

Walk NEBRASKA

Key Recommendations from *Newly Released Dietary Guidelines*

The *Dietary Guidelines for Americans* has been published jointly every 5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide advice for people two years and older about how good eating habits can promote health and reduce the risk for many chronic diseases. The guidelines for 2010 were announced last month. Here are some of the changes:

WHAT SHOULD WE EAT LESS OF?

- ▼ Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among adults who are 51 and older and those of any age who are African American or have diabetes, hypertension, or chronic kidney disease.
- ▼ Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and poly unsaturated fats.
- ▼ Consume less than 300 mg per day of dietary cholesterol.
- ▼ Keep *trans* fatty acid consumption as low as possible.
- ▼ Reduce the intake of solid fats and added sugars.
- ▼ Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- ▼ If alcohol is consumed, it should be consumed in moderation – up to one drink per day for women and two drinks per day for men – and only by adults of legal drinking age.

WHAT SHOULD WE EAT MORE OF?

- ▲ Increase vegetable and fruit intake.
- ▲ Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- ▲ Consume at least half of all grains as whole grains.
- ▲ Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- ▲ Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- ▲ Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- ▲ Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or sources of oils.
- ▲ Use oils to replace solid fats where possible.
- ▲ Choose foods that provide more potassium, dietary fiber, calcium and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

Source: www.dietaryguidelines.gov

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Know how. Know **now**.



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