Determine how to help improve diets of students
- Compare our plates to MyPlate

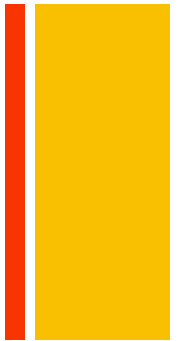
+ Dietary Guidelines for Americans

- Previous editions of the *Dietary Guidelines* relied on the evidence of relationships between individual nutrients, foods, and food groups and health outcomes.
- Although this evidence base continues to be substantial, foods are not consumed in isolation, but rather in various combinations over time—an “eating pattern.”

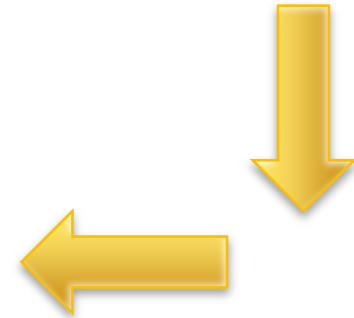
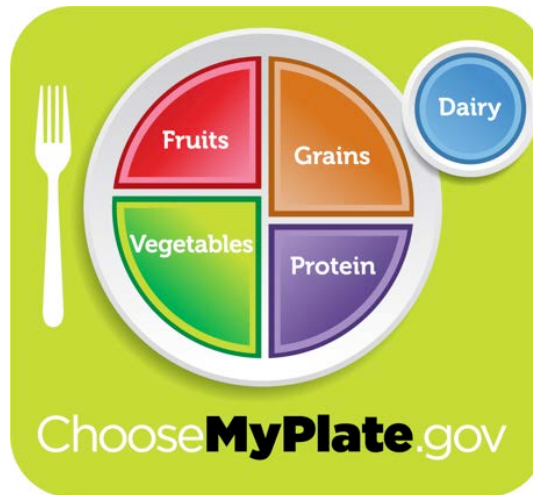
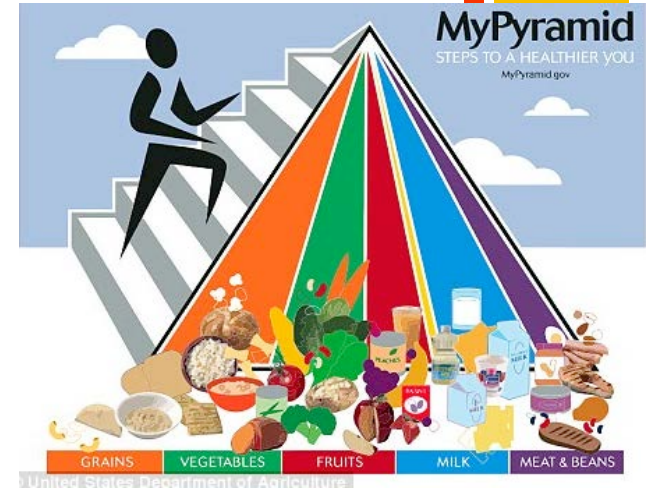
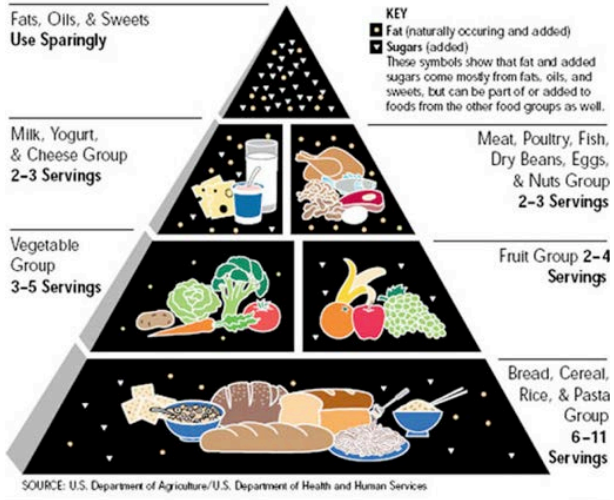




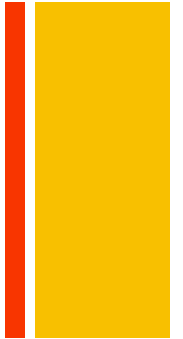
The Science Behind Healthy Eating Patterns



- The components of healthy eating patterns recommended in this edition of the *Dietary Guidelines* were developed by
 - integrating findings from systematic reviews of scientific research
 - food pattern modeling
 - analyses of current intake of the U.S. population
- Together, these complementary approaches provide a robust evidence base for healthy eating patterns that
 - reduce risk of diet-related chronic disease
 - ensure nutrient adequacy



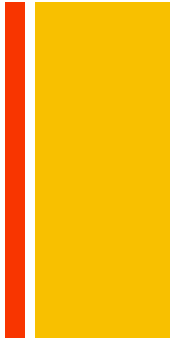
+ Think—Pair--Share



- Why do you think the dietary guidelines transitioned from specific nutrient recommendations to an overarching recommendation of developing a healthy eating pattern?



Key Elements of Healthy Eating Patterns

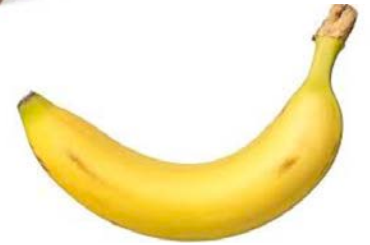


- Eating pattern is defined as the foods and beverages consumed over the course of any day, week or year.
- An eating pattern
 - Is more than the sum of its parts
 - may be more predictive of overall health status and disease risk than individual foods or nutrients
 - Are adaptable to a persons taste preferences, traditions, and food budget.
- Nutritional needs should be met primarily from foods.
- The goal of the current *Dietary Guidelines* is for individuals throughout all stages of the lifespan to have eating patterns that promote overall health and help prevent chronic disease.

+ Foods Eaten in a Day

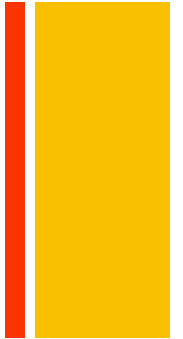


+ Foods Eaten Most Days





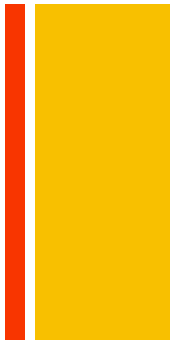
Associations Between Eating Patterns and Health



- Evidence demonstrates that healthy eating patterns are associated with reduced risk of:
 - cardiovascular diseases
 - type 2 diabetes
 - certain types of cancers overweight, and obesity
 - neurocognitive disorders and congenital anomalies



In Defense of Food—Michael Pollen (2008)

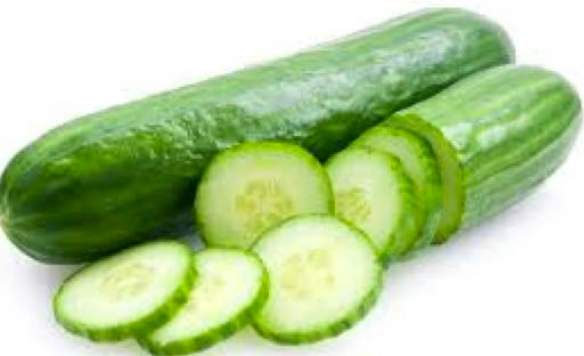
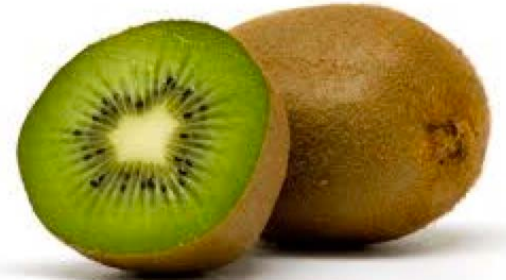


■ Nutritionism

- Looking at food from the perspective of the nutrients found within the food instead of foods as a whole.
- 4 tenants of nutritionism
 - The nutrients are the important part of food
 - Foods are essentially the sum of their nutrient parts
 - Food is a delivery system for nutrients
 - If what matters in food is invisible then you need experts to tell you how to eat
 - Foods are divided into “good” and “bad” nutrients
 - The whole point of eating is health

+ It's all about the nutrients





+ Dietary Guidelines 2005—Key Recommendations for Specific Population Groups

- People over age 50
 - Consume vitamin B12 in its crystalline form
- Women of childbearing age who may become pregnant
 - Eat foods high in heme-iron and/or non-heme iron. Eat with vitamin C rich foods
 - Consume adequate folic acid daily in foods and/or supplements.
- Older adults, people with dark skin, and people exposed to insufficient UV light
 - Consume extra vitamin D from vitamin D fortified foods and/or supplements.

Table 1-1.

Healthy U.S.-Style Eating Pattern at the 2,000-Calorie Level, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

Food Group ^a	Amount ^b in the 2,000-Calorie-Level Pattern
Vegetables	2½ c-eq/day
Dark green	1½ c-eq/wk
Red and orange	5½ c-eq/wk
Legumes (beans and peas)	1½ c-eq/wk
Starchy	5 c-eq/wk
Other	4 c-eq/wk
Fruits	2 c-eq/day
Grains	6 oz-eq/day
Whole grains	≥ 3 oz-eq/day
Refined grains	≤ 3 oz-eq/day
Dairy	3 c-eq/day
Protein Foods	5½ oz-eq/day
Seafood	8 oz-eq/wk
Meats, poultry, eggs	26 oz-eq/wk
Nuts, seeds, soy products	5 oz-eq/wk
Oils	27 g/day
Limit on Calories for Other Uses (% of calories)^c	270 kcal/day (14%)

+ Cup and Ounce Equivalents



**½ cup portion of green beans =
½ cup equivalent vegetables**



**1 cup portion of spinach =
½ cup equivalent vegetables**



**½ cup portion of
strawberries =
½ cup equivalent fruit**



**¾ cup portion of
100% orange juice =
¾ cup equivalent fruit**



**¼ cup portion
of raisins =
½ cup equivalent fruit**



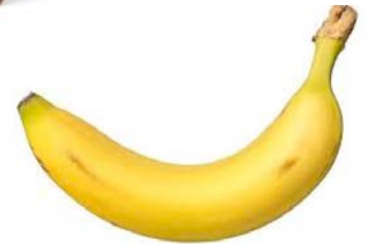
**1 large egg =
1 ounce equivalent
protein foods**



**2 tablespoon of
peanut butter =
2 ounce equivalents
protein foods**



**1 ounce portion
of almonds =
2 ounce equivalents
protein foods**



+ 2015 Dietary Guideline for Americans

- 1. Follow a healthy eating pattern across the lifespan
- 2. Focus on variety, nutrient density, and amount.
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.
- 4. Shift to healthier food and beverage choices.
- 5. Support healthy eating patterns for all.



+ What is considered a healthy eating pattern?

- Increased intakes of:
 - Fruit and vegetables**
 - Whole grains
 - Fat free or low fat dairy
 - Seafood
 - Legumes, nuts, and seeds
 - Oils
- Lowers intakes of:
 - Meats (including processed meat)
 - Sugar sweetened foods and beverages
 - Refined grains
 - Trans fats and saturated fats
 - Sodium



<https://www.youtube.com/watch?v=opRFb0wnQGg>

+ DGA 2015: Fruit and Vegetables

- Recommendation

- 2 ½ cups vegetables/day
- 2 cups fruits/day



- What has changed since 2010?

- Vegetables: Eat a variety of vegetables from all subgroups including dark green, red, and orange, legumes, starchy, and other.
- Fruit: Focus on whole fruit.

+ DGA 2015: Grains

- Recommendation:
 - At least half of grain intake should be whole grains.
- What has changed since 2010?
 - Same recommendation as above
 - Defined whole grain: 16 grams whole grain = 1 whole grain ounce-equivalent
 - Acknowledgement that whole grains vary in fiber content



+ DGA 2015: Dairy

- Recommendation
 - 3 cups/day for ages 9+
 - Choose fat free or low fat dairy
- What has changed since 2010?
 - Choose fat-free and low-fat dairy options with little to no added sugars
 - Choose milk and yogurt instead of cheese to reduce saturated fat and sodium



+ DGA 2015: Protein

- Recommendation
 - 5 ½ ounce-equivalents/day from a variety of plant and animal sources
- What has changed since 2010?
 - Recommend lower intake of processed meats/poultry



+ DGA 2015: Foods to Limit

- Saturated fats and trans fats
 - Consume less than 10% of calories/day from saturated fats.
 - Keep trans fat intake as low as possible
- Cholesterol
 - No longer recommend limiting cholesterol to 300mg/day.
- Important points
 - Coconut oils is considered a solid fat and therefore should be limited
 - Natural sources of trans fats do not need to be eliminated
 - Should incorporate oils such as olive, canola, etc.

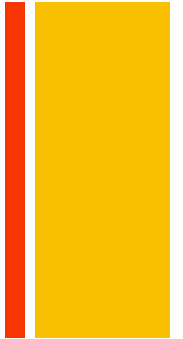


+ DGA 2015: Foods to Limit

- Less than 10% of calories per day from added sugar.
- Less than 2,300 mg/day of sodium for ages 14+



+ Suggestions for Following a Healthy Eating Pattern

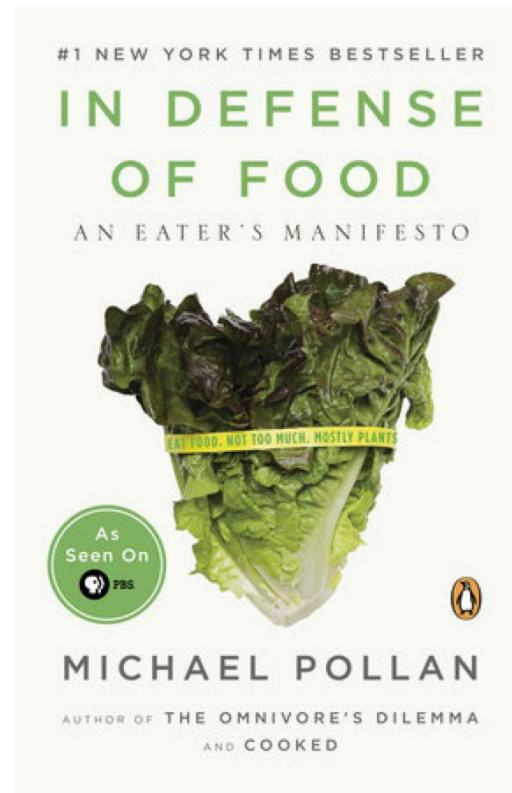


- Choose a variety of foods from each food group
- Eat a balanced diet
- Consume fun foods in moderation

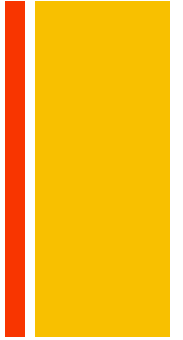


+ Overall Message

- Eat food. Not too much. Mostly plants
 - Michael Pollan—In Defense of Food

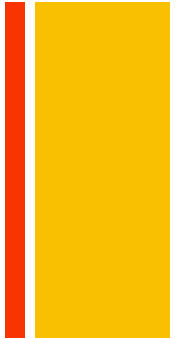


+ Think—Pair—Share



- What types of eating patterns do you see among your students?
- What are ways you can encourage students to follow the Dietary Guidelines for Americans recommendations related to eating patterns?

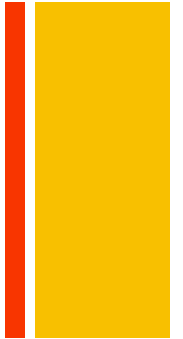
+ Activity



- Complete the MyPlate worksheet by splitting your plate into 4 sections. The sizes of the sections on your plate should reflect what you ate more of and less of yesterday. Write the names of the foods you ate within each section.



+ Think—Pair—Share



- Does your dietary intake yesterday reflect a usual intake for you? Why or why not?
- How does your dietary intake yesterday compare to the Dietary Guidelines for Americans recommendations?
- What could you do to improve your eating pattern?