



U.S. Department of
Health and Human
Services



National Institutes
of Health



National Heart,
Lung, and Blood
Institute

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**Office of Prevention, Education, and Control
National Heart, Lung, and Blood Institute**

U.S. Dietary Guidelines and Heart Health

NHLBI Program Strategies

- Population-based approach
 - High-risk approach

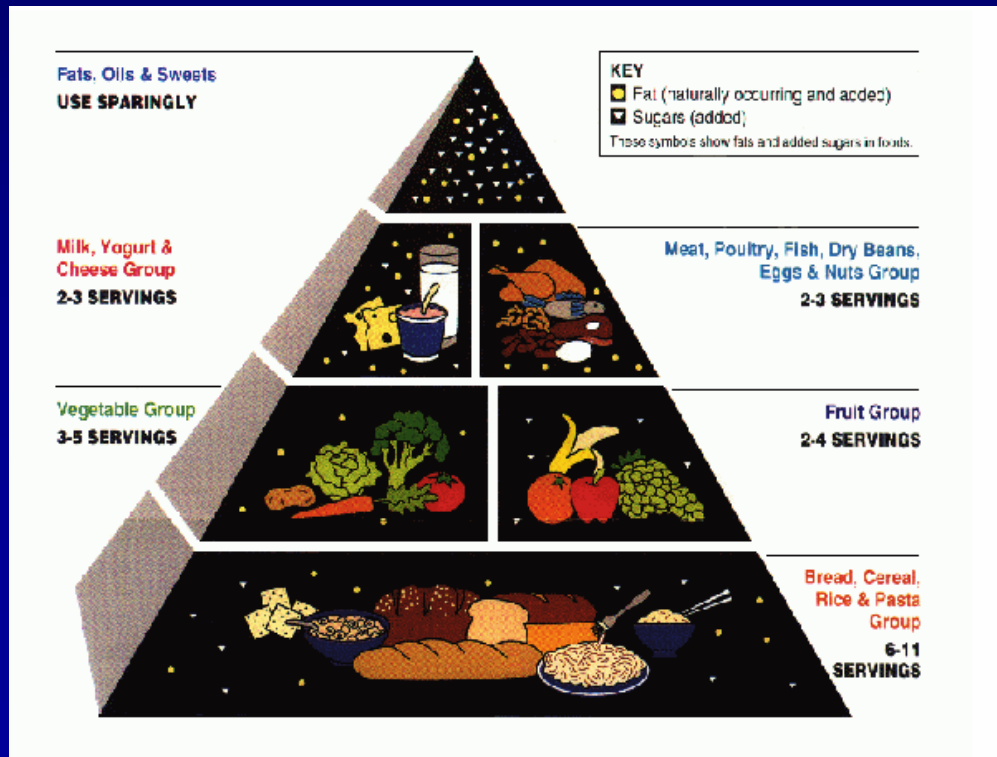
Program Strategies

Population-Based Approach

Guidelines for Healthy Population

Cornerstone of U.S. Nutrition Policy

Cornerstone of Dietary Recommendations for the Population Approach Components of NHLBI Education Programs



Using the
DIETARY GUIDELINES FOR AMERICANS

Aim for Fitness

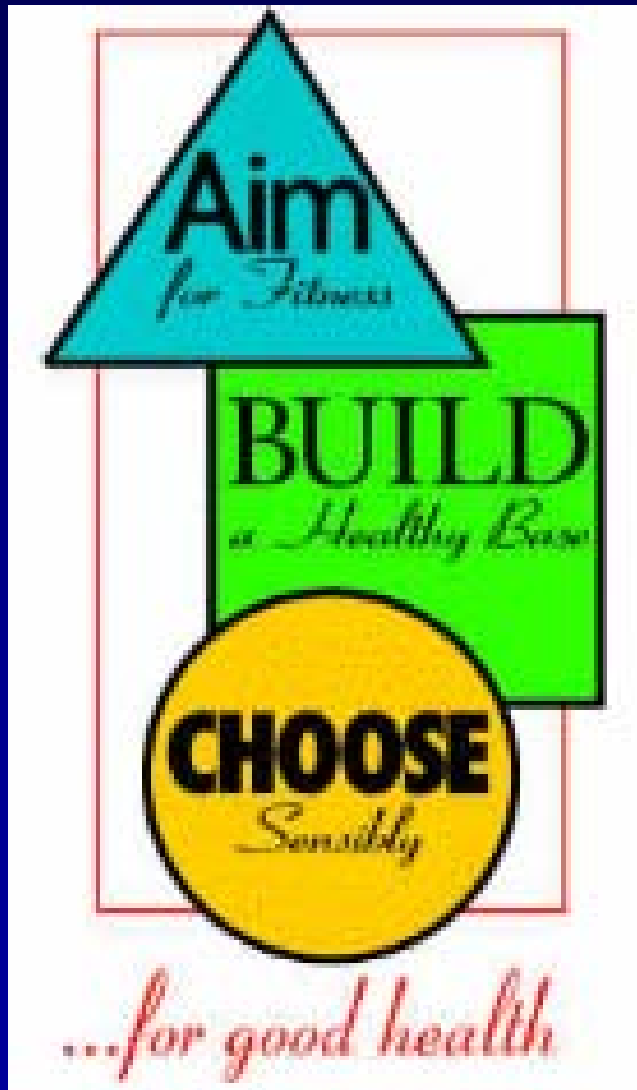
BUILD a Healthy Base

CHOOSE Sensibly

...for good health



*Nutrition and Your Health:
Dietary Guidelines for Americans*



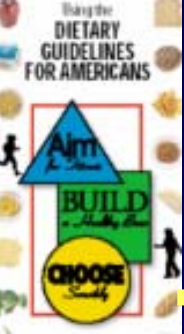
5th Edition, 2000

3 Overarching Concepts

10 Guidelines

6th Edition, 2005

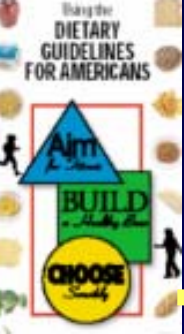
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Dietary Guidelines, 2000

Aim for Fitness

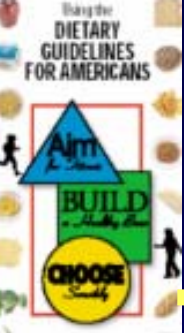
- Aim for a healthy weight
- Be physically active each day



Dietary Guidelines, 2000

Build a Healthy Base

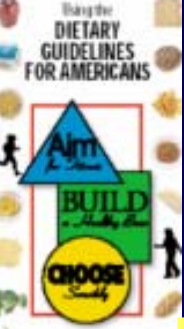
- Let the Pyramid guide your food choices
- Choose a variety of grains daily, especially whole grains
- Choose a variety of fruits and vegetables daily
- Keep food safe to eat



Dietary Guidelines, 2000

Choose Sensibly

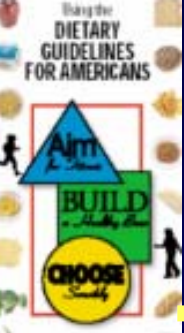
- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
- Choose beverages and foods to moderate your intake of sugars
- Choose and prepare foods with less salt
- If you drink alcoholic beverages, do so in moderation



Report of Dietary Guidelines Advisory Committee, 2004

Major Messages Recommended:

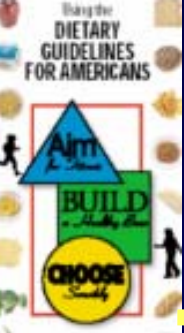
- Consume a variety of foods within and among the basic food groups while staying within energy needs
- Control calorie intake to manage body weight
- Be physically active every day



Report of Dietary Guidelines Advisory Committee, 2004

Major Messages Recommended:

- Increase daily intake of fruits and vegetables, whole grains, and nonfat or low-fat milk and milk products
- Choose fats wisely for good health
- Choose carbohydrates wisely for good health



Report of Dietary Guidelines Advisory Committee, 2004

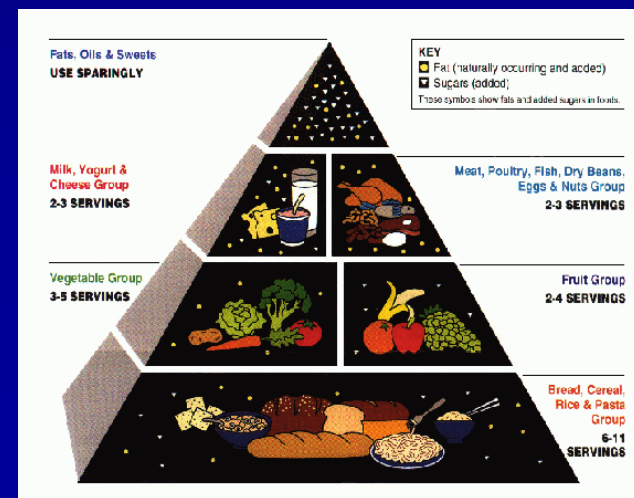
Major Messages Recommended:

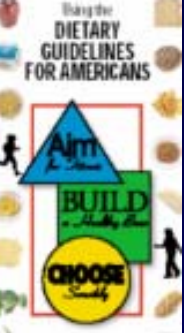
- Choose and prepare foods with little salt
- If you drink alcohol, do so in moderation
- Keep food safe to eat

DHHS/USDA Next Steps

January 2005—Expected release of the Sixth Edition, *Nutrition and Your Health: Dietary Guidelines for Americans*

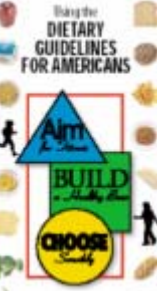
Early in 2005--Expected release of Food Guidance System





Uses of the Dietary Guidelines

- Used by all U.S. government nutrition programs, including
 - Education
 - Food assistance
 - Labeling
 - Research



Food Labeling

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Datos de Nutrición	
Tamaño de la Porción 1 taza (228 g)	
Porciones en el paquete 2	
Cantidad por Ración	
Calorias 250	Calorias de Grasa 110
% Valor Diario*	
Grasa Total 12g	18%
Grasa Saturada 3g	15%
Acido Graso Trans 1.5g	
Colesterol 30mg	10%
Sodio 470mg	20%
Carbohidratos Total 31g	10%
Fibra Dietética 0g	0%
Azúcares 5g	
Proteínas 5g	
Vitamina A	4%
Vitamina C	2%
Calcio	20%
Hierro	4%

www.cfsan.fda.gov/~dms/sfoodlab.html

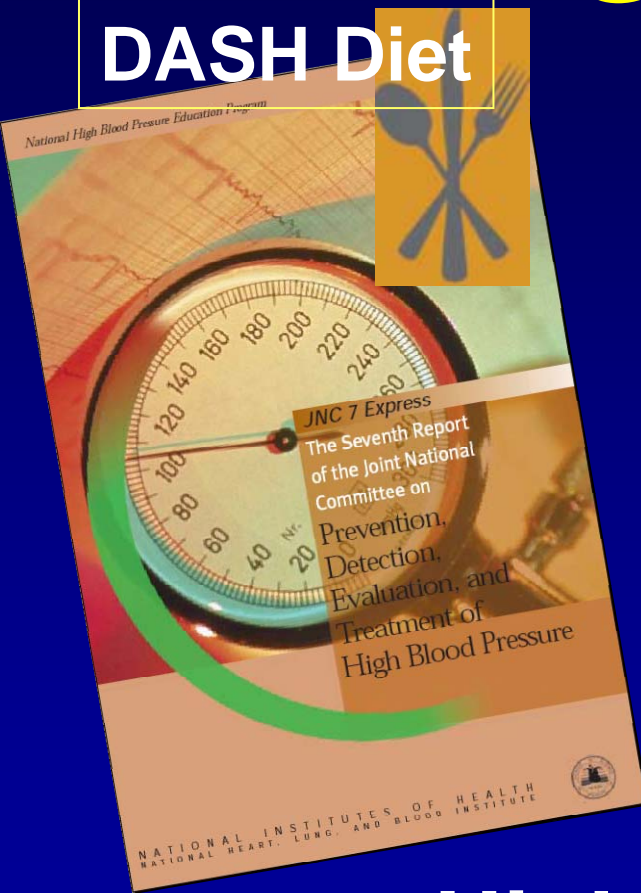
NHLBI Program Strategies

- **Population-based approach**

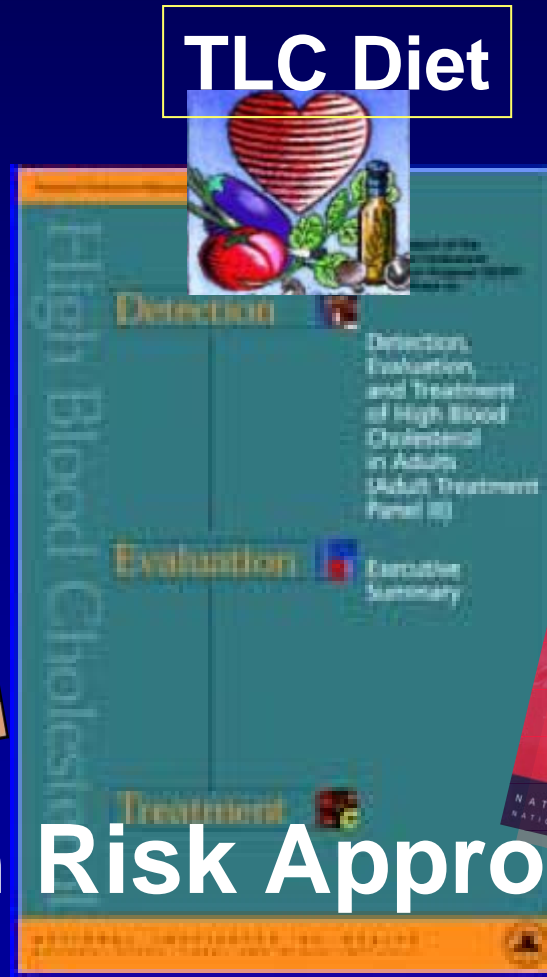
High-risk approach

NHLBI CVD Clinical Guidelines

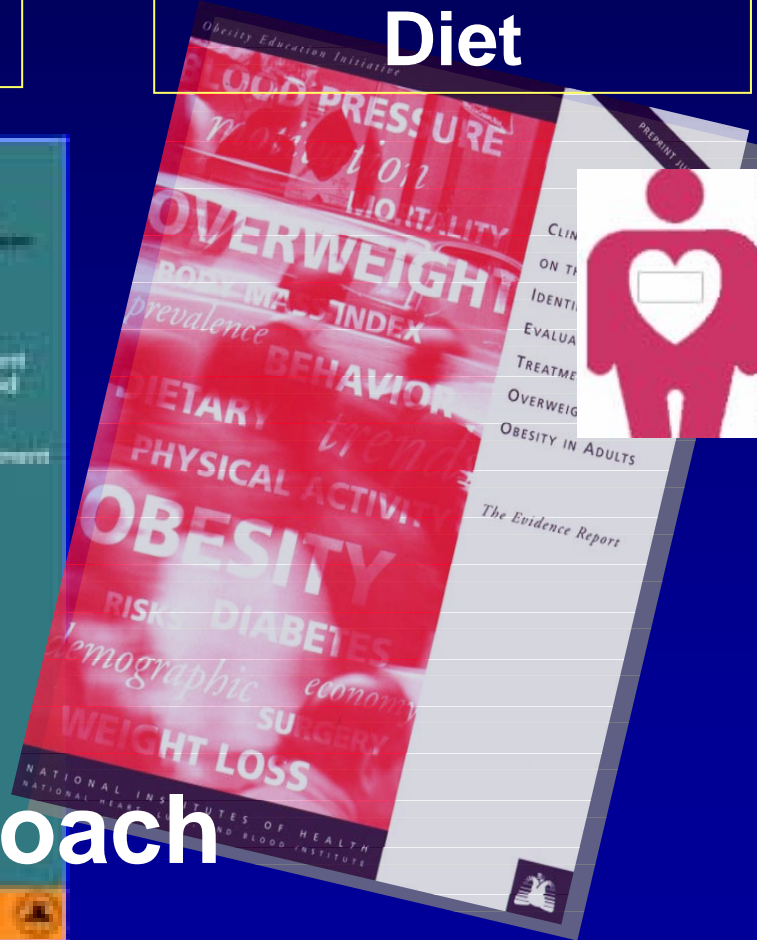
DASH Diet



TLC Diet



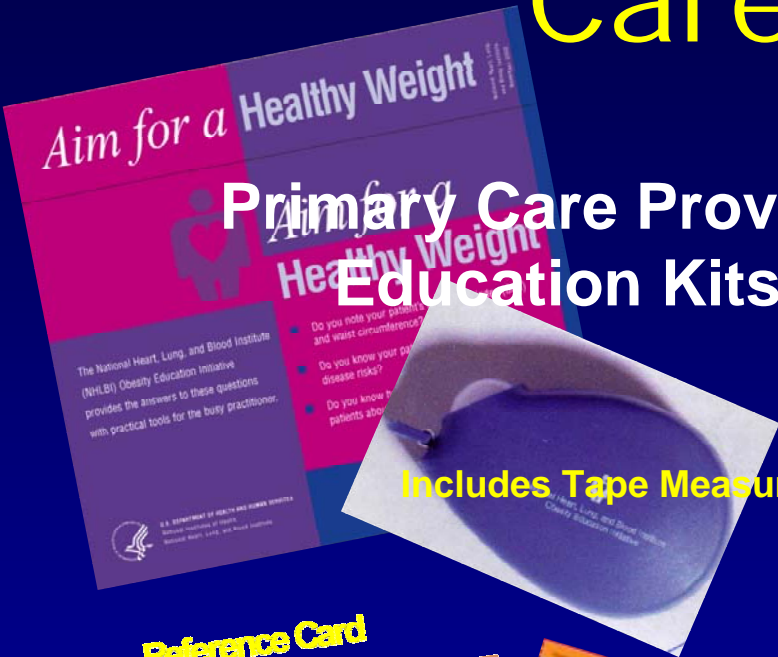
Weight Control Diet



High Risk Approach

Various Tools for Health Care Providers

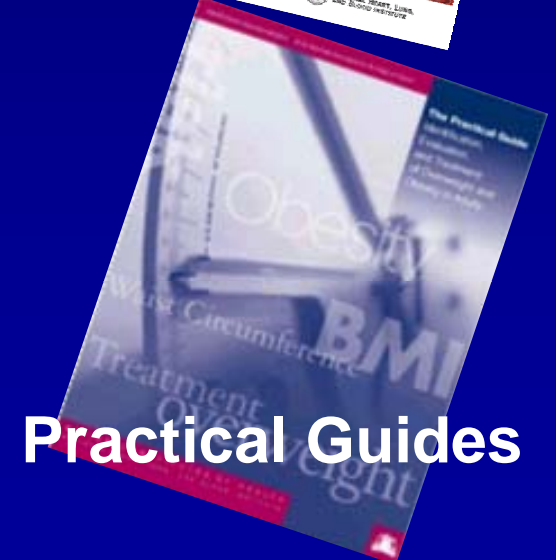
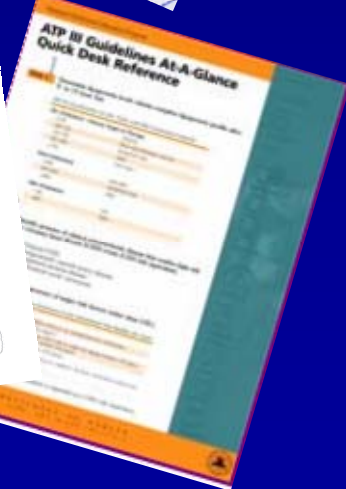
Primary Care Provider Education Kits



Slide Shows



Reference Card



Practical Guides

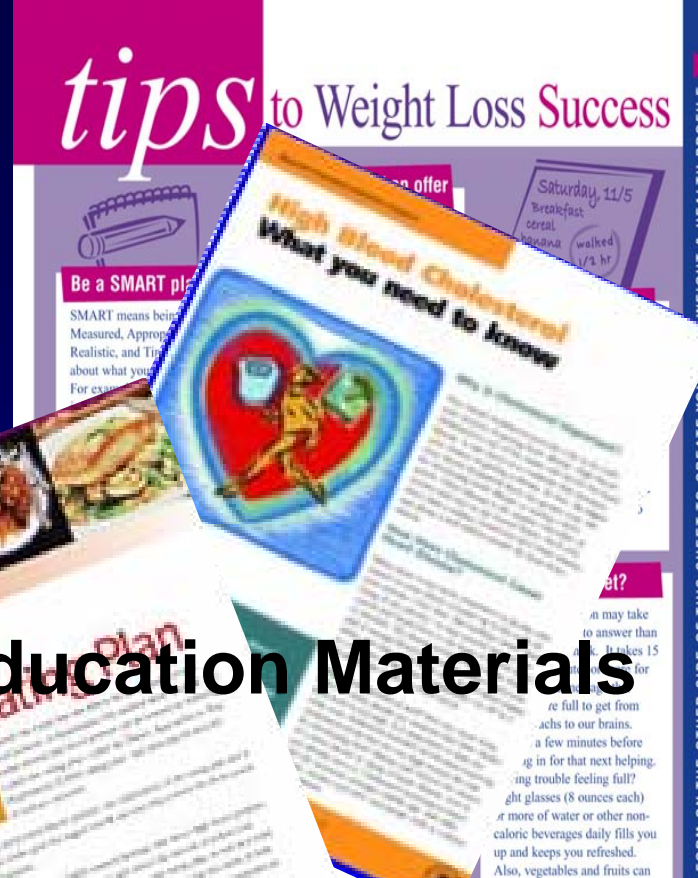
Various Tools for Patients



Palm OS Devices



Patient Education Materials



Menu Planner



Recipes



Radio



HEALTHBEAT RADIO NETWORK

Key Emphasis Components of a Heart - Healthy Diet



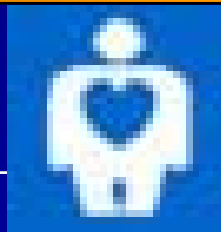
Limit Saturated Fat



Limit salt (sodium)

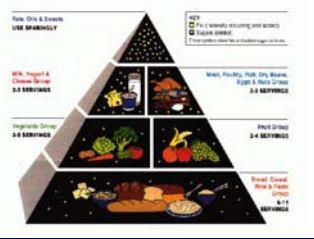
Limit Cholesterol

Calories to Achieve/Maintain Healthy Weight

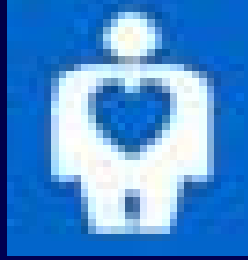


Regular Physical Activity

Moderation, Variety & Nutrient Adequacy



Philosophical Goals

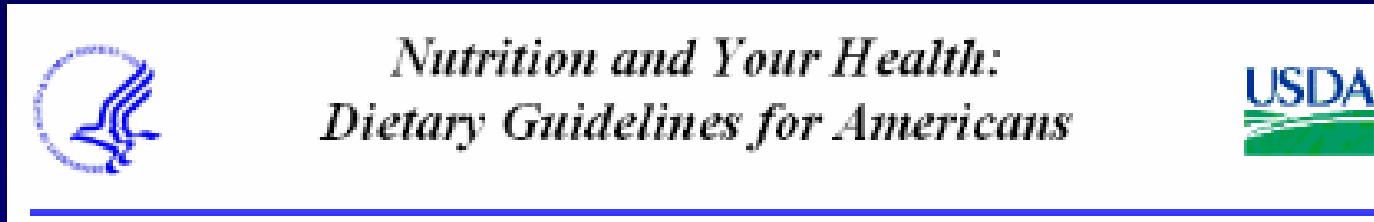


- Promote overall health
- Be based on up-to-date research
- Address the total diet and life style
- Practical
- Useful
- Flexible
- Evolutionary



More details available on DHHS and USDA Web sites:

www.health.gov/dietaryguidelines



www.usda.gov/cnpp/pyramid.html



More details available on NHLBI Web site: www.nhlbi.nih.gov

DASH Diet

TLC Diet

Weight Control Diet

The screenshot shows the NHLBI website homepage. At the top left is the NHLBI logo with the text 'Department of Health and Human Services • National Institutes of Health'. The main header reads 'National Heart, Lung, and Blood Institute' with the tagline 'PEOPLE • SCIENCE • HEALTH'. On the right, there are navigation links for 'HOME', 'SITE INDEX', and 'CONTACT US', along with a search box and links for 'TIPS' and 'ADVANCED SEARCH'. The date 'Tuesday, November 25, 2003' is displayed. The main content area is divided into three columns. The left column contains a sidebar with categories: 'Funding, Training, & Policies', 'Clinical Trials', 'Networks and Outreach', and 'About NHLBI'. The middle column features three main sections: 'Patients and the Public', 'Health Professionals', and 'Researchers', each with a list of links to various resources. The right column contains 'WHAT'S NEW' and 'NEWS/EVENTS' sections, listing recent press releases and conferences. At the bottom right, there is a 'FEATURED' section with a thumbnail image of a research poster.

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National Heart, Lung, and Blood Institute
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HOME SITE INDEX CONTACT US

Search

TIPS ADVANCED SEARCH

Information for...

Patients and the Public

- [A-Z Diseases and Conditions Index](#)
- **Health Information and Publications:**
 - ▶ [HeartVascular](#)
 - ▶ [Lung](#)
 - ▶ [Blood](#)
 - ▶ [Sleep](#)
 - ▶ [Selected Audiences](#)
 - ▶ [See All Items...](#)
- [Health Assessment Tools](#)
- [Educational Tutorials](#)
- [Recipes for Healthy Eating](#)
- [Education Campaigns](#)
- [See All Items...](#)

Health Professionals

- [Clinical Practice Guidelines](#)
- [Health Information and Publications](#)
- [Interactive Tools and Resources](#)
- [Continuing Education](#)
- [Join the Health Information Network](#)
- [See All Items...](#)

Researchers

- [Clinical and Laboratory Research at NHLBI](#)
- [Online Research Resources](#)
- [Workshop, Meeting Summaries, Other Scientific Reports](#)
- [Technology Transfer](#)
- [See All Items...](#)

WHAT'S NEW

- [National Sleep Conference, March 29-30, 2004](#)
- [Fly Embryo RNAi Project](#)
- [Vacancy Announcement: Tenure-Track Position / Hematology Branch](#)
- [See All Items...](#)

NEWS/EVENTS

- [Press Release: Public Access Defibrillation Increases Survival, Nov. 11, 2003](#)
- [Press Release: Keep the Beat: A New Collection of Heart Healthy Recipes, Oct. 30, 2003](#)
- [Press Release: Hostility, Impatience Increase Hypertension Risk, Oct. 21, 2003](#)
- [See All Press Releases...](#)
- [Calendar of Events](#)
- [See All Items...](#)

FEATURED