

A Healthful Diet

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- 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

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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

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- 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 2.3 Ways to Incorporate the *Dietary Guidelines for Americans* into Your Daily Life

If You Normally Do This:	Try Doing This Instead:
Watch television when you get home at night.	Do 30 minutes of stretching or lifting of hand weights in front of the television.
Drive to the store down the block.	Walk to and from the store.
Go out to lunch with friends.	Take a 15- or 30-minute walk with your friends at lunchtime 3 days each week.
Eat white bread with your sandwich.	Eat whole-wheat bread or some other bread made from whole grains.
Eat white rice or fried rice with your meal.	Eat brown rice or try wild rice.
Choose cookies or a candy bar for a snack.	Choose a fresh nectarine, peach, apple, orange, or banana for a snack.
Order french fries with your hamburger.	Order a green salad with low-fat salad dressing on the side.
Spread butter or margarine on your white toast each morning.	Spread fresh fruit compote on whole-grain toast.
Order a bacon double cheeseburger at your favorite restaurant.	Order a turkey burger or grilled chicken sandwich without the cheese and bacon, and add lettuce and tomato.
Drink nondiet soft drinks to quench your thirst.	Drink iced tea, ice water with a slice of lemon, seltzer water, or diet soft drinks.
Eat salted potato chips and pickles with your favorite sandwich.	Eat carrot slices and crowns of fresh broccoli and cauliflower dipped in low-fat or nonfat Ranch dressing.

USDA Food Patterns: Fruits

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■ "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

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- "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

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- 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