



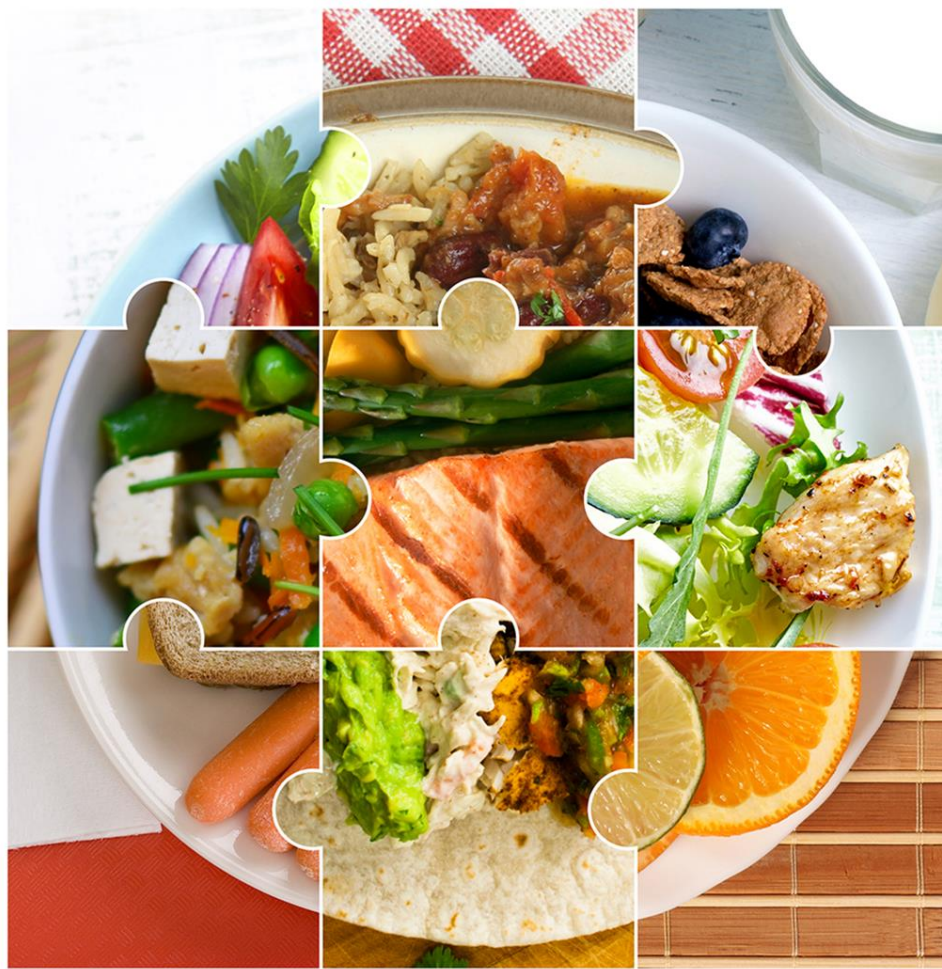
# Eating HEART HEALTHY

2015-2020 Dietary Guidelines for Americans



**SEAFOOD  
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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](http://DietaryGuidelines.gov).





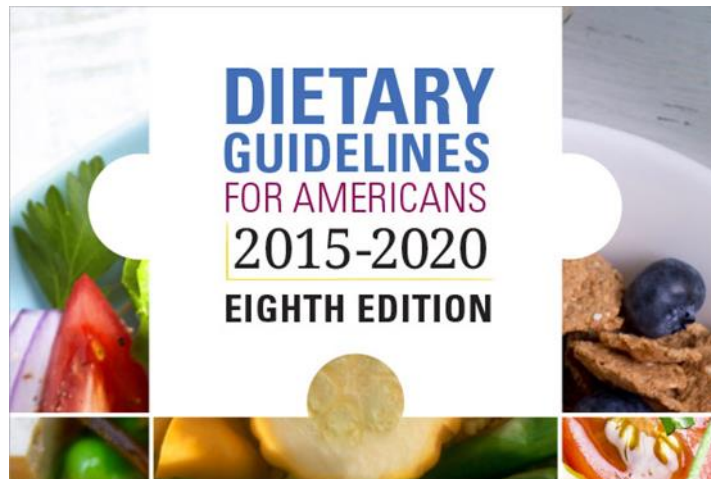
# Presentation Objectives

- ✿ 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





# 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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## 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 Dietary 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







# 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.







# 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.



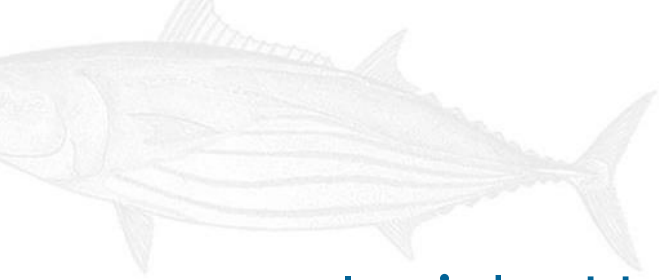


# Inside Healthy Eating Patterns: Food Groups

“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.





# 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.





# Healthy Eating Patterns:

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

Food Group <sup>a</sup>	Amount <sup>(b)</sup> in the 2,000-Calorie-Level Pattern
<b>Vegetables</b>	<b>2½ c-eq/day</b>
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
<b>Fruits</b>	<b>2 c-eq/day</b>
<b>Grains</b>	<b>6 oz-eq/day</b>
Whole Grains	≥ 3 oz-eq/day
Refined Grains	≤ 3 oz-eq/day
<b>Dairy</b>	<b>3 c-eq/day</b>
<b>Protein Foods</b>	<b>5½ oz-eq/day</b>
Seafood	8 oz-eq/wk
Meats, Poultry, Eggs	26 oz-eq/wk
Nuts, Seeds, Soy Products	5 oz-eq/wk
<b>Oils</b>	<b>27 g/day</b>
<b>Limit on Calories for Other Uses (% of Calories)<sup>c</sup></b>	<b>270 kcal/day (14%)</b>





# Healthy Eating Patterns:

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

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





# Everyone Has a Role in Supporting Healthy Eating Patterns



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# 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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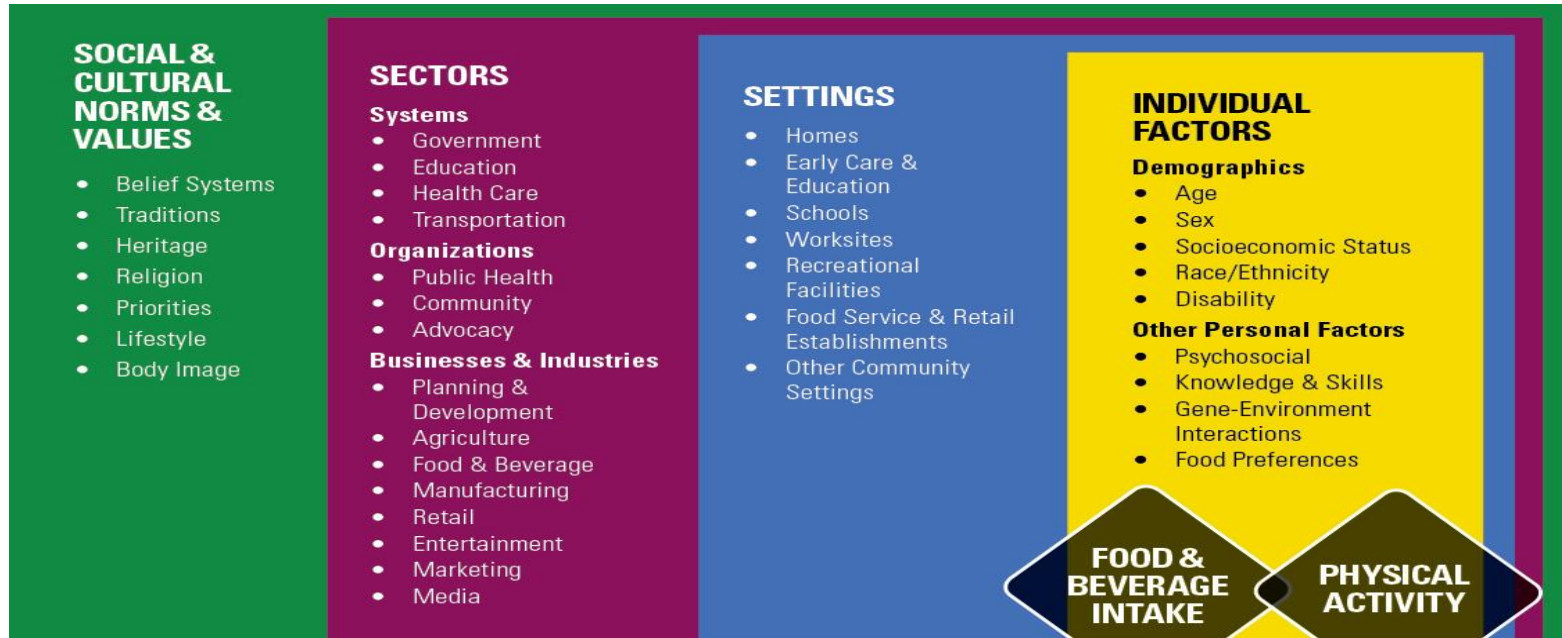
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# Creating and Supporting Healthy Choices



**Data Source:** Adapted from: (1) Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. National Center for Chronic Disease Prevention and Health Promotion. Addressing Obesity Disparities: Social Ecological Model. Available at: [http://www.cdc.gov/obesity/health\\_equity/addressingtheissue.html](http://www.cdc.gov/obesity/health_equity/addressingtheissue.html). Accessed October 19, 2015. (2) Institute of Medicine. Preventing Childhood Obesity: Health in the Balance, Washington (DC): The National Academies Press; 2005, page 85. (3) Story M, Kaphingst KM, Robinson-O'Brien R, Glanz K. Creating healthy food and eating environments: Policy and environmental approaches. *Annu Rev Public Health* 2008; 29:253-272.





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



Example:





# Implementing the Guidelines Through MyPlate

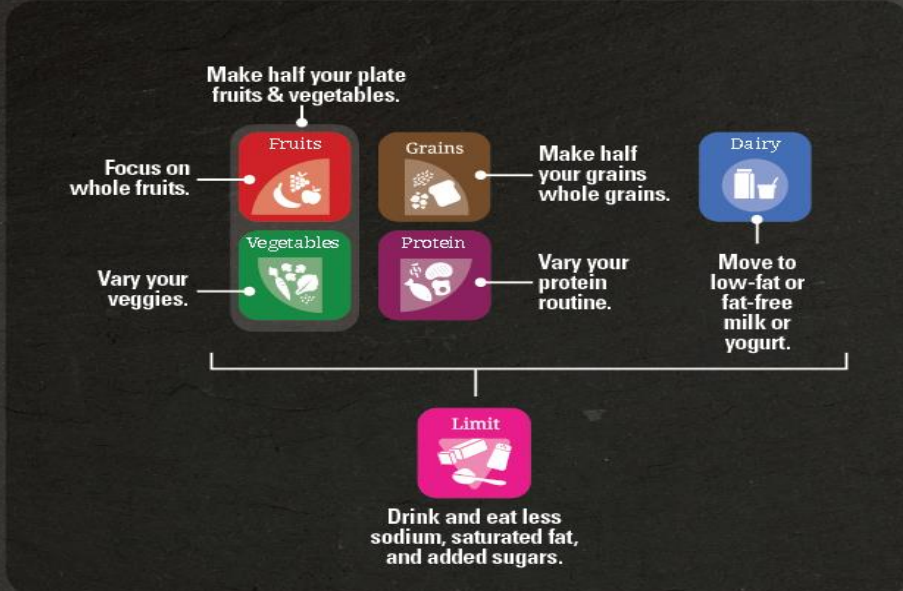
## MyPlate, MyWins.

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](http://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.



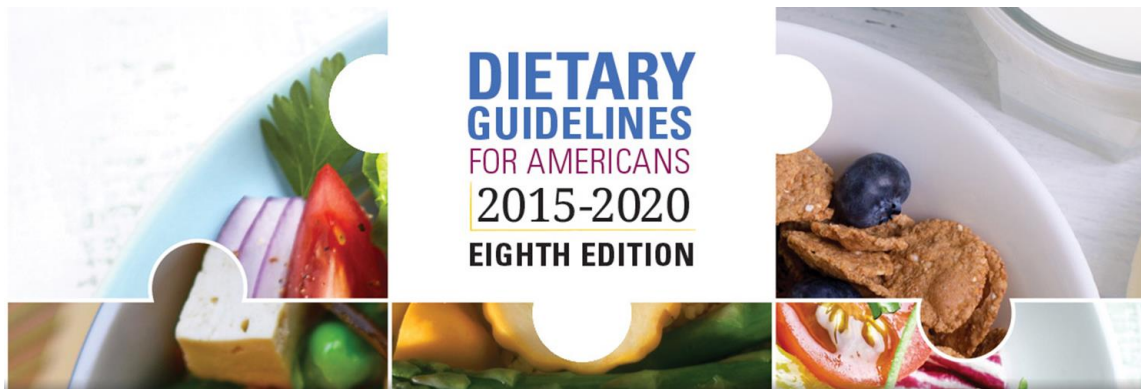


# Key Messages to Remember (cont.)

- Concerted efforts among all segments of society are needed to support healthy lifestyle choices that align with the *Dietary Guidelines*.
- Collaborative efforts can have a meaningful impact on the health of current and future generations.
- Look to your healthcare provider for additional information and support in with chronic disease prevention.







## Additional Resources:

[SeafoodNutrition.org](http://SeafoodNutrition.org)

[Health.gov](http://Health.gov)

[ChooseMyPlate.gov](http://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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