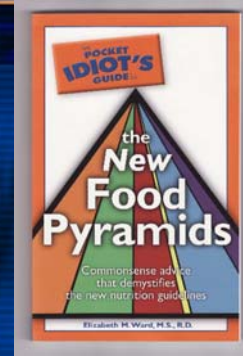


MyPyramid in Perspective

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A New Twist On An Old Icon

- MyPyramid released in 2005
- Replaces the Food Guide Pyramid, released in 1992
- MyPyramid is based on the 2005 Dietary Guidelines for Americans, a joint effort of the USDA and USDHHS

A Rock-Solid Foundation

- DGAs provide eating suggestions for ages 2+
- DGAs promote wellness and reduce risk of chronic conditions such as heart disease and cancer
- DGAs include physical activity suggestions

DGAs, Food Groups to Encourage

- Consume enough fruits and vegetables while staying within energy needs. Choose a variety of fruits and vegetables each day. Select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more servings (at least half) of whole-grain products per day; remainder from enriched or whole-grain products.
- Consume 2-3 cups per day of fat-free or low-fat milk or equivalent milk products.

Dietary Guidelines for Americans

Sodium and Potassium:

- Consume less than 2,300 mg (approximately 1 tsp of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

MyPyramid: It Gets Personal

- MyPyramid does not take a one-size-fits-all approach
- 12 different eating plans
- Calorie needs determined by:
 - Age
 - Gender
 - Physical activity level

MyPyramid: The Foundation

MyPyramid: The Foundation

- Balance
- Variety
- Moderation

MyPyramid: The Foundation

Nutrient Density:

- Nutrient dense foods provide substantial amounts of vitamins and minerals with relatively few calories.
- Examples:
 - Potatoes: Baked provides twice the potassium of a small serving of fries.
 - Bread: Whole wheat has twice the fiber of white.
 - Chicken: Grilled has nearly double the protein of chicken nuggets with 75% less fat.

Physical Activity

- How much is enough?
- Kids: 60 minutes on most days
- Adults:
 - 30 minutes, minimum
 - 60 minutes to reap health benefits and prevent weight gain
 - 60-90 minutes to maintain weight loss and reap health benefits
- Moderate and vigorous activities preferred.

Discretionary Calories

- Calories left over after accounting for calories required to meet nutrient needs with lower-fat, lower-sugar foods
- No questions asked: spend them any way you like
- Each eating plan has about 10-15% of discretionary calories

My Pyramid: It Gets Personal

Examples of daily calorie needs:

- Sedentary 6 year-old: 1,400
- Active 8 year-old boy or girl: 2,000
- Active 16 year-old boy: 2,400
- Sedentary woman, 31-50 years: 1,600
- Sedentary man, 21-40 years: 2,400

Anatomy of MyPyramid

Activity

Moderation

Personalization



Proportionality

Variety

Gradual Improvement



Put MyPyramid: Put it to Use

1. Determine daily calorie level for weight maintenance
2. Weight loss: Subtract 500, with 1,600 calorie minimum per day
3. Weight gain: Add 500
4. Pregnant: Add 500
5. Nursing: Add 500

MyPyramid: How to put it to use

Example: 2,000 calories/day

Food Group	# of Servings Per Day
Grains	6
Vegetables	2.5
Fruits	2
Fats and Oils	6
Milk	3
Meat and Beans	5.5

The 5 Food Groups

(+ Fats and Oils)

Grain Group

- Carbohydrate, fiber, B vitamins, minerals
- Whole grains are preferred
- Whole grains retain more:
 - Dietary fiber
 - B vitamins
 - Vitamin E
 - Selenium
 - Phytonutrients

Grain Group

- Any grain can be a whole grain. Examples:
- Whole wheat crackers, pasta, bread, tortillas
 - Bulgur
 - Oatmeal
 - Popcorn
 - Quinoa
 - Whole grain barley, couscous

Grain Group

- What counts as a serving (examples):
 - 1 ounce bagel or bread
 - 1/2 cup cooked rice, pasta, oatmeal
 - 1 6" flour or corn tortilla
 - 3 cups popcorn

Vegetable Group

- Common denominators:
- Carbohydrate
 - Fiber
 - Water
 - Carotenoids
 - Vitamin C
 - Phytonutrients
 - Potassium
 - Low in fat, no cholesterol

Vegetable Group

- Divided into 5 subgroups:
 - Dark Green
 - Orange
 - Dried Peas and Beans
 - Starchy
 - Others

Vegetable Group

- What counts as a serving?
 - 1 cup raw or cooked vegetable
 - 2 cups raw, leafy greens
 - 1 cup vegetable juice (choose low-sodium)

Less than 11% of Americans meet the guidelines for daily fruit and vegetable consumption.

Fruit Group

- Common denominators:
 - Carbohydrate
 - Water
 - Fiber
 - Potassium
 - Carotenoids
 - Vitamin C
 - Low in fat, no cholesterol

Fruit Group

- Fruit is sweet, fun, and appealing
- Variety is key
- Juice counts:
 - Make it 100% fruit juice
 - Avoid “cocktails,” “drinks,” “beverages,” “ades”
 - 7-18 years: 8-12 ounces juice a day (American Academy of Pediatrics)

Fruit Group

- What counts as a serving?
- Any fresh, canned, frozen, dried, cut-up, whole, or pureed fruit (and juice)
 - 1 medium apple
 - 1 cup berries
 - 1 large orange
 - 1 cup pineapple
 - 1/4 cup dried fruit
 - 1 cup 100% fruit juice

Milk Group

- Common denominators
 - Calcium
 - Protein
 - B vitamins
 - Other nutrients:
 - Vitamin D
 - Vitamin A
 - Phosphorus

Milk Group

- Members:
- Milk
 - Yogurt
 - Milk-Based Desserts
 - Cheese
 - Hard
 - Soft
 - Processed cheeses

Milk Group

- Ages 2-8: 2 cups of milk daily (16 oz)
- Ages 9+: 3 cups of milk daily (24 oz)

Why Milk Matters

- Fat-free and low-fat milk are the most nutrient-dense selections in the milk group.
- Milk is the only reliable dairy source of vitamin D. Eight ounces provides 50% of a child's daily needs.
- These are equal to 8 oz. of fat-free or low-fat milk:
 - 1 1/2 ounces hard cheese, such as Cheddar
 - 2 ounces processed cheese
 - 2 cups cottage cheese
 - 1 cup plain yogurt

Curb the Calcium Crisis

- Milk competes with other soft drinks, particularly in older children.
- 90% of girls and 70% of boys do not get the calcium they need on a daily basis. (Source: American Academy of Pediatrics. Pediatrics. 2006; 117 (2): 578-585.)
- Low calcium and vitamin D intakes compromise bone development, setting the stage for osteoporosis, a pediatric disease with geriatric consequences.
- Milk also helps head off high blood pressure and may help with "girth" control as part of balanced eating plan.

Keep Milk Front and Center

- Take advantage of fun packaging, like milk chugs.
- Flavored milk is OK!
 - Flavoring doesn't decrease nutritional value.

Meat and Beans Group

- Protein is the dominant nutrient
- Amino acids:
 - Raw materials to build cells
 - Plant and animal foods supply amino acids
 - Only animal foods supply all or nearly all of the amino acids to support life
 - Plant foods lack one or more essential amino acid(s)

Meat and Beans Group

- An unlikely bunch:
 - Meat
 - Poultry
 - Fish
 - Dry beans and peas
 - Nuts and seeds
 - Eggs

Meat and Beans Group

- The case for variety:
- Iron and zinc: meat, poultry, clams, oysters
 - Magnesium: halibut, pumpkin seeds, cashews, lentils
 - Vitamin E: nuts and seeds
 - Fiber: dry beans and peas

Meat and Beans

- Downside: Some members contain high levels of saturated fat and cholesterol:
 - Fatty cuts of beef and pork
 - Regular (75 to 85% lean) ground beef
 - Ground turkey and chicken (must be 100% white meat to be lean)
 - Regular sausages, hot dogs, bacon
 - Luncheon meats, including bologna

Meat and Beans Group

- A serving is the amount equal to one ounce of meat, poultry or seafood.
- Examples:
 - 1 ounce meat, poultry, seafood (light vs. white tuna)
 - 1 whole egg
 - 1/2 ounce nuts
 - 1 tablespoon peanut butter
 - 1/2 cup lentil soup
 - 2 tablespoons hummus
 - 1/4 cup (about two ounces) tofu

Fats and Oils Group

- Fat is a vital source of calories, Essential Fatty Acids, and vitamin E
- Lends flavor, texture, and interest to food
- All fats supply 9 calories per gram, but are not created equal
- Foods are a mixture of fats
- A matter of quantity and quality

Fats and Oils Group

- Green Light Fats: Polyunsaturated, Monounsaturated
- Supply the EFAs
 - Are considered heart-healthy
 - PUFAS: soybean, corn, safflower, sunflower, seafood (omega-3s)
 - MUFAS: canola and olive oils, peanut products, nuts, avocado

Fats and Oils

- Red Light Fats: Saturated and Trans
- Saturated Fat (SF):
 - Considered bad for heart health
 - The body does not require any dietary SF; it makes what it needs
 - Primarily from high-fat animal foods
 - Also found in coconut oil, palm and palm kernel oil, and cocoa butter

Fats and Oils Group

- Trans Fat:
- Linked to heart disease: increases Total Cholesterol and lowers HDL
 - Your body does not require trans fat
 - Primary source is processed foods, including:
 - Margarine and shortening
 - Donuts, cookies and other pastries
 - French fries
 - Crackers
 - Granola bars

Trans Fat: Good Fat Gone Bad

Hydrogenation Happens

1. Start with a healthy liquid oil, like soybean or corn
2. Add hydrogen
3. Convert unsaturated fat to an unhealthy version of a saturated fat

Why? To increase stability and shelf life; to obtain cooking properties of solid shortenings

Trans Fat and Food Labeling

- Trans fat content required on label since Jan. 2006
- "0" trans fat does not mean zero trans fat
- Look for partially hydrogenated fat in the ingredient list

Banning Trans Fat

- It's all the rage, but is it worth the trouble?
- FDA: Removing trans fat from all processed products would save 10,000 lives or more each year
- The illusion of good health:
 - Trans-free Oreos?

Fats and Oils Group

- MyPyramid prefers oils because
 - They're cholesterol-free
 - They lack saturated fats
 - They supply the Essential Fatty Acids
 - They are a major source of vitamin E in the American diet

Fats and Oils Group

- Other Fats and Oils members:
 - Mayonnaise
 - Salad dressing
 - Soft tub margarine
 - Nuts and seeds
 - Olives
 - Avocados

Fats and Oils Group

- What's a serving?
 - Depends on the fat and its oil content:
 - Vegetable oil: 1 tablespoon
 - Mayonnaise: 2 1/2 teaspoons
 - Italian dressing: 2 teaspoons



MyPyramid, In Perspective

The Bottom Line