



This newsletter is produced by the *Nutrition Education Network of Washington*, to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize* shares brief information about programs and materials that support healthful and enjoyable eating.

Tell Us What's New...

What's new with your organization? To submit news to *Energize*, call Martha Marino 206-817-1466, e-mail martha_marino@yahoo.com.

Deadline for submission is the last day of each month.

Subscription Information

Energize can be sent to you electronically each month. There is no charge.

To order or unsubscribe contact: Christa Albice, WSU Puyallup, 253-445-4541. Fax 253-445-4569, e-mail albice@wsu.edu.

Energize is a publication of the *Nutrition Education Network of Washington*. Content of newsletter is up to the discretion of *Nutrition Education Network of Washington* staff.

For more information about the *Nutrition Education Network of Washington* or to access past issues of this newsletter, see <http://nutrition.wsu.edu>.



**ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE**

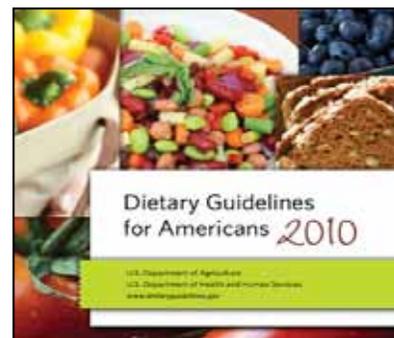
Information provided by Washington State University Extension's NEN of WA. This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

This Month's Focus:

2010 Dietary Guidelines for Americans

On January 31, the long-awaited 2010 Dietary Guidelines for Americans (DGA) were released with considerable fanfare, and for good reason. The DGA form the policy basis for all federally funded nutrition programs and they serve as the cornerstone for nutrition educators and policy makers in the public and private sectors for the next five years. For food and nutrition experts, these serve as our consistent, science-based, nutrition messages. By law, dietary guidelines are to be reviewed, updated if needed, and published every five years. This is done jointly by the United States Department of Agriculture (USDA) and Department of Health and Human Services (DHHS). This issue of the *Energize Newsletter for Nutrition Educators* will highlight the key points of the new DGA as we do our part to guide Americans to better health.



Courtesy of U.S. Department of Agriculture and U.S. Department of Health and Human Services

Recommendations Through a New Lens – This is the seventh release of the DGA and in years past, the Dietary Guidelines Advisory Committee (DGAC) traditionally focused on recommendations for healthy Americans. Not so in the 2010 version. With the rising concern about the epidemic of overweight and obesity, the committee was asked by the USDA and the DHHS to create recommendations for an unhealthy population. The DGAC placed special emphasis on children and the critical importance of instilling healthful food and activity habits which will last through adulthood.

In a Nutshell – The DGAC analyzed thousands of scientific studies to form the basis of its evidence-based recommendations in their voluminous report (if you print it out, it fills a 4-inch binder), www.cnpp.usda.gov/DGAs2010-DGACReport.htm. The USDA and DHHS distilled it all into these six steps:

Balancing Calories

- Ⓡ Enjoy your food, but eat less.
- Ⓡ Avoid oversized portions.

Foods to Increase

- Ⓡ Make half your plate fruits and vegetables
- Ⓡ Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Ⓡ Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Ⓡ Drink water instead of sugary drinks.

If nothing else, nutrition educators can focus on these key messages. Reproducible handout is available

at www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/SelectedMessages.pdf. For the 2010 DGA, go to www.dietaryguidelines.gov.

Differences Between the 2005 and 2010 DGA – The overarching differences are the emphases on managing body weight through all life stages, nutrient-dense foods and beverages, and proper nutrition for children. Here are additional differences:

- New USDA lacto-ovo vegetarian and vegan eating patterns are included, along with the USDA and Dietary Approaches to Stop Hypertension (DASH) eating patterns from 2005. Benefits of the traditional Mediterranean Diet are also described.
- Recommendations for food group intake are directional (eg “consume more of...”) rather than precise amounts that should be consumed. (Eating patterns offered as examples, however, do have specific amounts.)
- The vegetable “orange” sub-group is now described as “red and orange”
- Increasing seafood intake is recommended. Other foods to increase, as in the 2005 DGA, are vegetables and fruits, whole grains, and fat-free and low-fat dairy products.
- Specific foods are identified to be limited because they supply large amounts of sodium, saturated fat, cholesterol, *trans* fat, and added sugars.
- The phrase “protein foods” is used to reflect the wide variety of plant and animal protein sources. The phrase is more inclusive than “meat and beans” because seafood, poultry, unsalted nuts, seeds, and eggs are part of that group.
- The DGA advises eating breakfast every day: it’s linked with school performance, test scores, overall nutrient intake, and a healthy weight.
- Sodium intake should be reduced to less than 2,300 mg/day, and further reduced to 1,500 mg/day for people who are 51 years of age and older, African-Americans of all ages and persons who have hypertension, diabetes, or chronic kidney disease. This 1500 mg recommendation applies to about half of the U.S. population, including children and most adults. Americans currently consume about 3,400 mg/day, so this recommendation represents a sizable change in the way people eat.
- The DGs call out four “nutrients of public health concern”: potassium, dietary fiber, calcium, and vitamin D. In the 2005 DGA, the focus was on nutrients with intakes below recommended levels.
- The “Milk “Group is now referred to as the “Dairy Group” (Appendix 7, page 80) and includes fortified soy beverages.
- A new section calls for improvements to the broader food and physical activity environment through systematic and coordinated efforts among all sectors of influence. A chart showing a “social ecological framework for nutrition and physical activity decisions” is new, and it identifies the many environmental factors that play a role in the health of Americans (page 56).
- Of particular interest to nutrition educators is a new section on “Key consumer behaviors and potential strategies for professionals to use in implementing the 2010 DGA.” The list offers useful suggestions to help make meaningful changes toward more healthful diets (Appendix 2).

The Broad Reach of the DGA – Federal agencies within USDA and DHHS use the DGA as policy to make updates in their programs. Nutrition education is a key part of most programs and the DGA are used to revise dietary recommendations, nutrition advice, food resource management and food safety practices. Here are some examples:

- USDA’s Food and Nutrition Service nutrition assistance programs use the DGA to calibrate their food benefits for SNAP (formerly Food Stamps), the WIC Nutrition Program, and the National School Lunch Program.
- USDA’s Food Safety and Inspection Service implements the DGA through Nutrition Facts labeling and food safety education programs.
- USDA’s Center for Nutrition Policy and Promotion uses the DGA as the nutritional basis for the USDA Food Plans that are used to calculate SNAP allotments, food allowances for U.S. military, and setting child support guidelines. As nutrition educators know, the DGA are used for the development of a whole raft of consumer education materials such as MyPyramid and interactive tools.
- DHHS’s Centers for Disease Control and Prevention uses the DGA in its “Fruits & Veggies – More Matters” program.
- DHHS’s Food and Drug Administration incorporates the DGA into Front of Pack and other nutrition labeling initiatives.
- Other agencies within USDA that use the DGA include the Agricultural Marketing Service, Economic Research Service, Agricultural Research Service and other organizations that guide decisions on food purchasing, research grant opportunities, and analyses of food consumption survey data.
- Other agencies within DHHS that use DGA include National Heart Lung and Blood Institute, Office of Disease Prevention and Health Promotion’s “Healthy People 2020,” Administration on Aging, Indian Health Service, Head Start, Office of Women’s Health, and many more.

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

Please Copy This Newsletter! Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

* Listing of products and goods in this newsletter does not imply endorsement.

Because the DGA form the “gold standard” for scientifically reviewed guidance that is translated into actionable steps for Americans, its influence broadly reaches into the food industry’s product development and marketing, health organizations’ advice, educational programs in schools, and more.

PowerPoint Presentation and Educational Materials – USDA’s Center for Nutrition Policy and Promotion (CNPP) recently posted a ready-to-use PowerPoint presentation on the DGA, www.cnpp.usda.gov/DGAs2010-SlidePresentation.htm. MyPyramid may be revised, as within the context of the CNPP PowerPoint slides, it is referred to as the “New Pyramid”. Anticipated release date for the new visual representation of the DGA is sometime late spring. USDA’s Center for Nutrition Policy and Promotion will produce consumer education materials about the DGA, and will post them on www.dietaryguidelines.gov.

IN THE MEDIA

Hunger Double-Whammy – Two reports hit the news within the past few weeks that do not bode well for food security. In a recent study by the Economic Research Service of the USDA, food costs are projected to increase by 3 to 4% in 2011. In 2010, the Consumer Price Index for food rose just 0.8%. In a second report, nearly one in five Americans say that they are unable to afford enough food. In 2010, the annual rate of food hardship in the U.S. was 18%. (Sources: www.ers.usda.gov/Briefing/CPIFoodAndExpenditures and http://frac.org/wp-content/uploads/2011/03/food_hardship_report_mar2011.pdf.)

Local FareStart Wins James Beard Award – For more than 20 years, Seattle-based FareStart has provided job training and placement in the food industry for homeless and disadvantaged individuals. FareStart was just named the 2011 Humanitarian of the Year by the James Beard Foundation. The award is given to an individual or organization whose work in the realm of food has improved the lives of others and benefited society at large. The James Beard Foundation is the nation’s most prestigious recognition program honoring professionals in the food and beverage industry. (Sources: www.farestart.org and www.jamesbeard.org/files/2011_JBF_Awards_Lifetime_Humanitarian.pdf.)

TOOLS OF THE TRADE



Photo courtesy of Ellyn Satter Associates

Newly Updated – Feeding with Love and Good Sense DVD – Ellyn Satter’s hallmark view of the division of food responsibility between parent and child has been used by many nutrition educators for many years. To illustrate these, she long ago produced videos showing children eating in their homes with their parents or care-givers. The 2011 remake of these videos will be available this month, featuring families of various ethnic backgrounds and income levels. For information about “Feeding with Love and Good Sense DVD II,” go here: www.elynsatter.com/teaching-materials-c-0_5009_5013.html.

Nutrient Bar Graph Cards – To help teach about nutrient-dense foods, the Washington State Dairy Council offers bar graphs of many common foods. Colored bars correspond to nutrients so that foods can be compared. The bar graphs are available in two formats: 50 cards on card stock www.eatsmart.org/item.asp?id=2454 and 278 foods on a CD (jpg, gif, pdf) www.eatsmart.org/item.asp?id=2476. Both versions come with a Leader’s Guide which includes activities. The bar graph nutrient data is taken from National Dairy Council’s “Food Models,” which are cardboard cut-outs of the same foods. (Contact: Washington State Dairy Council, 425-744-1616 or www.eatsmart.org.)



Image provided by Washington State Dairy Council



Photo courtesy of Healthy People 2010, U.S. Department of Social and Health Services

Healthy People 2020 – As we use the 2010 DGA, nutrition educators hope to reach some of the goals of Healthy People 2020. This update from Healthy People 2010 was announced by DHHS in December, and includes ten-year goals in a wide array of health indicators. The section on Nutrition and Weight Status can be found at www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=29. While the DGA talk about overweight and obesity, this document refers instead to “healthy body weight.” Both documents include new sections on the importance of policy and the places where people eat that influences their diets, such as restaurants, workplace, school, community, and the home. (Source: www.healthypeople.gov.)

DID YOU KNOW?

What is “mâche” that we’re starting to see in supermarkets along with the lettuces? Pronounced “mahsh,” it’s also known as corn salad. It has nothing to do with corn but is used in salads. The small, tender leaves have a tangy, nutlike flavor. Mâche can also be steamed and served as a vegetable. Native to Europe, this leafy green is often found growing wild in American cornfields. Mâche is easy to grow and can be a good addition to a home or school garden. Other names for mâche that you might find on seed packages are field salad, field lettuce, and lamb’s lettuce. This leafy green can be another way to “eat your colors”!

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

Please Copy This Newsletter! Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

* Listing of products and goods in this newsletter does not imply endorsement.