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## Module 2: Guidelines and Standards

### Introduction

Did you know that in 1980, our federal government issued the first Dietary Guidelines for Americans? The purpose of Dietary Guidelines is to provide advice for making food choices that promote good health, a healthy weight, and help prevent disease for healthy Americans age 2 and over.

### Dietary Guidelines for Americans

- U.S. Department of Health and Human Services (HHS)
- U.S. Department of Agriculture (USDA)
- Updated at least every five years

### Purpose of Guidelines

- Good nutrition and good health go hand in hand.
- Proper nutrition is essential for the healthy growth and development of kids and adolescents.
- The major causes of illness and death in the United States are related to poor diet and an inactive lifestyle.
- Especially true with the high rates of obesity in our country - obesity is a result of an energy imbalance from consuming more calories than are burned.

### Messages of the Dietary Guidelines for Americans:

**Balancing Calories**— Balance the calories you consume from foods and beverages with the calories you use each day. Find out how many calories you need for a day as a first step to managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

- **Enjoy your food, but eat less.** Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
- **Avoid oversized portions.** Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

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**Foods to Increase** – Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health – including potassium, calcium, vitamin D and fiber. Make them the basis for meals and snacks.

- **Make half your plate fruits and vegetables.** Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
- **Make at least half your grains whole grains.** To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- **Vary your protein foods.** Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.
- **Switch to fat-free or low-fat (1%) milk.** They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

**Foods to Reduce** – Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon and hot dogs. Use these foods as occasional treats, not every day foods.

- **Compare sodium in foods.** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled, “low sodium”, “reduced sodium” or “no added salt.”
- **Drink water instead of sugary drinks.** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories.

**Building Healthy Eating Patterns** – Consuming fewer calories, making informed food choices, and being physically active can help you attain and maintain a healthy weight, reduce your risk of chronic disease, and promote overall health. In order to achieve this:

- Select an eating pattern that meets nutrient needs over time at an appropriate

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- calorie level
  - Account for all food and beverages consumed and assess how they fit within a total healthy eating pattern
  - Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses

### **Tips to Customize your Message**

- Avoid labeling foods as “good” or “bad.”
- Be sensitive to client’s preferences, lifestyles, and cultures.
- Use foods and activities they’re familiar with in their lives.
- Use humor in appropriate situations.
- Offer time-saving, practical ideas.

### **Food Guide Pyramid**

In 1992, the USDA released a Food Guide Pyramid, which included a picture to show how to eat healthier on a daily basis. As new scientific information increased our knowledge of proper nutrition, the Pyramid was simplified and revised to MyPyramid. Then based on the 2010 Dietary Guidelines for Americans, in 2011 USDA replaced MyPyramid with MyPlate to remind Americans to eat healthfully.

### **ChooseMyPlate.gov Icon**

- Reminds Americans to eat healthfully
- Illustrates the five food groups using a meal place setting.
- Can be used to highlight several of the Dietary Guidelines, including:
  - Make half your plate fruits and vegetables
  - Make at least half your grains whole.
  - Vary your protein foods.
  - Switch to skim or 1% milk

### **ChooseMyPlate.gov Website**

- Gives tools to explore Plate concepts
- Helps you find answers to clients’ questions
- Allows personalizing of one’s eating plans/goals
- 10 Tips Nutrition Education Series
- Sample Menus and Recipes
- Super Tracker – allows you to create a personalized eating and exercise plan for your age, gender, height, weight and activity level.

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## Optimal Health Guide

- Eat right.
- Exercise – moderate to vigorous, at least 30 minutes per day, five or more days per week.

<b>MODERATE PHYSICAL ACTIVITIES</b>
<ul style="list-style-type: none"><li>• Walking briskly (about 3 1/2 miles per hour).</li><li>• Hiking.</li><li>• Gardening or yard work.</li><li>• Golf (walking and carrying clubs).</li><li>• Bicycling (less than 10 miles per ho</li><li>• Weight training (general light workout).</li></ul>



<b>VIGOROUS PHYSICAL ACTIVITY</b>
<ul style="list-style-type: none"><li>• Running or jogging (5 miles per hour).</li><li>• Bicycling (more than 10 miles per hour)</li><li>• Swimming (freestyle laps)</li><li>• Aerobics.</li><li>• Walking very fast (4 1/2 miles per hour).</li><li>• Heavy yard work, such as chopping wood.</li><li>• Weight lifting (vigorous effort).</li><li>• Basketball (competitive).</li></ul>

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## **MyPlate for Teens** [www.choosemyplate.gov/browse-by-audience/view-all-audiences/students/teens](http://www.choosemyplate.gov/browse-by-audience/view-all-audiences/students/teens)

Teens have special nutritional needs. ChooseMyPlate.gov has a section on the website designed to help teens meet their nutritional needs. ChooseMyPlate.gov provides resources to help learn more about the changing nutritional needs of their bodies. They will find resources to develop a Daily Food Plan, recommendations regarding Dietary Supplements, Special Needs information (including medical conditions and allergies), Food Safety concerns, and also references to safe and reliable Sources of Information.

### **Food Labels**

Food labels tell us about a food's nutrient content as well as teach clients about how each food fits into their eating plan. Food labels provide:

- Nutrition information on most foods.
- Standard, easy-to-read format.
- Info on amounts or serving of certain nutrients.
- Percentage Daily Values of nutrients.
- Uniform definition for food content terms.
- Claims about relationship of nutrient or food to a disease or condition.

### **Food Label Breakdown**

- **Front Panel** - most commonly seen part of the package.
- **Ingredient List** - lists each ingredient in order by weight, starting with the main ingredient.
- **Nutrition Facts Panel** - the chart that lists the serving size of the food and the amounts of calories, protein, fat, etc.

### **Health Claims**

- A statement relating a nutrient or substance in the food to a disease or health-related condition.
- Typically shown on the front panel.
- Approved by the Food and Drug Administration.

### **Ingredient List**

- Display ingredients in order by weight, starting with the main ingredient.
- Helps those with food allergies avoid specific ingredients.

### **Meal Planning**

Planning meals and menus ahead, instead of at the last minute, actually assures:

- Stress-free meal.

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- Nutritious meal.
  - Saves time and money.
  - Involves the family.

### **Shopping Tips**

Use a shopping list.

- Compare prices.
- Use coupons and in-store promotion.
- Look at food labels for serving sizes.
- Notice unit prices and sizes.

### **Summary**

You've just learned about the standard nutrition guidelines for a healthy diet. This information comes from the Dietary Guidelines for Americans and the ChooseMyPlate.gov website. These tools and guidelines have tips to help you eat a healthy diet. You also know more about food labels, which helps you make healthy food choices. Finally, you learned some basic guidelines for meal planning that you can follow.