

## 2020-2025 New Dietary Guidelines for Americans

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### **Goal/ Description:**

Every five years the United State Department of Agriculture (USDA) and the United States Health and Human Services (HHS) team together to review the dietary guidelines for Americans. Over the years, we have seen this switch from a pyramid with grains and bread on the bottom, to a pyramid with a human figure running up the side, to a plate with labels such as “dairy”, “protein”, and “vegetables”. In late December of 2020 new guidelines were released with some new science and nutrition information for Americans.

### **Directions**

Give each person present a handout from the USDA (see attachments) “Small Changes Matter. Start Simple With My Plate Today”, “My Plate” paper, page 6 of this guide, a writing utensil, and have discussion questions prepared. Some guiding questions are included in the materials below.

### **Introduction**

Every five years the United States Department of Agriculture & The United Health and Human Services Department look at the current dietary guidelines for Americans and re-evaluate the science and structure behind them. Maybe you remember one of these guidelines from 20, 30 or 40 years ago?

1. *Discussion Question #1: Do you remember any of these dietary guidelines? What was rememberable? Did you follow it or talk about it then?*
  - a. 1980: Nutrition & Your Health- 7 tips

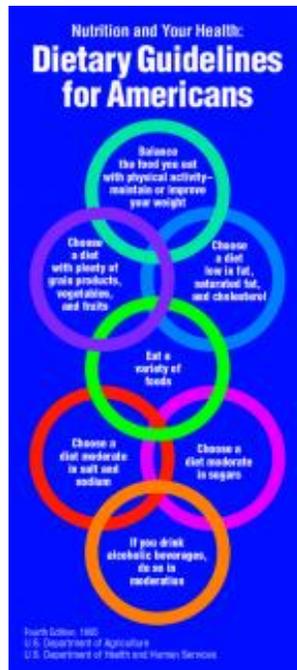


b. 1990's Nutrition & Your Health



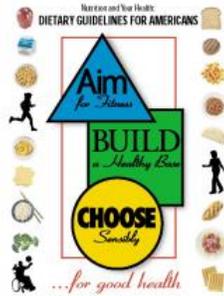
i.

c. 1995 Nutrition & Your Health



i.

d. 2000 Aim, Build, Choose



i.

While this seems to have a great deal of change, some things do remain the same such as: use added sugar sparingly, avoid salt/sodium in high amounts, and eat plenty of fruits and vegetables. And these remain in in the new guidelines for 2020-2025 as well.

### **The New Guidelines**

Pass out the 4-page attachment from the USDA. As you can see there are 4 major overarching guidelines within the new guidelines. They are as follows:

1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy nutrient-dense food and beverages choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
4. Limit food and beverages higher in added sugar, saturated fat, sodium, and limit alcoholic beverages.

*Discussion Question #2: Of the 4 new guidelines are any surprising to you? Are there any you don't understand? Do you feel like any of them will be more challenging to follow than others?*

One major discovery is that from the 1980's through now most people are not following the dietary guidelines and that is having a major impact on chronic disease that are nutrition based. For example, 60% of adults have one or more diet-related chronic disease such as diabetes, heart disease, or obesity. Meanwhile, 40% of children are overweight/obese leading to a life time of health-related issues. As a group, look at Table 1-1 "Facts About Nutrition-Related Health Conditions in the United States".

Table I-1

## Facts About Nutrition-Related Health Conditions in the United States

HEALTH CONDITIONS	STATISTICS
<p><b>Overweight and Obesity</b></p>	<ul style="list-style-type: none"> <li>• About 74% of adults are overweight or have obesity.</li> <li>• Adults ages 40 to 59 have the highest rate of obesity (40%) of any age group with adults 60 years and older having a 41% rate of obesity.</li> <li>• About 40% of children and adolescents are overweight or have obesity; the rate of obesity increases throughout childhood and teen years.</li> </ul>
<p><b>Cardiovascular Disease (CVD) and Risk Factors:</b></p> <ul style="list-style-type: none"> <li>• Coronary artery disease</li> <li>• Hypertension</li> <li>• High LDL and total blood cholesterol</li> <li>• Stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Heart disease is the leading cause of death.</li> <li>• About 18.2 million adults have coronary artery disease, the most common type of heart disease.</li> <li>• Stroke is the fifth leading cause of death.</li> <li>• Hypertension, high LDL cholesterol, and high total cholesterol are major risk factors in heart disease and stroke.</li> <li>• Rates of hypertension and high total cholesterol are higher in adults with obesity than those who are at a healthy weight.</li> <li>• About 45% of adults have hypertension.<sup>a</sup></li> <li>• More Black adults (54%) than White adults (46%) have hypertension.</li> <li>• More adults ages 60 and older (75%) than adults ages 40 to 59 (55%) have hypertension.</li> <li>• Nearly 4% of adolescents have hypertension.<sup>b</sup></li> <li>• More than 11% of adults have high total cholesterol, <math>\geq 240</math> mg/dL.</li> <li>• More women (12%) than men (10%) have high total cholesterol, <math>\geq 240</math> mg/dL.</li> <li>• 7% of children and adolescents have high total cholesterol, <math>\geq 200</math> mg/dL.</li> </ul>
<p><b>Diabetes</b></p>	<ul style="list-style-type: none"> <li>• Almost 11% of Americans have type 1 or type 2 diabetes.</li> <li>• Almost 35% of American adults have prediabetes, and people 65 years and older have the highest rate (48%) compared to other age groups.</li> <li>• Almost 90% of adults with diabetes also are overweight or have obesity.</li> <li>• About 210,000 children and adolescents have diabetes, including 187,000 with type 1 diabetes.</li> <li>• About 6-9% of pregnant women develop gestational diabetes.</li> </ul>
<p><b>Cancer<sup>c</sup></b></p> <ul style="list-style-type: none"> <li>• Breast Cancer</li> <li>• Colorectal Cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Colorectal cancer in men and breast cancer in women are among the most common types of cancer.</li> <li>• About 250,520 women will be diagnosed with breast cancer this year.</li> <li>• Close to 5% of men and women will be diagnosed with colorectal cancer at some point during their lifetime.</li> <li>• More than 1.3 million people are living with colorectal cancer.</li> <li>• The incidence and mortality rates are highest among those ages 65 and older for every cancer type.</li> </ul>
<p><b>Bone Health and Muscle Strength</b></p>	<ul style="list-style-type: none"> <li>• More women (17%) than men (5%) have osteoporosis.</li> <li>• 20% of older adults have reduced muscle strength.</li> <li>• Adults over 80 years, non-Hispanic Asians, and women are at the highest risk for reduced bone mass and muscle strength.</li> </ul>

<sup>a</sup> For adults, hypertension is defined as systolic blood pressure (SBP)  $\geq 130$  mm Hg and/or a diastolic blood pressure (DBP)  $\geq 90$  mm Hg.

<sup>b</sup> For children, hypertension was defined using the 2017 American Academy of Pediatrics (AAP) Clinical Practice Guidelines.

<sup>c</sup> The types of cancer included here are not a complete list of all diet- and physical activity-related cancers.

This can also be found digitally at the weblink on page 18 of 164

[https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)

*Discussion Question #3: What do you find most alarming about this data? What is not surprising to you? What do you think you can do personally to help this data?*

The new guidelines have a “Spotlight on Dietary Patterns”. These patterns are the combinations of food and beverages affect synergistically on health. This means food and drink act together with the body to aim for better health. The new guidelines carry this concept into “Healthy Dietary Patterns at Every Life Stage” from birth through older adulthood. For the first time since the 1980’s infants and toddlers as well as pregnant/lactating moms have recommendations about healthy dietary patterns. To ensure a healthy eating routine its important to eat a variety of fruits, vegetables, grains, dairy, or soy alternatives and protein foods. Try the “Start Small With MyPlate” (Resource handout 2)

*Discussion Question #4: Looking at the MyPlate handout go around and share a meal that would fit in a food from each of the groups. This could be any meal throughout the day.*

The New Guidelines are available online, they contain 6 chapters plus an appendix. Today we will cover the highlights of chapter four “Adults” and chapter six “Older Adults”.

The Current Eating Index score for adults ages 31-59 is 59 (out of a 100 point scale) and for adults older than 60 the Eating Index score is 63 out of 100. The graphs and handouts show that nearly all categories of intake ranges are on the lower end. This means most adults are not consuming enough vegetables, fruit, grains, dairy, and protein daily. When you see this information but hear that we are a growing nation of obesity you might ask, “how?”. The answer lies within the next set of data, added sugar, saturated fat, and sodium. The new guidelines also make special considerations for increasing dietary fiber, calcium, vitamin D all the while, limiting sodium, added sugar, and saturated fat. How much should we aim for? The chart below will guide you:

*(Please provide a copy of this page to each of your participants and encourage them to use it at home as a guide)*

**Women ages 31-59:**

Vegetables	2-3 cups daily
Fruit	2 cups daily
Grains	5-7 ounces daily
Dairy	3 cups daily
Protein	5-6 ounces daily
Fiber	22 g
Added sugar	<10% of calories
Vitamin D	600 lu
Sodium	2300mg
Calcium	1000 mg daily

**Men ages 31-59:**

Vegetables	3-4 cups daily
Fruit	2 cups daily
Grains	8-10 ounces daily
Dairy	3 cups daily
Protein	6-7 ounces daily
Fiber	31 g
Added sugar	<10% of calories
Vitamin D	600 lu
Sodium	2300mg
Calcium	1000 mg daily

**Women ages 60+:**

Vegetables	2-3 cups daily
Fruit	2 cups daily
Grains	5-7 ounces daily
Dairy	3 cups daily
Protein	5-6 ounces daily
Fiber	22 g
Added sugar	<10% of calories
Vitamin D	600 lu
Sodium	2300mg
Calcium	1200 mg daily

**Men ages 60+:**

Vegetables	2-3 cups daily
Fruit	2 cups daily
Grains	6-9 ounces daily
Dairy	3 cups daily
Protein	5-6 ounces daily
Fiber	28 g
Added sugar	<10% of calories
Vitamin D	600 lu
Sodium	2300mg
Calcium	1000 mg daily

Ideas and ways in which you can achieve these guidelines:

- Add fruit to your breakfast
- Use whole grains in place of refined grains (white bread, rice, pasta, potatoes)
- Choose dark leafy greens for vegetables such as spinach, broccoli, and kale
- Eat and use the skins of fruits and vegetables especially for snacks

- Limit your sugary drinks such as soda, pop, juice drinks, and coffee drinks
- Limit intake of sugary foods
- Choose from a wider selection of protein sources such as beans, soy, tofu, and lentils
- Be aware of your water intake for hydration. Adults have a decline in the sensation of thirst
- Choose fresh or frozen fruits and vegetables over canned (as they contain more salt)

*Discussion Question #5: Looking at the meals you made from the last question, and now knowing the new guidelines what changes could you make to the meal you planned that help incorporate more of the new guidelines? How can you eliminate extra salt, sugar, and added fat? How can you incorporate more fiber and leafy greens into the meal?*

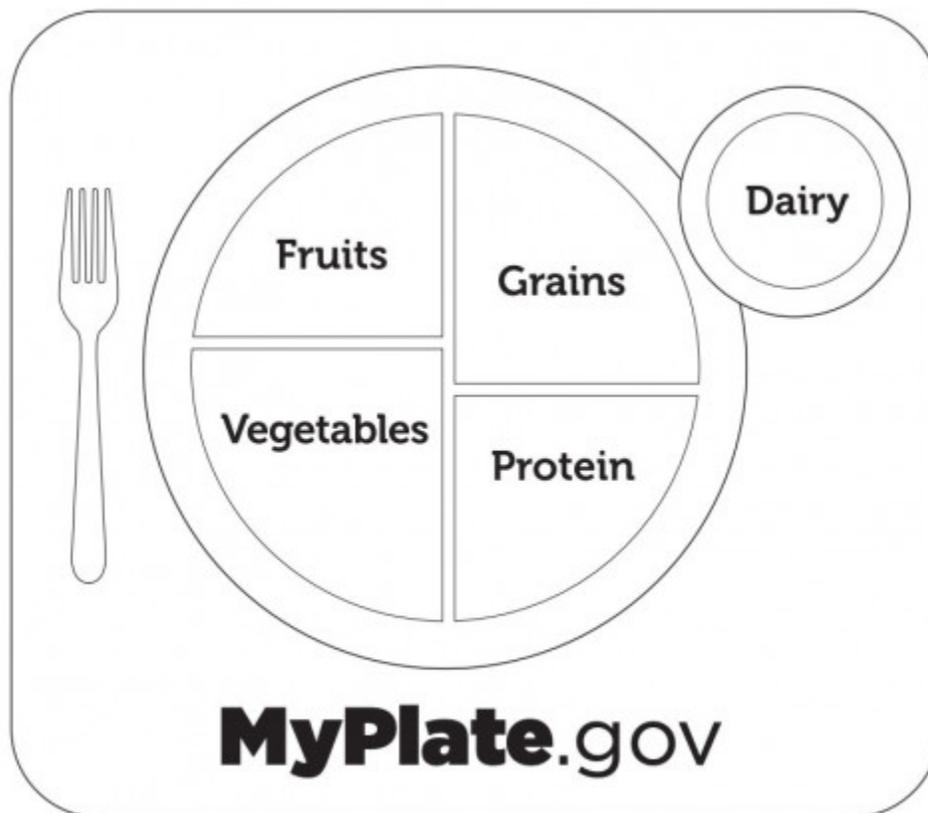
Handouts for each participants

Resource handout 1: New Guidelines [https://www.dietaryguidelines.gov/sites/default/files/2021-03/DGA\\_2020-2025\\_Infographic\\_MakeEveryBiteCount.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/DGA_2020-2025_Infographic_MakeEveryBiteCount.pdf)

Resource handout 2: [https://www.dietaryguidelines.gov/sites/default/files/2021-03/DGA\\_2020-2025\\_StartSimple\\_withMyPlate\\_English\\_color.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/DGA_2020-2025_StartSimple_withMyPlate_English_color.pdf)

*(You may choose to share this 5 page document on a screen to view or print a copy for each participant)*

Resource handout 3: My Plate Handout:



Resource 4: Page 6 of this document containing the charts of dietary needs for adults and older adults.

Extra Resources Available:

Eating Healthy on a Budget: <https://www.myplate.gov/eat-healthy/healthy-eating-budget>

Entire New Guidelines and references: [https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary\\_Guidelines\\_for\\_Americans-2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)