

Comparison of the Dietary Guidelines for Americans, 2005 to 2000

2005 Key Recommendations	2000 Guidelines
<p>ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS</p> <ul style="list-style-type: none"> • Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and <i>trans</i> fats, cholesterol, added sugars, salt, and alcohol. • Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the USDA Food Guide or the DASH Eating Plan. <p>WEIGHT MANAGEMENT</p> <ul style="list-style-type: none"> • Maintain body weight in a healthy range, balance calories consumed from foods and beverages with calories expended. • Prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity. <p>PHYSICAL ACTIVITY</p> <ul style="list-style-type: none"> • Engage in regular physical activity (at least 60 to 90 minutes most days of the week) and reduce sedentary activities. • Include cardiovascular conditioning, stretching exercises, and resistance exercises or calisthenics for muscle strength and endurance. <p>FOOD GROUPS TO ENCOURAGE</p> <ul style="list-style-type: none"> • Consume a sufficient amount of fruits & vegetables while staying within energy needs. Two cups fruit and 2½ cups vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level. • Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week. • Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains. • Consume 3 cups per day of nonfat or low-fat milk or equivalent milk products. <p>FATS</p> <ul style="list-style-type: none"> • Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep <i>trans</i> fatty acid consumption as low as possible. • 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. • When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free. • Limit intake of fats and oils high in saturated and/or <i>trans</i> fatty acids, and choose products low in such fats and oils. <p>CARBOHYDRATES</p> <ul style="list-style-type: none"> • Choose fiber-rich fruits, vegetables, and whole grains often. • Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan. • Reduce dental caries through good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently. <p>SODIUM AND POTASSIUM</p> <ul style="list-style-type: none"> • Consume less than 2,300 mg (approximately 1 tsp of salt) of sodium per day. • Choose and prepare foods with little salt and consume potassium-rich foods, such as fruits and vegetables. <p>ALCOHOLIC BEVERAGES</p> <ul style="list-style-type: none"> • Those who choose to drink alcoholic beverages should do so in moderation – defined as the consumption of up to one drink per day for women and up to two drinks per day for men. • Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions. • Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination. <p>FOOD SAFETY</p> <ul style="list-style-type: none"> • Know how to prepare, handle, and store food safely to keep you and your family safe. 	<ol style="list-style-type: none"> 1. Aim for a healthy weight. 2. Be physically active each day. 3. Let the Pyramid guide your food choices. 4. Choose a variety of grains daily, especially whole grains. 5. Choose a variety of fruits and vegetables daily. 6. Keep foods safe to eat. 7. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat. 8. Choose beverages and foods that limit your intake of sugars. 9. Choose and prepare foods with less salt. 10. If you drink alcoholic beverages, do so in moderation.

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2005 Food Group Highlights	Firsts...	2000
Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.	First time the dairy group has increased a serving number.	Consume 2-3 servings from the dairy group a day.
Consume 3 or more ounce-equivalents of whole-grain products per day , with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.	First time a specific number of whole grain foods is recommended.	Eat several servings of whole grains per day.
Consume a sufficient amount of fruits and vegetables while staying within energy needs (4.5 cups = 9 servings).	First time for a recommendation in cups instead of servings.	Eat at least 2 servings of fruit and at least 3 servings of vegetables each day.
When selecting and preparing meat, poultry and dry beans , make choices that are lean, low-fat, or fat-free.	No change.	No change.
Processed foods and oils provide approximately 80 percent of trans fats in the diet . Limit intake of fats and oils high in saturated and/or <i>trans</i> fatty acids, and choose products foods that are lean, low-fat, or fat-free.	First time for significant mention of <i>trans</i> fatty acids	Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
2005 Overall Approach Highlights	Firsts...	2000
The Dietary Guidelines includes 41 “Key Recommendations.” In particular, 18 of these guidelines are for specific population groups, while the other 23 are for the general population.	First time the key recommendations are included for specific population groups, such as women of childbearing age who may become pregnant.	Provided 10 guidelines.
The DASH (Dietary Approaches to Stop Hypertension) Eating Plan, rich in low-fat dairy foods, grains, fruits and vegetables, is recommended as a nutrient-focused eating pattern to follow in order to get adequate amount of nutrients while staying within energy needs.	First time specific eating patterns were identified and suggested as ways to integrate the Dietary Guidelines into daily food choices.	No eating plan provided.
Diets rich in milk and milk products can reduce the risk of low bone mass throughout the life cycle. Diets rich in fruits, vegetables, and whole grains may reduce the risk of coronary heart disease. Diets rich in fruits and vegetables may reduce the risk of chronic diseases, including stroke, type 2 diabetes, and certain kinds of cancers.	First time individual food groups are identified as having a relationship with disease prevention.	Eating plenty of fruits, vegetables and whole grains, as part of the healthful eating patterns described by the 2000 Guidelines, may help protect against chronic diseases.
Adults need 30 minutes of at least moderate physical activity most days to reduce the risk of developing a chronic disease , up to 60 minutes on most days to avoid unhealthy weight gain and at least 60 to 90 daily to sustain weight loss .	First time for an added focus on weight maintenance after weight loss.	Adults need 30 minutes of moderate physical activity regularly to get health benefits from it.

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2005 Dairy Highlights	Firsts...	2000
Adults and children should not avoid milk and milk products because of concerns that these foods lead to weight gain.	First time for a mention of the dairy and weight loss connection.	No mention.
Nutrients of concern (nutrients that people fall short) are identified as: <u>Adults</u> : calcium, potassium , fiber, magnesium , and vitamins A, C, and E <u>Children and adolescents</u> : calcium, potassium , fiber, magnesium , and vitamin E	Dairy foods supply 4 of the 7 nutrients of concern for adults: calcium, potassium, magnesium, vitamin A; and 3 of the 5 nutrients of concern for children: calcium, magnesium, potassium.	No mention.
Milk product consumption has been associated with overall diet quality and adequacy of intake of many nutrients.	First time dairy foods are seen as a nutrient package beyond calcium. First time a food group is identified as a marker for an overall healthy eating pattern.	No emphasis.
If a person wants to consider milk alternatives because of lactose intolerance, the most reliable and easiest ways to derive the health benefits associated with milk and milk product consumption is to choose alternatives within the milk food group, such as yogurt or lactose-free milk, or to consume the enzyme lactase prior to the consumption of milk products.	First time dairy products are recommended as the primary substitute for individuals who are lactose intolerant rather than vegetables, soy products and calcium-fortified foods.	If you choose not to eat dairy products because of intolerance to lactose or for other reasons, choose other foods that are good sources of calcium.

Sources: Dietary Guidelines for Americans, 2005; <http://www.healthierus.gov/dietaryguidelines>
Dietary Guidelines for Americans, 2000; www.health.gov/dietaryguidelines/dgac

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