



# Eat Better

Add fruit and vegetables to your diet

Increase your calcium

Decrease sodium, fat, and sugar

# DIETARY GUIDELINES FOR AMERICANS

## KEY POINTS

### **Maintain calorie balance over time to achieve and sustain a healthy weight**

- Consume only enough calories from foods in the five food groups to meet calorie needs.
- Be physically active.

### **Focus on consuming nutrient-dense foods and beverages**

- Reduce intake of sodium, and calories from solid fats, added sugars, and refined grains.
- Choose more nutrient-dense foods and beverages—vegetables, fruits, whole grains, fat-free or low-fat dairy, lean protein.

# Add Fruit and Vegetables to Your Diet!

**DID YOU KNOW?** It is recommended that you have 5-6 servings of fruit and vegetables per day.

## Quick Tips

- **Remember to prepare cultural foods in a healthy way** like greens, okra, tomatoes, and yams
- **Taste the rainbow** by eating a variety of fruit and vegetables
- **Substitute fruit and vegetable juices** for soda and punch
- **Have fruit and vegetables** for snacks
- **Mix fruit** like bananas, blueberries, and raisins with cereal and oatmeal



## FACT

Fruit and vegetables contain essential vitamins, minerals, and fiber that can help lower cholesterol, blood pressure, and the risk of obesity.

**For more information:**  
<http://www.bhlcenter.fsu.edu>

## Dietary Guidelines for Americans 2010

Add fruit to meals and snacks—fresh, frozen or canned—to get about 2 cups each day.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Most adults need at least 2 ½ cups of vegetables per day.

# REASONS TO INCREASE FRUITS AND VEGETABLES IN YOUR DIET

1. They provide folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K
2. They are associated with a reduced risk of many chronic diseases such as CVD and Cancer

Moderate evidence indicates that intake of at least 2 1/2 cups of vegetables and fruits per day is associated with a reduced risk of cardiovascular disease, including heart attack and stroke.

# Increase Your Calcium

**DID YOU KNOW?** 75% of African Americans, 51 and older, fail to meet the daily calcium requirement of 1,200 mg/day.

## Calcium Tips

- Include non-dairy foods high in calcium in your diet such as almonds, baked beans, black-eyed peas, broccoli, collard greens, and fortified orange juice.
- Eat yogurt, milk, and hard cheeses like Cheddar, Monterey Jack, and Mozzarella.
- Discuss taking a calcium supplement with your doctor
- If you have trouble digesting dairy products (lactose intolerance) try buying lactose-reduced or lactose free milk, consuming dairy products in smaller amounts, and discussing lactase supplements with your doctor.



## FACT

Osteoporosis, hypertension, obesity, cancer, and diabetes have been linked to not having enough calcium in the diet. Consuming calcium rich foods also can help you lose weight.

**For more information:**

<http://www.bhlcenter.fsu.edu>

## Dietary Guidelines for Americans 2010

Choose foods that provide more potassium, dietary fiber, **calcium**, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

# REASONS TO INCREASE CALCIUM IN YOUR DIET

1. Evidence shows that intake of milk and milk products is linked to improved bone health, especially in children and adolescents
2. Intake of milk and milk products is associated with a reduced risk of cardiovascular disease and type 2 diabetes along with lower blood pressure in adults

Age range (years)	1-3	4-8	9-18	19-50	51+
Calcium (mg) RDA	700	1000	1300	1000	1200



# Sodium, Fat, and Sugar

**DID YOU KNOW?** Most people get 75% of their sodium from processed foods and beverages!

## Healthy Heart Tips

- **Decrease all three** by increasing fruits and vegetables in your diet
- **Take the salt off the table!** Taste your food **BEFORE** adding any salt
- **Replace salt** with other seasonings like salt substitutes, or foods such as onions and rosemary
- **Try grilling, baking, or roasting** instead of frying
- **Try sugar-free or low calorie** drinks and snacks. Sugar adds extra calories, not nutrients



## **FACT**

Fat, sodium and sugar are all contributors to major risk factors for cardiovascular disease including obesity, diabetes, high blood pressure and high cholesterol.

**For more information:**  
<http://www.bhlcenter.fsu.edu>

## **Dietary Guidelines for Americans 2010**

Reduce daily sodium intake to less than 2,300 milligrams (mg)

Further reduce intake to 1,500 mg for people 51 + and those who are African American or have hypertension, diabetes, or chronic kidney disease.

Consume < 10 percent of calories from saturated fatty acids

Consume <300 mg per day of dietary cholesterol.

Keep trans fatty acid consumption as low as possible

Reduce the intake of calories from solid fats and added sugars.

# Reasons to Reduce Sodium, Fat, and Sugar in Your Diet

## Sodium

On average the higher an individual's sodium intake, the higher the individual's blood pressure

Keeping blood pressure normal reduces the risk for cardiovascular disease, congestive heart failure, and kidney disease

## Fat

A high intake of saturated and *trans* fatty acids is related to higher levels of blood cholesterol and LDL (lousy) cholesterol

Replace saturated and *trans* fatty acids with monounsaturated and/or polyunsaturated fatty acids

Dietary cholesterol has been shown to raise blood LDL cholesterol levels—but this effect is reduced when saturated and *trans* fat intake is low

## Sugar

Foods with added sugars often supply calories but few or no essential nutrients and no dietary fiber

Eating high amounts of foods with added sugars makes it hard to also eat foods with sufficient dietary fiber and essential vitamins and minerals and still stay within the calorie limits for a healthy weight

Added sugar increases the risk of dental caries

# FOR MORE INFORMATION

- Dietary Guidelines for Americans 2010
  - U.S. Department of Agriculture
  - U.S. Department of Health and Human Services
  - [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)