

# Dietary Guidelines

PH2.4: Analyze the nutrition concepts underlying the evolving national dietary guidelines



**Use your knowledge of nutrition to make recommendations in the following scenarios:**

Robert would like to build muscle, so he has been working out like crazy. He runs every-other day, and lifts weight on his days off from running. He eats a ton of pasta before exercising so that he can have enough energy, but he hasn't seen any increase in muscle.

**1. What could Robert do in order to build more muscle?**

Lydia cannot break her habit of drinking 2 Cokes every day, one with lunch and one with dinner. She thinks if she knew how the Cokes were affecting her body, she might feel more empowered to change.

**2. What information would you give Lydia about drinking pop?**

Antoine has a serious sweet tooth. He'll eat things like cookies, candy, and ice cream whenever he can, but he never exceeds 2000 calories per day. Antoine is moderately physically active, so he argues that his diet is perfectly nutritional.

**3. How would you explain to Antoine that he is not eating a nutritious diet?**

Sandra has been having some trouble "staying regular" lately. She's embarrassed to talk to her doctor about her bathroom issues, so she'd rather try a few remedies on her own before going for a check-up.

**4. What might Sandra change about her diet that might help her digestion?**

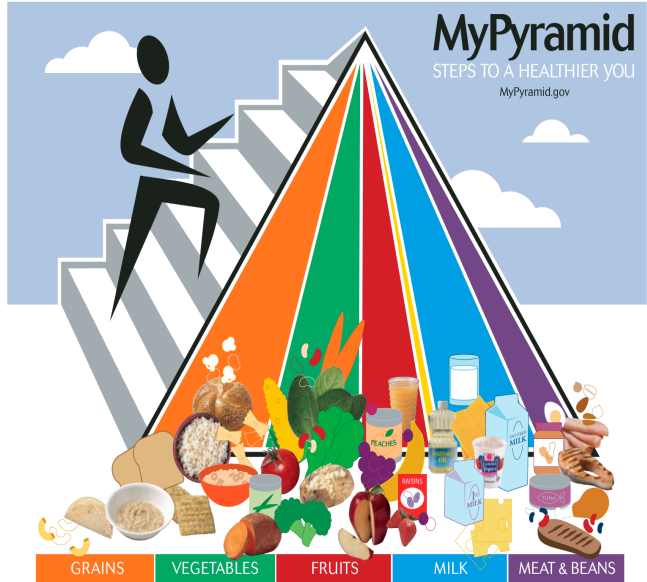
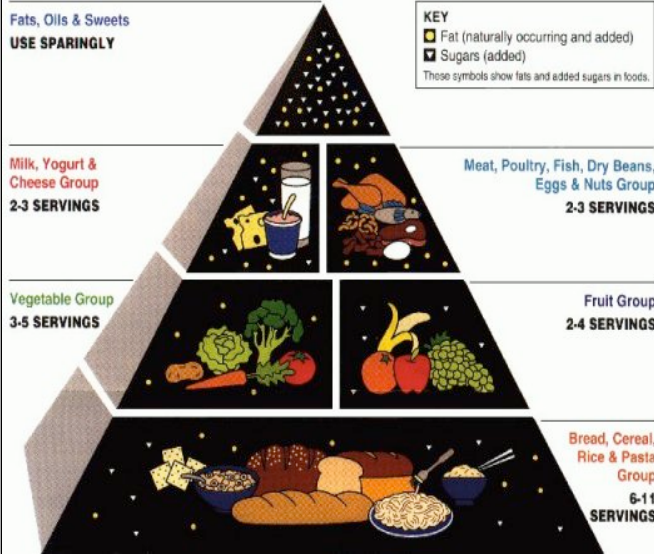
**DISCUSS**

**Discuss with a partner:**

1. Who and what influence your dietary choices?
2. From what sources have you learned about eating?
3. What responsibility do you think the government has for educating citizens about healthy eating?

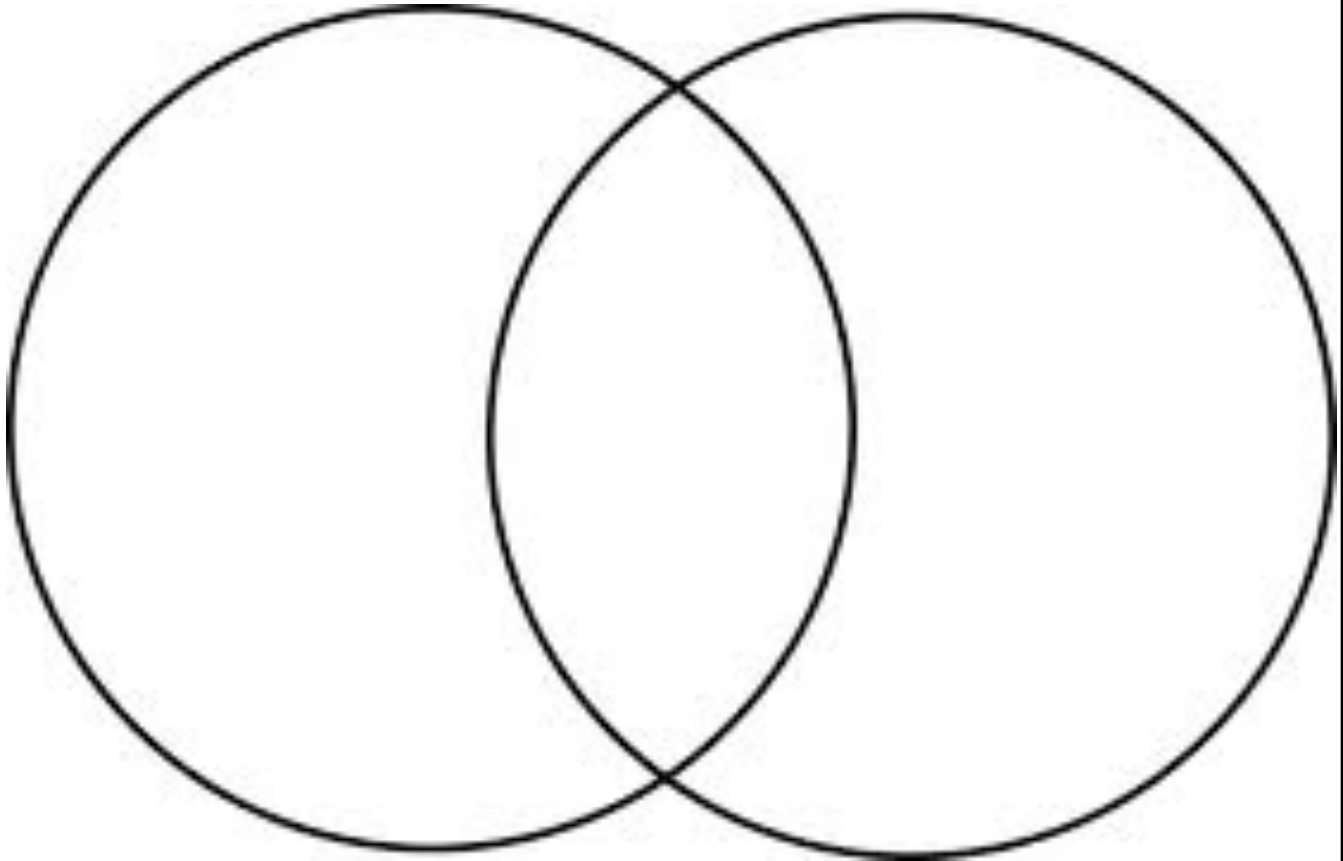


Examine the **Food Pyramid** (left) and **MyPyramid** (right). Then fill the Venn diagram with similarities & differences you notice.



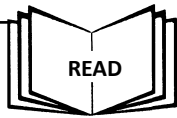
**Food Pyramid (1992)**

**MyPyramid (2005)**





1. What are the biggest differences between the two models?
2. Do you notice any drawbacks to the newer recommendation (MyPyramid)? Explain.



**MyPyramid (2005): Incorporates 6 elements of fitness and nutrition:**

Element of Nutrition <i>Symbol</i>	Meaning with Daily Instructions
<b>Physical Activity</b> <i>Stair guy</i>	Exercise, 60 minutes per day for teens
<b>Balance</b> <i>Width of Bars</i>	Amount of food from each group: Eat a reasonable amount of food, more nutrient-dense foods, less empty calories.
<b>Moderation</b> <i>Narrowing Bars</i>	Eat from every food group, every day: Eating different food groups and different foods from each group.
<b>Personalization</b> <i>Adjustable, Title</i>	Each person's needs are different: Can adjust the pyramid to your needs.
<b>Gradual Improvement</b> <i>Steps to a Healthier You</i>	Get healthier over time: Take small steps to make changes.



1. Which of the 6 elements in the table above were clear to you when you first looked at MyPyramid (2005)?
2. What would you suggest changing to simplify the information for people?

NEW  
INFO

**MyPlate (2011):** A simplified version of MyPyramid, MyPlate portrays the 5 food groups that make up a healthy diet using a familiar place setting for a meal.

### MyPlate Slogans:

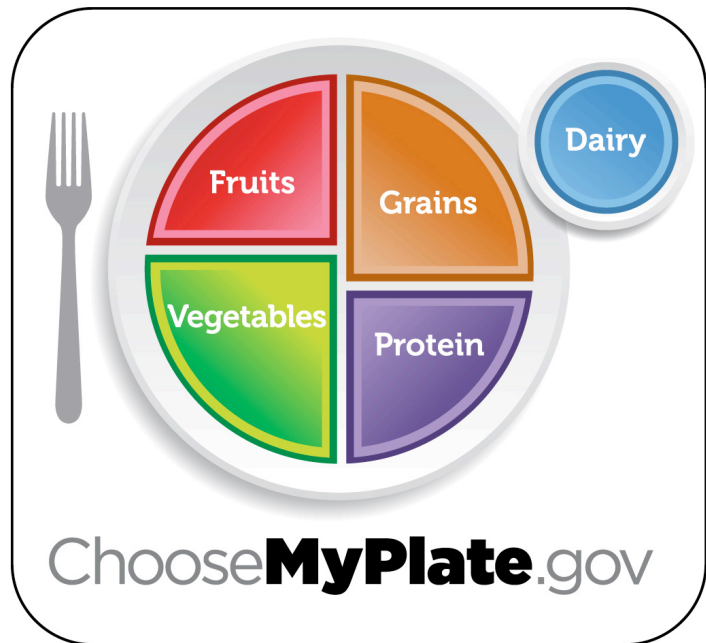
**Fruits:** Focus on Fruits

**Vegetables:** Vary your Vegetables.

**Grains:** Make at least half your grains whole.

**Protein:** Go lean with protein.

**Dairy:** Get your calcium-rich foods



### MyPlate Icon

- MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices.
- MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone.
- MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.



### ChooseMyPlate.gov

- The website features practical information and tips to help Americans build healthier diets.
- It features selected messages to help consumers focus on key behaviors. Selected messages include:
  - **Balancing Calories**
    - Enjoy your food, but eat less.
    - Avoid oversized portions.
  - **Foods to Increase**
    - Make half your plate fruits and vegetables.
    - Make at least half your grains whole grains.
    - Switch to fat-free or low-fat (1%) milk.
  - **Foods to Reduce**
    - Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
    - Drink water instead of sugary drinks.



## DISCUSS

**Discuss with a partner:**

1. Do you and your family usually eat meals according to MyPlate? Why or why not?
2. How can you start to make small changes?



1. In the MyPyramid plan, what do the different colored bars represent?
  - a. Moderation – eat less of empty calorie foods.
  - b. Physical Activity – 60 minutes per day for teens.
  - c. Variety – Eat from every food group every day.
  - d. Personalization – Adjust the plan to your individual needs.
2. In the MyPyramid plan, what does the person running up the stairs represent?
  - a. Moderation – eat less of empty calorie foods.
  - b. Physical Activity – 60 minutes per day for teens.
  - c. Variety – Eat from every food group every day.
  - d. Personalization – Adjust the plan to your individual needs.
3. In the MyPlate plan, what does it mean to “make half your grains whole”?
  - a. Eat only whole grains.
  - b. Eat half grains and half fruits.
  - c. Eat half whole grains and the rest proteins.
  - d. At least half of the grains you eat should be whole grains, while the other half can be processed.
4. In the MyPlate plan, what might qualify as a lean protein?
  - a. Baked chicken, no skin
  - b. Butter
  - c. Fried chicken
  - d. Cheeseburger
5. In the MyPlate plan, which of the following would you include in your diet if you wanted to “vary the vegetables”?
  - a. Broccoli, broccoli, and more broccoli.
  - b. Carrots, broccoli, red onions, and avocados.
  - c. Spinach, peas, and apples.
  - d. Beans and nuts.



Create a meal plan for one full day that accounts for 2,000 calories and follows the recommendations of MyPlate. Then write an explanation of how your meal plan accounts for the following elements:

- Balance
- Variety
- Moderation
- Plenty of nutrient-dense foods
- Few (if any) “empty calories”