

## **New 2010 Dietary Guidelines Emphasize Managing Body Weight and Proper Nutrition for Children**

The 7<sup>th</sup> revision of the Dietary Guidelines for Americans, intended to provide practical suggestions for promoting optimal health and reduction in disease, were announced January 31, 2011. Since 1980 the United States Department of Agriculture (USDA) and Department of Health and Human Services (HHS) have updated the guidelines every five years based on current research and trends seen in the health of people ages 2 and older. There are two major themes emphasized.

- First, with two out of every three adults and one out of every three children overweight or obese, balancing calories with physical activity cannot be stressed enough.
- Second, the nutrient quality of foods and beverages chosen has become a strong indicator of overall health and well-being. People simply need to be choosing calories with an optimal nutritional value now more than ever, and this begins with what we offer to our children. Among the strong points, the following tips are offered:

Enjoy food – but not too much!

Skip large-sized portions.

One-half of your plate should be fruits and vegetables.

Serve skim or 1 percent milk only.

Pay close attention to the sodium content - compare food labels and choose wisely!

The 2010 Dietary Guidelines include twenty-three key recommendations for the general population and six for specific groups of people. Some of these include: strategies for improving poor eating behaviors, increasing intake of plant-based foods, consuming a specific amount of seafood each week, and a list of specific foods to limit due to their high content of sodium, fat, or sugar.

To review the entire report go to: <http://www.cnpp.usda.gov/dietaryguidelines.htm>

