



# ENERGIZE

a NEWSLETTER for NUTRITION EDUCATORS

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February 2016

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.

#### **Energize is intended to...**

- ☛ take just five minutes to read.
- ☛ focus on foods from five food groups.
- ☛ appear on the fifth of each month.

#### **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](mailto:martha_marino@yahoo.com).

Deadline for submission is the last day of each month.

#### **Subscription Information**

*Energize* can be sent to you by fax or e-mail on the fifth day of each month. There is no charge.

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

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## This Month's Focus: *2015 Dietary Guidelines for Americans*



Source: USDA-

The long-awaited 2015 Dietary Guidelines for Americans were released January 7, 2016. At last, nutrition educators have the policy document from the US Departments of Agriculture (USDA) and US Department of Health and Human Services (DHHS). Whether we work for a federally funded agency, a community-based program, a non-profit community service organization, a

hospital, or an educational institution, we are affected by these guidelines. They are intended to serve as recommendations based on the most up-to-date science to shape nutrition policy. Now that media stories covering political and scientific controversies have tapered off, we can turn our attention to putting the guidelines to work. In this issue of the *Energize Newsletter for Nutrition Educators*, we will describe key changes in the 2015 guidelines compared to 2010. We will also hear from two agencies in Washington State about how the guidelines impact their programming.

### **What Is Different Compared to the 2010 Guidelines?**

- **Eating patterns** are uniquely emphasized in this version of the guidelines, since they shape the basis of our diets, rather than specific nutrients or foods. The three recommended eating patterns are Healthy U.S.-Style Pattern, Healthy Vegetarian Pattern, and Healthy Mediterranean-Style Pattern. The March 2016 issue of the *Energize Newsletter for Nutrition Educators* will take a deep dive into these.
- Recommendations about **added sugars** have been included for the first time. According to the guidelines, Americans should consume no more 10% of total calories from sugar to help prevent and reduce obesity. They particularly call out sugar-sweetened beverages, desserts, and sweets as culprits. Not included are sugars from natural sources such as whole fruits (fructose) and dairy products (lactose).
- Dietary **cholesterol** had been capped at 300 mg/day, but that has been lifted, saying that there is not enough evidence to give a specific limit. At the same time, the guidelines recognize that lower intakes are associated with reduced risk for heart disease.



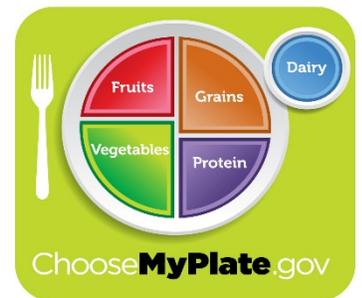
**ENERGIZE YOUR LIFE!**  
**EAT HEALTHY-BE ACTIVE**

- Language around **protein** is changed. The 2010 guidelines had read, “Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.” With the shift to healthy eating patterns, the new recommendation is to include “a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.”
- A key recommendation in the 2010 guidelines was to reduce **sodium** intake to 2,300 mg/day for adults and children over 14 years of age. That has remained the same. However, in 2010 persons who are aged 51 and older, African-American, or diagnosed with hypertension, diabetes, or chronic kidney disease were encouraged to lower their sodium intake even further to 1,500 mg/day. In 2015, the 1,500 mg recommendation is limited to adults with hypertension.
- For the first time, **caffeine** recommendations appear. The guidelines say that moderate consumption of coffee can be part of a healthful eating pattern. They advise a ceiling of 400 mg/day of caffeine, which is about three to four cups of coffee.
- Creating a **culture of health** is a new focus. Everyone plays a part in making healthy lifestyle choices easy, accessible, affordable, and normative.

### What Stays the Same?

- The **five food groups** are still fruits, vegetables, grains, dairy, and protein.
- The **four nutrients of public health concern** continue to be fiber, vitamin D, calcium, and potassium. Although Americans under-consume additional nutrients, these are singled out for their negative health consequences. Iron is also a nutrient of concern for young children, pregnant women, and women capable of becoming pregnant.
- **Saturated fat** recommendations continue to be less than 10% of total calories.
- In the key recommendations, **solid fat**, **refined grains**, and dietary **fiber** are not included. However, the intent remains the same to replace solid fats with oils, shift consumption from refined to whole grains, and choose foods rich in dietary fiber.
- Regular **physical activity** is re-emphasized to manage weight and prevent chronic disease.

**MyPlate** – Good news for all of us who use the MyPlate graphic in our nutrition education programming and materials! It remains unchanged. The website [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) is the consumer-facing source of all resources aimed at putting the Dietary Guidelines into practice.



Source: USDA

**Where to Read the 2015 Dietary Guidelines** – The Dietary Guidelines policy document is available at <http://health.gov/dietaryguidelines/2015/guidelines>. Users can easily search for a particular word (such as “vegetables” or “saturated fats”) to see how those appear in the document. In a few months a printed copy will be available, according to USDA and DHHS. For dietary guidelines resources geared to professionals, including a Communicator’s Guide, “10 Things You Need to Know about the New DGAs,” and FAQs, see [www.choosemyplate.gov/dietary-guidelines](http://www.choosemyplate.gov/dietary-guidelines).

**Dietary Guidelines Advisory Committee** – A committee of nutrition and medical scientists was charged with examining the strength of evidence in research studies (particularly those published in the past five years) that could be used to make specific dietary recommendations. They submitted their 571-page advisory report February 2015 to be used by USDA and DHHS to write the Dietary Guidelines for Americans document. The intended audience of the guidelines is not the consumer but rather policy-makers, federal agencies particularly in food assistance, nutritionists, and health professionals. The full report by the DGAC may be accessed at <http://health.gov/dietaryguidelines/2015-scientific-report>.

**Previous Versions of the Dietary Guidelines** – The first Dietary Guidelines for Americans were released in 1980. Since that time, they have been updated every five years. For those of you who are nutrition or policy wonks, here’s a link to read earlier versions: <http://health.gov/dietaryguidelines/history.htm>.

**2020 Dietary Guidelines** – Nutrition educators are already eyeing what might be ahead in the next version of the Dietary Guidelines. It is highly likely, some say, that sustainability will be included. Recommendations on this topic were included in the DGAC’s report, but were dropped by USDA and DHHS amid some controversy. A month before the release of the guidelines, Congress passed a measure directing the National Academy of Sciences (NAS) to review how USDA and DHHS generate the Dietary Guidelines. The work by NAS may have some impact on how the next guidelines are shaped.

**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.

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Photo of Farmer Tommy  
by David Bobanick, Rotary First Harvest

**Local Use of Dietary Guidelines: Department of Agriculture** – Megan Harlan, Registered Dietitian, has been working less than a year for the Washington State Department of Agriculture (WSDA) Food Assistance Programs, but is already making strides as part of that agency’s emphasis on incorporating healthy eating into their programming for food banks and food pantries. Food Assistance programs through WSDA include The Emergency Food Assistance Program (TEFAP), Emergency Food Assistance Program (EFAP), and Commodity Supplemental Food Program (CSFP) for seniors. These programs don’t deal just with commodity foods, but other food needs across the state. She says they are not required to enforce or use the US Dietary Guidelines for their nutrition/food selections within food assistance programs. However, WSDA values using the guidelines in their educational outreach and in selecting foods to order from the USDA-provided lists. WSDA is actively involved in improving healthier food options available to people needing food assistance as part of Washington State’s data-driven improvement system called Results Washington. Megan explains that food pantry clients are becoming more nutrition-savvy and want healthier foods, such as fresh produce. To help provide fresh fruits and vegetables and, at the same time, support local agriculture, WSDA operates the Farm to Food Pantry pilot program. Partnering with Rotary First Harvest in their Harvest Against Hunger effort, WSDA provides grants to connect local farms with food pantries statewide. In Megan’s view, all individuals have a right to good nutrition whether they are shopping at a grocery store or a food pantry. For WSDA’s Healthier Food Options Report, see <http://agr.wa.gov/FP/Pubs/docs/FSCS/447-FoodAssistProgHFORDataFactSheet.pdf>. For more about Harvest Against Hunger, see <https://www.firstharvest.org/harvest-against-hunger>. (Contact: Megan Harlan, MS, RD, Program Coordinator, WSDA Food Safety and Consumer Services Division, Food Assistance Programs, 360-725-2858, [mharlan@agr.wa.gov](mailto:mharlan@agr.wa.gov).)

**Local Use of Dietary Guidelines: Child Nutrition Services** – Donna Parsons, Director of Child Nutrition Services for the state of Washington, says that federal regulations that govern USDA Child Nutrition Programs require that program meals are consistent with the goals of the most recent Dietary Guidelines for Americans. Therefore, when the guidelines are updated, there is the potential for changes or shifts in the requirements for USDA Child Nutrition programs. School meal nutrition requirements have experienced significant changes since 2010 and changes will soon be implemented in the Child and Adult Care Food Program. Current requirements put school meals in alignment with the 2015 Dietary Guidelines with a focus on whole grain-rich grain items, a variety of vegetables from all of the sub-groups, fruit, fat-free or low fat dairy and a variety of protein foods. These requirements also limit calorie levels, saturated fat, and sodium, and they eliminate trans fats. Donna explains that at this time, school meal programs do not specifically limit the amount of calories from added sugars. However, since the 2015 guidelines provide quantitative recommendations for limiting added sugar, we may see this change in the future. Child Nutrition Services promotes the Dietary Guidelines by educating their sponsors on how they form the basis of nutrition requirements for our programs and promoting MyPlate resources. (Contact: Donna Parsons, MS, RD, SNS, Director, Child Nutrition Services, Superintendent of Public Instruction, 360-725-6210, [donna.parsons@k12.wa.us](mailto:donna.parsons@k12.wa.us).)

**Local Member of the DGAC Interprets the Guidelines** – Marian Neuhouser, PhD, RD, cancer prevention researcher at Fred Hutchinson Cancer Research Center in Seattle, served on the DGAC. To read her six tips for healthful eating, see <https://www.fredhutch.org/en/news/center-news/2016/01/how-to-eat-six-simple-tips-from-nutrition-researcher.html>.

## TOOLS OF THE TRADE

**MyPlate eBooks** – Team Nutrition has created free downloadable books about MyPlate, designed for preschool and kindergarten children. The books cover each food group with narration and simple text. [www.fns.usda.gov/tn/myplate-ebooks](http://www.fns.usda.gov/tn/myplate-ebooks).



Source: USDA Team Nutrition

## DID YOU KNOW?

When was the Food Guide Pyramid introduced? Way back in 1992! It was updated in 2005 as MyPyramid, and replaced by MyPlate in 2011.

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