



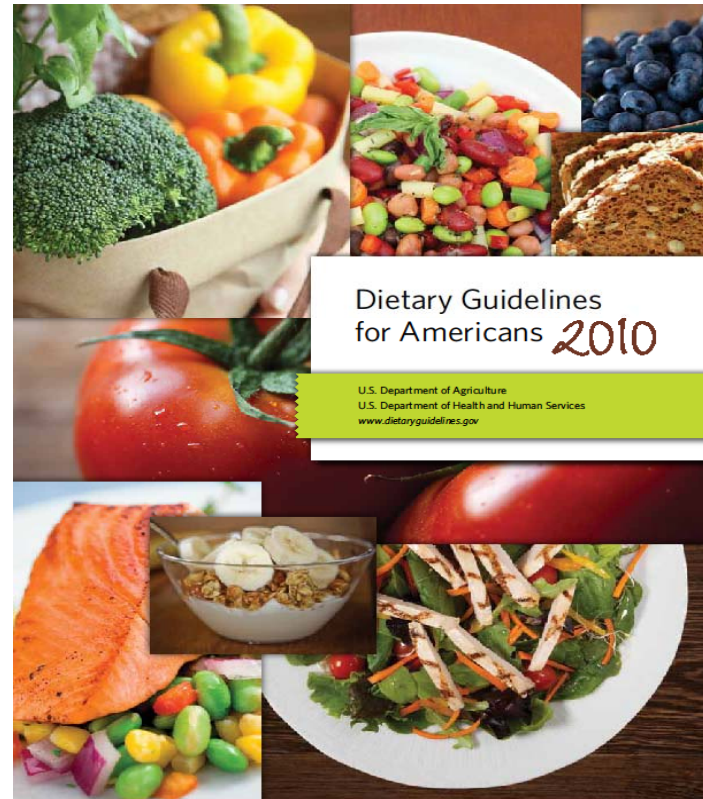
2010 Dietary Guidelines for Americans

Lisa Coleman, MS, RD, LDN
Nutritionist



2010 Guidelines

- Every 5 years, the USDA and DHHS review the latest scientific knowledge about nutrition and health and publish Dietary Guidelines for Americans to help men, women and children ages 2 years and older eat a healthy diet.



Foods and Nutrients to Increase

- Whole grains
- Fruits
- Vegetables
- Fat free and low-fat milk products
- Seafood
- Healthy oils
- Nutrients – Fiber, Potassium, Vitamin D, and Calcium



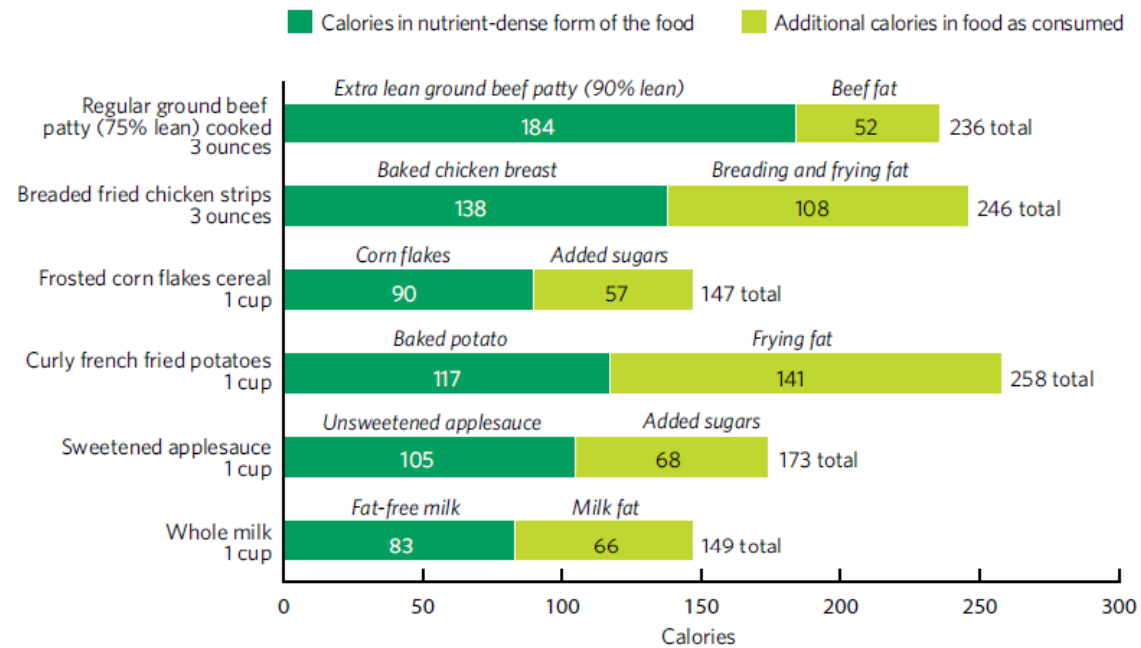
Foods and Nutrients to Reduce

- Sodium
- Solid fats – saturated and trans
- Cholesterol
- Refined (enriched) grains
- Alcohol in moderation



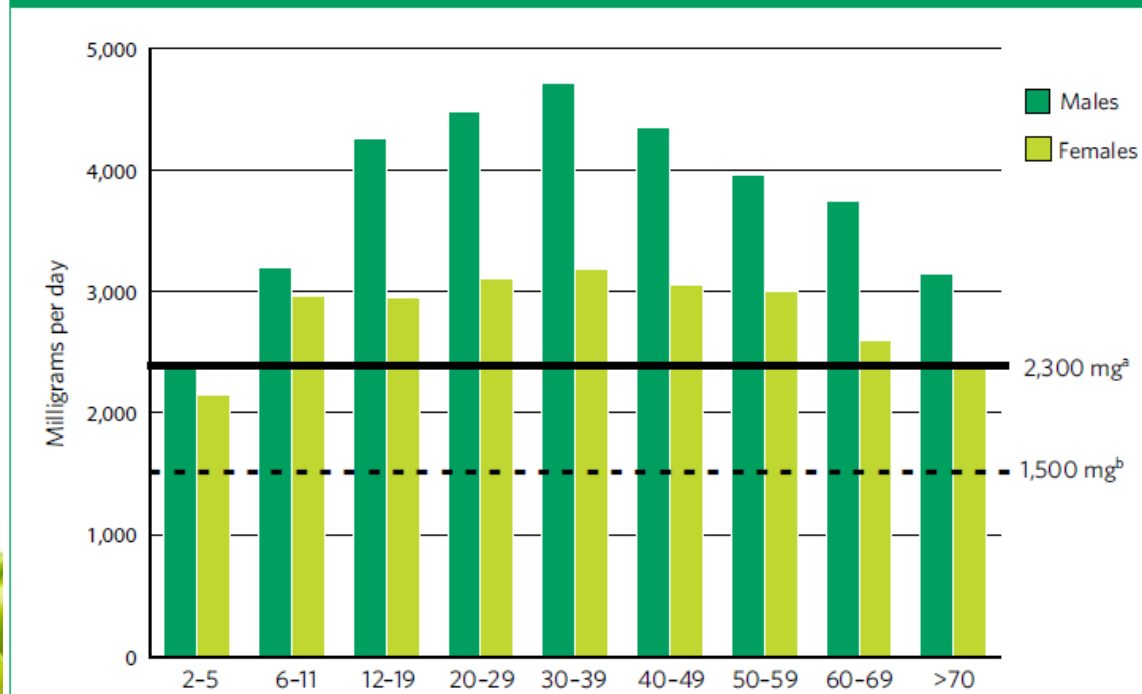
Nutrient-Dense Foods

FIGURE 5-2. Examples of the Calories in Food Choices That Are Not in Nutrient Dense Forms and the Calories in Nutrient Dense Forms of These Foods



Sodium Intake

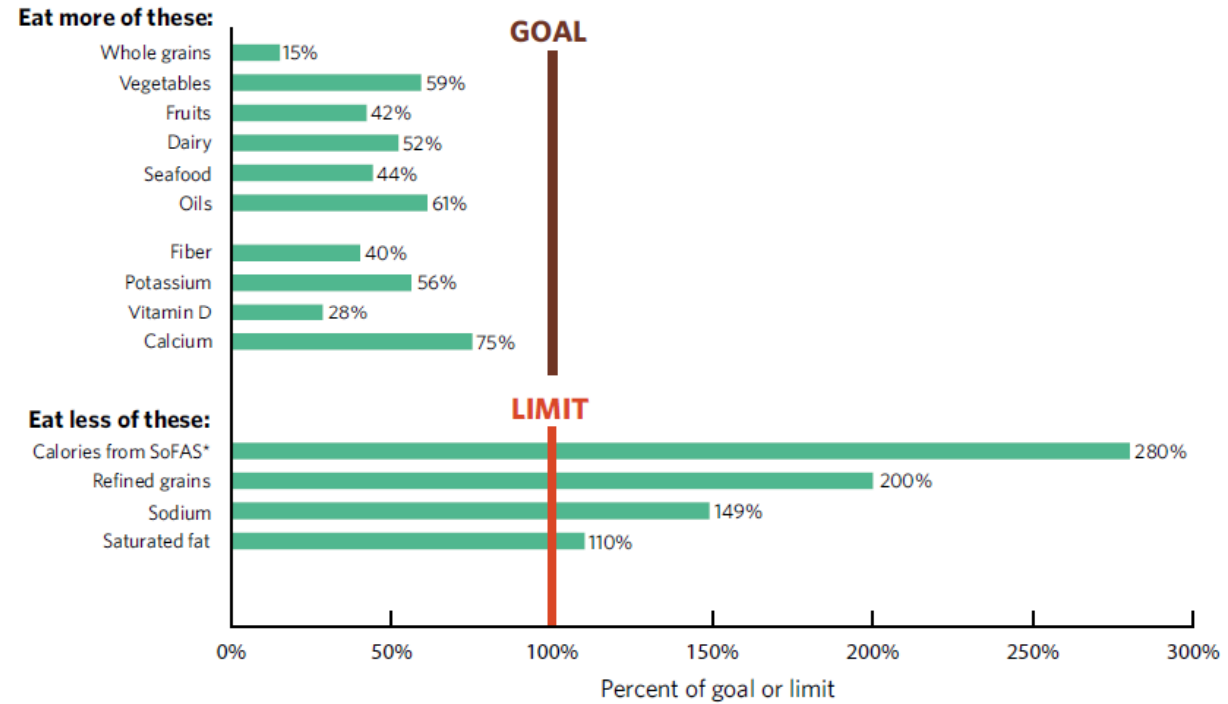
FIGURE 3-1. Estimated Mean Daily Sodium Intake, by Age-Gender Group, NHANES 2005-2006



Scorecard

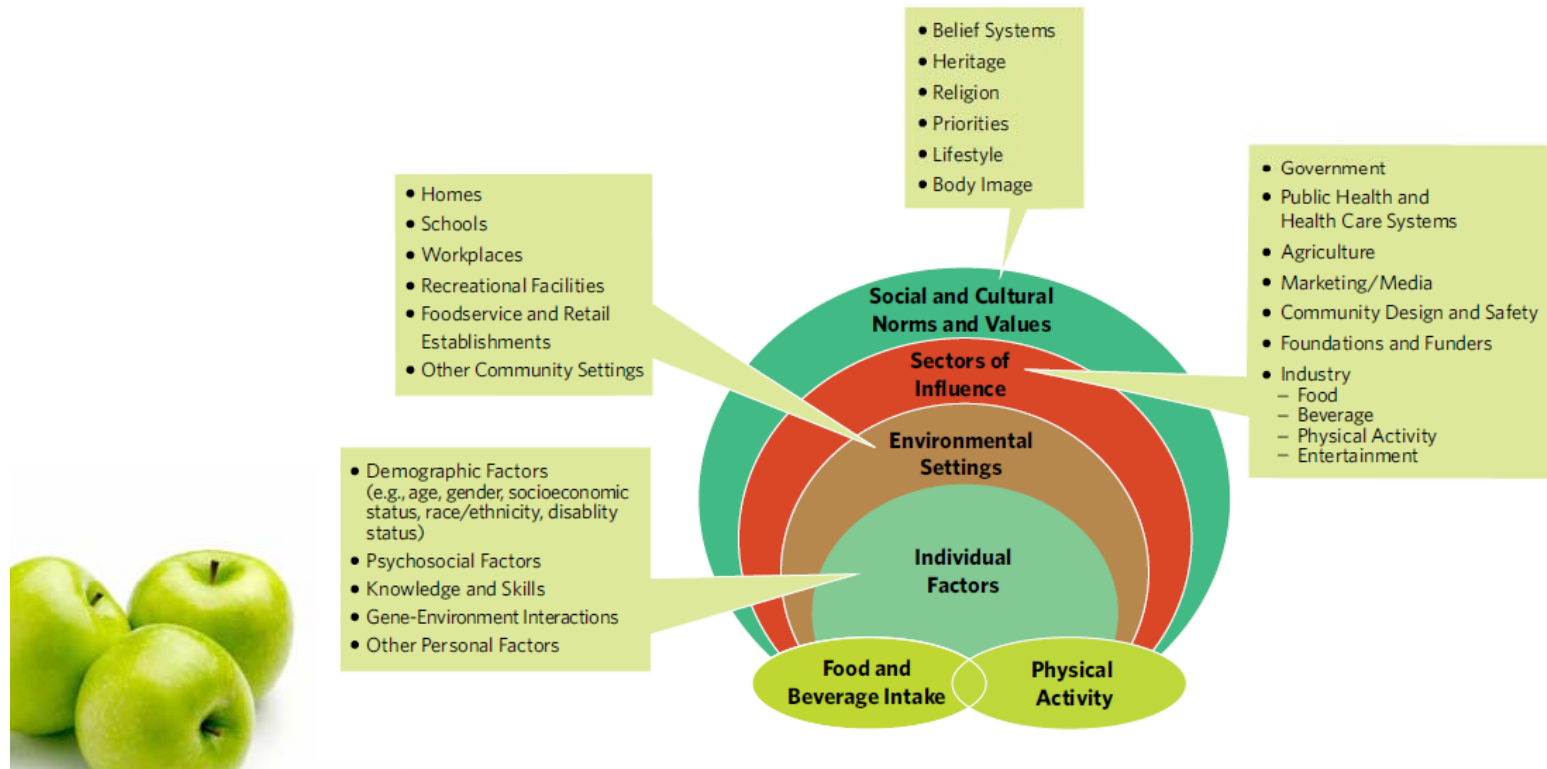
FIGURE 5-1. How Do Typical American Diets Compare to Recommended Intake Levels or Limits?

Usual intake as a percent of goal or limit



Factors that Influence Decisions about Food and Activity

FIGURE 6 1: A Social Ecological Framework for Nutrition and Physical Activity Decisions



Nutrition Services at Martin's



Lisa Coleman, MS, RD, LDN
410-552-5107

