

Health Awareness

A County Health Pool Publication



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U.S. issues new dietary guidelines



In the U.S., more than 90 million people are affected by chronic diseases that compromise their quality of life. Overweight and obesity, which are common risk factors for diabetes and other chronic diseases, are increasing nationwide.

To improve the health of Americans, the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) recently released the 2005 edition of the Dietary Guidelines for Americans. The guidelines, which are published every 5 years using the most recent scientific data, provide advice about how individuals aged 2 and older can promote their health and reduce their risk of major chronic diseases.

The 2005 Dietary Guidelines were developed to help Americans choose a nutritious diet within their energy requirements and will help many Americans to live longer, healthier and more active lives.

The guidelines include the following key recommendations for the general population:

Get Adequate Nutrients within your Calorie Needs

Consume a variety of nutrient-dense foods and beverages within the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol. The guidelines recommend adopting a balanced eating pattern, such as the USDA Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

Weight Management

To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

Physical Activity

Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

To reduce the risk of chronic disease in adulthood, engage in at least 30

minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week. For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood, engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.

To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. You may need to consult with a healthcare provider before participating in this level of activity.

Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

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New dietary guidelines (continued from pg. 1)



rice or pasta. In general, at least half the grains should come from whole grains.

Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Food Groups to Encourage

Consume a sufficient amount of fruits and vegetables while staying within energy needs. An individual on a recommended 2,000-calorie diet, should eat two cups of fruit and 2½ cups of vegetables per day. Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

Consume 3 or more ounces of whole-grain products per day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked

Fats

Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.

Protein

Select and prepare lean meats and poultry. Bake, broil or grill it. And vary your protein choices with more fish, beans, nuts, and seeds.

CHP welcomes the City of Leadville

The County Health Pool welcomes its newest member, the City of Leadville, to the pool. We are pleased that you have joined us!

Carbohydrates

Choose fiber-rich fruits, vegetables, and whole grains often. Choose and prepare foods and beverages with little added sugars or caloric sweeteners.

To improve your dental health, practice good oral hygiene and reduce your consumption of sugar- and starch-containing foods and beverages.

Sodium and Potassium

Consume less than 2,300 mg of sodium (about 1 teaspoon of salt) per day. Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

Alcoholic Beverages

Those who drink alcoholic beverages should do so sensibly and in moderation. Women may consume up to one drink per day and men may consume up to two drinks per day. Alcoholic beverages should not be consumed by pregnant or lactating women, children or adolescents, individuals taking certain medications, or those with specific medical conditions.

More Information

The Dietary Guidelines for Americans 2005 contains additional recommendations for specific populations. The complete document is available at: www.healthierus.gov/dietaryguidelines.

Sources: U.S. Department of Health and Human Services and U.S. Department of Agriculture

Dietary guidelines word search

Find the following hidden words:

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|-------------|------------|
| ACTIVITY | LIFE |
| CALORIES | MILK |
| CHOLESTEROL | NUTRITIOUS |
| DIETARY | POULTRY |
| EGGS | RISK |
| EXERCISE | SALT |
| EXERCISES | SEDENTARY |
| FATS | SPROUTS |
| FLEXIBILITY | SUGARS |
| HEALTH | WEIGHT |
| INTAKE | |

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