

2005 Dietary Guidelines for Americans

The *2005 Dietary Guidelines for Americans* give science-based advice on food and physical activity choices for health. Its recommendations are for the general public over 2 years of age. To see the full 80-page *Dietary Guidelines* report, go to www.healthierus.gov/dietaryguidelines. Key concepts from the *Dietary Guidelines* are described below.

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Finding Your Way to a Healthier You

Adapted from *2005 Dietary Guidelines for Americans*

Feel better today. Stay healthy for tomorrow.

Here's how: The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future. The science-based advice of the *Dietary Guidelines for Americans 2005* highlights how to:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.

You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to be healthy. You may not be getting enough physical activity to stay fit and burn those extra calories.

Eating right and being physically active aren't just a “diet” or a “program” – they are keys to a healthy lifestyle. With healthful habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life.

Make smart choices from every food group.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your calorie needs.

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or lowfat milk and milk products.

- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Don't give in when you eat out and are on the go.

It's important to make smart food choices and watch portion sizes wherever you are - at the grocery store, at work, in your favorite restaurant, or running errands. Try these tips:

- At the store, plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.
- When grabbing lunch, have a sandwich on whole-grain bread and choose lowfat/fat-free milk, water, or other drinks without added sugars.
- In a restaurant, opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts to help you avoid impulsive, less healthful snack choices.

Mix up your choices within each food group.

Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and ¼ cup of dried apricots or peaches).

Vary your veggies. Eat more dark-green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.

Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, oats, or corn are referred to as “whole” in the list of ingredients.

Get your calcium-rich foods. Get 3 cups of lowfat or fat-free milk—or an equivalent amount of lowfat yogurt and/or lowfat cheese (1½ ounces

of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Find your balance between food and physical activity.

Becoming a healthier you isn't just about eating healthy—it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day.

- Adults should be physically active for at least 30 minutes most days of the week.
- Increasing the intensity or the time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes every day, or most every day.

Get the most nutrition out of your calories.

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you're trying to gain, maintain, or lose weight. (2,000 calories is the value used as a general reference on the food label. But you can calculate your number at MyPyramid.gov.) You could use up the entire amount on a few high-calorie items, but chances are you won't get the full range of vitamins and other nutrients your body needs to be healthy.

Choose the most nutritionally-rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or lowfat milk products more often.

Nutrition: To know the facts...use the label.

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, *trans* fats, cholesterol, and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high.

Check servings and calories.

Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.

Make your calories count.

Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.

Don't sugarcoat it.

Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

HOW TO READ A NUTRITION FACTS LABEL

Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
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%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % Daily Value

5% or less is Low
20% or more is High

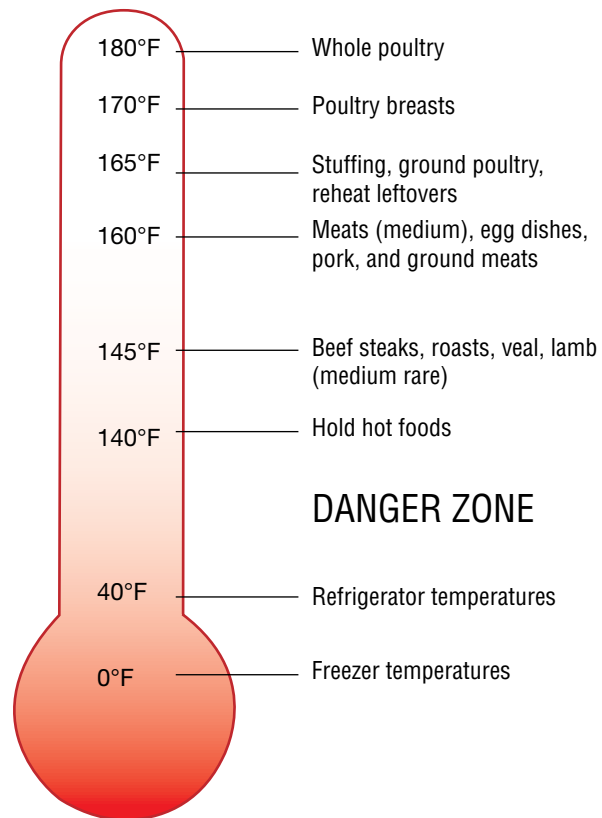
Know your fats. Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20 and 35 percent of calories.

Reduce sodium (salt), increase potassium. Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the saltshaker. Also look for foods high in potassium, which counteracts some of sodium’s effects on blood pressure.

Play it safe with food.

Know how to prepare, handle, and store food safely to keep you and your family safe:

- Clean hands, food-contact surfaces, fruits, and vegetables. To avoid spreading bacteria to other foods, meat and poultry should not be washed or rinsed.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.
- Cook meat, poultry, and fish to safe internal temperatures to kill microorganisms.
- Chill perishable foods promptly and thaw foods properly.



About alcohol.

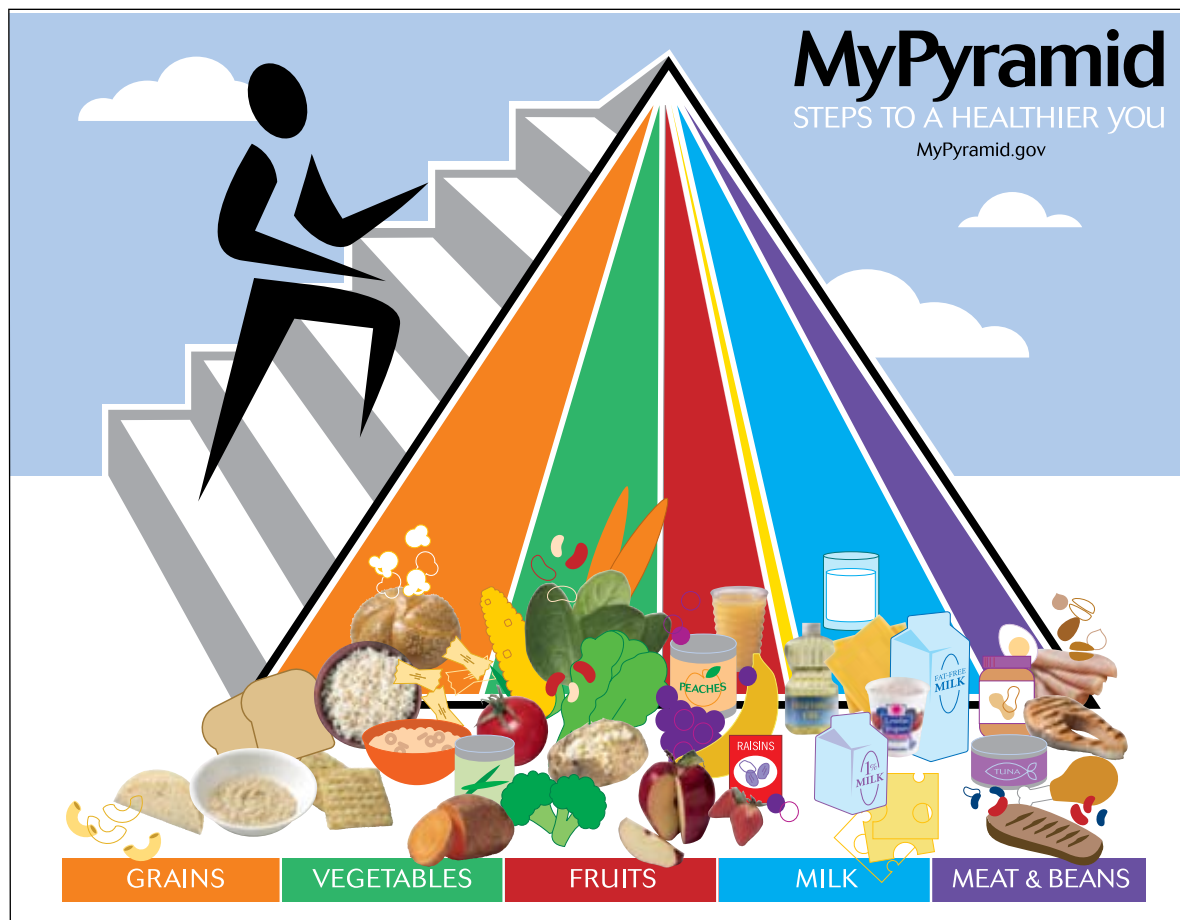
Alcoholic beverages should not be consumed by some individuals, including children and adolescents, among other populations specifically mentioned in the *Dietary Guidelines for Americans*. If adults choose to drink alcohol, they should do so in moderation. Moderate drinking means up to 1 drink a day for women and up to 2 drinks for men. Twelve ounces of regular beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits count as a drink for purposes of explaining moderation. Remember that alcoholic beverages have calories but are low in nutritional value.

Generally, anything more than moderate drinking can be harmful to your health. And some people, or people in certain situations, shouldn't drink at all. If you have questions or concerns, talk to your doctor or healthcare provider.

MyPyramid Food Guidance System

The U.S. Department of Agriculture has packaged recommendations from the *Dietary Guidelines for Americans* into the *MyPyramid Food Guidance System*. *MyPyramid* was designed to provide many options to help Americans make healthy food choices and to be active every day. The recommendations in *MyPyramid* are for the general public over 2 years of age. *MyPyramid* is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a healthcare provider to determine what dietary pattern is appropriate for them. For more detailed information, go to MyPyramid.gov. The *MyPyramid* graphic, slogan, messages, and anatomy are depicted below.

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<p>GRAINS Make half your grains whole</p> <p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>VEGETABLES Vary your veggies</p> <p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>FRUITS Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>MILK Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>MEAT & BEANS Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>
<p>For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.</p>				
<p>Eat 6 oz. every day</p>	<p>Eat 2 1/2 cups every day</p>	<p>Eat 2 cups every day</p>	<p>Get 3 cups every day; for kids aged 2 to 8, it's 2</p>	<p>Eat 5 1/2 oz. every day</p>
<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or most days. <p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, <i>trans</i> fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 				

Your food and physical activity choices each day affect your health—how you feel today, tomorrow, and in the future.

These tips and ideas are a starting point. You will find a wealth of suggestions at MyPyramid.gov that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

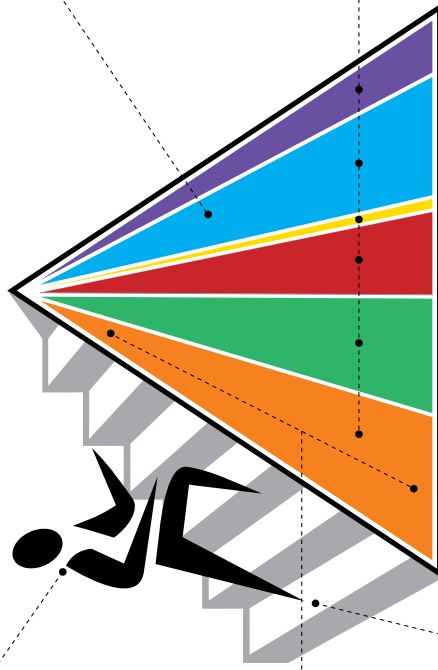
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



MyPyramid.gov
STEPS TO A HEALTHIER YOU



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Food and Nutrition Service
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Facts About Heart Disease

Did you know?

- Coronary heart disease is the *single* largest killer of American males and females.
- About every 26 seconds an American will suffer a coronary event, and about every minute someone will die from one.
- In 2005, 37 percent of students in grades 9 to 12 viewed television 3 or more hours on the average school day.
- In 2005, 24 percent of adult Americans did not participate in any leisure-time physical activities in the past month.
- The risk of developing heart disease may be decreased by following a healthy diet and being physically active.

What is heart disease?

Heart disease occurs when the arteries that supply blood to the heart muscle become hardened and narrowed due to a buildup of plaque on the inner walls of the arteries. Heart disease causes a decrease in the heart's ability to work properly. Heart attacks, strokes, and high blood pressure are all factors that can damage the heart.

What is a heart attack?

A heart attack can occur when an artery that supplies blood to the heart becomes blocked. This can happen when there is a buildup of fat or cholesterol or a blood clot. Without oxygen-rich blood, the heart muscle suffers significant damage and dies.

What is a stroke?

A stroke occurs when an artery that transports blood and oxygen to the brain becomes blocked or when a blood vessel in the brain bursts. Without enough oxygen, brain cells die resulting in memory loss as well as an inability to talk, walk, or move. Once brain cells die, they cannot be replaced.

What is high blood pressure?

Blood pressure is a measure of the force with which blood pushes against the artery walls as it is pumped through the cardiovascular system. Optimal blood pressure for adults is $< 120/ < 80$. A blood pressure reading of 140/90 is considered high and is diagnosed as hypertension. Hypertension means that there is too much pressure on the artery walls and the heart has to work harder to pump blood. High blood pressure can begin in childhood, and over time may cause the heart to enlarge and the arteries to become scarred, hardened, and less elastic. Less elastic arteries are more likely to become clogged, setting the stage for a heart attack or stroke. High blood pressure can also lead to kidney failure if blood vessels in the kidney are damaged, and/or blindness as arteries in the eye become too narrow. One in four Americans suffers from high blood pressure and nearly one-third of these people do not know they have it.

What are the risk factors for heart disease?

High blood pressure. Excessive sodium intake has been shown to raise blood pressure. The *2005 Dietary Guidelines for Americans* recommends eating no more than 2,300 mg. of sodium (the amount found in 1 teaspoon of salt) a day. By age 17, the average child consumes 3,670 mg. daily!

High blood cholesterol. Consuming foods high in saturated fat, *trans* fat, and cholesterol, such as meat, milk, and milk products, can lead to high blood cholesterol levels. About 10 percent of adolescents ages 12–19 have total cholesterol levels exceeding 200 mg/dL, which is considered high total blood cholesterol.

Obesity and overweight. Being 20 percent or more above ideal body weight doubles the risk of developing heart disease. Extra weight around and above the waist is associated with an increased risk.

Physical inactivity. The risk for heart disease is 1.5 to 2.4 times higher for people who are inactive compared with those who are physically active on a regular basis. This increase in risk is comparable to that observed for people who have high blood cholesterol or high blood pressure, or people who smoke cigarettes.

Smoking. Smokers have more than double the risk of having a heart attack than nonsmokers. Smoking damages the blood vessels and stimulates the development of fatty deposits around the arteries.

Heredity. High blood cholesterol and high blood pressure are also related to genetics. Children whose parents have high cholesterol or high blood pressure are more likely to develop these conditions which contribute to heart disease.

Gender. Men have more heart disease than women, but it is still the greatest killer of women.

Age. About four out of five people who die of a heart attack are age 65 or older. Heart disease primarily affects middle-aged and older adults, but the risk is increasing in younger people, especially among overweight, inactive young adults.

How can I decrease my risk of developing heart disease?

Fill up on fiber. You can increase the amount of fiber in your diet by including more beans. Try cooking chili and bean soups; add kidney beans to rice and salads. Root vegetables, such as sweet potatoes, are good sources of fiber. Try adding these vegetables to soups or stews. Add apples and pears to slaws and salads. Other good sources of fiber are peas, oranges, raspberries, oat bran, whole-wheat breads, rye wafer crackers, and whole-grain breakfast cereals. Read the food label; foods with 20% or more of the % DV for fiber contribute a large amount, while foods with 5% or less of the % DV contribute a small amount of fiber.

Eat less saturated and trans fats. Know your limits for fat. Adults should keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. The recommendation for children and adolescents is to keep total fat intake between 25 to 35 percent of calories for ages 4 to 18.

Choose baked, steamed, or broiled rather than fried foods most often. Limit your consumption of solid or saturated fats such as butter and hard or stick margarine. Use vegetable oils (canola, olive, safflower, corn, sunflower, sesame seed) as a substitute. Other major sources of saturated fat include ground beef (hamburger meat), sausage, hot dogs,

bologna, whole milk, cheese, ice cream, pies, pastries, and chocolate bars. Choose lean meats and poultry and fat-free or lowfat (1%) milk products and soft margarine. Cut back on hard or stick margarine, cakes, cookies, and pies that contain partially hydrogenated oils (*trans* fat).

Eat fewer foods that are high in cholesterol. Foods containing cholesterol come from animals and animal products such as meat, poultry, shellfish, whole milk and whole-milk products, butter, lard, and egg yolks.

Eat fewer high-sodium foods. High-sodium foods include many processed foods that are canned or dehydrated such as instant ramen noodle soups; processed meats (hot dogs, bologna, sausage, bacon); processed cheese (American); frozen dinners; canned pasta and soups; flavored rice and pasta mixes; and most fast foods. Look for lower-sodium versions of many of these products.

Be physically active to protect your heart. Physical activity can raise HDL (good) cholesterol, lower blood pressure, and help maintain weight. Adults should get at least 30 minutes of moderate-intensity physical activity most days of the week, preferably every day. Children and adolescents need 60 minutes of physical activity on most, preferably all, days of the week, including moderate to vigorous exercise. Examples of moderate physical activities include: light gardening/yard work, walking, and dancing.

For more information on heart disease, contact your local chapter of the American Heart Association or visit www.americanheart.org.

Facts About Diabetes

Did you know?

- Diabetes is the sixth leading cause of death in the United States.
- Diabetes is a chronic disease for which there is no cure. Altogether, diabetes contributed to 213,000 deaths in 2000.
- Approximately 20.8 million or 7% of all Americans have diabetes, however one-third of them do not know they have it.
- Each year more than 82,000 amputations are performed on Americans with diabetes.
- Ten to 21 percent of all people with diabetes develop kidney disease.
- The prevalence of type 2 diabetes is on the rise among adolescents. Studies indicate that type 2 diabetes is becoming more common among Native American, African-American, and Hispanic children and adolescents.

What is diabetes?

Diabetes occurs when the body is unable to transport sugar from the blood into the cells in the body. Left untreated, diabetes can lead to blindness, kidney failure, and nerve damage in the feet and the legs.

What are the two types of diabetes?

1. Type 1 diabetes occurs when the body is unable to produce insulin (the hormone that transports sugar from the blood into cells). Type 1 diabetes usually develops in childhood, and its cause is not entirely understood. Some scientists have linked it to both genetic and environmental components.
2. Type 2 diabetes occurs when there is a decrease in the cells' sensitivity to insulin. It usually occurs in adults over the age of 40 who are overweight or obese and physically inactive, but there is now a rise in the number of children and adolescents diagnosed with the disease. It is believed that an increase in overweight rates among young people is one component of the factors that lead to increases in type 2 diabetes.

What are the risk factors for type 2 diabetes?

- Diet
- Physical inactivity
- Obesity and overweight
- Family history of diabetes

How can I decrease my risk of developing type 2 diabetes?

- Follow a healthy diet low in fat and rich in fruits and vegetables to help prevent excessive weight gain.
- Get at least 30 minutes of moderate-intensity physical activity most days of the week, preferably every day for adults and at least 60 minutes of physical activity for children and adolescents on most, preferably all, days of the week.

For more information, contact the American Diabetes Association at 800-342-2383 or visit www.diabetes.org.

Facts About Fats

Fats are the most concentrated source of calories and some fats have been associated with the development of heart disease and other serious illnesses. Although a high intake of fat has been associated with the development of certain diseases, certain types of fats are essential for good health.

Why do we need some fat in our diet?

Fat:

- provides essential fatty acids such as linolenic, also known as Omega-3, and linoleic, also known as Omega-6 (essential fatty acids are fats that the body cannot manufacture);
- is necessary for the absorption of important vitamins (A, D, E, K); acts as an insulator to maintain body temperature; supplies oils to skin and hair follicles for a healthier complexion and shiny hair;
- improves the taste of foods and promotes digestion.

What are the different types of fats?

Saturated fats are usually solid or almost solid at room temperature (e.g., butter, lard). These foods introduce cholesterol into the body which may raise blood cholesterol levels and increase the risk of cardiovascular disease. Saturated fat is found in animal products such as meat, poultry, and whole-fat milk and milk products, such as cheese, butter, and cream, as well as processed and fast foods.

Unsaturated fats (e.g., monounsaturated, polyunsaturated) are usually liquid or soft at room temperature (e.g., vegetable oils and soft margarine). Some exceptions include unsaturated fats found in olives, avocados, and peanut butter. When substituted for saturated fat, unsaturated fat may lower cholesterol levels or help reduce the risk of heart disease.

Trans fats are created when oils are “partially hydrogenated” to turn liquid oils into solid margarine or shortening. Foods that are high in *trans* fat include hard or stick margarine, cakes, cookies, pies, and other fatty foods made with partially hydrogenated (partially hardened) oils. *Trans* fat contributes to elevated blood cholesterol levels and can increase heart disease risk.

How can I know the limits on fats in my diet?

The maximum amount of fat a person should consume daily depends on his or her age, gender, physical activity, growth, and the number of calories he or she consumes. It is recommended that adults should keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. The recommendation for children and adolescents is to keep total fat intake between 25 to 35 percent of calories for ages 4 to 18 years old. Make sure your total fat intake is within the recommended range.

1. Limit your use of solid or saturated fats such as butter and hard or stick margarine. Use vegetable oils (canola, olive, safflower, corn, sunflower, sesame seed, or tub margarine low in saturated and *trans* fat) as substitutes.
2. Cut back on foods that contain partially hydrogenated oils such as cakes, cookies, and pies.
3. Avoid foods that are fried such as chicken and fish, French fries, fried cheese and zucchini sticks, donuts, and potato chips. Replace these items with those that are baked.
4. Choose fat-free or lowfat (1%) milk products.
5. Choose lean meats and poultry without skin.
6. Read your Nutrition Facts label to compare the % DV for fat and saturated fat and to choose foods with a lower % DV. Foods with 5% DV or less for fat contribute a small amount of fat while 20% DV or more for fat contribute a large amount.

What is your Limit on Fat?

<i>Total Calories Per day</i>	<i>Saturated Fat in Grams*</i>	<i>Adolescents Total Fat in Grams**</i>
1,600	18 or less	44-62
2,000	20 or less	56-78
2,200	24 or less	61-86
2,500	25 or less	69-97
2,800	31 or less	78-109

* This limit is less than 10% of calories from saturated fat.

** This limit is 25-35% of calories from total fat.

Compare the Saturated Fat in Foods

<i>Food Category</i>	<i>Saturated Fat Content in Grams</i>	<i>% Daily Value of Saturated Fat**</i>
Cheese---1 oz.		
Regular cheddar cheese	6.0	30.0%
Lowfat cheddar cheese*	1.2	6.0%
Ground Beef---3 oz. cooked		
Regular ground beef (25% fat)	6.1	30.5%
Extra lean ground beef (5% fat)*	2.6	13.0%
Milk---1 cup		
Whole milk (3.24%)	4.6	23.0%
Lowfat (1%) milk*	1.5	7.5%
Breads---1 medium		
Croissant	6.6	33.0%
Bagel*	0.2	1.0%
Frozen Desserts---1/2 cup		
Regular ice cream	4.9	24.5%
Frozen yogurt, lowfat*	2.0	10.0%
Table spreads---1 tsp.		
Butter	2.4	12.0%
Soft margarine with zero <i>trans</i> *	0.7	3.5%
Chicken---3 oz.		
Fried chicken (leg with skin)	3.3	16.5%
Roasted chicken (breast, no skin)*	0.9	4.5%
Fish---3 oz.		
Fried fish	2.8	14.0%
Baked fish*	1.5	7.5%

* Choice that is lower in saturated fat

** Percent Daily Values (DV) are estimated based on a 2,000-calorie diet.

Facts About Cholesterol

High blood cholesterol can increase your risk of developing heart disease. Although eating too much saturated fat is the chief culprit in raising blood cholesterol, eating too much dietary cholesterol can also play a part.

What is cholesterol?

Cholesterol is a fatty-like substance that the body uses for many chemical processes. It builds and repairs cells, is used to produce sex hormones, such as estrogen and testosterone, is converted to bile acids to help you digest food, and is found in large amounts in brain and nerve tissue.

Where does cholesterol come from?

Your liver manufactures cholesterol, and you can also consume cholesterol in foods. Dietary cholesterol is found only in foods that are of animal origin such as meat (particularly organ meats like liver or kidney), egg yolks, shellfish, and milk and milk products. There is no cholesterol in plant foods such as fruits, vegetables, and vegetable oils.

What are the different types of cholesterol?

Cholesterol travels in the blood in combinations called lipoproteins.

Low Density Lipoprotein (LDL) is often called “bad” cholesterol because too much LDL in the blood can lead to cholesterol buildup and blockage in the arteries. LDL delivers cholesterol to your arteries which can lead to a buildup of plaque. Over time, a buildup of plaque can make your arteries narrower and narrower. As a result, less blood gets to the heart and the risk of heart disease increases. Eating too much saturated fat and cholesterol can raise the level of LDL cholesterol in your blood.

High Density Lipoprotein (HDL) is known as “good” cholesterol because HDL helps remove cholesterol from the blood, preventing it from accumulating in the arteries. High levels of HDL are associated with a decreased risk of heart disease. Regular physical activity can increase HDL levels.

How can I lower my blood cholesterol?

Limit daily dietary cholesterol to 300 mg or less. Foods high in cholesterol include liver, egg yolks, and shrimp.

Limit intake of saturated fats. Saturated fats are mostly found in animal fat, such as lard, butter, beef fat, and cream. Use the leanest cuts of meat, avoid the skin of poultry, and use fat-free or lowfat milk, yogurt, and cheese. Tropical oils, such as palm, palm kernel, and coconut, also contain large amounts of saturated fats. These oils are hidden in coffee creamers, whipped toppings, commercially baked goods, and chocolate candy.

Limit intake of trans fatty acids. Trans fats are created when foods are partially hydrogenated to make them solid—like stick margarine. These types of fats can also be found in commercially baked goods, fried foods, and prepared convenience foods. Liquid oils and trans fat-free soft margarines are your best choices.

Increase your fiber intake. Foods containing soluble fiber (such as oats, beans, lentils, barley, and vegetables, and fruits, such as apples, pears, raspberries, oranges, and bananas) can help lower blood cholesterol levels. The soluble fiber in these foods helps reduce the fat and cholesterol that your body absorbs from your intestinal tract.

Two cups of fruits and 2½ cups of vegetables a day are recommended for a 2,000-calorie diet. Fruits and vegetables provide fiber, vitamins, minerals, antioxidants, and phytochemicals. Oranges, guava, pears, okra, cooked dry beans, and peas are high in soluble fiber, which has been shown to lower cholesterol. Sweet potatoes, potatoes, tomatoes, cantaloupes, watermelons, carrots, and peaches are high in beta-carotene and other nutrients. Spinach, broccoli, cabbage, and other green leafy vegetables are a rich source of antioxidants.

Stay physically active. Adults should get at least 30 minutes of moderate-intensity physical activity most days of the week, preferably every day. Children and adolescents need at least 60 minutes of physical activity every day.

Facts About Sodium

Nearly one in three adults has high blood pressure. Studies indicate that a diet high in sodium can lead to an increase in blood pressure.

What is sodium?

Sodium is a mineral that is essential for life. It is important for maintaining proper fluid balance in the body and aids in nerve transmission and muscle contraction.

How much sodium do our bodies need?

To replace salt lost in urine, feces, and sweat, the body needs about 500 mg of sodium a day (less than ¼ teaspoon of salt). It is recommended for adults to consume no more than 2,300 mg of sodium (about 1 teaspoon of salt) a day. For 9- to 13-year-olds, the recommendation is 2,200 mg/d.

Where do we get sodium from?

Salt is our number one dietary source of sodium. The average American eats 6,000 mg of sodium (2½ teaspoons of salt) a day, which exceeds recommendations: 15 percent comes from the salt shaker, 10 percent occurs naturally in foods, and 75 percent is in processed foods (luncheon meats, bacon, sausage, canned soups and vegetables).

How can I decrease the sodium in my diet?

- Limit your intake of processed foods.
- Choose unprocessed meats.
- Choose fresh or frozen fish, shellfish, and poultry more often.
- Choose fresh, plain frozen, or canned vegetables without added salt more often.
- Do not use salt at the table.
- Do not add salt while preparing meals.
- Substitute herbs, spices, or lemon juice for salt.
- Read Nutrition Facts labels and choose foods with lower levels of sodium and/or salt.

Foods Typically High In Sodium*

Processed cheese	Luncheon meats
Hot dogs	Bacon
Catsup	Many frozen entrees
Soy sauce	Canned entrees
Canned soups	Flavored pasta and rice mixes
Pizza	Most chips
Many snack crackers	

* You can usually find lower sodium versions of these foods.