

Distinct Differences in New Guidelines from Previous Recommendations:

- The new Guidelines clearly acknowledge that the majority of Americans over consume calories and are overweight or obese
- At the same time many Americans are undernourished in several key nutrients
- The emphasis is on reducing weight among Americans - especially children
- Also increase awareness of dietary components consumed in excess while others are lacking
- Provides clear strategies for everyone to start and maintain positive changes

Foods and Nutrients of Concern -- These are Over Consumed:

- Solid fats like butter, cheese, ice cream, fatty and marbled meats
- Saturated fat, specifically, is called out due to health concerns
- Immediate goal: reduce to less than 10 percent calories
- Longer goal: less than 7 percent daily calories
- Show foods to improve current intake

Foods and Nutrients of Concern -- These are Under Consumed:

- Fruits, vegetables, whole grains and dairy products are generally under consumed by both adults AND children
- 75-95 percent of Americans of ALL ages do not eat the recommended amount of fruits and vegetables
- The "shortfall" - or nutrients of concern - include vitamins A, C, K, Mg, potassium, foliate and dietary fiber
- The "shortfall" - or nutrients of substantial concern - include vitamin D, calcium, potassium and dietary fiber
- Folate is especially important to women of childbearing years to protect against birth defects; and it promotes heart health
- Vitamin C helps the absorption of iron
- Baskets of foods to show viewers sources of biggest concern

Get Cooking!

- The Guidelines suggest we "improve nutrition literacy" - improve cooking and good food handling skills

- Urge people - especially families with children - to prepare healthy meals at home
- Start simple: use back of the box and magazine recipes
- Use more herbs and spices to replace salt
- READ FOOD LABELS to check for fat, sugar and sodium

Reference:

<http://abclocal.go.com/wls/story?section=resources&id=7891689>