



Nutrition for Family Living

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March, 2000 Topics

Reminder: How Nutrition Affects Cognition Videoconference, 4/27/00
Alternative Nutrition in Pediatrics Videoconference, 6/7/00
Proposed Wording for the 2000 Edition of the Dietary Guidelines for Americans
Healthy People 2010 Objectives

Reminder: How Nutrition Affects Cognition Videoconference, 4/27/00

The one-day videoconference, "How Nutrition Affects Cognition--Implications for Feeding Infants and Children," is coming up on April 27, 2000. This is the 29th annual Current Issues in Nutrition Conference from Iowa State University, and the deadline for registering as a downlink site is fast approaching.

To register as a downlink site, please contact Ann Stapleton at 515-294-1400. Each registered downlink site will be sent a packet of handout and promotional materials several weeks before the program. **Participating counties should send their \$30 registration by March 17th to receive the site materials.**

For the original announcement of this videoconference, see last month's "Nutrition for Family Living." It can be accessed at <http://www.uwex.edu/ces/wnep/p3/mmindx.html>



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Alternative Nutrition in Pediatrics Videoconference, 6/7/00

We have made arrangements with the University of Alabama - Birmingham to allow Wisconsin county Extension offices to downlink a half-day videoconference, "Complementary and Alternative Nutrition in Pediatrics," on June 7, 2000. This year's annual conference will feature experts exploring the role of supplements, herbs, functional foods, and ergogenic aids in child and adolescent health.

The program is carried live with time scheduled for questions from the satellite viewing audience. Participants will be able to phone in questions to presenters. Application has been made for continuing education units for Registered Dietitians and Registered Nurses.

The program is appropriate for nutritionists, registered dietitians, nurses, dietetic technicians, pediatricians, physician assistants, family and consumer scientists, health educators, child development specialists, school foodservice directors, and other health care and education professionals.

To register as a downlink site, please mail or fax the form on the following page **so that it arrives in our offices no later than March 13th**. We will then forward your information so that you receive masters of all handout materials and outlines, CEU forms, and the satellite coordinates.

If you have questions, contact Susan Nitzke at 608-262-1692 or nitzke@nutrisci.wisc.edu

Speakers and topics are:

Jane Murphy, RN, CPNP, Common supplement/botanicals used in the pediatric population: Are they safe?

Ruth M. DeBusk, PhD, RD, Functional Foods: What are they and will they improve nutrition in children?

TBA, Ergogenic Aids Used by Junior and Senior High School Athletes: Are they safe?

Molly Holland, MS, RD, The Use of Supplements in the Special Needs Population



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TELECONFERENCE INFORMATION SHEET

Information on Downlink Coordinator

Name: _____

Address: _____

Telephone Number () _____ Fax Number () _____

Information on Downlink Site

Site _____

Address of site _____

Send to Ethel Drengberg
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Proposed Wording for the 2000 Edition of the Dietary Guidelines for Americans

The Dietary Guidelines for Americans are revised every five years so that new scientific developments can be incorporated. The expert committee that was asked to recommend changes for the new edition has submitted its report to Agriculture Secretary Glickman. USDA and DHSS will now do the artwork and some fine tuning of the text with the intention to make new booklets available later this year.

Below is a comparison between the main headings of the 1995 Dietary Guidelines and the recommended wording for the 2000 Dietary Guidelines:

1995 Dietary Guidelines for Americans

- Eat a variety of foods
- Balance the food you eat with physical activity – maintain or improve your weight
- Choose a diet with plenty of grain products, vegetables, and fruits
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars
- Choose a diet moderate in salt and sodium
- If you drink alcoholic beverages, do so in moderation

2000 Dietary Guidelines for Americans

Aim for Fitness

- Aim for a healthy weight
- Be physically active each day

Build a Healthy Base

- Let the Pyramid guide your food choices
- Eat a variety of grains daily, especially whole grains
- Eat a variety of fruits and vegetables daily
- Keep food safe to eat

Choose Sensibly

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
- Choose beverages and foods that limit your intake of sugars
- Choose and prepare foods with less salt
- If you drink alcoholic beverages, do so in moderation

The new report has ten guidelines rather than seven, and the new guidelines are organized into three basic messages, the “ABCs for good health.” The only new guideline is “Keep food safe.” The “old” guideline on physical activity and weight was divided into two sections, partly because physical activity has health benefits that are broader than weight control. The guidelines on dietary fat and variety have also been changed significantly.

The guideline, “Choose a diet low in fat, saturated fat, and cholesterol” has been revised to read, “Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.” The emphasis has been changed from total fat to saturated fat. Although not specifically mentioned in the title of the guideline, trans fats are also a focus in the text of the guideline. Reasons cited by the Advisory Committee include:

1. Diets high in saturated fat and cholesterol contribute to heart disease by raising blood cholesterol levels. Trans fats also tend to raise LDL (“bad”) cholesterol levels and lower HDL (“good”) cholesterol levels.
2. A growing body of evidence is suggesting that a high fat diet per se may not contribute to obesity to the extent that was originally thought; at least there are enough questions to keep the committee from recommending a low fat diet across the board for healthy Americans.



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3. A recommendation to choose a diet low in total fat may lead to the wrong assumption that as long as a diet is low in fat, it is completely healthy.
4. There is concern that a low fat, high carbohydrate diet may lead to adverse metabolic changes, like elevated triglycerides, an unhealthy change in LDL ("bad") cholesterol (more small-dense particles), a lowering of HDL ("good" cholesterol), and a rise in insulin levels that could be unhealthy for individuals who already have insulin resistance.
5. Populations that consume higher amounts of unsaturated fats tend to have a lower prevalence of heart disease, so changing the recommendation to a "moderate" fat diet would allow for more intake of healthier fats.

Note: Despite the change in wording of the guideline, the recommendation that healthy Americans eat a diet with no more than 30% of its total energy from fat and no more than 300 mg of cholesterol per day has not changed. The reference to this as a "moderate" intake rather than a "low" intake is what has changed.

The guideline, "Eat a variety of foods," has been revised to "Let the Pyramid guide your food choices." Reasons cited by the Advisory Committee include:

1. The original recommendation to eat a variety of foods was based on evidence that showed improved nutritional adequacy when people ate foods from a variety of food groups. However, there is not evidence that eating a variety of foods *within* a food group improves the adequacy of nutrient intake.
2. Research suggests that when people eat a variety of foods (except fruits and vegetables), they tend to consume more calories.
3. Focus groups indicated that some people interpreted the variety message "as a license to consume foods that may not be considered healthy choices."

Because there are no clear definitions of variety, the specific focus on variety in the guideline title was changed. However, within the text of the guidelines, eating a variety of foods continues to be encouraged because: 1) it is associated with enjoying food, and 2) in some food groups (like fruits and vegetables) variety is not associated with overconsumption of calories. The guidelines, "Eat a variety of grains daily, especially whole grains," and "Eat a variety of fruits and vegetables daily" continue to promote variety.

What Do These Changes Mean?

While it may look like a lot of new wording, what this means for educating the public really has not changed all that much. In terms of fat, it is even more important to teach people how to identify different types of fats by reading labels and knowing the primary sources of saturated (some animal products), trans ("partially hydrogenated" margarines and shortenings), and unsaturated (vegetable products) fats. The recommendation to get no more than 30% of calories from fat (and no more than 10% from saturated fat) is still in place. What the guideline suggests is that it is unnecessary for the average healthy American to be very strict with *total* fat intake – better to be strict with *saturated* fat intake.

On the variety front, it is still important for nutrition educators to emphasize the importance of eating a variety of fruits, vegetables, and whole grains. The food guide pyramid remains a useful guide for teaching this.

If you would like to view the new Dietary Guidelines, you can find a link to them at <http://www.ars.usda.gov/dgac>, where you can also find links to the "Discussion of Proposed Changes" for background and rationale, and links to transcripts of the Dietary Guidelines Advisory Committee meetings that culminated in the new guidelines.



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Healthy People 2010 Objectives

The U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, introduced the Healthy People 2010 goals and objectives in January. Healthy People is a national health promotion and disease prevention initiative to improve the health of all Americans.

Below is a list of the focus areas for Healthy People 2010. More information can be found on the Healthy People 2000 Web site at <http://web.health.gov/healthypeople/>

- Access to Quality Health Services
- Arthritis, Osteoporosis, and Chronic Back Conditions
- Cancer
- Chronic Kidney Disease
- Diabetes
- Disability and Secondary Conditions
- Educational and Community-Based Programs
- Environmental Health
- Family Planning
- Food Safety
- Health Communication
- Heart Disease and Stroke
- HIV
- Immunization and Infectious Diseases
- Injury and Violence Prevention
- Maternal, Infant, and Child Health
- Medical Product Safety
- Mental Health and Mental Disorders
- **Nutrition and Overweight***
- Occupational Safety and Health
- Oral Health
- Physical Activity and Fitness
- Public Health Infrastructure
- Respiratory Diseases
- Sexually Transmitted Diseases
- Substance Abuse
- Tobacco Use
- Vision and Hearing

*The stated goal within the focus area, *Nutrition and Overweight*, is "Promote health and reduce chronic disease associated with diet and weight." While obesity occurs in all population groups, there are certain groups with a higher prevalence of obesity, i.e.: women who are Hispanic, African American, Native American, and Pacific Islander. This disparity among population groups needs to be taken into account when designing and implementing educational materials and interventions.

Healthy People 2010 recommends more school nutrition education to promote healthy eating and a healthy lifestyle from an early age. The report recommends that nutrition course work be part of the core curriculum for preparing professional teachers. School nutrition education topics recommended by Healthy People 2010 include: using the Food Guide Pyramid; making healthful food choices and preparing healthy meals and snacks; reading food labels; eating more fruit, vegetables, whole grains, and foods that are rich in calcium, low in saturated fat and total fat; balancing food intake with physical activity; accepting body size differences; and following safe food practices. In middle and high schools, Healthy People 2010 recommends teaching the Dietary Guidelines for Americans and addressing eating disorders, weight maintenance, influences on food choices, and goals for dietary improvement.

The following is an abbreviated list of the actions identified as essential to achieving the 2010 objectives:

- Improving accessibility of nutrition information, nutrition education, nutrition counseling and related services, and healthful foods in a variety of settings and for all subpopulations.
- Focusing on preventing chronic disease associated with diet and weight, beginning in youth.
- Strengthening the link between nutrition and physical activity in health promotion.
- Building and sustaining broad-based initiatives and commitment to these objectives by public and private sector partners at the national, State, and local levels.

Many of these concepts are incorporated in UW-Extension's *Nutrition for Optimal Health Team Plan of Work*: <http://cf.uwex.edu/trsprod/login.cfm>