

Dietary Guidelines

Food \$ense

What are the Dietary Guidelines?

- You may want to think of the Dietary Guidelines as the words behind My Pyramid. It is a document that explains in words what the Pyramid is trying to tell you in picture form.
- The Dietary Guidelines focus on health promotion and disease risk reduction.
- Poor food and physical activity choices can lead to diabetes, high blood pressure, heart disease, stroke, respiratory disease, osteoarthritis, certain types of cancer and premature death.
- Maintain a healthy weight by balancing the calories you eat with the calories you expend.
- Fat is part of a healthy diet, but too much can lead to excess weight and heart disease.
- Both sodium and potassium can affect your blood pressure.
- Practice the four Fight BAC! Steps to keep food safe— clean, separate, cook and chill.
- There are 9 principles emphasized in the Guidelines.

1: Adequate Nutrients within calorie needs.

- Meet your nutrient needs by following the guidelines of My Pyramid.
- Eat foods from at least three food groups at each meal.
- Plan menus before shopping.
- Choose foods and beverages that are high in nutrients and limited in fats, sugars, salt and alcohol.
- Select milk, fruit juice, or vegetable juice instead of soda.
- Choose yogurt, fruit or nuts instead of ice cream, candy or chips.

2: Weight Management

- Maintain weight within a healthy range.
- Balance the calories you eat with the calories you expend.
- Prevent gradual weight gain over time
- Decrease calories and increase physical activity.

3: Physical Activity

- Reduce your risk of chronic disease by getting 20 minutes of moderate physical activity each day. Walk, hike or bike, do gardening, mow the lawn, or clean the house.
- **Manage** body weight by getting 60 minutes of moderate to vigorous physical activity most days of the week. Keep calorie intake at or below recommendations.
- **Lose** weight by getting 60 to 90 minutes of moderate physical activity daily.

4: Food Groups to Encourage

- Choose a variety of fruits and vegetables daily.
- Eat three or more 1-ounce servings of whole grain per day.
- Consume three cups of low fat milk or milk products. If you cannot drink milk, choose lactose-free milk and milk products.

5: Fat

- Fat intake should be 20-35 percent of total calories with most coming from polyunsaturated and monounsaturated fats.
- Select fish, nuts and vegetable oils.
- Limit snacks and desserts high in fat.
- Read nutrition facts labels.
- Less than 10 percent of fat calories should come from saturated fat.
- Choose lean meat and poultry.
- Trim fat and remove skin before cooking.
- Select fat free or low fat dairy products.
- Choose soft spread margarine and oil rather than solid margarine and shortening.

6: Carbohydrates

- Carbohydrates should make up 45-65 percent of total calories.
- Choose fiber-rich fruits, vegetables, and whole grains.
- Limit simple carbohydrates like sugar, corn syrup and honey.
- Reduce dental caries by practicing good oral hygiene while decreasing foods and beverages high in sugar.

7: Sodium and Potassium

- Consume less than 2,300 milligrams of sodium per day, which is about 1 teaspoon of salt.
- Choose foods low in salt.
- Avoid adding extra salt and use a variety of spices to flavor food instead.
- Consume 3,000 to 4,700 milligrams of potassium each day.
- Eat foods high in potassium like bananas, refried beans, chicken breasts, milk and yogurt.

8: Alcoholic Beverages

- If you choose to drink alcoholic beverages, do so sensibly and in moderation (one drink per day for women and up to two for men— 12 oz. regular beer, 5 oz. wine, 1 1/2 oz. 80-proof distilled spirits).
- Do not drink alcohol if: you cannot restrict alcohol intake, are nursing or pregnant or may become pregnant, under legal age, taking certain medications, or have specific medical conditions.
- Avoid alcohol if you are doing activities or work that require attention, skill or coordination.

9: Food Safety

- Keep you and your family safe from foodborne illness. Prepare, handle and store food safely.
- Clean hands and surfaces often when preparing food.
- Separate raw, cooked, and ready-to-eat foods.
- Cook foods to a safe temperature.
- Chill foods promptly.
- Thaw foods properly.
- Avoid unpasteurized milk, milk products, or juice.
- Do not eat raw or partially cooked eggs or meat.
- Do not eat raw sprouts.
- To avoid spreading germs, do not rinse meat or poultry.

Recipes

broccoli pasta salad

- | | |
|---------------------------------------|-------------------------|
| 1 head broccoli | 1/2 cup onion, chopped |
| 1 pkg (12 oz.) colored rotini noodles | 1 cup mushrooms, sliced |
| 1 green pepper, chopped | 1 cup black olives |
| 2 medium tomatoes, chopped | |

Cut broccoli into florets and put in a colander. Cook noodles according to package directions. Pour noodles and boiling water over broccoli (blanches broccoli and makes it bright green). Drain and rinse with cold water. Place broccoli and noodles in a large bowl; add remaining ingredients. Toss with dressing (recipe below) and marinate in refrigerator for 1-2 hours. Yield: 10-12 servings.

dressing

- | | |
|-------------------------------|---|
| 1/4 cup white vinegar | 1/8 teaspoon dried mustard |
| 2 Tablespoons oil | 1/8 teaspoon salt |
| 1/4 cup water | 1/8 teaspoon pepper |
| 1/4 cup sugar | Dash paprika, garlic powder, and celery |
| 1/8 teaspoon prepared mustard | |

Mix all ingredients until well-blended.

herb seasoning

- 2 Tablespoons dried dill weed
- 2 Tablespoons onion powder
- 1 teaspoon dried basil
- 1 teaspoon celery seed
- 1/12 teaspoons lemon pepper
- Combine all ingredients in small bowl and mix well.
- Spoon into shaker. Store in a cool, dark place.
- Yield: 1/3 cup. *Variation:* To save money use parsley flakes instead of dill weed.

vegetable quesadillas

- | | |
|------------------------------|--------------------------------------|
| 2 flour tortillas | 1/2 cup Monterey Jack cheese, grated |
| 2 Roma tomatoes, chopped | 1/2 cup plain yogurt |
| 1/2 cup bell pepper, chopped | 2 tablespoons salsa |
| 2 green onions, chopped | Lettuce |
| 1 carrot, grated | |

Warm a heavy pan over medium heat. Place a tortilla in pan and warm one side, then flip tortilla over. Place one half of the remaining ingredients on one side of tortilla and fold other half over the filling. Cook about 3 minutes or until cheese is melted. Transfer quesadilla to a plate and keep warm. Repeat for 2nd quesadilla.