

# Guidelines For Dietary Planning

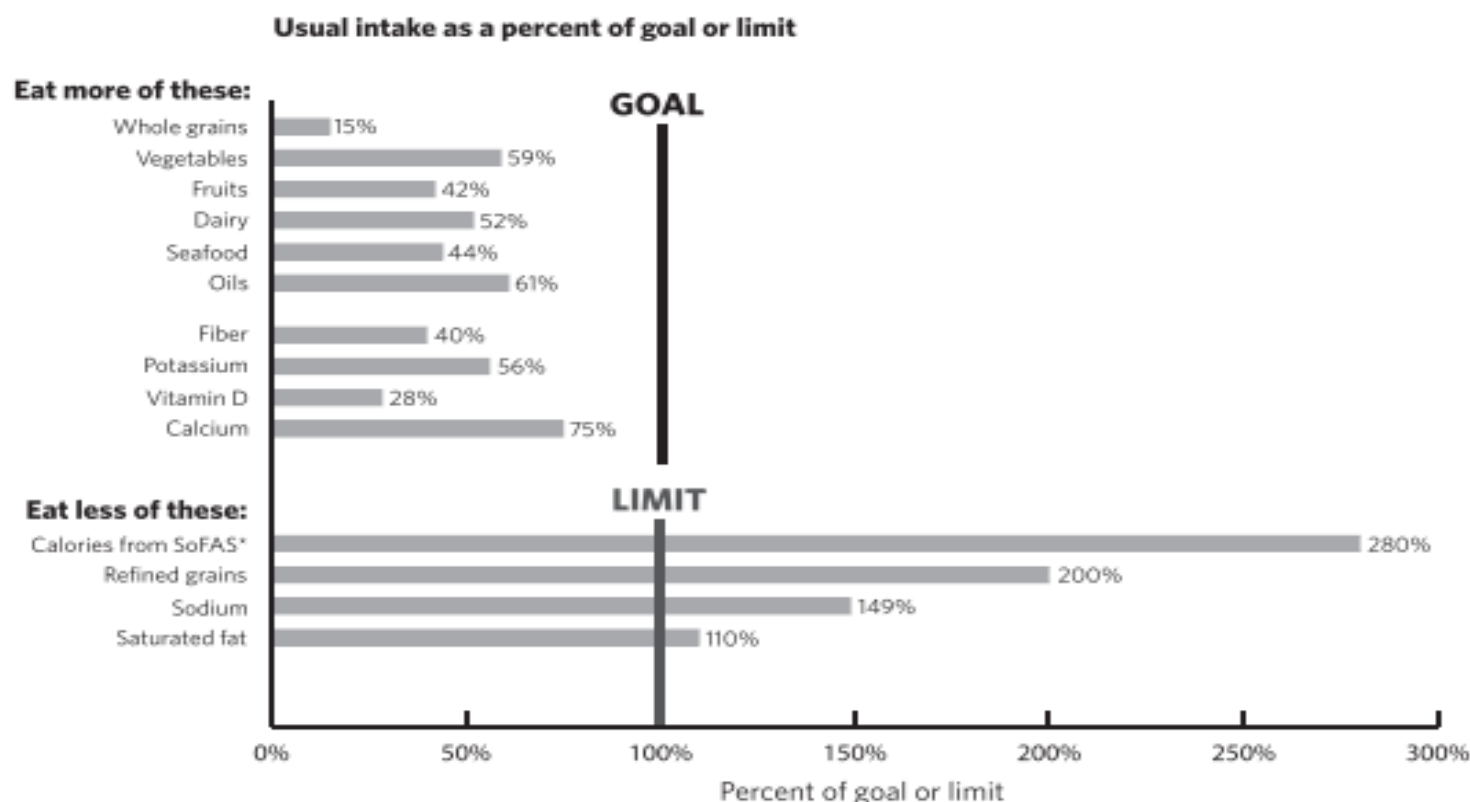
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- Dietary guidelines are important in order to maintain health, healthy weight and help to prevent disease.
- There are different guidelines around the world; based on people lifestyle and dietary habits.
- Guidelines are based on the association between dietary patterns and the risk of diet-related diseases.
- The dietary guidelines are reviewed every five years.
- We will follow the American guidelines.

The nutrient reference values are specified on the basis of age, gender and life stage. (1) The DRIs provide reference values for both adequate intakes and upper levels of intakes.

Maintain calorie balance to achieve and sustain a healthy weight by  
 .  
 Controlling total calorie intake to manage body weight. For most people, this will mean consuming fewer calories by making informed food and beverage choices.  
 .  
 Increasing physical activity and reducing time spent in sedentary behaviors.  
 2  
 Focus on nutrient-dense foods and beverages by  
 .  
 Increasing intake of foods that are consumed below recommended amounts. For most people, this means choosing more vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, and oils.  
 .  
 Reducing intake of foods and food components consumed in excessive amounts. For most people, this means consuming fewer foods and beverages high in solid fats (sources of saturated and trans fatty acids), added sugars, and sodium (i.e., consume these foods and beverages less often and in small amounts). If alcohol is consumed at all, it should be consumed in moderation and only by adults of legal drinking age.

**FIGURE 1.1 How Do Typical American Diets Compare to Recommended Intake Levels or Limits?**



\*SoFAS = solid fats and added sugars.

Note: Bars show average intakes for all individuals (ages 1 or 2 years or older, depending on the data source) as a percent of the recommended intake level or limit. Recommended intakes for food groups and limits for refined grains and solid fats and added sugars are based on amounts in the USDA 2000-calorie food pattern. Recommended intakes for fiber, potassium, vitamin D, and calcium are based on the highest AI or RDA for ages 14 to 70 years. Limits for sodium are based on the UL and for

saturated fat on 10% of calories. The protein foods group is not shown here because, on average, intake is close to recommended levels.

Based on data from: U.S. Department of Agriculture, Agricultural Research Service and U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. What We Eat in America, NHANES 2001-2004 or 2005-2006.

**Figure 1.1** How Do Typical American Diets Compare to Recommended Intake Levels or Limits?

# Food Groups

- To ensure providing a mix of nutrients meeting their needs.

**1- vegetables group:** 1-4 cups daily, it includes fresh, frozen, and canned vegetable or 100% vegetable juice.

Dark-green, red and orange, beans and peas, starchy, and other vegetables.



Broccoli & Kale



carrots & pumpkin



lentils & black beans



corn & potato



Eggplant



Beet



Mushroom

# Food Groups- Fruit

- 1 to 2 ½ cups per day, it includes fresh, frozen, canned, and dried fruits and 100% fruit juices. Only 100% fruit juices count as fruit servings.
- Selecting more fruit rather than juice is recommended, why ?
- Most fruit drinks, punches, cocktails, and “-ade” contain little juice and a great amount of sugar.
- **VIP: beverages do not count as fruit servings.**



# Food Groups- Grains

- 3 to 10 Ounce-Equivalents Daily.
- The Grain Group includes any food made from wheat, rice, oats, cornmeal, barley. e.g., bread, pasta, breakfast cereals, tortillas, and grits.
- Grains are divided into two groups: **Whole grains and refined grains.**
- **Whole grains** contain the entire grain kernel.
- Examples: whole-wheat bread, oat, brown rice, and whole-grain cereals.



VIP: Selecting at least half of all grains as whole grains is recommended.  
Why ?

Whole grains contain the entire grain kernel.

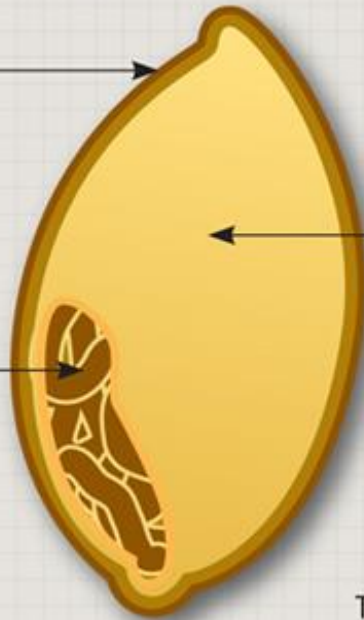
## Anatomy of a grain

### Bran: protects the seed

- Fibre
- B vitamins
- Minerals

### Germ: nourishment for the seed

- B vitamins
- Vitamin E
- Minerals
- Phytochemicals

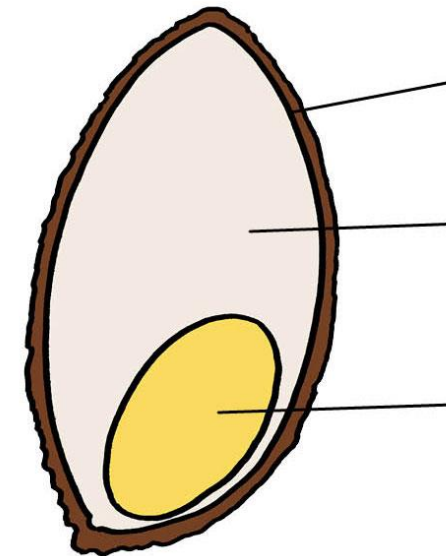


### Endosperm: energy for the seed

- Carbohydrates
- Some protein
- Some B vitamins

The bran and germ are removed when wholegrains are refined.

## Wheat

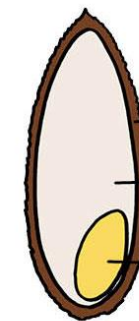


**Bran**  
Protects the grain. Contains fibre, B vitamins and minerals

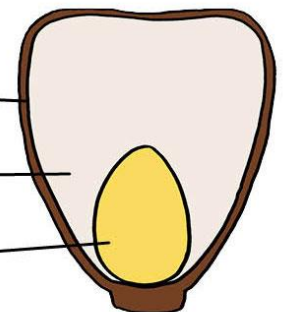
**Endosperm**  
Provides energy for the germ. Mostly made of starchy carbohydrates, with some protein and some B vitamins.

**Germ**  
The embryo of the grain. Packed with B vitamins, vitamin E, minerals and phytonutrients.

## Rice



## Corn



Bran

Endosperm

Germ

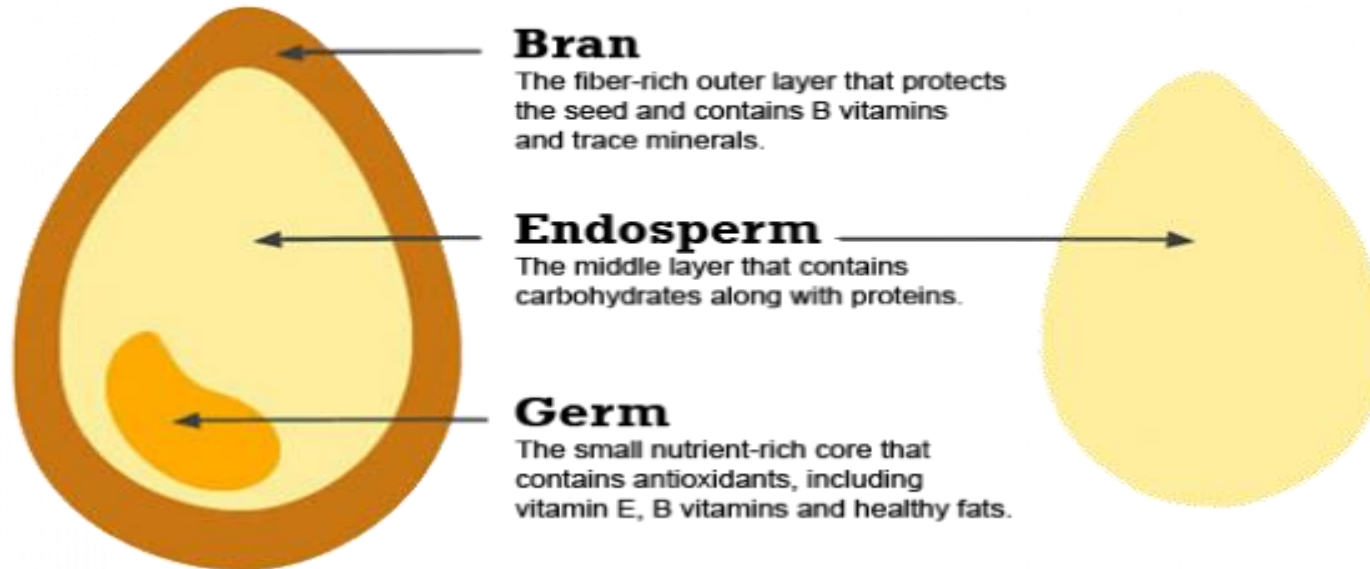


# Food Groups- Grains

- **Refined grains** have been **milled**, a process that removes the bran and germ from the kernel, and reduces its nutritive value.
- Some refined grains are enriched.
- This means certain B vitamins and iron are added back after processing.
- Fiber is not usually added back to most enriched grains. Why?
- Some examples of enriched grains include enriched white flour & enriched white rice.

# Food Groups- Grains

## Whole Grain vs. “White” Grain



# Food Groups- Dairy/Dairy products

- 2 to 3 Cups Daily
- The Dairy Group includes all milk, including lactose-free and lactose-reduced products; yogurt; dairy products; and cheeses.
- Most choices should be fat-free or low-fat (1%) & vitamin D-fortified.



# Food Groups- protein

- 2 to 7 Ounce-Equivalents Daily
- Examples: meat, poultry, eggs, seafood, beans, peanuts, and **nuts**.
- Most meat and poultry choices should be lean or low-fat.
- Dry beans and peas are part of this group.

*if peanuts letter  
is eaten in large amount  
consider as 1 serving of  
high fat meat choices  
and in small amount  
consider fat choice.*



# Food Groups- Fats

- Provide essential fatty acids and vitamin E to the diet.
- Food sources of oils include nuts, seeds, avocados, and seafood.
- Oils are also extracted from plants, such as olive, peanuts, safflower, soybean & sunflower.
- Most oils provide more unsaturated fatty acids than saturated fats.
- **Except:** coconut oil and palm oils. Are they good ? Why?



# Food Groups- Fats

- **Solid fat:** are found in most animal foods but also can be made from vegetable oils through hydrogenation.
- Some common solid fats include: butter, animal fat, margarine, coconut oil, palm oil, and shortening.



margarine



shortening

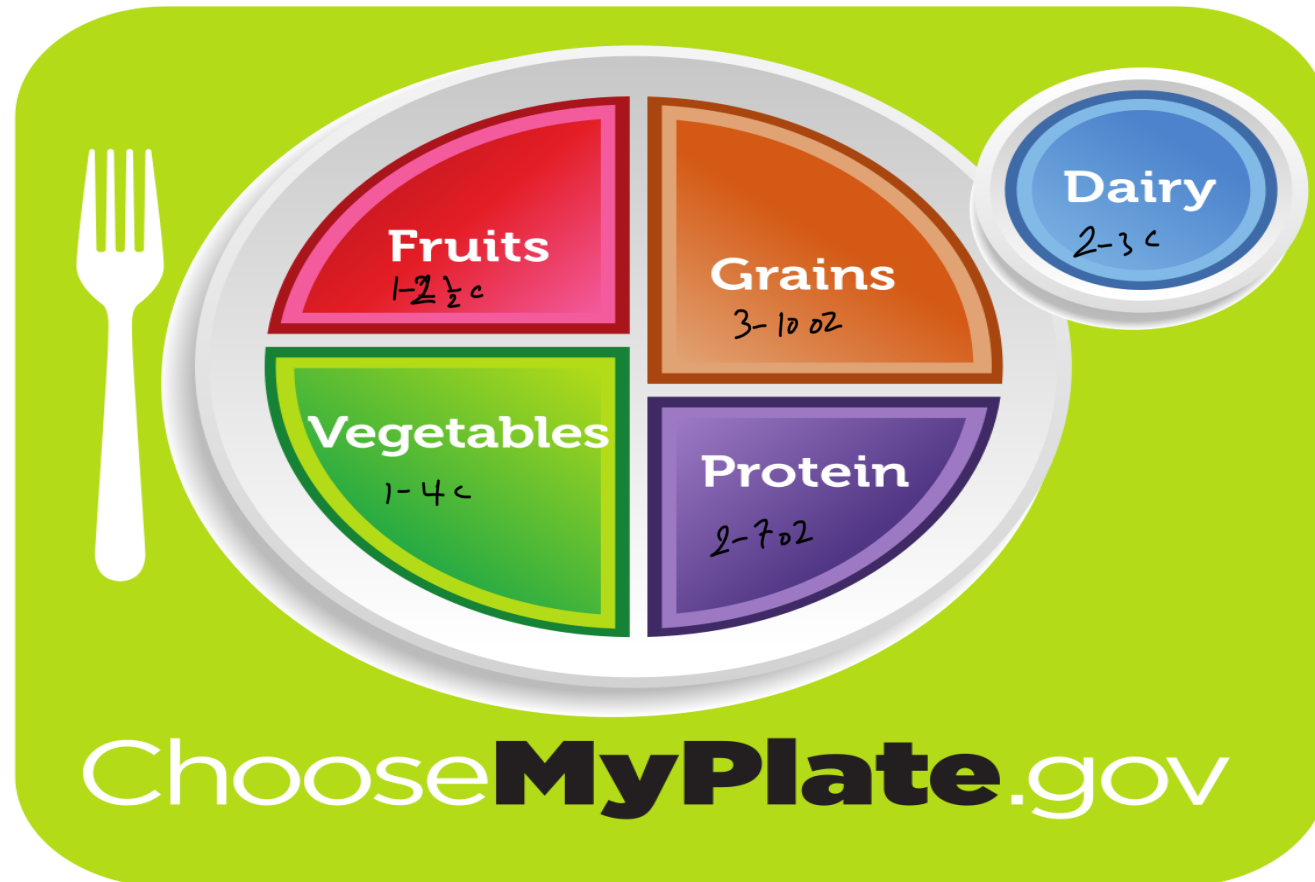


palm oil



coconut oil

- MyPlate replaces the MyPyramid food guidance system.
- MyPlate serves as a reminder to help consumers make healthier food choices.



# Assignment #1

- One day menu containing 3 meals.
- specify the quantities of food for each meal.
- Follow the recommended daily amounts from each food group.
- Consider the MyPlate guidance.