A Healthful Diet

- A healthful diet provides adequate nutrients and energy, and it includes sweets, fats and salty food in moderate amount only.
- A healthful diet is:
  - Adequate: An **adequate diet** provides enough energy, nutrients, fiber, and vitamins to maintain a person's health
  - Moderate: **Moderation** refers to eating any foods in moderate amounts, not too much and not too little
  - Balanced: A **balanced diet** contains the combinations of foods that provide the proper proportions of nutrients
  - Varied: **Variety** refers to eating many different foods from the different food groups on a regular basis
- **Undernutrition** occurs if a person's diet contains inadequate levels of several nutrients for a long period of time
Nutrition Facts Panel Information

4. Percent Daily Values (%DVs)
   - How much a serving of food contributes to your overall intake of the listed nutrients
   - Compare %DV between foods for nutrients
     Less than 5% DV of a nutrient is considered low
     More than 20% DV of a nutrient is considered high
   - Labels now include %DVs for vitamin D, calcium, iron, and potassium; vitamins A and C are voluntary
Dietary Guidelines: Follow Healthy Eating Patterns

- The guidelines are designed to accommodate diverse cultural, ethnic, and personal preferences via flexible templates such as USDA Food Patterns and various regional diets (to come)

- Includes four key food safety principles:
  - Clean your hands, food surfaces, and foods
  - Separate raw, cooked, and ready-to-eat foods
  - Cook foods to a safe temperature (keep hot foods hot)
  - Chill (refrigerate) perishable foods promptly (keep cold foods cold)
  - Also: avoid certain unpasteurized, raw, or undercooked foods
<table>
<thead>
<tr>
<th>If You Normally Do This:</th>
<th>Try Doing This Instead:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch television when you get home.</td>
<td>Do 30 minutes of stretching or lifting of hand weights in front of the television.</td>
</tr>
<tr>
<td>Drive to the store down the block.</td>
<td>Walk to and from the store.</td>
</tr>
<tr>
<td>Go out to lunch with friends.</td>
<td>Take a 15- or 30-minute walk with your friends at lunchtime 3 days each week.</td>
</tr>
<tr>
<td>Eat white bread with your sandwich.</td>
<td>Eat whole-wheat bread or some other bread made from whole grains.</td>
</tr>
<tr>
<td>Eat white rice or fried rice with your meal.</td>
<td>Eat brown rice or try wild rice.</td>
</tr>
<tr>
<td>Choose cookies or a candy bar for a snack.</td>
<td>Choose a fresh nectarine, peach, apple, orange, or banana for a snack.</td>
</tr>
<tr>
<td>Order french fries with your hamburger.</td>
<td>Order a green salad with low-fat salad dressing on the side.</td>
</tr>
<tr>
<td>Spread butter or margarine on your white toast each morning.</td>
<td>Spread fresh fruit compote on whole-grain toast.</td>
</tr>
<tr>
<td>Order a bacon double cheeseburger at your favorite restaurant.</td>
<td>Order a turkey burger or grilled chicken sandwich without the cheese and bacon, and add lettuce and tomato.</td>
</tr>
<tr>
<td>Drink nondiet soft drinks to quench your thirst.</td>
<td>Drink iced tea, ice water with a slice of lemon, seltzer water, or diet soft drinks.</td>
</tr>
<tr>
<td>Eat salted potato chips and pickles with your favorite sandwich.</td>
<td>Eat carrot slices and crowns of fresh broccoli and cauliflower dipped in low-fat or nonfat Ranch dressing.</td>
</tr>
</tbody>
</table>
USDA Food Patterns: Fruits

■ "Focus on fruits"
  - Eat a greater variety of fruits
  - Go easy on fruit juices (they can contribute a lot of sugar and provide little fiber)
  - Eat at least 2 cups of fruit each day
  - Fruits provide fiber, phytochemicals, vitamins A & C, folate, potassium, and magnesium.
USDA Food Patterns: Protein Foods

- "Go lean with protein"
  - Choose lowfat or lean meats and poultry
  - Include more fish, beans, peas, eggs, nuts, seeds, and soy products
  - Switch to baking, broiling, or grilling
  - Eat about 5 1/2 ounces of lean protein foods each day
  - This food group provides protein, phosphorus, vitamins B₆ and B₁₂, magnesium, iron, zinc, niacin, riboflavin, and thiamin
USDA Food Patterns: Empty Calories

- These are Calories from solid fats and/or added sugars that provide few or no nutrients
- Limit these to a small number that fits your Calorie and nutrient needs based on your age, gender, & level of physical activity
- Foods with the most empty Calories include:
  - Cakes, cookies, pastries, & doughnuts
  - Soft drinks & fruit juices
  - Cheese, pizza, sausages, hot dogs, bacon, & ribs
  - Ice cream