



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

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 Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

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SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Christa Albice, WSU Puyallup, 253-445-4541, e-mail albice@wsu.edu.

To access past issues, go to <http://nutrition.wsu.edu/take5/index.html>.

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This Month's Focus:

Healthy Eating Patterns in the Dietary Guidelines

In the February issue of the *Energize Newsletter for Nutrition Educators* we summarized for you the key recommendations in the 2015 Dietary Guidelines for Americans (DGAs). Now we turn to the Healthy Eating Patterns used throughout the DGAs. The strong emphasis on eating patterns is new. In earlier editions of the guidelines, the focus had been on nutrients needed to promote health and prevent disease. Then the scope broadened from individual nutrients to specific foods that contained them, and the amounts to eat for good health and healthy weight. Expanding further, the current 2015 DGAs, released two months ago, promote overall healthy eating patterns as the basis of the diet. In this issue of the *Energize Newsletter for Nutrition Educators*, we'll compare the three Healthy Eating Patterns in the Guidelines, and briefly explain each one.

What's a Healthy Eating Pattern? The Dietary Guidelines define an eating pattern as the combination of foods and beverages that constitute an individual's complete dietary intake over time. In their own words, "The dietary components of an eating pattern can have interactive, synergistic, and potentially cumulative relationships, such that the eating pattern may be more predictive of overall health status and disease risk than individual foods or nutrients." The intent is to embrace flexibility to help people build and enjoy healthy eating styles that will not only nourish them physically, but also will nourish their cultural and personal connections.



Source: Office of Disease Prevention and Health Promotion; Health.gov/dietaryguidelines/

The Dietary Guidelines Advisory Committee identified three distinct patterns:

- Healthy U.S.-Style Pattern
- Healthy Vegetarian Pattern
- Healthy Mediterranean-Style Pattern

All of these patterns are essentially plant-based. At their core are fruits, vegetables, legumes, and grains. Also, all include the same food groups although the specific food types and amounts may vary. Each food group is important since it contains foods that provide a unique set of nutrients.

- A variety of vegetables from all of the subgroups (dark green, red and orange, legumes, starchy, and other)
- Fruits, especially whole fruits rather than juice
- Grains, at least half of which are whole grains
- Low-fat and fat-free dairy
- A variety of protein foods, such as seafood, lean meats and poultry, eggs, legumes, nuts, seeds, and soy products
- Healthy oils

The Dietary Guidelines Advisory Committee based its recommendations on scientific studies that found:

- *Strong evidence* that healthy eating patterns are associated with a reduced risk of cardiovascular disease.
- *Moderate evidence* that they are also associated with a reduced risk of type 2 diabetes certain types of cancers (such as colorectal and postmenopausal breast cancer), overweight, and obesity.
- *Emerging evidence* showing a relationship between eating patterns and neurocognitive disorders and congenital abnormalities.

Importantly, all of these healthy eating patterns can embrace traditional and cultural foods as well as personal preferences. The DGAs encourage people who immigrate to the US to keep the healthy aspects of their eating and physical activity patterns of their country of origin and avoid adopting behaviors that are less healthy.

Side-by-Side Comparison: Healthy Eating Patterns in the 2015 Dietary Guidelines

Differences in the Mediterranean-Style and Vegetarian patterns are noted in **blue font** when they vary from the US-Style.

Abbreviations: c-eq = cup equivalents, oz-eq = ounce equivalents.

	Healthy US-Style	Healthy Mediterranean-Style	Healthy Vegetarian
Vegetables	2½ c-eq/day	2½ c-eq/day	2½ c-eq/day
Dark green	1½ c-eq/week	1½ c-eq/week	1½ c-eq/week
Red and orange	5½ c-eq/week	5½ c-eq/week	5½ c-eq/week
Legumes (beans and peas)	1½ c-eq/week	1½ c-eq/week	3 c-eq/week
Starchy	5 c-eq/week	5 c-eq/week	5 c-eq/week
Other	4 c-eq/week	4 c-eq/week	4 c-eq/week
Fruits	2 c-eq/day	2½ c-eq/day	2 c-eq/day
Grains	6 oz-eq/day	6 oz-eq/day	6½ oz-eq/day
Whole grains	≥ 3 oz-eq/day	≥ 3 oz-eq/day	≥ 3½ oz-eq/day
Refined grains	≤ 3 oz-eq/day	≤ 3oz-eq/day	≤ 3 oz-eq/day
Dairy	3 c-eq/day	2 c-eq/day	3 c-eq/day
Protein Foods	5½ oz-eq/day	6½ oz-eq/day	3½ oz-eq/day
Seafood	8 oz-eq/week	15 oz-eq/week	-
Meats, poultry, eggs	26 oz-eq/week	26 oz-eq/week	3 oz-eq/week (eggs)
Nuts, seeds, soy products	4 oz-eq/week	4 oz-eq/week	14 oz-eq/week
Oils	27 g/day	27 g/day	27 g/day
Limit on calories for other uses (% of calories)	270 kcal/day (14%)	260 kcal/day (13%)	290 kcal/day (15%)

The amounts above are based on an intake of 2,000 kcal/day. For calorie levels ranging from 1,000 to 2,200 kcal, see appendices 3, 4, and 5 in <http://health.gov/dietaryguidelines/2015/guidelines>.

Healthy US-Style Eating Pattern is essentially the USDA Food Pattern found in the 2010 Dietary Guidelines. It meets the Recommended Dietary Allowances and Adequate Intakes for essential nutrients, as well as Acceptable Macronutrient Distribution Ranges set by the Food and Nutrition Board of the Institute of Medicine.

Healthy Mediterranean-Style Eating Pattern includes more seafood and fruits than the Healthy US-Style Eating Pattern. It also includes less dairy, and therefore less calcium and vitamin D. Unlike the Healthy US-Style Eating Pattern, this eating pattern was not designed to meet specific nutrient standards. Instead, this pattern emerged from studies that showed

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positive health outcomes using a Mediterranean style of eating. Since studies using Mediterranean diets were conducted with adults, the Dietary Guidelines state that this eating pattern does not apply to children and youth under 18 years of age.

Healthy Vegetarian-Style Eating Pattern replaces the Lacto-ovo Vegetarian Adaptation of the USDA Food Patterns in the 2010 Dietary Guidelines. Its development was guided by the food choices of self-identified vegetarians in the National Health and Nutrition Examination Survey (NHANES). This eating pattern includes more legumes, soy products, nuts and seeds, and whole grains. It contains no meats, poultry, or seafood, and it matches the Healthy US-Style Eating Pattern in the amounts of the other food groups. It meets the same nutrient standards, but because of vegetarian choices in the Protein food group, it is somewhat higher in calcium and dietary fiber, and lower in vitamin D.

DASH (Dietary Approaches to Stop Hypertension) Diet is mentioned in the Dietary Guidelines as an example of a healthy eating pattern, noting that it has many of the same characteristics as the Healthy US-Style Eating Pattern. Designed by the US National Heart, Lung, and Blood Institute to reduce cardiovascular disease risk, the DASH diet has been shown time and again to significantly lower blood pressure as well as LDL (“bad”) cholesterol. This dietary pattern is high in fruit, vegetables, whole grains, and low-fat dairy, and it limits fats, red meat, and sugar. The OmniHeart Trial found that replacing some of the carbohydrates in DASH with the same amount of either protein or unsaturated fats lowered blood pressure and LDL cholesterol levels even further. More at www.nhlbi.nih.gov/health/health-topics/topics/dash and www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf.

Health Disparities in the Dietary Guidelines – The Dietary Guidelines describe ethnic and economic disparities in diet and in health outcomes. These are important to the guidelines because they can influence policy that in turn affects programs for low-income people and minorities. African-Americans and Hispanics under-consume nutrients of concern (calcium, potassium, vitamin D, and fiber) and over-consume the ones to limit. These minorities constitute higher percentages of programs for low income people than do Caucasians.

IN THE MEDIA

Better Access to Healthy Foods for SNAP – Stores that accept SNAP may be required to stock a wider array of healthy food choices if a proposed rule goes into effect. The USDA proposes that SNAP-authorized retail establishments would be required to offer a larger inventory and variety of healthy food options. Retailers would be required to offer seven varieties of qualifying foods in three of the four “staple food groups”: dairy products; breads and cereals; meats, poultry, and fish; and fruits and vegetables. The rule aims to provide greater access to healthy foods for SNAP recipients. www.fns.usda.gov/pressrelease/2016/004516.

TOOLS OF THE TRADE

Dietary Guidelines Video – Kick off your next class on the Dietary Guidelines with a short video (just 1½ minutes) from the Academy of Nutrition and Dietetics, <http://www.eatrightpro.org/resource/media/multimedia-news-center/videos/understanding-the-dietary-guidelines-for-americans>.

Refrigerators for Food Pantries – If you know of a food bank or food pantry that needs a refrigerator or cooler for healthy perishable food, the Dairy Farmers of Washington can help make that affordable by offering up to a \$500 rebate. Rebates are limited to food pantries and food banks in Washington State. (Contact: Jeff Steele, Washington Dairy Products Commission, 425-672-0687, Jeff@HaveMilk.com.)

DID YOU KNOW?

Does doing your taxes give you a headache? For many adults, figuring out what to eat is even worse. According to a nationwide consumer survey, more than half of Americans polled said it's easier to figure out their taxes than to figure out a healthy diet.

www.foodinsight.org/2012_Food_Health_Survey_Consumer_Attitudes_toward_Food_Safety_Nutrition_and_Health.



Source: Western Dairy Association

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