



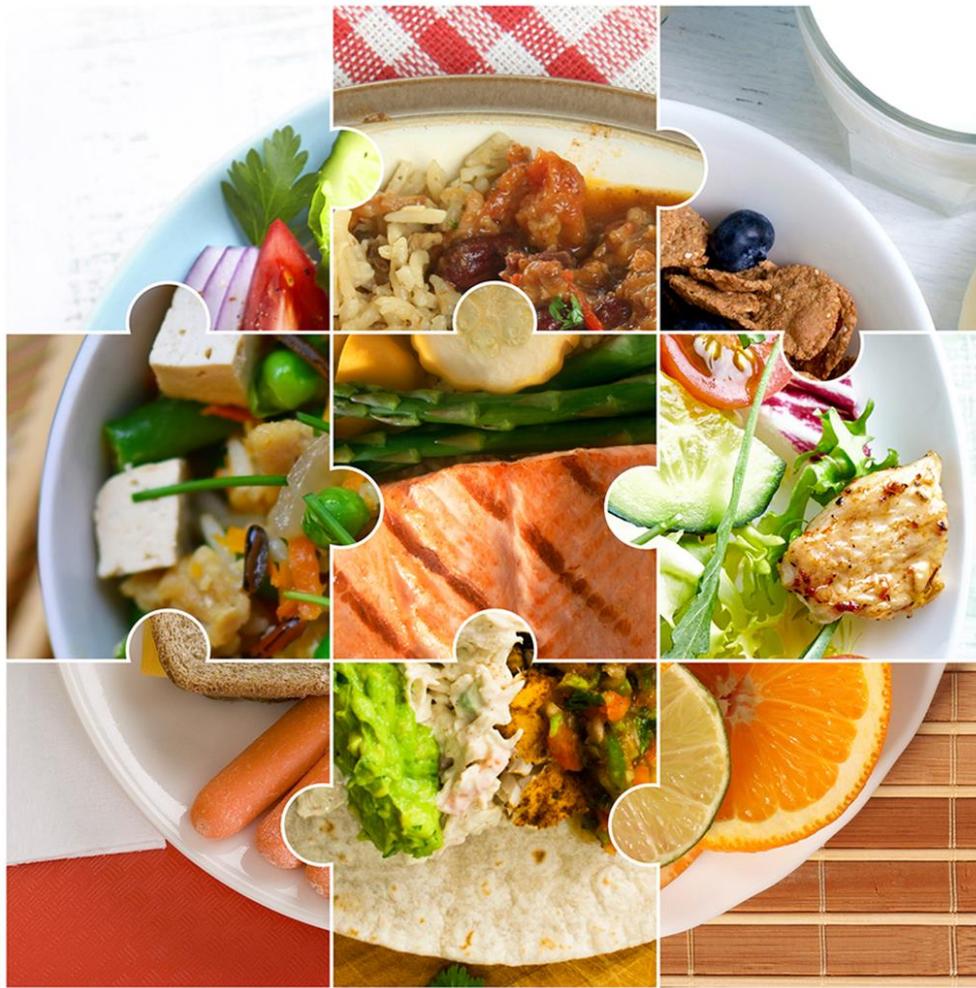
Eating HEART HEALTHY

2015-2020 Dietary Guidelines for Americans



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



Information adapted from the 2015-2020 Dietary Guidelines for Americans.
Available at DietaryGuidelines.gov.





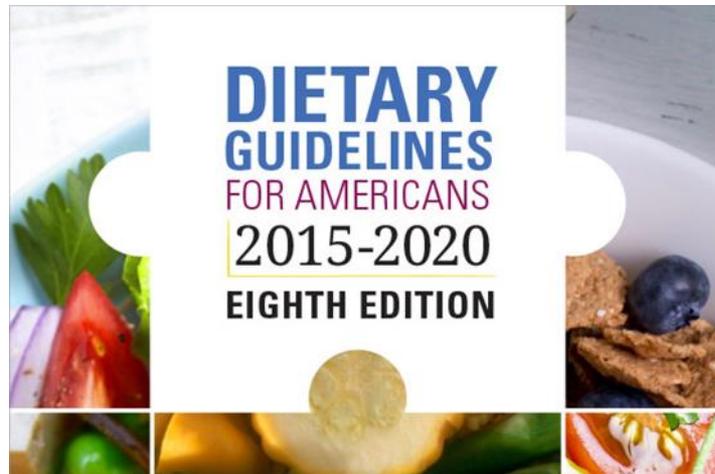
Presentation Objectives

- ✿ Introduce the *2015-2020 Dietary Guidelines for Americans*
- ✿ Highlight the Key Elements of Healthy Eating Patterns
- ✿ Highlight Shifts Needed to Align With Health Eating Patterns
- ✿ Identify Ways to Create and Support Healthy Choices
- ✿ Highlight Informative Charts and Figures





Introduction





Nutrition and Health Are Closely Related

“About half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor eating and physical activity patterns.”



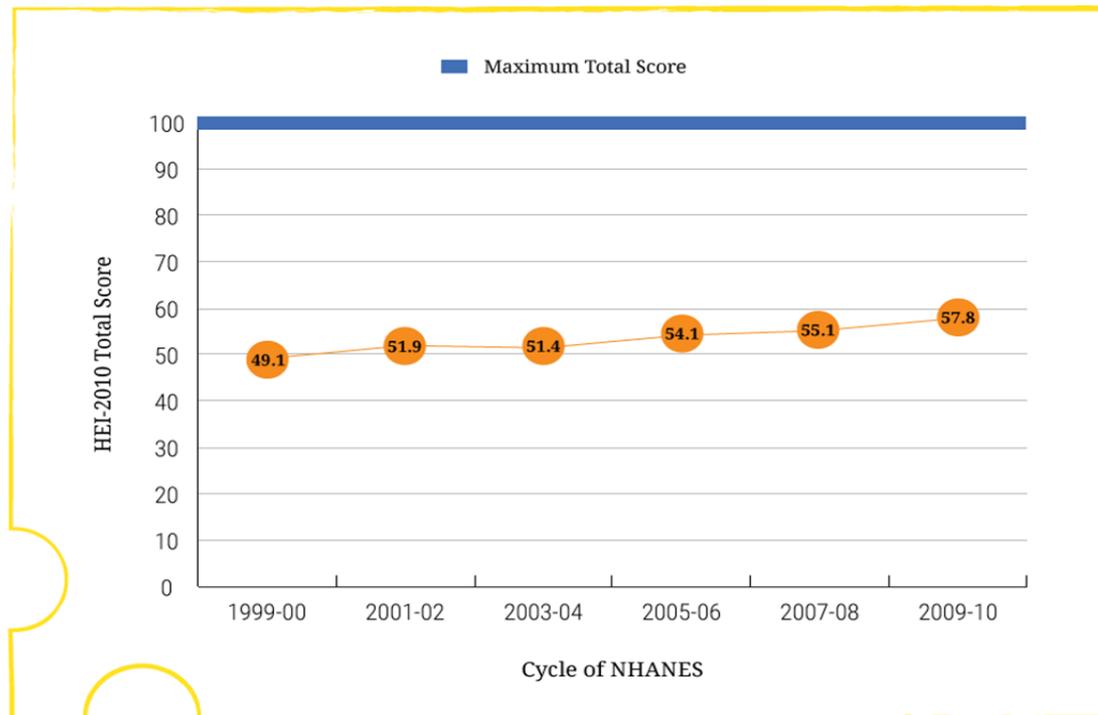
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Adherence to the 2010 Dietary Guidelines

Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Ages 2 Years and Older (Figure I-1)



Data Source: Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010.

Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.



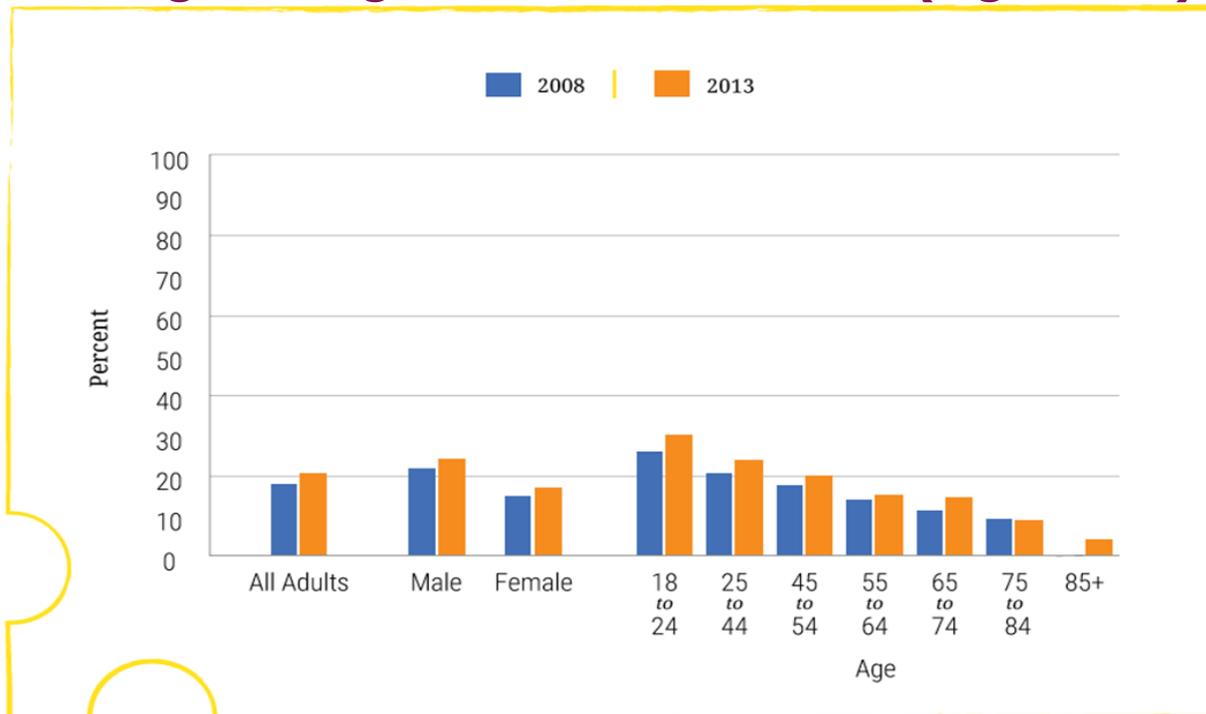
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Adherence to the *Physical Activity Guidelines* Percentage of Adults Meeting the Aerobic and Muscle-Strengthening Recommendations (Figure I-2)



Data Source: Analyses of the National Health Interview Survey, 2008 and 2013. Healthy People 2020 PA-2.4. Increase the proportion of adults who meet the objectives for aerobic physical activity and for muscle-strengthening activity. Washington, DC: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, June 3, 2015. Available at: <http://www.healthypeople.gov/2020/data-search/Search-the-Data?nid=5072>.





The *Dietary Guidelines* for Americans:

The goal of the *Dietary Guidelines* is for individuals throughout all stages of the lifespan to have eating patterns that promote overall health and help prevent chronic disease.

The Guidelines:

- Provide evidence-based recommendations about the components of a healthy and nutritionally adequate diet
- Focus on disease *prevention* rather than disease *treatment*
- Inform Federal food, nutrition, and health policies and programs



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Key Elements of Healthy Eating Patterns



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Key Elements of Healthy Eating Patterns: The 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.
- 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.
- 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.



Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.





Key Elements of Healthy Eating Patterns: Key Recommendations

- **Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.**
- **A healthy eating pattern includes:**
 - 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
- **A healthy eating pattern limits:**
 - Saturated fats and *trans* fats, added sugars, and sodium





Key Elements of Healthy Eating Patterns:

Key Recommendations (cont.)

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- ✿ Consume less than 10 percent of calories per day from added sugars
- ✿ Consume less than 10 percent of calories per day from saturated fats
- ✿ Consume less than 2,300 milligrams (mg) per day of sodium
- ✿ 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
- ✿ Meet the *Physical Activity Guidelines for Americans*





Principles of Healthy Eating Patterns

- An eating pattern represents the totality of all foods and beverages consumed
 - It is more than the sum of its parts; the totality of what individuals regularly eat and drink act collectively in relation to health.
- Nutritional needs should be met primarily from foods
 - Individuals should aim to meet their nutrient needs through healthy eating patterns that include foods in nutrient-dense forms.
- Healthy eating patterns are adaptable
 - Any eating pattern can be tailored to the individual's socio-cultural and personal preferences.



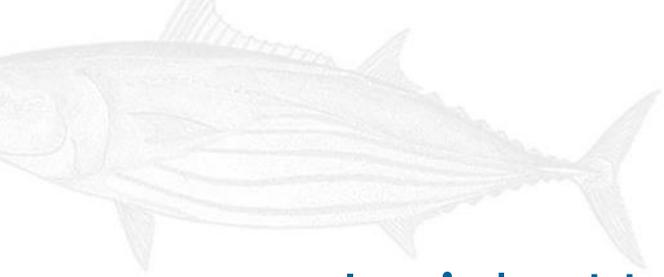


Inside Healthy Eating Patterns: Food Groups

“Eating an appropriate mix of foods from the food groups and subgroups—within an appropriate calorie level—is important to promote health.”

- Each food group and subgroup provides an array of nutrients.
- Recommended amounts reflect eating patterns associated with positive health outcomes.
- Foods from all of the food groups should be eaten in nutrient-dense forms.





Inside Healthy Eating Patterns: Food Groups (cont.)



Vegetables

- Healthy eating patterns include a variety of vegetables from all five vegetable subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other.



Fruits

- Healthy eating patterns include fruits, especially whole fruits. The fruits food group includes whole fruits and 100% fruit juice.



Grains

- Healthy eating patterns include whole grains and limit the intake of refined grains and products made with refined grains, especially those high in saturated fats, added sugars, and/or sodium, such as cookies, cakes, and some snack foods.



Dairy

- Healthy eating patterns include fat-free and low-fat (1%) dairy, including milk, yogurt, cheese, or fortified soy beverages (soymilk).



Protein

- Healthy eating patterns include a variety of protein foods in nutrient-dense forms.





Inside Healthy Eating Patterns: Other Components

- Added sugars
- Saturated fats
- *Trans* fats
- Cholesterol
- Sodium
- Alcohol
- Caffeine

“In addition to the food groups, it is important to consider other food components when making food and beverage choices.”





Healthy Eating Patterns: Multiple Approaches

“There are many ways to consume a healthy eating pattern, and the evidence to support multiple approaches has expanded over time.”

- Examples of healthy eating patterns in the *Dietary Guidelines* include:
 - Healthy U.S.-Style Eating Pattern
 - Healthy Mediterranean-Style Eating Pattern
 - Healthy Vegetarian Eating Pattern





Shifts Needed to Align With Healthy Eating Patterns



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Shifts Needed to Align With Healthy Eating Patterns: The Guidelines

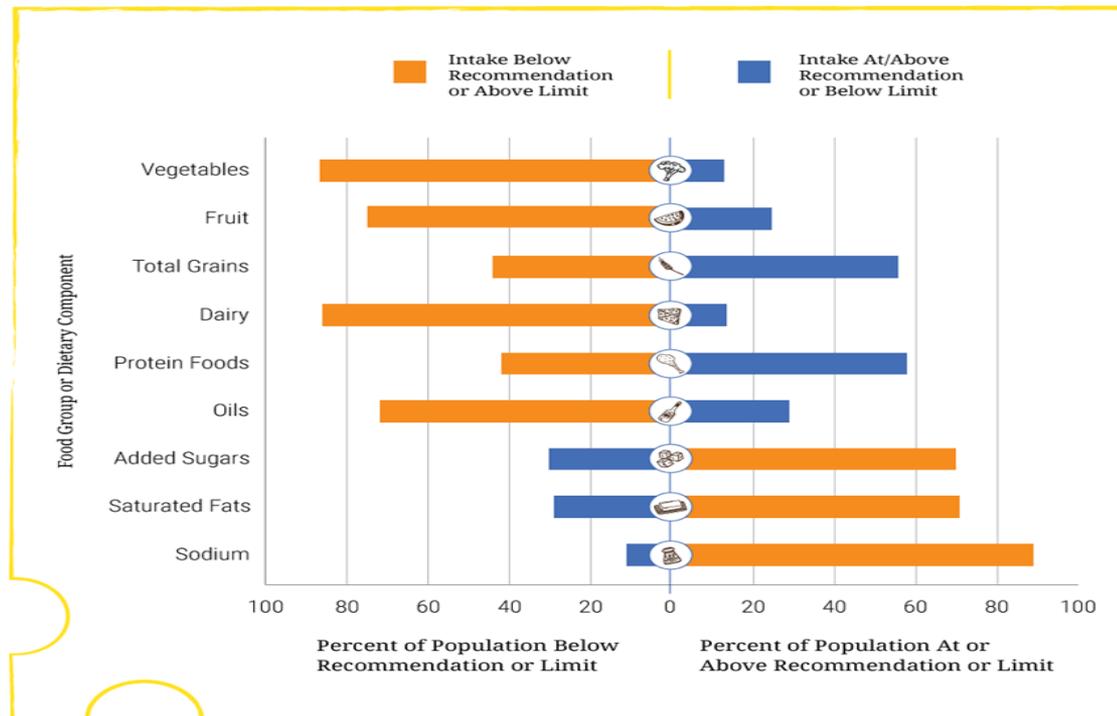
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.





Current Eating Patterns in the United States

Percent of the U.S. Population Ages 1 Year and Older Who Are Below, At, or Above Each Dietary Goal or Limit (Figure 2-1)



Note: The center (0) line is the goal or limit. For most, those represented by the orange sections of the bars, shifting toward the center line will improve their eating pattern.

Data Source: 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.





Shifts to Align with Healthy Eating Patterns: Examples

- Increasing **vegetables** in mixed dishes while decreasing the amounts of refined grains or meats high in saturated fat and/or sodium.
- Incorporating **seafood** in meals twice per week in place of meat, poultry, or eggs.
- Using vegetable **oil** in place of solid fats when cooking, and using oil-based dressings and spreads on foods instead of those made from solid fats.
- Choosing beverages with no **added sugars**, such as water.
- Using the Nutrition Facts label to compare **sodium** content of foods and choosing the product with less sodium.





Everyone Has a Role in Supporting Healthy Eating Patterns



Information adapted from the 2015-2020 Dietary Guidelines for Americans.
Available at DietaryGuidelines.gov.





Everyone Has a Role in Supporting Healthy Eating Patterns: The Guidelines

- 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.



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Creating and Supporting Healthy Choices





Meeting People Where They Are: Contextual Factors and Healthy Eating Patterns

- Food Access
- Household Food Insecurity
- Acculturation





Strategies To Align Settings With the 2015-2020 Dietary Guidelines for Americans

- HOME
- SCHOOL
- WORKSITE
- COMMUNITY
- FOOD RETAIL

Example:





Implementing the Guidelines Through MyPlate

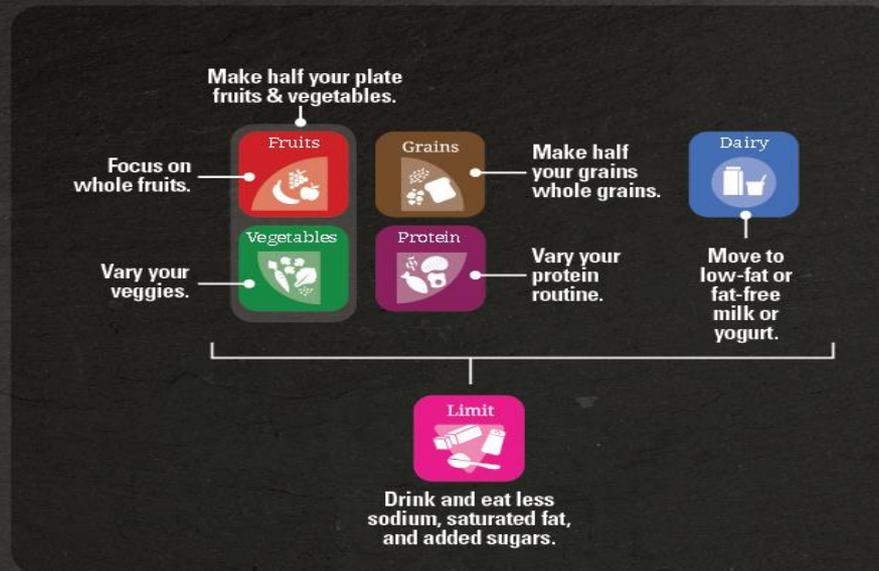
MyPlate, MyWins.

Find your **healthy eating style** and maintain it for a lifetime. This means:



Everything you eat and drink over time matters.

The right mix can help you be healthier in the future.



Start with small changes to make healthier choices you can enjoy.

Visit ChooseMyPlate.gov for more tips, tools, and information.





Key Messages to Remember

- The U.S. population, across almost every age and sex group, consumes eating patterns that are:
 - low in vegetables, fruits, whole grains, dairy, **seafood**, and oil
 - high in refined grains, added sugars, saturated fats, sodium, and
 - for some age-sex groups, high in the meats, poultry, and eggs subgroup.
- Young children and older Americans generally are closer to the recommendations than are adolescents and young adults.





Key Messages to Remember (cont.)

- Concerted efforts among all segments of society are needed to support healthy lifestyle choices that align with the *Dietary Guidelines*.
- Professionals have an important role in leading disease-prevention efforts.
- Collaborative efforts can have a meaningful impact on the health of current and future generations.





SUPPLEMENTAL INFORMATION: Charts and Figures





Healthy Eating Patterns:

Healthy U.S.-Style Eating Pattern at the 2,000-Calorie Level

Food Group ^a	Amount ^(b) in the 2,000-Calorie-Level Pattern
Vegetables	2½ c-eq/day
Dark Green	1½ c-eq/wk
Red & Orange	5½ c-eq/wk
Legumes (Beans & 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%)





Healthy Eating Patterns:

Healthy Mediterranean-Style and Healthy Vegetarian Eating Patterns at the 2,000-Calorie Level

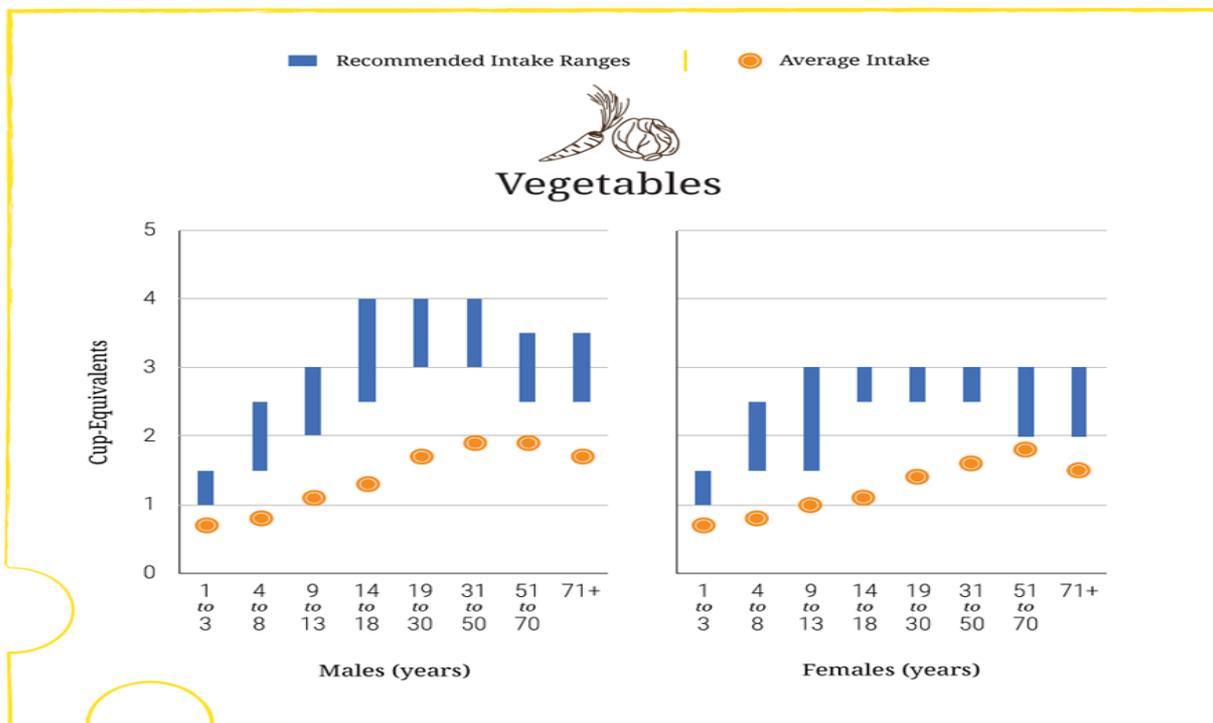
Food Group ^(b)	Healthy Mediterranean-Style Eating Pattern	Healthy Vegetarian Eating Pattern
Vegetables	2½ c-eq/day	2½ c-eq/day
Dark Green	1½ c-eq/week	1½ c-eq/week
Red & Orange	5½ c-eq/week	5½ c-eq/week
Legumes (Beans & Peas)	1½ c-eq/week	3 c-eq/week ^(c)
Starchy	5 c-eq/week	5 c-eq/week
Other	4 c-eq/week	4 c-eq/week
Fruits	2½ c-eq/day	2 c-eq/day
Grains	6 oz-eq/day	6½ oz-eq/day
Whole Grains	≥3 oz-eq/day	≥3½ oz-eq/day
Refined Grains	≤3 oz-eq/day	≤3 oz-eq/day
Dairy	2 c-eq/day	3 c-eq/day
Protein Foods	6½ oz-eq/day	3½ oz-eq/day^(c)
Seafood	15 oz-eq/week^(d)	—
Meats, Poultry, Eggs	26 oz-eq/week	3 oz-eq/week (eggs)
Nuts, Seeds, Soy Products	5 oz-eq/week	14 oz-eq/week
Oils	27 g/day	27 g/day
Limit on Calories for Other Uses (% of Calories)^(e)	260 kcal/day (13%)	290 kcal/day (15%)





Vegetables: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)



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 intake ranges.



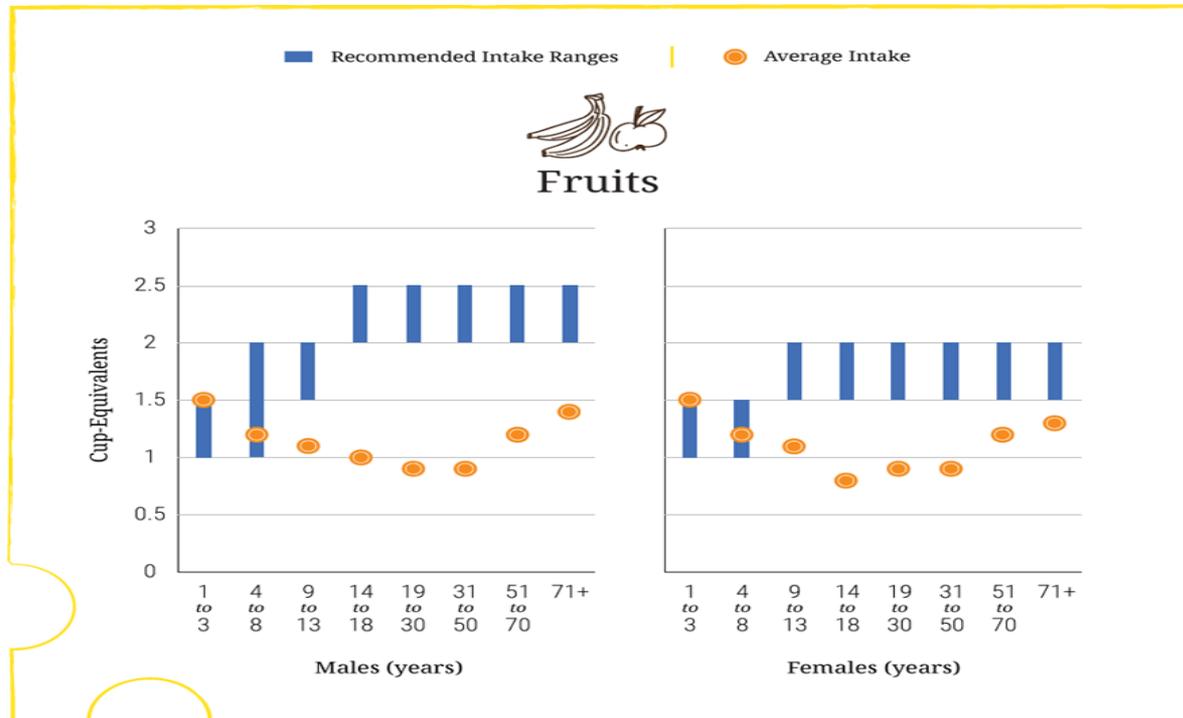
Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.





Fruits: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)



Data Sources:

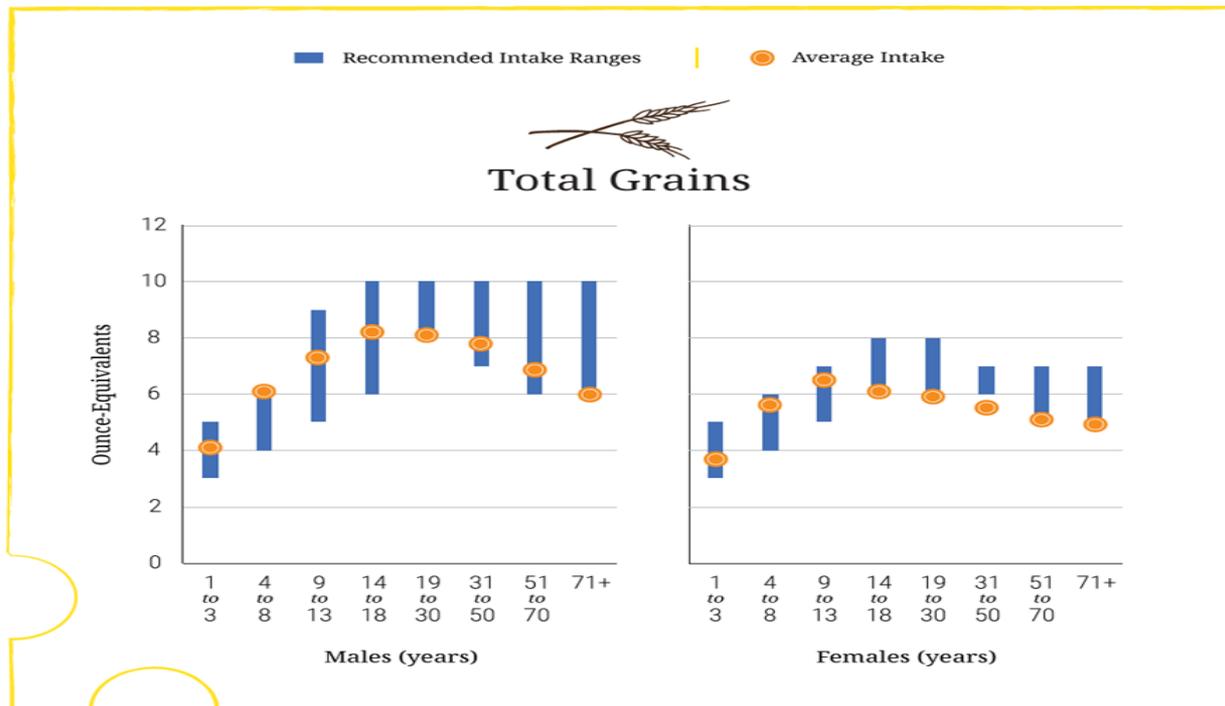
What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.





Total Grains: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)



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 intake ranges.



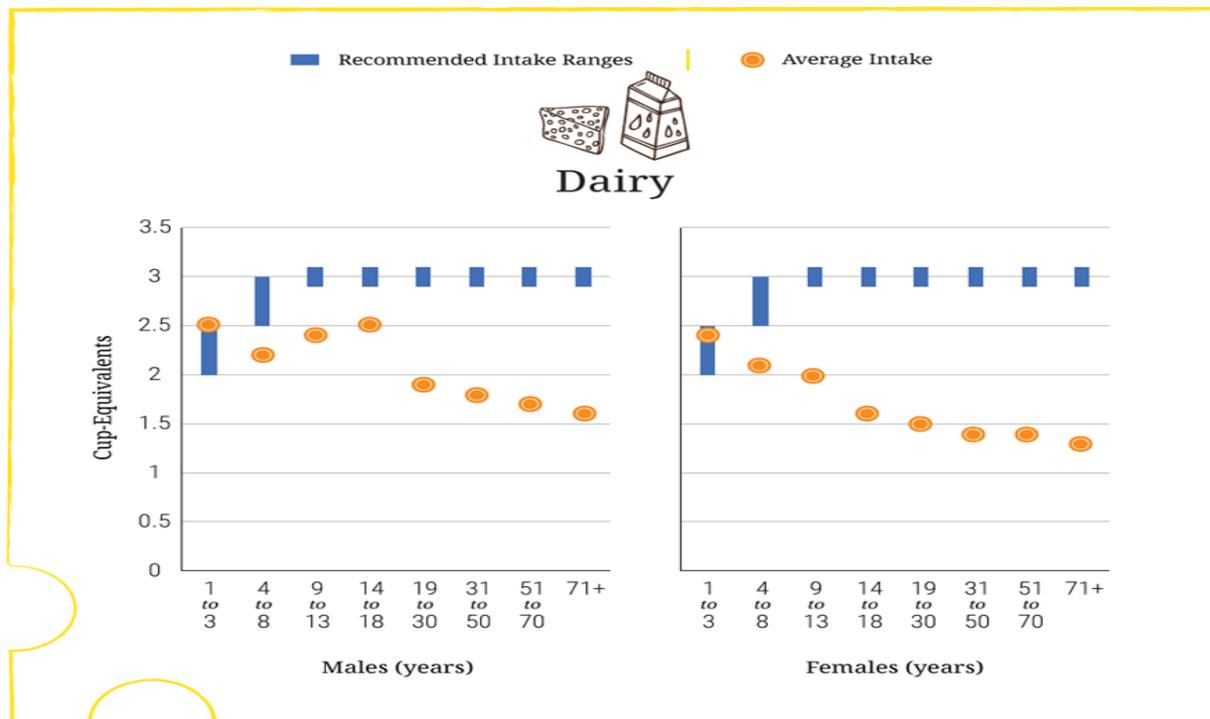
Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.





Dairy: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)



Data Sources:

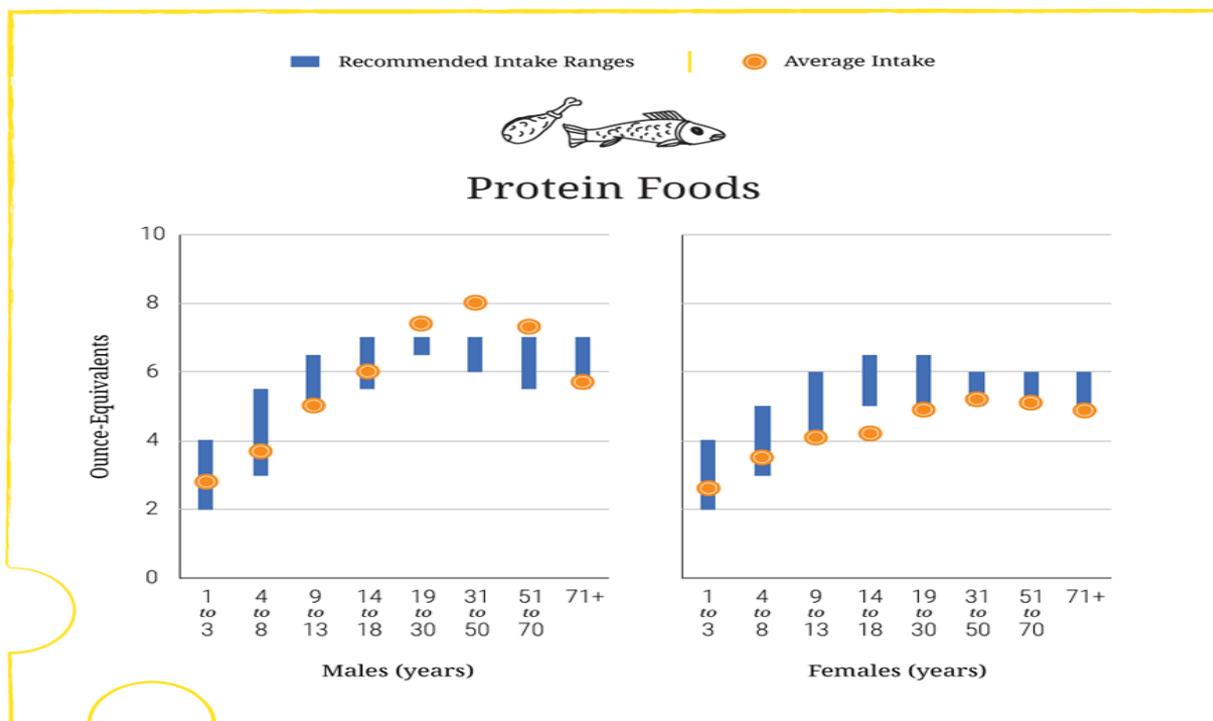
What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.





Protein Foods: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)



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 intake ranges.



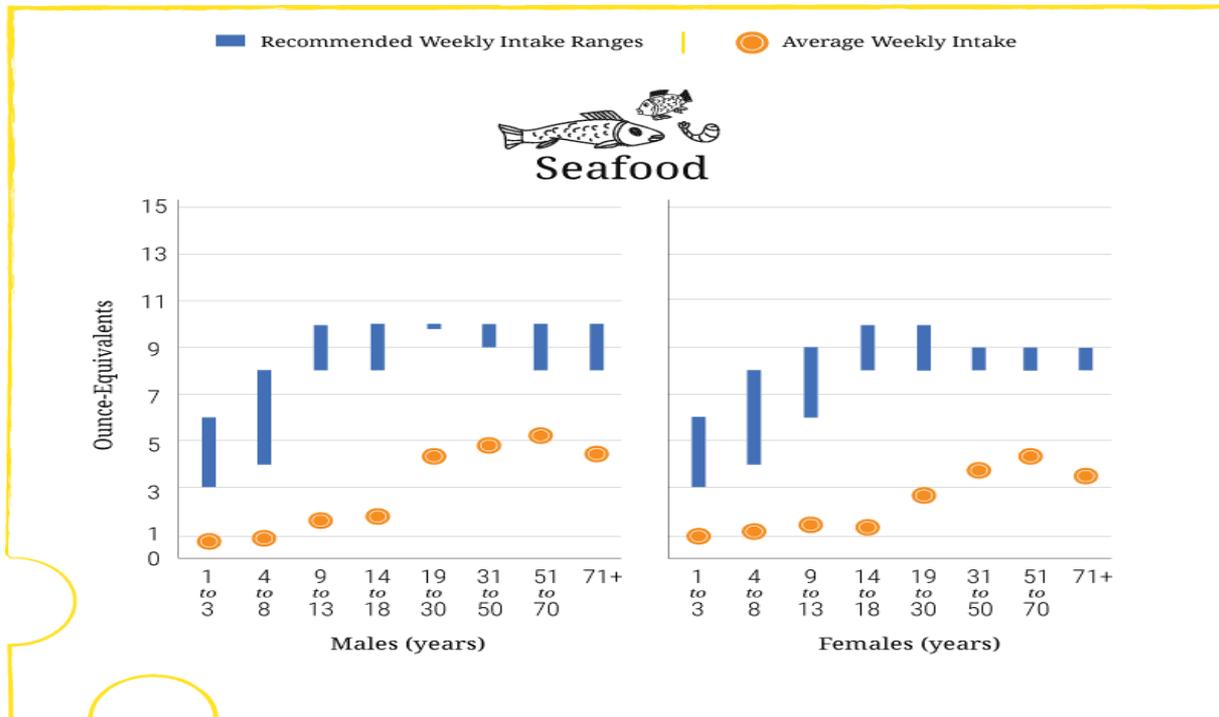
Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.





Seafood: Intakes and Recommendations

Average Weekly Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-6)



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 intake ranges.



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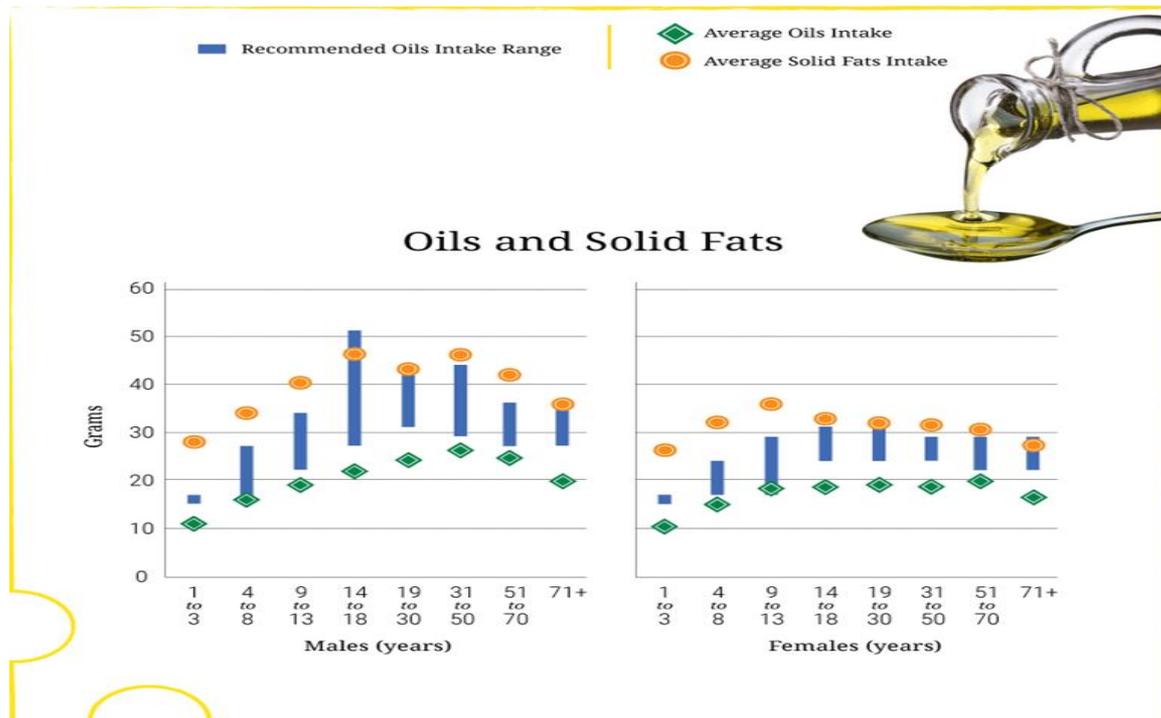
Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.





Oils and Solid Fats: Intakes and Recommendations

Average Intakes in Grams per Day by Age-Sex Group, in Comparison to Ranges of Recommended Intake for Oils (Figure 2-7)



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 intake ranges.



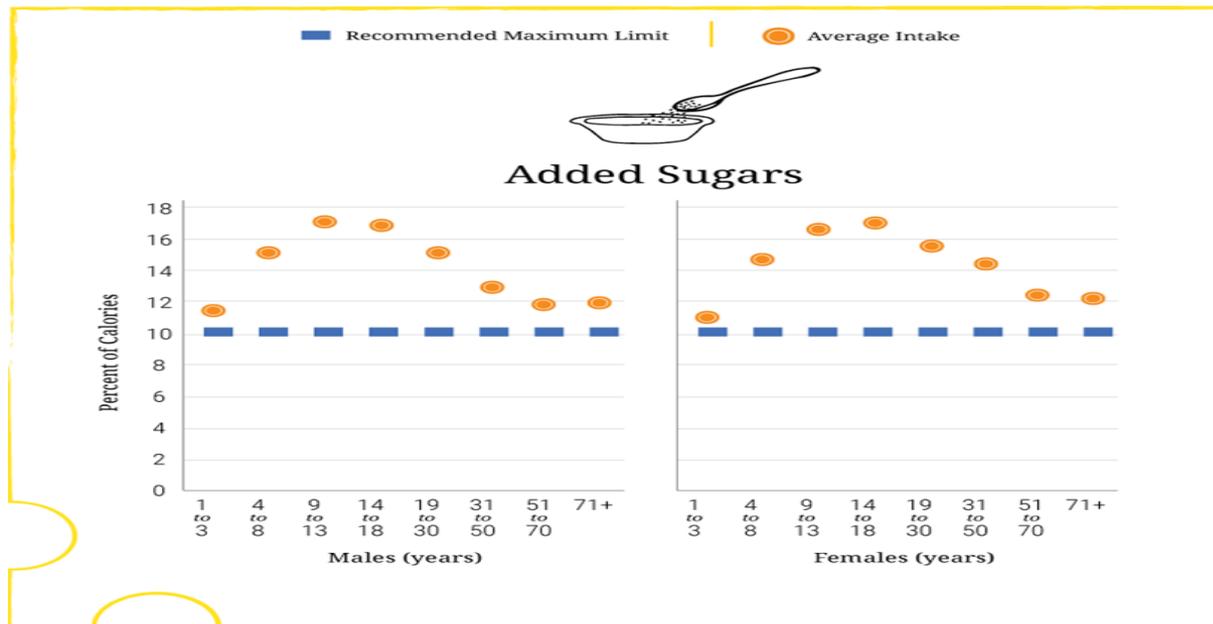
Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.





Added Sugars: Intakes and Limit

Average Intakes as a Percent of Calories per Day by Age-Sex Group, in Comparison to the Dietary Guidelines Maximum Limit of <10 % of Calories (Figure 2-9)



Note: The maximum amount of added sugars allowable in a Healthy U.S.-Style Eating Pattern at the 1,200-to-1,800 calorie levels is less than the *Dietary Guidelines* limit of 10 percent of calories. Patterns at these calorie levels are appropriate for many children and older women who are not physically active.

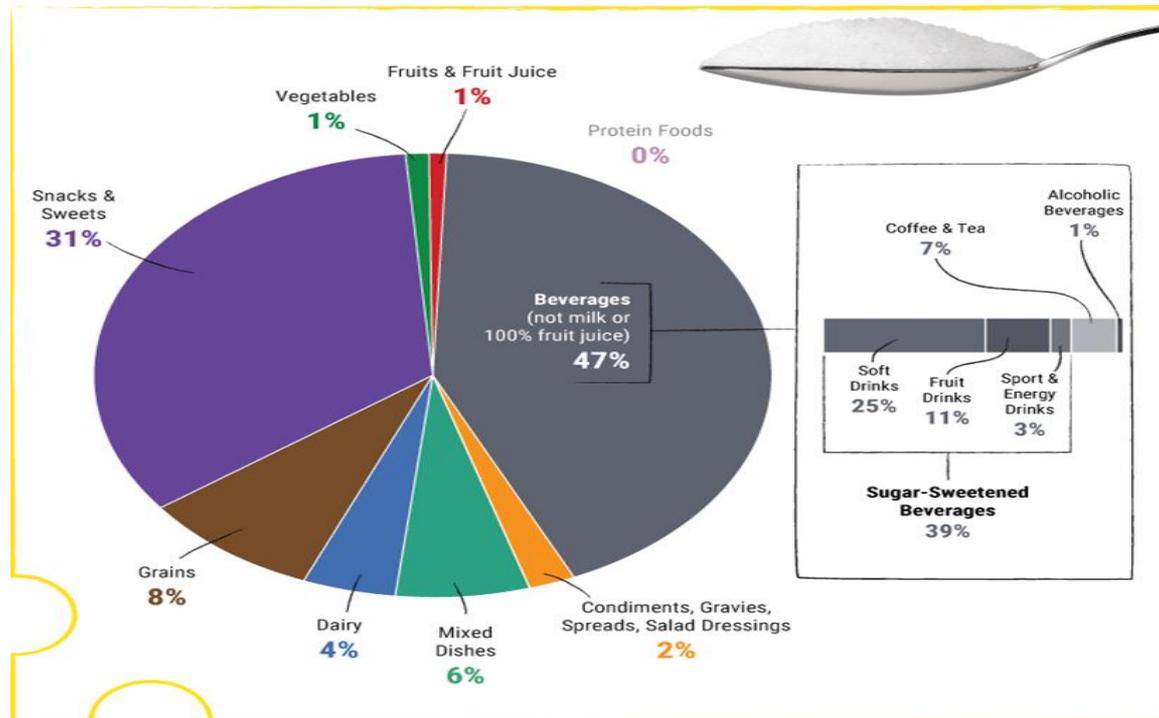
Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group.





Food Sources of Added Sugars

Food Category Sources of Added Sugars in the U.S. Population Ages 2 Years and Older (Figure 2-10)



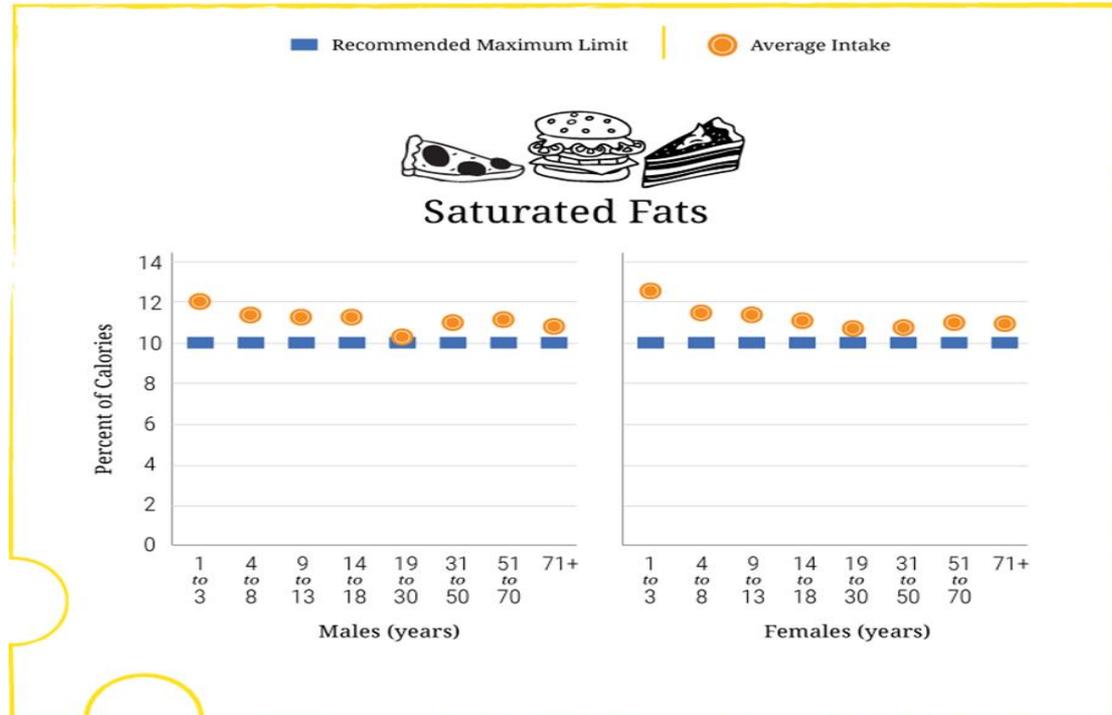
Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.





Saturated Fats: Intakes and Limit

Average Intakes as a Percent of Calories per Day by Age-Sex Group, in Comparison to the Dietary Guidelines Maximum Limit of Less Than 10 Percent of Calories (Figure 2-11)



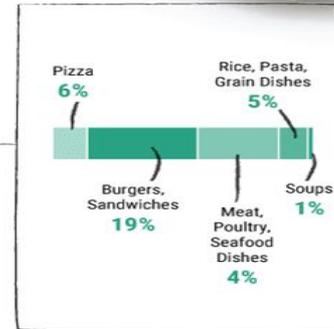
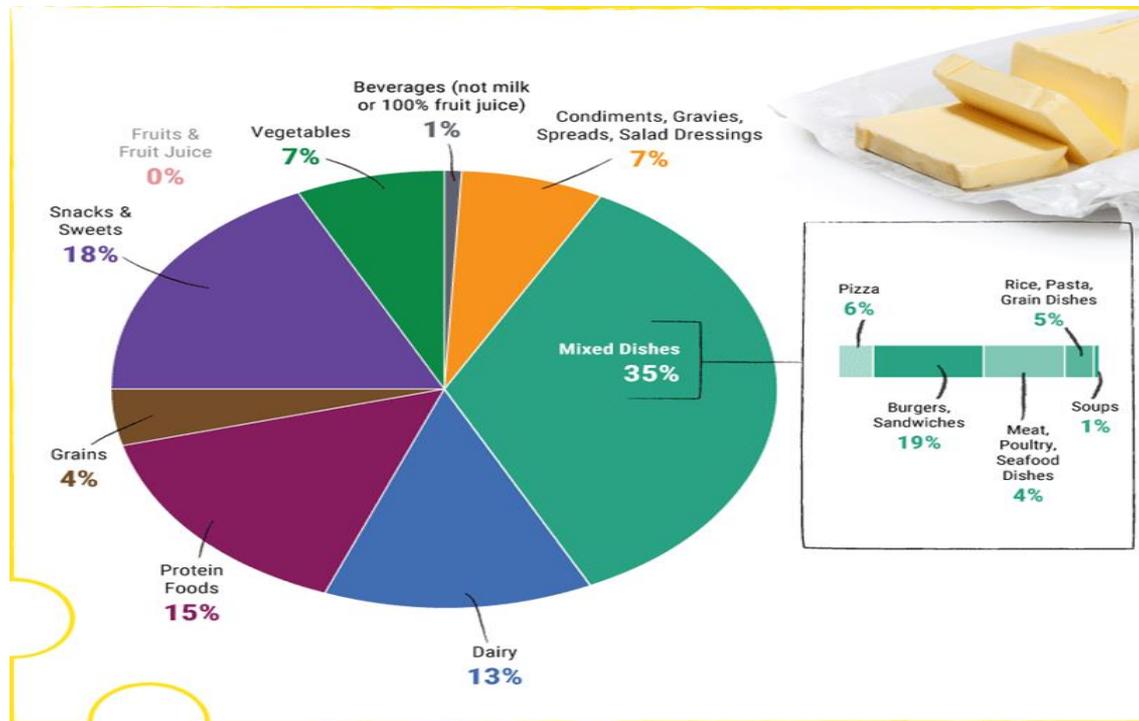
Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group





Food Sources of Saturated Fats

Food Category Sources of Saturated Fats in the U.S. Population Ages 2 Years and Older (Figure 2-12)



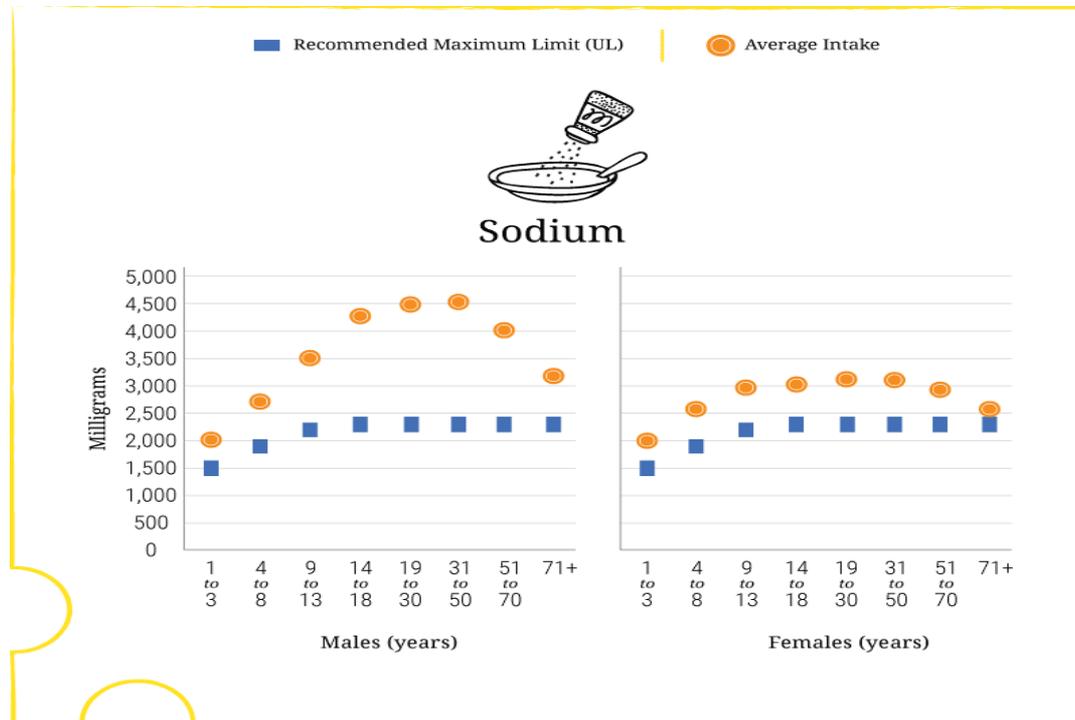
Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.





Sodium: Intakes and Limits

Average Intake of Sodium in Milligrams per Day by Age-Sex Groups, Compared to Tolerable Upper Intake Levels (UL) (Figure 2-13)



Data Sources:

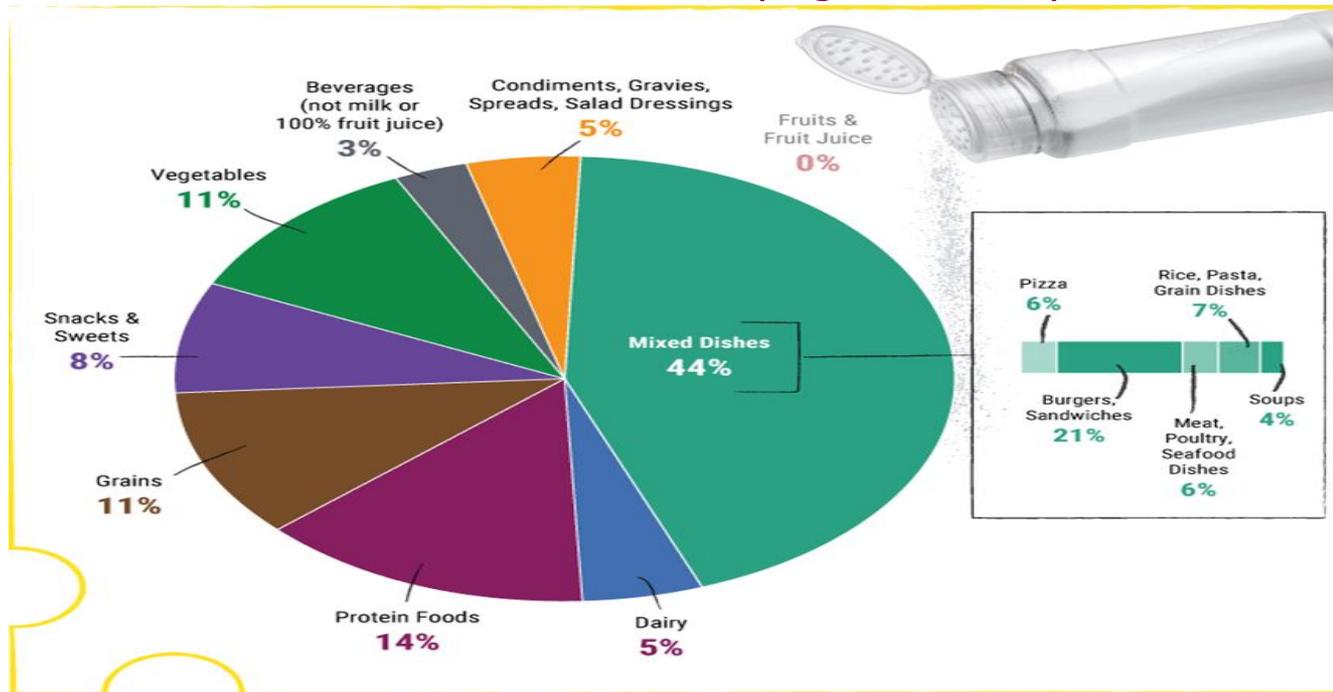
What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group.
Institute of Medicine Dietary Reference Intakes for Tolerable Upper Intake Levels (UL).





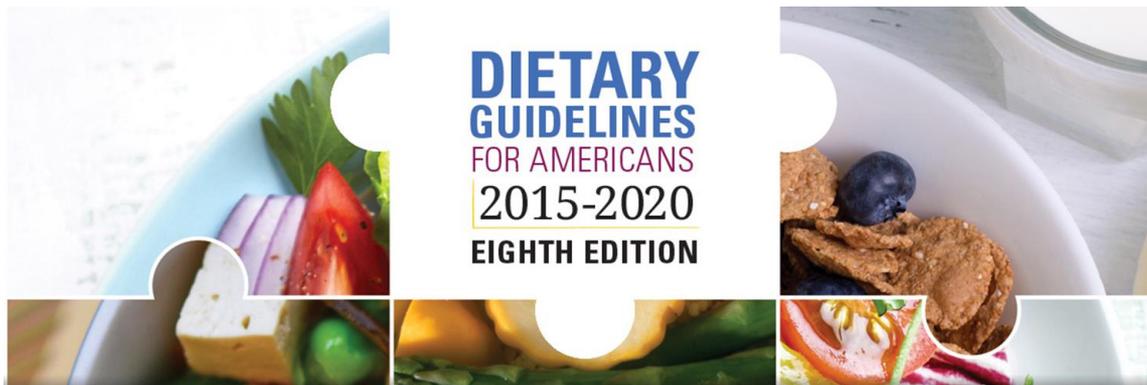
Food Sources of Sodium

Food Category Sources of Sodium in the U.S. Population Ages 2 Years and Older (Figure 2-14)



Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.





Additional Resources:

SeafoodNutrition.org

Health.gov

ChooseMyPlate.gov



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We value your feedback!

Please take a moment to complete the online survey.

Dietary Guidelines for Americans Eating Heart Healthy Survey



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