Diet Planning Principles

• Adequacy
• Balance
• kCalorie control
• Nutrient Density
• Moderation
• Variety
Dietary Guidelines for Americans

Aim for Fitness…..

1. Aim for a healthy weight.
2. Be physically active each day. (60-90 min)

Build A Healthy Base…..

3. Let the Pyramid guide your food choices. (Eat 3 c. fat free or low fat milk products.)
4. Eat a variety of whole grains daily.
5. Eat a variety of fruits and vegetables daily. (4 ½ cups)
6. Keep food safe to eat.

Choose Sensibly…..

7. Choose foods low in saturated fat, trans fat and cholesterol and moderate total fat intake.
8. Choose beverages and foods to moderate your intake of sugars.
9. Choose and prepare foods with less salt.
10. If you drink alcoholic beverages, do so in moderation.

1/05 U.S. Dept of Agriculture // U.S. Dept. of Health & Human Services
Food Guide Pyramid

- Updated 4/05
- New symbol and messages
- [www.mypyramid.gov](http://www.mypyramid.gov)
- Individualized
- Activity included in visual
- Mirror 2005 Dietary Guidelines
- Messages:
  - Eat 3 oz. whole grain/day
  - Go low fat with dairy products
  - Choose foods low in added sugars.
Types of Food Label Claims

**Nutrient Claims:** Statements that characterize the quantity of a nutrient in food. Eg. “high fiber” = 5 g or more; “Low fat” = 3 g of fat or less.

**Health claims:** statements that characterize the relationship between a nutrient or other substance in food and a disease or health-related condition. Eg. “Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers”.

**Structure-function claim:** statements that describe how a product may affect the body. Eg. “Calcium builds strong bones”. These claims do not require FDA authorization but must have a disclaimer.
Exempt from labels

a. Spices, parsley
b. Coffee, tea
c. Small packages (less than 12 sq. in)
d. Small business making less than 50,000 in food sales.
e. 20 most popular fruits & vegetables
f. Restaurants, deli's

g. Game meats - little information known.
h. Foods for immediate consumption
i. Export products
j. Donated foods
k. Medical foods
l. Food shipped in bulk
m. Fresh meat, fish and poultry (single ingredient)
Health claims on food labels

FDA approves statements linking diet and health; emphasis on total diet.

a. Calcium and osteoporosis.
b. Sodium and hypertension.
c. Sat fats, cholesterol, soluble fiber, fruits, vegetables, oats & psyllium seed and reduced risk heart disease.
d. Fats, whole grains, fiber & fruits/veg and reduced risk of cancer.
e. Folate and neural tube defects.
f. Sugar alcohol and tooth decay.
g. Plant sterols and heart disease
h. Potassium and reduced risk of hypertension & stroke.
i. Soy protein and reduced risk heart disease.
Food Facts……..

Whole foods = from nature.

Fresh foods = not processed.

Processed foods = prepared using a certain cooking, freezing, canning, dehydrating, milling, culturing, or adding nutrients.

Enriched foods = nutrients added to replace those lost in processing.

Fortified = nutrients are added that were never present originally.

Organic foods = foods that have been grown without most conventional pesticides, fertilizers, herbicides, antibiotics or hormones and without genetic engineering.
**Organic Foods**

Goal: preserve the natural fertility and productivity of the land.

- Animals receive no antibodies or GH. Vaccines can be used. Animals have access to outdoors.
- Food is produced without conventional pesticides, petroleum-based fertilizers or sewage.
- No bioengineering or irradiation.

Farms annually inspected. Land clean for 3 yrs.

**“100 percent organic” = all organic.**
**“Organic” = at least 95% organic.**
“Made with Organic Ingredients” > 70%

** may use USDA Organic symbol on packages.