



What is Healthy Eating?

Clear the confusion: *A look at the Dietary Guidelines for Americans*



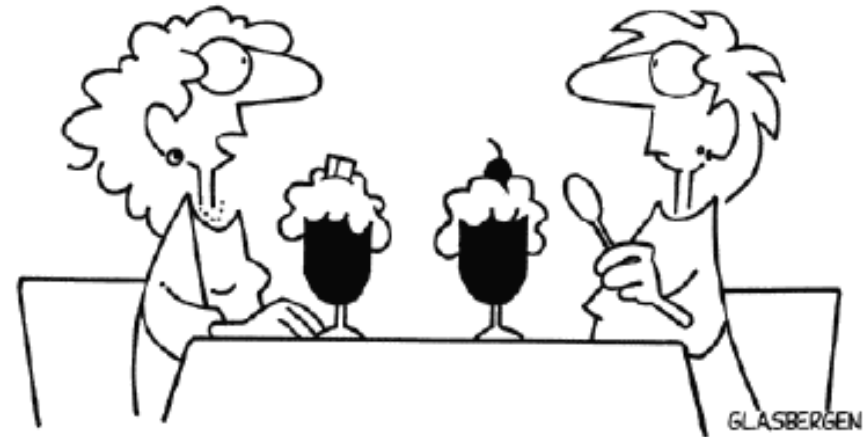


What is Healthy Eating?

- Explore popular opinions
- Explore words that depict a “healthy diet”
- Discuss some environmental influences on how we implement healthy eating
- The 2015 Dietary Guidelines for Americans: How do they do that, and why?
- What do the Dietary Guidelines mean for you?
- Debatable controversy...



“On this diet, you can eat all the steak you want, but a slice of bread will kill you. On this other diet, you can eat all the bread you want, but a steak will kill you.”



“If you put a crouton on your sundae instead of a cherry, it counts as a salad.”

What does healthy eating look like to you?



Maybe it looks like this.....or this..





And to some I know it looks like this....





What words would you use to describe healthy eating?





Maybe a better example would be.....



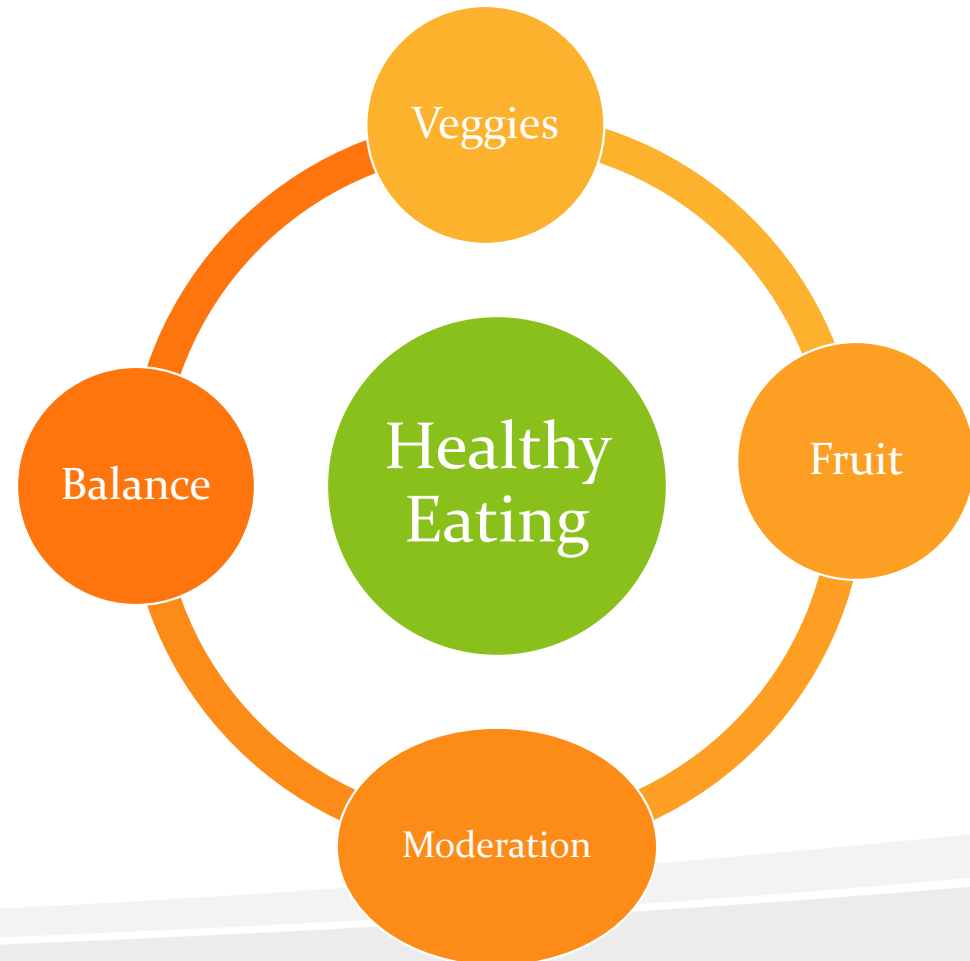


Facebook survey results: Here are words that my friends used....



What do you think?

- Fruit and vegetables are a big deal
- Moderation and balance are key
- Interesting components: Happiness, mindfulness, environment, expensive, etc.





Why the confusion? Healthy diets may look different:

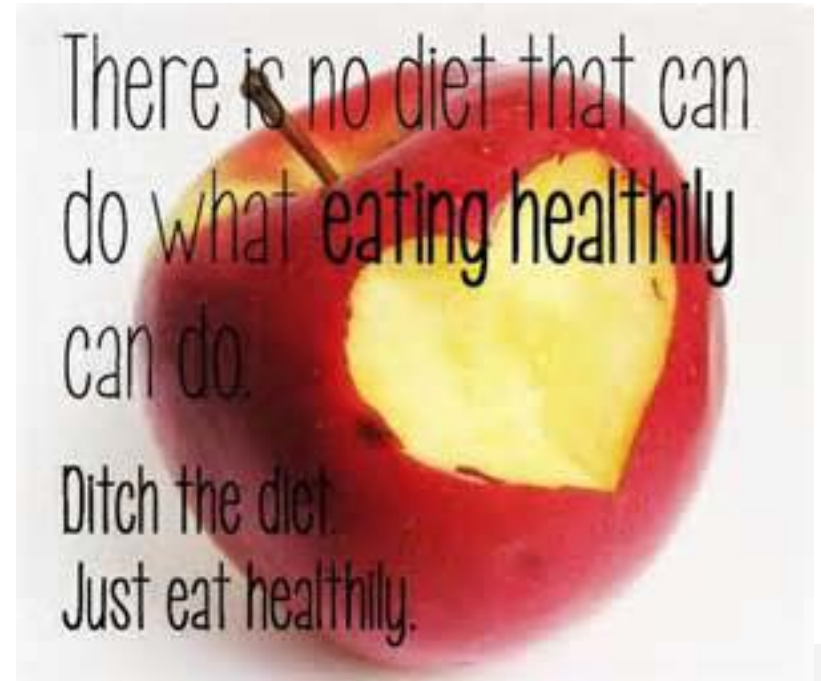
Different ideas about what is healthy

Preferences

Different physiologic needs

Metabolic and chronic disease states

Media coverage





Media hype:

Diet plans, books, supplements, fads, quick fixes

Pseudo science and flawed studies

Sensational headlines and “cherry-picking” information

“Healthy” buzzwords....

No Antibiotics

Paleo Approved

Cage Free

All-Natural

Non-GMO

NO ARTIFICIAL INGREDIENTS

ified Organic



HELP! Here come the Dietary Guidelines for Americans

How do they do that?

- Dietary Guideline Advisory Committee Report
- 5 subcommittees of non-federal, independent experts
- Expansive systematic review and analysis of evidence
- 2 years to complete recommendations
- Places primary emphasis on development of food based recommendations that are of public health importance
- Committee entirely disbanded and report is turned over to USDA and is drafted by federal employees
- Draft is informed by the report but is also subject to instructions from congress*

Why do they do that?

- Provides info to shape policy, design food and nutrition programs, and help Americans make healthy dietary choices
- Not designed to treat disease
- Ex: Child nutrition programs, WIC and other Federal feeding programs, and basis for info on the Nutrition Facts Panel of foods
- Used by health care professionals for education
- Food companies use to help make claims about their foods
- Required and purported to be “based on preponderance of current scientific and medical knowledge”



The 2015 Dietary Guidelines for Americans

5 Overreaching guidelines encouraging healthy eating patterns, making shifts in food and beverage choices, and acknowledging that ALL segments of society play a role in supporting healthy choices.

Healthy eating is not a rigid prescription, but an adaptable framework that meets personal, cultural, and traditional preferences



What are they?

Follow a healthy eating pattern across the lifespan; all food and beverage choices matter:

What are Healthy Eating Patterns? Foods are not consumed in isolation, but have interactive, synergistic and cumulative relationships.


3 examples are described:

Healthy US style diet: typical American food preferences in nutrient dense forms and in appropriate amounts

Healthy Mediterranean style diet: with staples such as seafood, oils and nuts

Healthy Vegetarian style diet: abundance of vegetables and protein from whole grains, legumes, and soy based foods

What are they?



DASH diet pattern also mentioned: high in vegetables, fruits, low fat dairy, whole grains, poultry, fish, beans, and nuts; low in sweets/sugar, sodium, and red meat

Focus on variety, nutrient density, and amount:

- *Eat a variety of vegetables from all sub groups (multiple colors, legumes, starchy vegetables)
- *Eat fruits, especially whole fruits
- *Grains: at least $\frac{1}{2}$ should be whole grains**
- *Include fat free/low fat dairy: milk, yogurt, cheese, fortified soy **
- *Eat a variety of protein: seafood, lean meat and poultry, eggs, legumes, nuts, seeds, soy...
- *Oils: What kinds? Oils should replace solid fats (poly/mono unsaturated as well as nuts, seeds, olives, avocados...)
- *Beverages??



What are they?

Amounts: Patterns are provided in 12 different calorie levels: energy intake does matter for health. Managing calorie balance is fundamental in a healthy eating pattern.

*Premise: Nutrient needs should be met primarily from foods; all food forms included

*Nutrient dense foods contain many essential vitamins, minerals, fiber and other naturally occurring substances

*Fortified foods and supplements may be appropriate for certain subgroups of people



What are they?

Don't eat breakfast cereals that change the color of the milk.

DIRTYOGACO.COM

MICHAEL POLLAN

We do have limits: **Limit calories from added sugars and saturated fats; reduce sodium intake.**

<10% of calories to come from added sugar (1800 cal=45g sugar or 11 tsp)

<10% of calories from saturated fat (1800 cal= 20g/d: 4oz ribeye has 11g)

<2300mg of sodium daily (2300mg= 1 tsp of salt)

*Notice these recommendations do not focus on food, but nutrients



Focus on SHIFTS in intake:

US population has low intake

- Fruits (13% meet fruit recs in US/ 8.9% in WV)
- Vegetables (7.7% meet veg recs in US/ 6.6% in WV)
- Whole grains
- Dairy
- Seafood
- Oils

US population has high intake

- Refined grains
- Added sugars (~13% of calories consumed; 37% comes from SSB)
- Saturated fats
- Sodium (much from processed foods)
- For men and adolescent boys: too much meat/poultry/eggs



Focus on Shifts:

There needs to be an urgent shift in intake/food and beverage choices

Need to choose nutrient rich foods: more bang for the calorie!

Exceptionally important to help manage a healthy weight





Who calls the shots?

You call the shots: what to eat and how much to consume

“ The wonderful thing about food is you get three votes a day. Every one of them has the potential to change the world.

MICHAEL POLLAN



BUT:

We HAVE to recognize that our environment has SIGNIFICANT influence on our choices!

Need continual, concerted efforts from:

Health Professionals

Businesses

Corporations

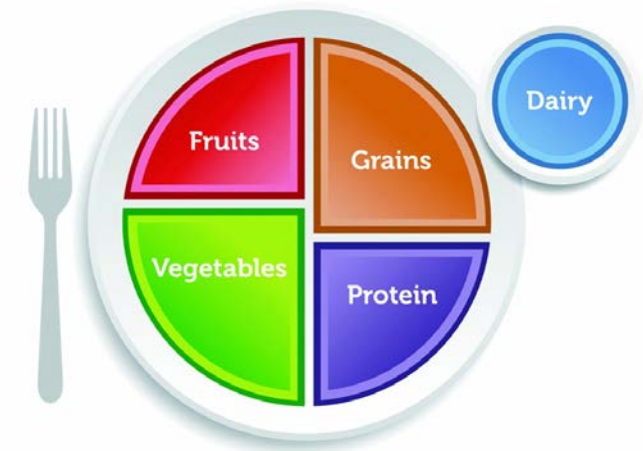
Communities

Industry

Government

Schools: preschool, elementary, secondary, higher ed...

Every part of society providing a consistent message!





Are the DGAs good enough? Debatable....

Red and processed meats:

Red Meat: IARC (International Agency for Research on Cancer) classified red meat as Group 2A which is probably carcinogenic to humans, meaning there is limited evidence and positive associations between eating red meat and developing colorectal cancer.

Processed Meats: IARC classified processed meats as Group 1 which is carcinogenic to humans. There is sufficient evidence of processed meat causing cancer (colorectal). WHO states daily consumption of 50g of processed meat increases colon cancer risk by 18% (< 2 slices of bacon)

The **DGAC recommended** that a healthy diet pattern include fewer red and processed meats than are currently consumed. This is not in the guidelines.



Debatable controversy....

National Cattleman's Beef Association spent more than \$112,000 on **lobbying** efforts with the new dietary guidelines as its primary focus, and the Pork Producers Council spent \$780,000.

Cholesterol is no longer considered a nutrient of concern (upon continuing scientific research that evolves daily)

Salt intake is still a concern, but there is discussion about limiting to <2300mg/d (AHA recommends some individuals consume 1500mg/d)

Sustainability: DGAC indicated there is “compatibility and overlap” between what is good for health and what is good for the environment. A diet higher in plant based foods and lower in animal foods is “more health promoting and is associated with lesser environmental impact than the current average US diet”

Congressional push back...

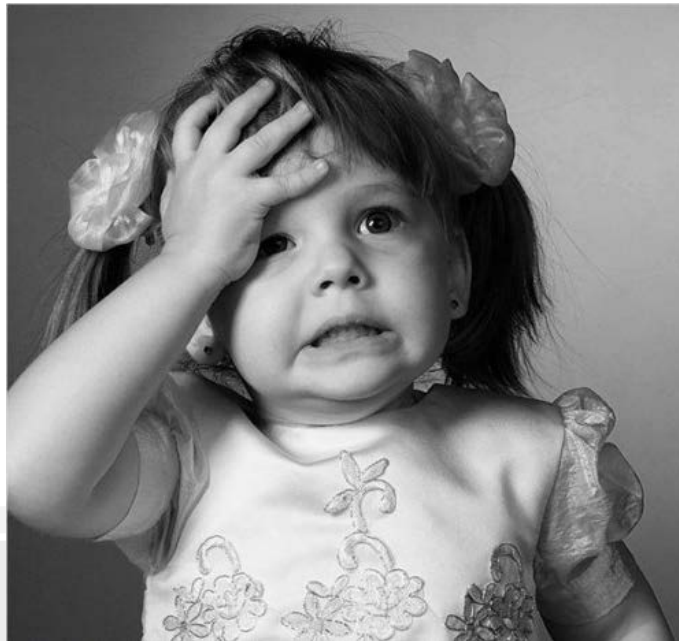
In the year end appropriations bill enacted in December, the Secretary of Agriculture was directed “to only include nutrition and dietary information, not extraneous factors” in final guidelines. (Funny, physical activity IS mentioned, and that was ok...)



What has remained constant?

Americans have NOT followed the Dietary Guideline recommendations (per the Center for Nutrition Policy and Promotion @ USDA)

Healthy Eating Index: Measures how closely American's diets fall in line with the DGA: On a 100 point scale our score has been between **49 and 58** since the 1990's.





Questions??

References:

<http://health.gov/dietaryguidelines/>

<http://health.gov/dietaryguidelines/2015-scientific-report/>

<http://health.gov/news/dietary-guidelines-digital-press-kit/2016/01/top-10-things-you-need-to-know/>

<http://www.foodpolitics.com/2015/07/congress-continues-to-intervene-in-dietary-guidelines/>

For some interesting reading on Food Politics and Research: <http://www.foodpolitics.com/>

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