

Making the Shift in Eating Patterns

Carolyn Perry-Burst, MS, RD, LDN

U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 *Dietary Guidelines for Americans*. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

About this presentation



- A little history
- A look at the research and process
- Intended impact of guidelines
- Guidelines summary
- How are we doing
- Areas that didn't make the cut
- A look at the future – areas for 2020
- Activity

DGAs Through the Years



- 1977 *Dietary Goals for the United States* (the McGovern report) was issued by the U.S. Senate Select Committee on Nutrition and Human Needs (2).
- 1979 American Society for Clinical Nutrition formed a panel to study the relation between dietary practices and health outcomes (3). The findings, presented in 1979, were reflected in *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention* (4).
- 1980 *Nutrition and Your Health: Dietary Guidelines for Americans*, 1st ed., was issued jointly by HHS and USDA in response to the public's desire for authoritative, consistent guidelines on diet and health (5).

Dietary Guidelines for Americans

- The *Dietary Guidelines* is required under the 1990 National Nutrition Monitoring and Related Research Act, which states that every 5 years, the [U.S. Departments of Agriculture \(USDA\)](#) and [Health and Human Services \(HHS\)](#) must jointly publish a report containing nutritional and dietary information and guidelines for the general public.
- The statute (Public Law 101-445, 7 U.S.C. 5341 et seq.) requires that the *Dietary Guidelines* be based on the preponderance of current scientific and medical knowledge.

DGAs Through the Years

Dietary Guidelines for Americans History 1980 - 2010



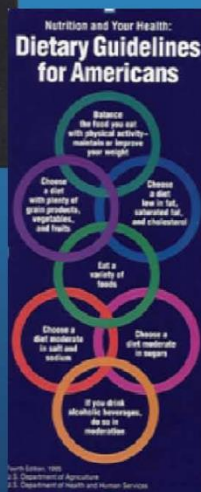
1980



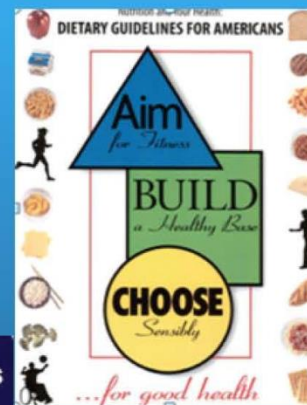
1985



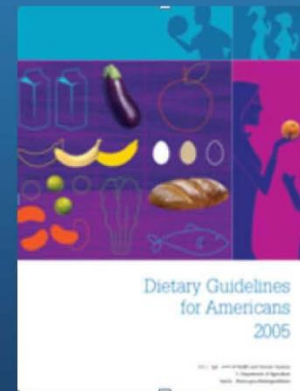
1990



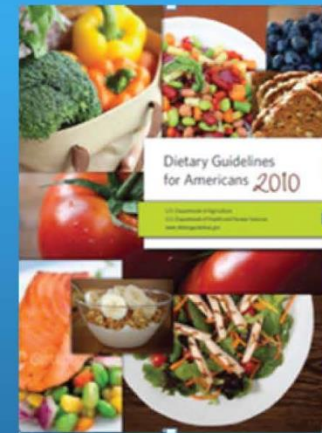
1995



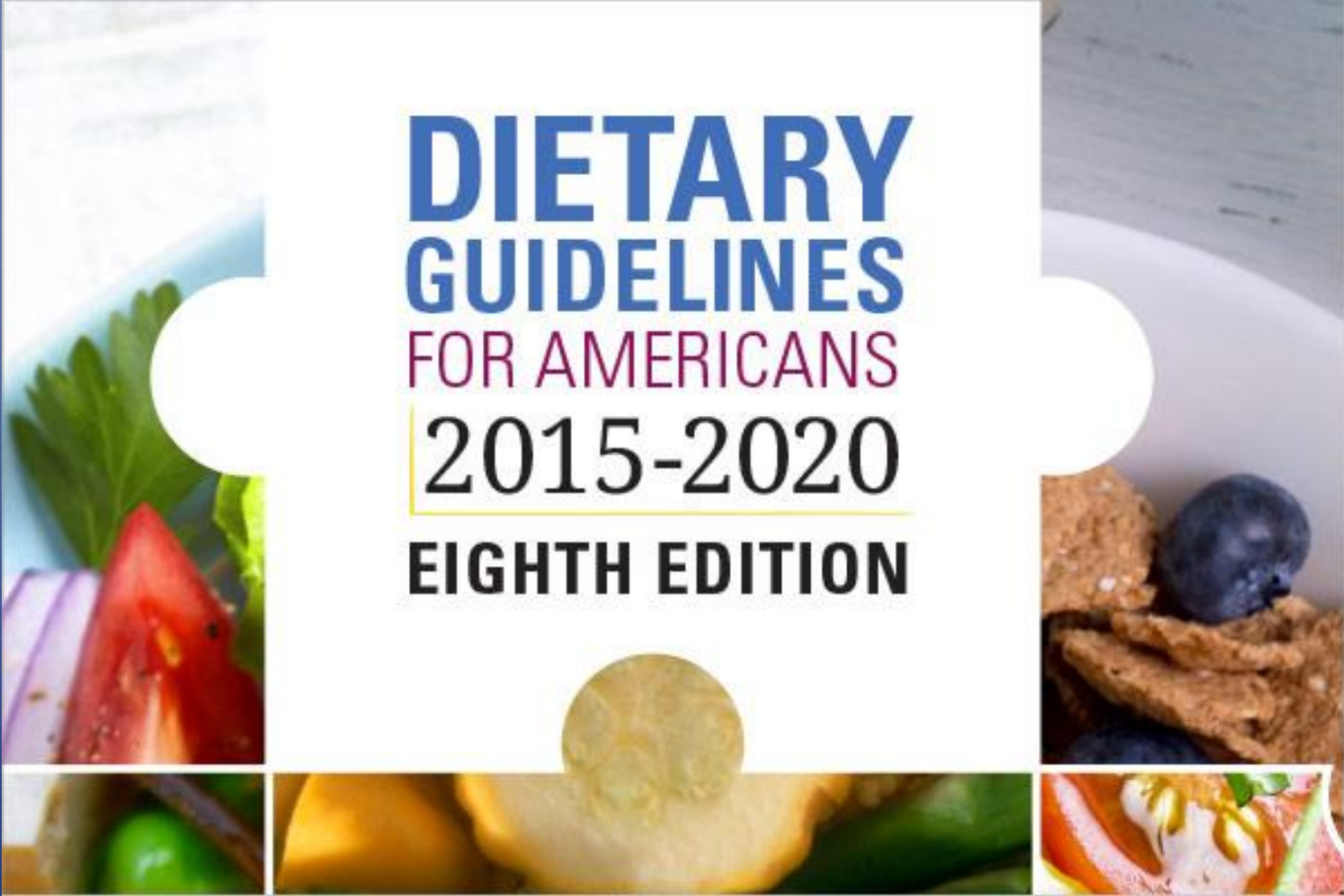
2000



2005



2010



**DIETARY
GUIDELINES**
FOR AMERICANS
2015-2020
EIGHTH EDITION

Guideline Development: A 4-Step Process

Review of current scientific evidence since the development of the 2010 Guidelines

- Original Systematic Review
- Review of existing systematic reviews, meta-analyses, and reports by Federal agencies or leading scientific organizations.
- Data analyses.
- Food pattern modeling analyses.

DG Advisory Committee- Development Process

- 15 Advisory Committee members appointed by the Secretaries of HHS & USDA-in fields of nutrition, health, & medicine
- *Scientific Report of the 2015 Dietary Guidelines Advisory Committee*
- Development of final document

How are the Guidelines Used

- Nutrition and health professionals
- Policymakers-programs and policies
- Federal nutrition education materials
 - public
 - nutrition education components of HHS and USDA food programs.

Final Development Process

- 5 Guidelines
- Key supporting recommendations



2015-20 Guidelines #1

Follow a *healthy eating pattern* across the lifespan.

- All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

2015-20 Guidelines #2

Focus on variety, nutrient density, and amount.

- To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

2015-20 Guidelines #3

Limit calories from added sugars and saturated fats and reduce sodium intake.

- Consume an eating pattern low in added sugars, *saturated fats*, and *sodium*.
- Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.



Healthy Eating Pattern...

Where are we now?

- The typical eating patterns currently consumed by many in the United States do not align with the *Dietary Guidelines*.
- About $\frac{3}{4}$ of the population has an eating pattern that is low in vegetables, fruits, dairy, and oils.
- More than half of the population is meeting or exceeding total grain and total protein foods recommendations, but, are not meeting the recommendations for the subgroups within each of these food groups.
- Most Americans exceed the recommendations for added sugars, saturated fats, and sodium.

Healthy Eating Pattern...

Where are we now?

Specific Nutrients of Concern:

- Calcium
- Vitamin D
- Fiber
- Potassium

Dietary Intakes Compared to Recommendations. Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit



DATA SOURCES:What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

USDA Healthy Eating Pattern

Features 12 Calorie levels: 1000 - 3200

Calorie levels below 1500 are for young children

Features

- Vegetables
- Fruits
- Grains (whole)
- Protein
- Dairy or Alternative
- Oils
- Extra foods

Dietary Guidelines 2015-20 #4

Shift to healthier food and beverage choices.

- Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

Dietary Guidelines 2015 #5

Support healthy eating patterns for all.

- Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

DGA Implementation



A Social-Ecological Model for Food and Physical Activity Decisions

The Social-Ecological Model:

- helps health professionals understand how layers of influence intersect.
- Illustrates how various factors influence food and beverage intake, physical activity patterns, and ultimately health outcomes.

Social Ecological Model



DG Key Recommendations



The *Dietary Guidelines'* Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship that each dietary component can have with others.

DG Key Recommendations



- **Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.**
- **A healthy eating pattern includes:**[\[1\]](#)
 - 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

USDA Food Patterns

- Healthy US-Style Eating Pattern
- Healthy Mediterranean Style Eating Pattern
- Healthy Vegetarian Eating Pattern

USDA Dietary Patterns: Healthy US Dietary Pattern



| Daily Amount of Food From Each Food Group | | | | | | | | | | | | |
|---|----------|----------|----------|----------|----------|------------|----------|------------|------------|-----------|-----------|-----------|
| Calorie Level | 1,000 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 | 2600 | 2800 | 3000 | 3200 |
| Fruits | 1 cup | 1 cup | 1 ½ cup | 1 ½ cup | 1 ½ cup | 2 cup | 2 cup | 2 cup | 2 cup | 2 ½ cup | 2 ½ cup | 2 ½ cup |
| Vegetables | 1 cup | 1 ½ cup | 1 ½ cup | 2 cup | 2 ½ cup | 2 ½ cup | 3 cup | 3 cup | 3 ½ cup | 3 ½ cup | 4 cup | 4 cup |
| Grains | 3 oz.Eq. | 4 oz. eq | 5 oz. eq | 5 oz. eq | 6 oz. eq | 6 oz. eq | 7 oz. eq | 8 oz. eq | 9 oz. eq | 10 oz. eq | 10 oz. eq | 10 oz. eq |
| Protein Foods | 2 oz. Eq | 3 oz. eq | 4 oz. eq | 5 oz. eq | 5 oz. eq | 5 ½ oz. eq | 6 oz. eq | 6 ½ oz. eq | 6 ½ oz. eq | 7 oz. eq | 7 oz. eq | 7 oz. eq |
| Dairy | 2 cups | 2 ½ cup | 2 ½ cup | 3 cup | 3 cup | 3 cup | 3 cup | 3 cup | 3 cup | 3 cup | 3 cup | 3 cup |
| Oils | 15 g. | 17 g. | 17 g. | 22 g. | 24 g. | 27 g. | 29 g. | 31 g. | 34 g. | 36 g. | 44 g. | 51 g. |
| Limit on Calories from SoFAS | 137 | 121 | 121 | 121 | 161 | 258 | 266 | 330 | 362 | 395 | 459 | 596 |

DG Key Recommendations

- A healthy eating pattern limits:

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



DG Key Recommendations



- Key Recommendations that are quantitative in nature:
- Consume less than 10 percent of calories per day from added sugars^[2]
- Consume less than 10 percent of calories per day from saturated fats^[3]
- Consume less than 2,300 milligrams (mg) per day of sodium^[4]
- 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 age.^[5]

DG Key Recommendations- PA



- In tandem with the recommendations above, Americans of all ages—children, adolescents, adults, and older adults—should meet the *Physical Activity Guidelines for Americans* to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight.
- The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the *Dietary Guidelines* includes a Key Recommendation to Meet the *Physical Activity Guidelines for Americans*

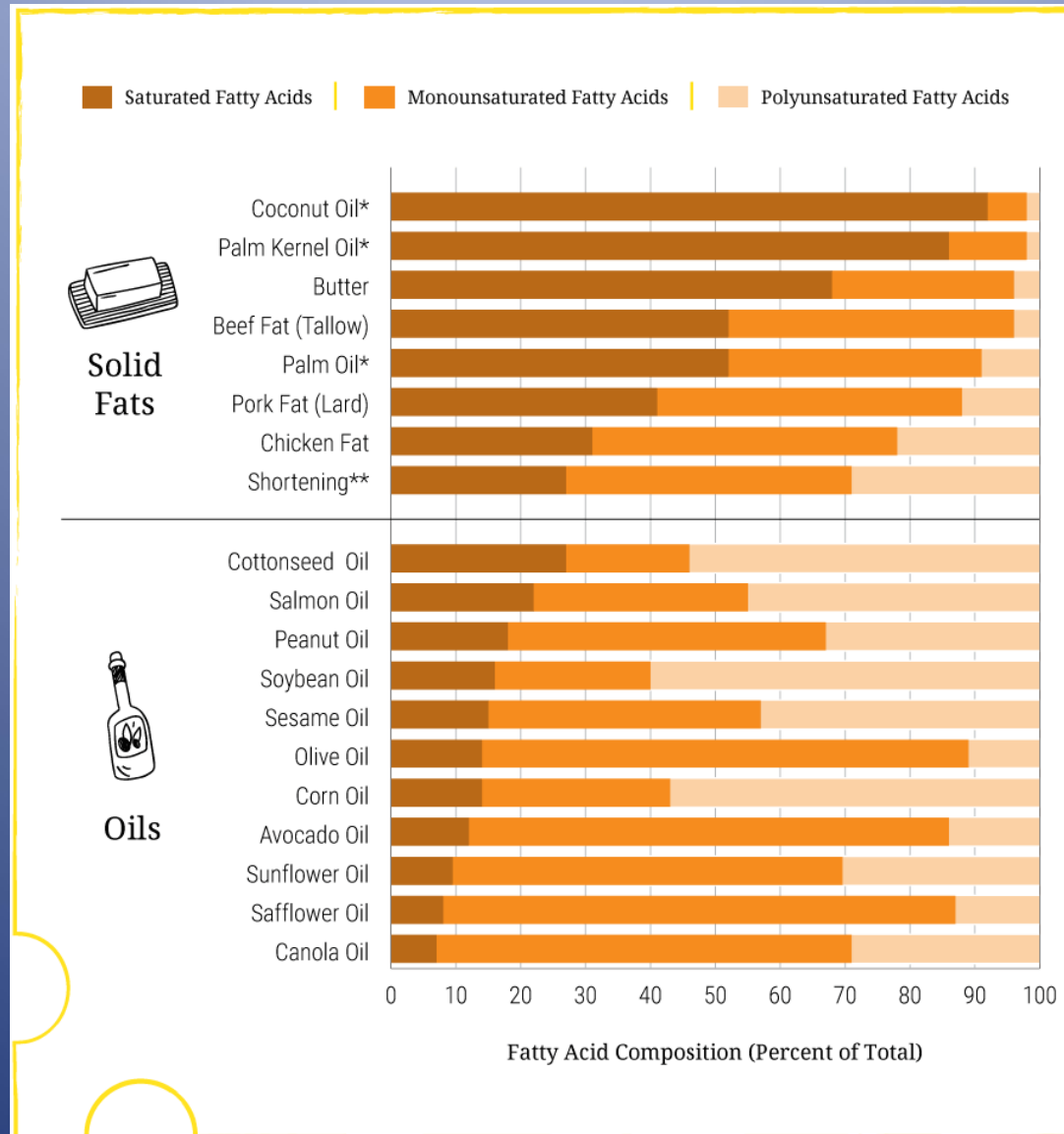
Congressional & Public Controversy

Saturated Fat

- Milk
- Butter
- Coconut oil
- Meats
- Sodium

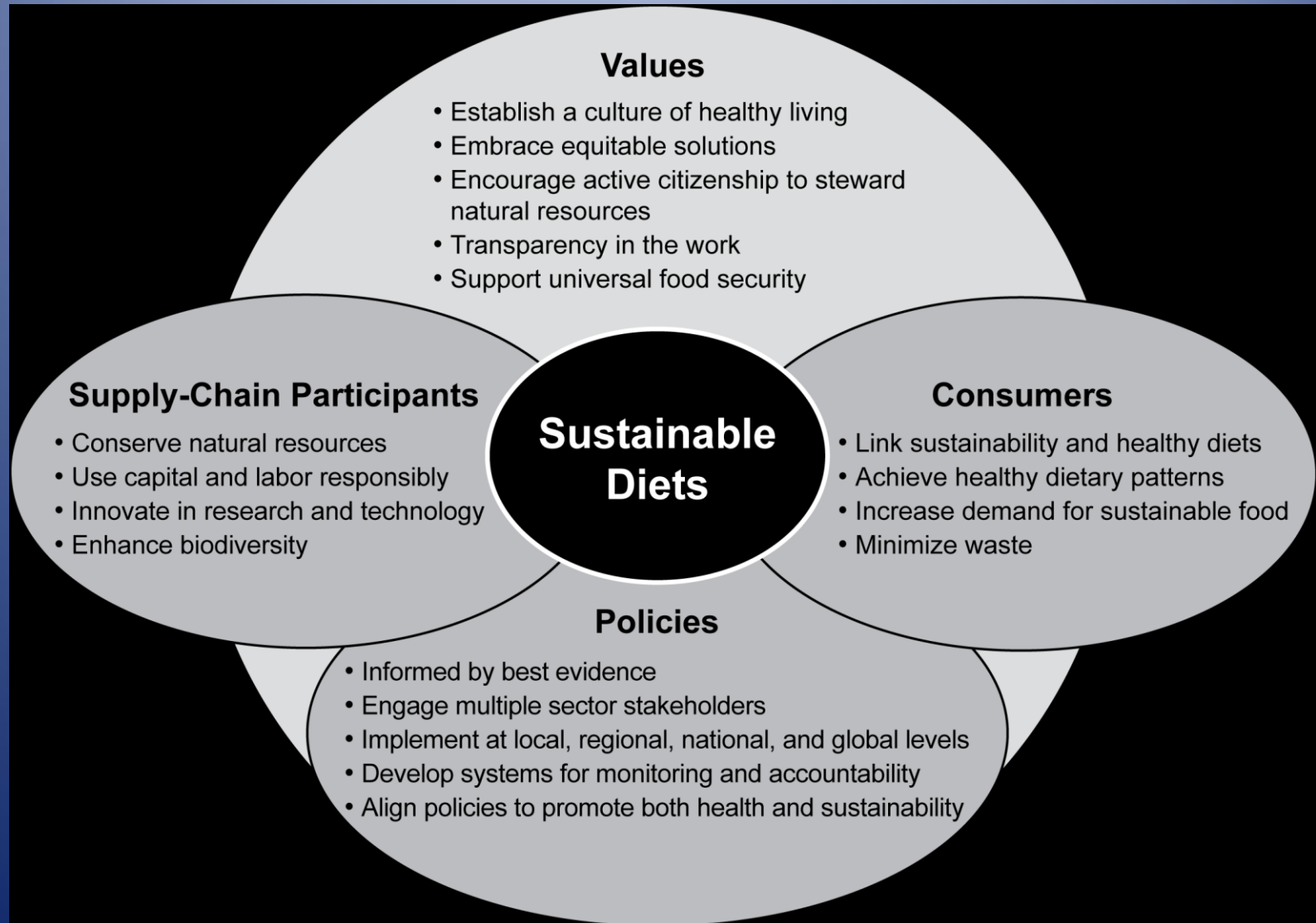


Fatty Acid Profiles for Common Fats & Oils



<http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#callout-dietary-fats>

Congressional Controversy



Looking forward

- **Looking Ahead to 2020—Expanding Guidance**
 - Infants and toddlers
 - Pregnant women
 - Microbial communities & genetics, host genetics, diet, environment

QUESTIONS/DISCUSSION?