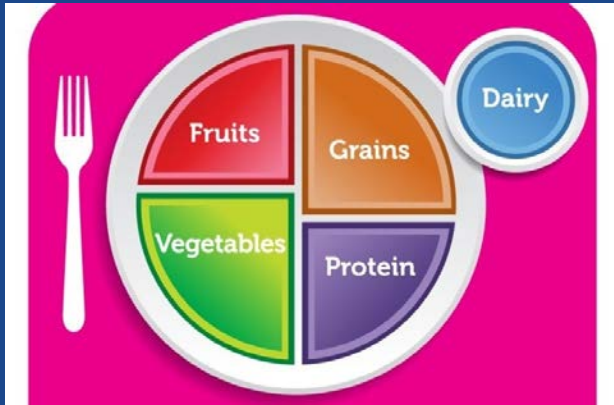


Healthy Eating based on the new Dietary Guidelines for Americans 2020-2025

Part of Middletown Township Mayor's Wellness Campaign

Wednesday, April 28th, 2021

Jacalyn Szaro, MS RD (Registered Dietitian)



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Overview:

1. Review Dietary Guidelines for Americans 2020-2025 key recommendations
 - a. areas of improvement
 - b. making healthier shifts in meals
2. Label reading & meal planning
3. Food group tips
4. Food safety + nutrition for immunity



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Facts About Nutrition-Related Health Conditions in the United States

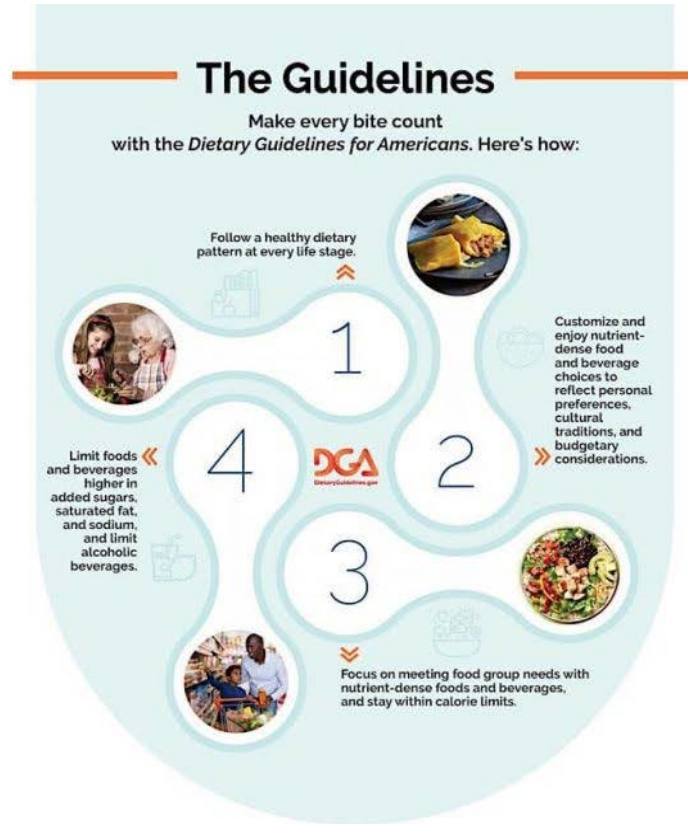


- Heart disease is the leading cause of death
- About 74% of adults are overweight or have obesity.
- About 40% of children and adolescents are overweight or have obesity
- Almost 11% of Americans have type 1 or type 2 diabetes
- Colorectal cancer in men and breast cancer in women are among the most common types of cancer



2020-2025 key recommendations for all age groups:

- Follow a healthy dietary pattern across the lifespan to meet nutrient needs
- Achieve a healthy body weight and reduce the risk of chronic disease.
- Include all of the food groups with emphasis on nutrient dense options instead of empty calories



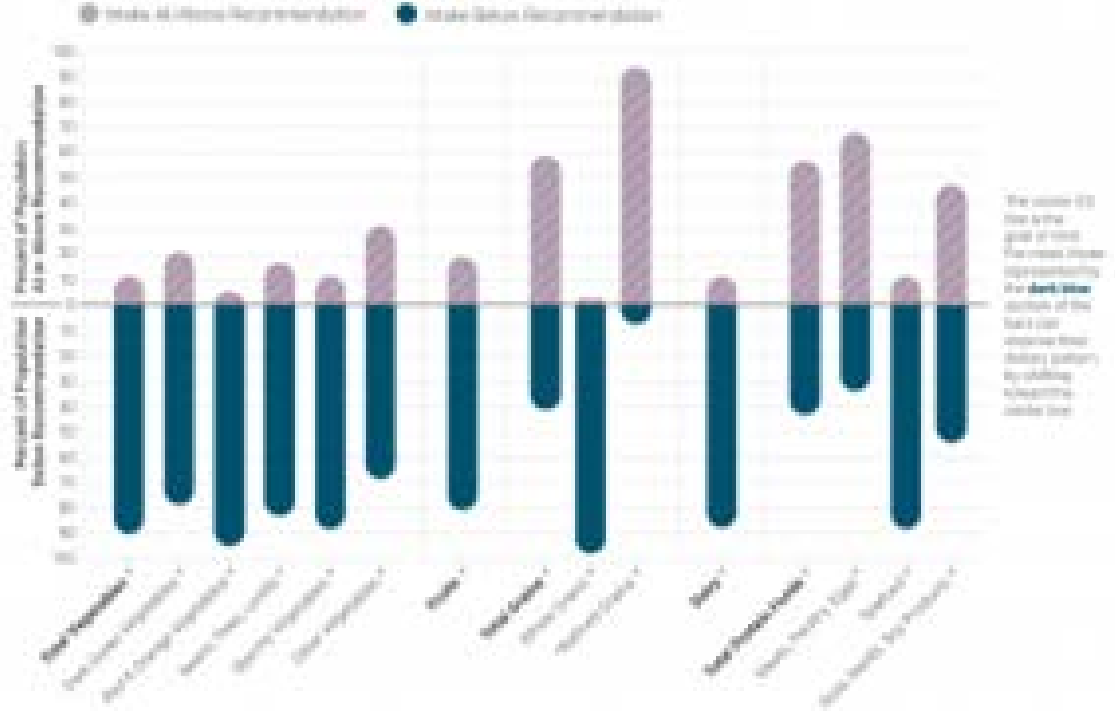
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Where we can improve:

- More than 80 % have dietary patterns that are **low in vegetables, fruits, and dairy.**
- More than half of the population is meeting or exceeding total grain and total protein foods recommendations, but are not meeting the recommendations for the subgroups within each of these food groups.

Dietary Intakes Compared to Recommendations: Percent of the U.S. Population Ages 1 and Older Who Are Below and At or Above Each Dietary Goal



Key dietary principles to follow:

1. Meet nutritional needs from food and beverages first (*including fortified foods (ie cereals with iron) versus supplements*)
2. Choose variety:
 - a. All forms of foods, including fresh, canned, dried, frozen, and 100% juices
 - b. Pay attention to portion size when making food and beverage choices, particularly for foods and beverages that are not nutrient-dense.

Stay within appropriate calorie range:

Females ages 19-30 require about 1,800-2,400 calories/day.

Males in this age group have higher calorie needs of about 2,400-3,000/day.

Calorie needs for adults ages 31-59 are generally lower; most females require about 1,600-2,200 calories/day and males require about 2,200-3,000 calories/day.

Making nutrient-dense choices one meal at a time:

- small 'shifts' to make the meal healthier without compromising taste
- choose Greek yogurt versus regular yogurt
- opt for low fat/fat free dairy
- choose whole grains
- unsweetened beverages



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Making nutrient-dense choices one meal at a time:

- small 'shifts' to make the meal healthier without compromising taste

	
<p>Typical Burrito Bowl Total Calories = 1,120</p>	<p>Nutrient-Dense Burrito Bowl Total Calories = 715</p>
<p>White rice (1 ½ cups)</p>	<p>Brown rice (1 cup) + Romaine lettuce (½ cup)</p>
<p>Black beans (½ cup)</p>	<p>Black beans, reduced sodium (½ cup)</p>
<p>Chicken cooked with sauce (2 ounces)</p>	<p>Grilled chicken with spice rub (2 ounces)</p>
<p>No grilled vegetables</p>	<p>Added grilled vegetables (½ cup)</p>
<p>Guacamole (½ cup)</p>	<p>Sliced avocado (5 slices)</p>
<p>Jarred salsa (¼ cup)</p>	<p>Fresh salsa/pico de gallo (¼ cup)</p>
<p>Sour cream (¼ cup)</p>	<p>No sour cream</p>
<p>Cheese (½ cup)</p>	<p>Reduced-fat cheese (½ cup)</p>
<p>Jalapeño (5 slices)</p>	<p>Jalapeño (5 slices)</p>
<p>Iced tea with sugar (16 ounces)</p>	<p>Iced tea, no sugar (16 ounces)</p>

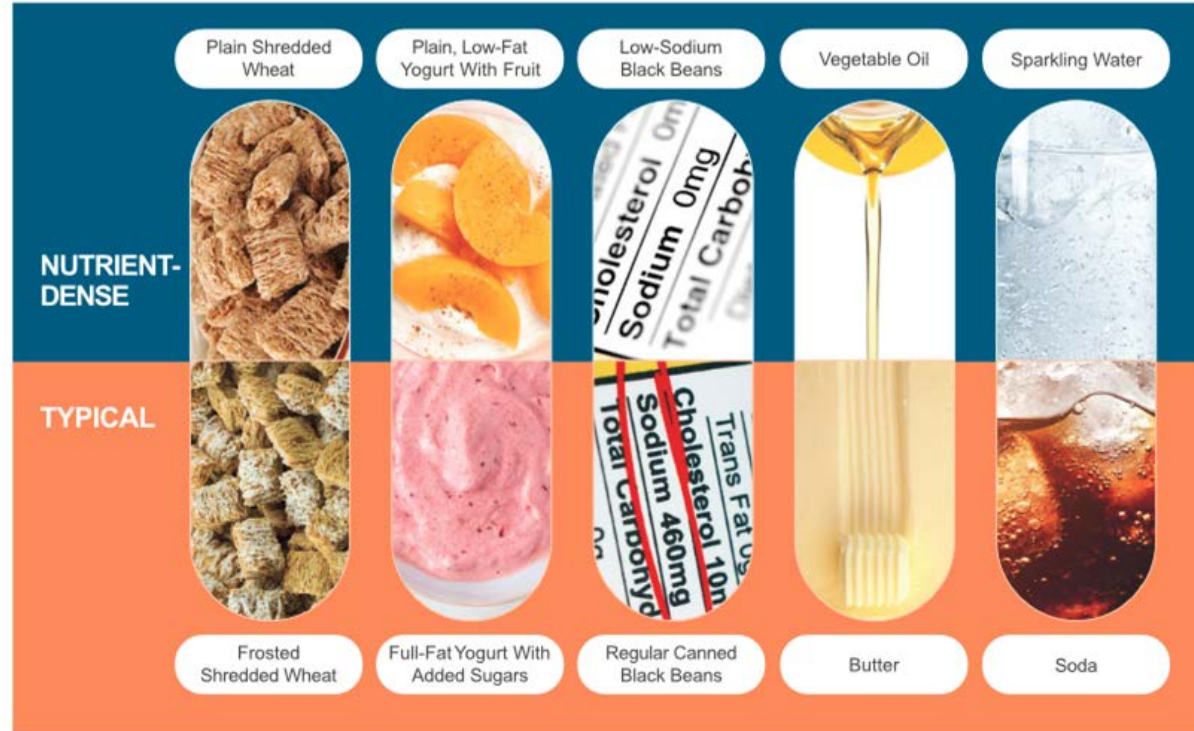


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Opt for the nutrient dense option:

- Read food labels for ingredients, added sugar, added sodium



Reduce added sugar intake

- A healthy dietary pattern limits added sugars to less than 10 % of calories per day.
- Major sources of added sugars in typical U.S. diets:
 - sugar-sweetened beverages, desserts and sweet snacks, sweetened coffee and tea, and candy.
- Strategies:
 - reduce portion size
 - look for lower calorie options, natural sweeteners
 - “no added sugar” options

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Physical Activity:

- Be active to prevent chronic disease
- Regular activity can provide both immediate benefits (e.g., boost mood, reduce stress, improve sleep) AND long-term benefits
 - improved bone health and reduced risk of many diseases
- Goal: 150 to 300 minutes of moderate intensity aerobic activity, like brisk walking or fast dancing, each week.
 - Adults also need muscle-strengthening activity



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Food Group Tips

Fruits - Focus on whole fruits

- Include fruit at breakfast!
- Top whole grain cereal with your favorite fruit, add berries to pancakes, or into hot oatmeal.
- Add your favorite fresh or canned fruit to a salad or enjoy as a side.

Vegetables - Vary your veggies

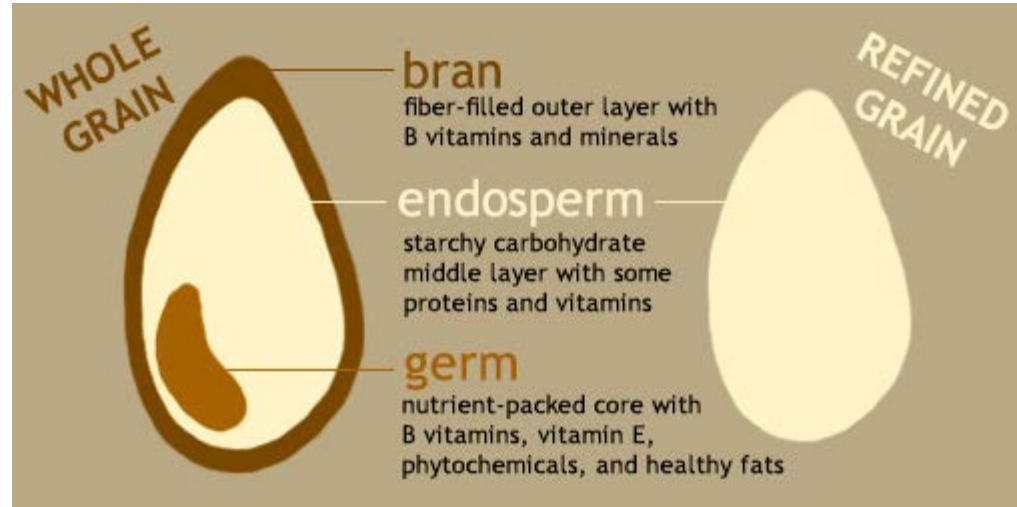
- Cook a variety of colorful veggies.
- Make extra vegetables and use them for a stew, soup, or a pasta dish.
- Use dark leafy greens, like romaine lettuce/spinach, to make salads or add to a smoothie.



Grains - Make half your grains whole grains

- Amaranth, barley (not pearled), brown rice, buckwheat, bulgur, millet, oats, popcorn, quinoa, dark rye, whole-wheat bread, whole-grain cereals/crackers, and wild rice
- Use whole grain bread when making a sandwich.
 - If you choose refined grain bread, make sure it's enriched by checking the ingredient list.

Food Group Tips



Nutrition for Immunity

Protein	healing & recovery	<ul style="list-style-type: none">• poultry & meat• dairy• eggs• nuts, seeds, beans, tofu
Vitamin A	regulate immune system & protect against infections	<ul style="list-style-type: none">• Eggs, sweet potatoes, carrots• broccoli, spinach• red bell peppers• apricots
Vitamin C	stimulates formation of antibodies	<ul style="list-style-type: none">• orange, grapefruit, tangerines• red bell peppers• strawberries• tomato juice
Vitamin E	antioxidant power to help fight infection	<ul style="list-style-type: none">• fortified cereals• sunflower seeds, almonds• vegetable oils like sunflower and safflower oil
Zinc	assists immune system & wound healing	<ul style="list-style-type: none">• lean meat, poultry, seafood• Milk• whole grains, beans, nuts, seeds





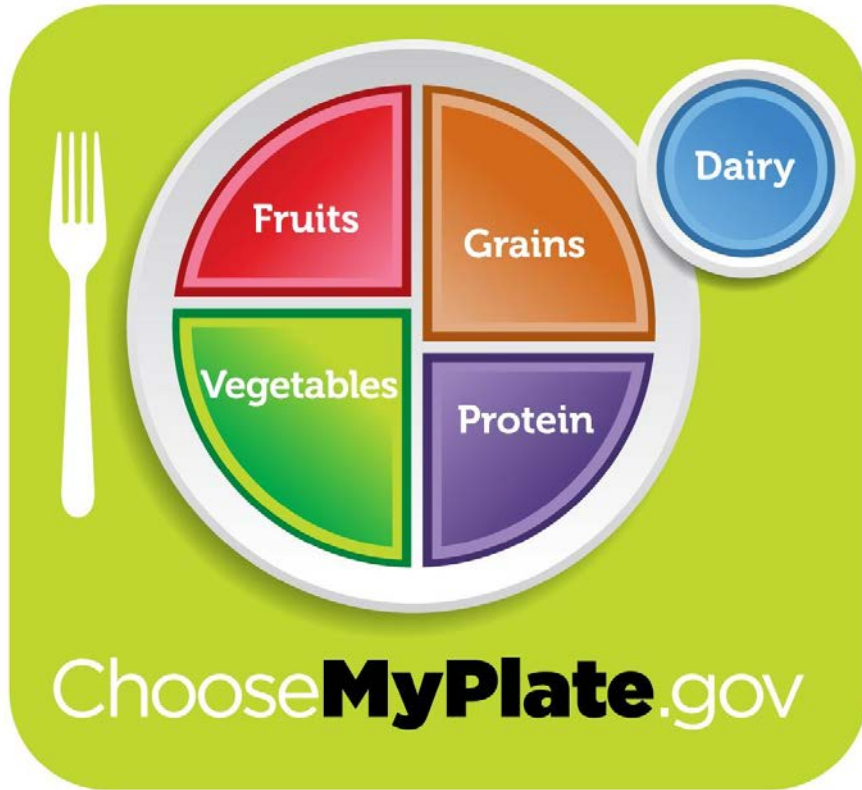
Food safety tips:

- Hand washing for 20 seconds
- Separate raw foods from ready-to-eat foods
- Clean, separate, cook, chill
- Cook to proper temperatures
- Refrigerate leftovers within 2 hours



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Closing thoughts:

- Adopt healthy eating patterns and follow the “plate method”
- Get creative, get the family involved & prepare meals at home to limit added calories from restaurant cooking
- Batch cook/meal prep
- Read food labels in grocery items & when dining out, look for calorie content
- Include all of the food groups when meal planning
- Get active!



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References:

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

<https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>

<https://www.eatright.org/coronavirus>



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Questions?
Thank you so much
for your time!



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