

Guidelines for a Healthful Eating Style

Chapter 5 Lesson 4

Dietary Guidelines for Americans

- Recommended Dietary Allowances (RDA)- *the amounts of nutrients that will prevent deficiencies and excesses in most healthy people.*
- For Americans 2 years and older these should serve as nutritional standards against which you can evaluate, and where needed modify your eating habits.
- Following dietary guidelines will help you decrease your risk of getting eating-related chronic diseases now and in the future.

Eat a Variety of Foods

- To eat healthy you need to eat a variety of foods. No single food provides all the nutrients your body needs.
- Varying the foods you eat depending on what is available, affordable, and personally enjoyable helps make eating a more pleasurable experience.

Balance the Foods You Eat With Physical Activity

- **Balance the amount of energy in foods with the amount of energy your body uses.** Many teens lead a too sedentary life, spending far too much time in front of the television or computer. Counter this with getting more physical activity.
- **Be aware that controlling body fat is more important to health than controlling body weight.** The location of body fat can be a risk factor. In particular, excess fat in a abdomen poses a greater health risk than excess fat in the hips and thighs.
- **Keep in mind that all calories add up the same way no matter what their source.** Calories count. Excess calories, whether from carbohydrates, fats, or proteins, are converted to fat for storage.

Choose Plenty of Grain Products, Vegetables, and Fruits

- Vegetables, fruits, and grains get special attention because they're excellent sources of complex carbohydrates and fiber.
- A high intake of fiber and complex carbohydrates has been shown to decrease the risk for heart disease, obesity, and some cancers.
- The National Cancer Institute recommends 20-35 grams of fiber a day, in contrast to the 10-15 grams currently consumed by most Americans.

Low Fat, Saturated Fat, and Cholesterol

- To control the amount of fat you eat:
- Cut off the fat you see on meat
- Eat lean meat and poultry
- Remove the skin from chicken and turkey
- Eat more fish (polyunsaturated fats have been linked to a decreased risk of cancer)
- Choose low-fat cheese, milk, and yogurt
- Eat less salad dressing and mayonnaise
- Eat more vegetables, fruits, and whole grain snacks
- Cut down on fried foods, including french fries. Eat roasted, grilled, or baked foods instead of fried foods.

Choose an Eating Style Moderate in Sugars

- Tips for eating sugar in moderation:
- Become aware of your intake of foods with added sugars but few nutrients. Make healthy substitutions for pop, candy, and other sweets.
- Learn to identify added sugars by their names on product packages, such as corn syrup, honey, and sucrose.
- Choose canned fruits packed in water or juice rather than heavy syrup.
- Eat sweets as part of a meal instead of a between meal snack.

Moderate Salt and Sodium

- Become “sodium literate”. The Nutrition Facts panel on food labels identifies the sodium content. Learn to look for and read this information when you buy processed foods.
- Season foods with herbs and spices rather than salt and encourage family members to use less salt when cooking.
- Taste foods before you salt them. If you must add salt, add little and taste again.
- Go easy on the salty snacks you eat- such as chips and pretzels.

Healthful Eating Patterns

- Whether you eat three meals a day, or four, five, or six variety, moderation, and balance are the foundation of a healthy eating plan.
- When planning what to eat, remember there are no good or bad foods. Any food that supplies calories and nutrients can be part of a nutritious eating style.
- Nutritional guidelines apply to all your food choices for a day, not just a single meal or food.

Breakfast

- Breakfast is said to be your most important meal because after 10-14 hours between dinner and next days breakfast your body needs to be recharged.
- According to breakfast studies, eating a nutritious meal is linked to better mental and physical performance in late morning. Those who ate breakfast also reacted faster and experienced less muscle fatigue than those who skipped breakfast.
- The key to successful breakfast planning is variety. You may choose peanut butter toast, pizza, cereal, bagels, a potato, or even simply a glass of orange juice. Remember nutrition is important but it is better to eat a candy bar than to not have breakfast at all.

Lunch and Dinner

- Typically Americans eat a sandwich or something similar for lunch and then a large dinner. Other cultural groups follow a reverse pattern and eat their large meal in the middle of the day.
- When planning meals it's always a good idea to get the majority of your carbohydrates early in the day and proteins later in the day. Carbohydrates will give you the immediate energy you need to get going while protein will repair damaged or worn out cells resulting from the days activities.