

ART118

nutrition series

The New Food Pyramid

Written by Sharon Foy

Copyright © The Exercise Safety Association 2005

All Rights Reserved.

Although the FDA's visual model for a balanced diet has changed to the Food Plate, the scientific content and general recommendations in this article remain accurate and relevant. An instructor interested in the evolution of the FDA's guidelines will find this article informative.



www.MyPyramid.gov

By law, every five years since 1980, the Department of Health and Human Services and the Department of Agriculture are required to publish new Dietary Guidelines for Americans. The guidelines provide recommendations for people two years of age and older about dietary habits that promote health and reduce the risk of major chronic diseases; they were developed in a three-step process. First, an external scientific Advisory Committee (DGAC) conducted an initial analysis of new scientific information and prepared a summary report. This summary report is different than any previous report because it includes detailed scientific analysis of key issues such as energy balance, the consequences of sedentary lifestyle, and emphasis on certain food choices to address nutrition issues for the American public. The DGAC report contains technical information for policymakers, nutrition educators, and health care providers. Next, the report was reviewed and analyzed by public agencies. Based on their comments, the Departments developed Key Recommendations. Finally, the 2005 Guidelines, an eighty-page report oriented toward the general public, was prepared and released on January 12, 2005. The 2005 Guidelines are extensive. You can order a copy by calling 1-866-512-1800 and ask for Stock Number 001-000-04719-1 or go to <http://bookstore.gpo.gov>. There is also a reader friendly brochure version. The 2005 Dietary Guidelines reinforce many guidelines that were published in 2000.

THE DIETARY GUIDELINES FOR AMERICANS

- 1 Consume adequate nutrients within caloric limits from a variety of foods within the basic groups.**
 - 2 Maintain body weight within a healthy range.**
 - 3 Engage in regular physical activity. Reduce sedentary activities.**
 - 4 Eat within the recommended guidelines for specific food groups.**
 - 5 Eat a diet forty-five to sixty-five percent complex carbohydrates.**
 - 6 Reduce fats.**
 - 7 Reduce sodium. Increase potassium from potassium rich foods.**
 - 8 Drink alcohol in moderation.**
 - 9 Consider food safety by avoiding microbial food borne illness.**
-

MORE 2005 GUIDELINES

A program called DASH (Dietary Approach to Stop Hypertension) is included, which has an Eating Plan Chart to aid in planning 1,600, 2,000, 2,600 and 3,100 calorie meals. It includes serving sizes, examples of foods in each group, and describes the significance of each food. A chart of Discretionary Calorie Allowance is included. Discretionary Calorie Allowance is the remaining amount of calories in each caloric level that can be consumed after nutrient-dense forms of foods in each group are selected. The USDA Food Guide information and Food Sources of Selected Nutrients are also a part of the Guidelines.

AND MORE

The 2005 Guidelines also have a Glossary that defines terminology used in the Guidelines such as Added Sugars, Body Mass Index and Basic Food Groups. It also includes an Appendix of Acronyms such as AI-Adequate Intake, HDL – High-density lipoproteins, IU – International Unit, RAE – Retinol Activity Equivalent, etc.

THE NEW USDA FOOD GUIDE PYRAMID

The new Food Guide Pyramid is the most interesting new feature within the Guidelines. The new Pyramid includes vertical rainbow colored strips rather than the horizontal levels. Each color represents one of the food groups. Orange represents grains, green - vegetables, red – fruits, blue – milk and dairy products, purple – meat, beans, fish and nuts and yellow – oils. The different colors represent variety within the diet. The strips are different sizes. The purple and yellow bands are smaller than the others, representing eating less of the meat and oils group. The bands are wider at the bottom and narrow at the top. The healthier more nutrient dense foods would be at the bottom. You can eat more of these foods. For example, apples would be at the bottom while apple pie would be at the top. The Pyramid is pictured with a figure climbing up steps on the side of the pyramid. This represents including exercise and activity into the model and it also signifies moderation and gradual improvement or “one step at a time”. Small changes over time can mean large changes in health.

INTERACTIVE FEATURES OF THE PYRAMID

An interactive feature is built into the food pyramid as a food guidance system www.MyPyramid.gov. The site talks and explains the Pyramid as you click on various sections. Some of the spotlights include; Inside the Pyramid (an explanation of each colored strip of the pyramid with a tour that’s animated), Tips and Resources, Related Links to other resources, and Dietary Guidelines in a friendly format.

MY PYRAMID PLAN

My Pyramid Plan allows you to input your age, sex and activity level and with a “click” gives you a personalized eating plan with recommended number of servings from each food group. My Pyramid Plan and My Pyramid Tracker help to design and track diets. Among materials that can be downloaded is a mini poster, the results of My Pyramid Plan and food tracking worksheet. The site includes many friendly guidelines, information to make the pyramid work for you, a Tip of the Week, how to count mixed dishes, tips for vegetarian diets, tips for shopping and eating out.

FOR PROFESSIONALS

Professional Resources make the site valuable for fitness instructors to develop programs and assist in public education. Topics include: Getting Started, Anatomy of the Pyramid – explaining the symbols and concepts, Education Framework - to help professionals develop consumer messages and materials, Food Intake Patterns, Food Intake Calorie Levels and A Sample Menu at 2000 Calorie Level. Visit the Pyramid today at www.MyPyramid.gov and share information with your clients and classes.

Copyright © the Exercise Safety Association 2002. All rights reserved. This work may be reproduced and redistributed, in whole or in part, without alteration and without prior written permission, for educational purposes excluding internet distribution, provided all copies whole or part contain the following statement: "© 2002 the Exercise Safety Association. This work is reproduced and distributed with the permission of the Exercise Safety Association." No commercial, internet, or other use is permitted without the express prior written permission of the Exercise Safety Association. For permission, contact the Exercise Safety Association P.O.

Box 554 Dana Point, CA 92629.

END

See the instructions below to earn .1 CEC for completing this article

ART118 QUIZ

In the body of an email to askesaoffice@gmail.com, place your first and last name on the first line and number the page from 1 to 10. DO NOT SEND AS AN ATTACHMENT. Answer TRUE or FALSE to the accuracy of each of the 10 statement below based on the information in this ESA article. You will be emailed a CEC validation certificate of completion, which you must keep for your records. ESA cannot replace lost forms and the article would need to be resubmitted

- 1 - By law, every ten years the new Dietary Guidelines are published.
- 2 - The Guidelines provide recommendations for people five years and older.
- 3 - The Dietary Guidelines recommend eating diet ten percent carbohydrates.
- 4 - The Dietary Guidelines recommend food safety by avoiding food borne illness.
- 5 - The Dietary Guidelines recommend reducing fats, sodium, and potassium.
- 6 - DASH is a Dietary Approach to Stop Hypertension.
- 7 - The new Pyramid includes horizontal rainbow colored strips.
- 8 - Orange represents grains, green represents fruits, and yellow represents oils.
- 9 - The healthier more nutrient dense foods would be at the wider end.
- 10 - The Food Pyramid is pictured with a figure climbing up steps on the side of the pyramid to represent including exercise and activity.