How Does MyPyramid Compare to Other Population-Based Recommendations for Controlling Chronic Disease?
March 23, 2010

Presenters:
Susan M. Krebs-Smith, PhD, Chief of the Risk Factor Monitoring and Methods Branch of the Applied Research Program at the National Cancer Institute at the U.S. National Institutes of Health.
Penny Kris-Etherton, PhD, RD, Distinguished Professor of Nutrition at Pennsylvania State University

Moderator:
James M. Rippe, MD – Founder and Director, Rippe Lifestyle Institute

Approved for 1 CPE (Level 2) by the American Dietetic Association Commission on Dietetic Registration
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ConAgra Foods Science Institute

- With a mission of:

  Promoting Choices affecting Wellness by linking evidence-based Understanding with Practice
Today’s Faculty

- James M. Rippe, MD – Leading cardiologist and Founder and Director of the Rippe Lifestyle Institute

- Susan M. Krebs-Smith, PhD - Chief of the Risk Factor Monitoring and Methods Branch of the Applied Research Program at the National Cancer Institute at the U.S. National Institutes of Health

- Penny Kris-Etherton, PhD, RD - Distinguished Professor of Nutrition at Pennsylvania State University
Learning Objectives

- Describe how MyPyramid recommendations for a healthful diet are consistent with the most recent diet-related recommendations from authoritative organizations to prevent/control chronic diseases or disorders such as CVD, diabetes, hypertension, obesity, cancer, and osteoporosis.

- Explain the potential benefits to patients, clients, and general population of following food-based recommendations vs. nutrient-based recommendations.

- Identify issues and potential solutions related to the realistic ability of patients, clients, general population to meet such dietary recommendations and guidelines.
Many Health Problems Are Related to Diet

- Heart Disease
- Cancer
- Stroke
- Diabetes
- Obesity
- Hypertension
- Hypercholesterolemia
- Osteoporosis
The Burden of Poor Diets and Inactivity

- Mortality
- Economic costs
- Human toll
Caveats in MyPyramid

“The recommendations in ... MyPyramid are for the general public ...”

“Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.”
Audience for MyPyramid

- MyPyramid was designed for the healthy general population

- Question: Is MyPyramid *inappropriate* for people with chronic diet-related conditions?
Purpose of This Presentation

- To examine consistency between MyPyramid recommendations and those aimed at diet-related conditions
- To determine importance of assumptions underlying MyPyramid
Overview

- Background

- Comparison between MyPyramid and current recommendations by authoritative groups

- Key assumptions

- Implications for research and practice
Principles Underlying MyPyramid

- Cover a range of energy needs
- Feature commonly eaten foods
- Meet nutrient needs
- Control overconsumption
- Form a total, rather than foundational, diet
Covering a Range of Energy Needs

Energy Range for MyPyramid

- Children 2-3 years
- Females 4-8 years
- Females 14-18 years
- Females 31-50 years
- Males, 4-8 years
- Males, 14-18 years
- Males, 31-50 years

Kcal per Day

1000 1500 2000 2500 3000
Featuring Commonly Eaten Foods

- All foods “fit”

- To test adequacy, food groups represented as composites of most frequently consumed choices
Meeting Nutrient Needs

- Various food group combinations tried until nutritional fit was optimized

- Subgroup distinctions
  - Whole grains
  - Dark green vegetables
  - Legumes
Controlling Over-Consumption

- Total diet: essential concept

- Food groups represented as composites of most frequently consumed choices *in their leanest form*

- Specific amounts of discretionary calories at each energy level
Providing a Total, Rather Than Foundation, Diet

| Daily Amount of Food From Each Group (vegetable subgroup amounts are per week) |
|---------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Calorie Level                   | 1,000           | 1,200           | 1,400           | 1,600           | 1,800           | 2,000           | 2,200           | 2,400           | 2,600           | 2,800           | 3,000           | 3,200           |
| Fruits                          | 1 c (2 sv)      | 1 c (2 sv)      | 1.5 c (3 sv)    | 1.5 c (3 sv)    | 2 c (4 sv)      | 2.5 c (5 sv)    | 2 c (4 sv)      | 2 c (4 sv)      | 2 c (4 sv)      | 2.5 c (5 sv)    | 2.5 c (5 sv)    | 2.5 c (5 sv)    |
| Vegetables                      | 1 c (2 sv)      | 1.5 c (3 sv)    | 1.5 c (3 sv)    | 2 c (4 sv)      | 2.5 c (5 sv)    | 3 c (6 sv)      | 3 c (6 sv)      | 3 c (6 sv)      | 3 c (6 sv)      | 3.5 c (7 sv)    | 3.5 c (7 sv)    | 4 c (8 sv)      |
| Dark green veg.                 | 1 c/wk          | 1.5 c/wk        | 1.5 c/wk        | 2 c/wk          | 3 c/wk          | 3 c/wk          | 3 c/wk          | 3 c/wk          | 3 c/wk          | 3 c/wk          | 3 c/wk          | 3 c/wk          |
| Orange veg.                     | 1 c/ wk         | 1 c/ wk         | 1 c/ wk         | 1.5 c/ wk       | 2 c/ wk         | 2 c/ wk         | 2 c/ wk         | 2 c/ wk         | 2 c/ wk         | 2.5 c/ wk       | 2.5 c/ wk       | 2.5 c/ wk       |
| Legumes                         | 1 c/ wk         | 1 c/ wk         | 1 c/ wk         | 1.5 c/ wk       | 2 c/ wk         | 2 c/ wk         | 2 c/ wk         | 2 c/ wk         | 2 c/ wk         | 2.5 c/ wk       | 2.5 c/ wk       | 2.5 c/ wk       |
| Starchy veg.                    | 1.5 c/ wk       | 2.5 c/ wk       | 2.5 c/ wk       | 3 c/ wk         | 6 c/ wk         | 6 c/ wk         | 6 c/ wk         | 7 c/ wk         | 7 c/ wk         | 8.5 c/ wk       | 8.5 c/ wk       | 9 c/ wk         |
| Other veg.                      | 4 c/ wk         | 4.5 c/ wk       | 4.5 c/ wk       | 5.5 c/ wk       | 6.5 c/ wk       | 6.5 c/ wk       | 6.5 c/ wk       | 7 c/ wk         | 7 c/ wk         | 8.5 c/ wk       | 8.5 c/ wk       | 10 c/ wk        |
| Grains                          | 3 oz-eq         | 4 oz-eq         | 5 oz-eq         | 6 oz-eq         | 6 oz-eq         | 7 oz-eq         | 8 oz-eq         | 9 oz-eq         | 10 oz-eq        | 10 oz-eq        | 10 oz-eq        | 10 oz-eq        |
| Whole grains                    | 1.5             | 2               | 2.5             | 3               | 3               | 3.5             | 4               | 4.5             | 5               | 5               | 5               | 5               |
| Other grains                    | 1.5             | 2               | 2.5             | 3               | 3               | 3.5             | 4               | 4.5             | 5               | 5               | 5               | 5               |
| Lean meat and beans             | 2 oz-eq         | 3 oz-eq         | 4 oz-eq         | 5 oz-eq         | 5 oz-eq         | 5.5 oz-eq       | 6 oz-eq         | 6.5 oz-eq       | 7 oz-eq         | 7 oz-eq         | 7 oz-eq         | 7 oz-eq         |
| Milk                            | 2 c             | 2 c             | 2 c             | 3 c             | 3 c             | 3 c             | 3 c             | 3 c             | 3 c             | 3 c             | 3 c             | 3 c             |
| Oils                            | 15 g            | 17 g            | 17 g            | 22 g            | 24 g            | 27 g            | 29 g            | 31 g            | 34 g            | 36 g            | 44 g            | 51 g            |
| Discretionary calorie allowance | 165             | 171             | 171             | 132             | 195             | 267             | 290             | 362             | 410             | 426             | 512             | 648             |
MyPyramid 2000 kcal Pattern

- 6 oz grains, including > 3 oz whole grains
- 2 c fruits
- 2.5 c vegetables*
- 5.5 oz lean meat equivalents
- 3 cup equivalents of fat-free milk
- 27 g (6 tsp) oils
- 290 discretionary kcal

* including 3 c/wk dark green, 2 c/wk orange, and 3 c/wk legumes
MyPyramid Recommends Foods, not Nutrients

- However, nutrient intakes associated with following the guide have been estimated
  - Assuming “typical consumption” within each group and foods being eaten in their most nutrient-dense form
Process To Develop MyPyramid Food Patterns and Estimated Nutrient Intakes

- Set energy levels
  - Based on estimated energy requirements (EER) formulas
- Set nutrient goals
  - Based on dietary reference intake (DRI) standards
- Establish food groupings
  - Based on nutrient content, use in meals, and familiarity
- Calculate nutrient profiles
  - Based on a consumption-weighted average nutrient content for foods in each group
- Determine food intake patterns
  - Iterative process to identify food group amounts that meet nutrient goals within energy level

Calculate Nutrient Profiles

Determine amount of a nutrient each food group provides

For example:
What is the vitamin A content of a typical dark green vegetable?

Cooked Spinach
943 µg per cup

Cooked Broccoli
153 µg per cup
How much of each dark green vegetable (DGV) is consumed?

- Cooked Spinach: 15%
- Cooked Broccoli: 36%
- All other DGV: 49%
Calculate Nutrient Profiles

**General formula:**

\[
\text{Nutrient profile of food group}_n = \sum \left( \text{Nutrient contribution of each food} \times \text{Likelihood of each food being eaten} \right)
\]

**Example:** Calculating the expected amount of Vitamin A in dark-green vegetables (DGV)

\[
\sum [(943 \times 0.15) + (153 \times 0.36) + \ldots + \ldots, \text{etc.}] = 334 \, \mu g \, \text{RAE Vitamin A/cup}
\]

Comparison Between MyPyramid and Other Recommendations

- Clinical Guidelines on Overweight and Obesity in Adults
- American Diabetes Association
- National Cholesterol Education Program
- American Heart Association
- National Committee on High Blood Pressure
- American Institute for Cancer Research
- Dietary Approaches to Stop Hypertension Eating Plan
- American Cancer Society
### Clinical Guidelines on Overweight and Obesity in Adults

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>CGOOA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>29% of Energy</td>
<td>≤ 30% of Energy</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7.8% of Energy</td>
<td>8-10% of Energy</td>
</tr>
<tr>
<td>Monosaturated Fat</td>
<td>10.7% of Energy</td>
<td>≤ 15% of Energy</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>8.9% of Energy</td>
<td>≤ 10% of Energy</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>230 mg/d</td>
<td>&lt; 300 mg/d</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>55% of Energy</td>
<td>≥ 55% of Energy</td>
</tr>
<tr>
<td>Fiber</td>
<td>31 g/d</td>
<td>20-30 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>1,779 mg/d</td>
<td>≤ 2,400 mg/d</td>
</tr>
<tr>
<td>Energy</td>
<td>1,987 kcal/d</td>
<td>500-1,000 kcal/d</td>
</tr>
</tbody>
</table>

below usual intake
### American Diabetes Association

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>ADA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>7.8% of Energy</td>
<td>&lt; 7% of energy, Minimize trans fat intake</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>8.9% of Energy</td>
<td>2 or more servings of fish per week (with the exception of commercially fried fish fillets)</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>230 mg/d</td>
<td>&lt; 200 mg/d</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>55% of Energy</td>
<td>A dietary pattern that includes carbohydrate from fruits, vegetables, whole grains, legumes, and low-fat milk is encouraged for good health. Consume a variety of fiber-containing foods</td>
</tr>
<tr>
<td>Sodium</td>
<td>1,799 mg/d</td>
<td>≤ 2,300 mg/d</td>
</tr>
</tbody>
</table>
### National Cholesterol Education Program

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>NCEP</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>29% of Energy</td>
<td>25-35% of Energy</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7.8% of Energy</td>
<td>&lt; 7% of Energy</td>
</tr>
<tr>
<td>Monosaturated Fat</td>
<td>10.7% of Energy</td>
<td>≤ 20% of Energy</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>8.9% of Energy</td>
<td>≤ 10% of Energy</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>230 mg/d</td>
<td>&lt; 200 mg/d</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>55% of Energy</td>
<td>50-60% of Energy</td>
</tr>
<tr>
<td>Fiber</td>
<td>31 g/d</td>
<td>20-30 g/d</td>
</tr>
<tr>
<td>Energy</td>
<td>1,987 kcal/d</td>
<td>Balance energy intake and expenditure to maintain weight</td>
</tr>
</tbody>
</table>
# Comparison of MyPyramid Nutrient Levels With American Heart Association

## Nutrients

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>AHA, 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>7.8% of Energy</td>
<td>&lt; 7% of Energy&lt;br&gt;&lt; 1% of Energy from trans fat</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>230 mg/d</td>
<td>&lt; 300 mg/d</td>
</tr>
<tr>
<td>Fiber</td>
<td>31 g/d</td>
<td>Consume whole grain, high fiber foods</td>
</tr>
<tr>
<td>Sodium</td>
<td>1,770 mg/d</td>
<td>&lt; 2,300 mg/d*</td>
</tr>
<tr>
<td>Energy</td>
<td>1,987 kcal/d</td>
<td>Balance calorie intake and physical activity to achieve or maintain a health body weight</td>
</tr>
</tbody>
</table>

* < 1,500 for African Americans, middle-aged and older adults, and people with high blood pressure
**American Heart Association 2020 Goals (Dietary)**

**Primary**

Fruits & Vegetables: ≥ 4.5 cups/day  
Fish: ≥ two 3.5 oz. servings/week (preferably oily fish)  
Fiber-rich whole grains (≥ 1.1 g of fiber/10 g of CHO: ≥ three 1 oz. equivalent servings per day)  
Sodium: < 1500 mg/day  
Sugar-sweetened beverages: ≤ 450 kcal (36 oz.)/week

**Secondary**

Nuts, legumes, & seeds: ≥ 4 servings/week  
Processed meats: none or ≤ 2 servings/week  
Saturated fat: < 7% of total energy intake

Comparison of MyPyramid Nutrient Levels With National Committee on High Blood Pressure

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>NCHBP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>29% of Energy</td>
<td>Follow Dietary Approaches to Stop Hypertension Eating Plan</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7.8% of Energy</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>1,770 mg/d</td>
<td>≤ 2400 mg/d</td>
</tr>
</tbody>
</table>
## American Institute for Cancer Research

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>AICR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>29% of Energy</td>
<td>Select foods low in fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7.8% of Energy</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>230 mg/d</td>
<td>Choose diet rich in plant-based foods and eat plenty of fruits and vegetables</td>
</tr>
<tr>
<td>Sodium</td>
<td>1,770 mg/d</td>
<td>Limit consumption of salty foods and foods processed with salt (sodium).</td>
</tr>
</tbody>
</table>
Comparison of MyPyramid Food Intake Recommendations With...  

Dietary Approaches to Stop Hypertension Eating Plan

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>DASH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>6 oz</td>
<td>6-8 servings</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>3 oz</td>
<td>Whole grains recommended for most grain servings</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 cups</td>
<td>4-5 servings</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2.5 cups</td>
<td>4-5 servings</td>
</tr>
<tr>
<td>Meats</td>
<td>5.5 oz lean meat or equivalent</td>
<td>≤ 6 servings</td>
</tr>
<tr>
<td>Milk</td>
<td>3 cup-equivalents fat-free milk</td>
<td>2-3 servings fat-free or low-fat milk and milk products</td>
</tr>
<tr>
<td>Oils</td>
<td>27 g (6 tsp)</td>
<td>2-3 servings</td>
</tr>
<tr>
<td>Discretionary Energy</td>
<td>267 kcal</td>
<td>5 or fewer servings/week of sweets and added sugars</td>
</tr>
</tbody>
</table>
Comparison of MyPyramid Food Intake Recommendations With…

**American Heart Association**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>AHA</th>
</tr>
</thead>
<tbody>
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<td>Grains</td>
<td>6 oz</td>
<td>6-8 servings</td>
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<td>2.5 cups</td>
<td>4-5 servings</td>
</tr>
<tr>
<td>Meats</td>
<td>5.5 oz lean meat or equivalent</td>
<td>&lt; 6 oz lean meats, poultry, and seafood</td>
</tr>
<tr>
<td>Milk</td>
<td>3 cup-equivalents fat-free milk</td>
<td>2-3 servings fat-free or low-fat milk and milk products</td>
</tr>
<tr>
<td>Oils</td>
<td>27 g (6 tsp)</td>
<td>2-3 servings</td>
</tr>
<tr>
<td>Discretionary Energy</td>
<td>267 kcal</td>
<td>Minimize intake of beverages and foods with added sugar.</td>
</tr>
</tbody>
</table>
Comparison of MyPyramid Food Intake Recommendations With... American Cancer Society

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>ACS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>6 oz</td>
<td>Choose whole grains over processed (refined) grains</td>
</tr>
<tr>
<td>Fruits/Vegetables</td>
<td>2 cups/2.5 cups</td>
<td>Eat 5 or more servings of a variety of vegetables and fruits each day</td>
</tr>
</tbody>
</table>
| Meats              | 5.5 oz lean meat or equivalent | • Limit intake of processed and red meats  
|                    |                 | • Select lean cuts and small portions  
|                    |                 | • Prepare by baking, broiling, or poaching rather than frying or charbroiling |
## National Osteoporosis Foundation

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>MyPyramid</th>
<th>NOF</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>Adequate Intake level as defined by Institute of Medicine</td>
<td>Adequate Intake level as defined by Institute of Medicine</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Databases insufficient to assess; recommendations exceed current intake</td>
<td>Adequate Intake level as defined by Institute of Medicine</td>
</tr>
</tbody>
</table>
Consistency with Current Recommendations

- Obesity
- Diabetes
- Heart disease and stroke
- Hypertension
- Cancer
- Osteoporosis
Key Assumptions

- Energy level selection and adherence

- Selection of appropriate foods
  - Severe limitations on discretionary calories
  - Subgroups as important as major groups
Further Assumptions Behind Composites

- Plain bread, cereal, pasta and rice
- Vegetables without fat
- Unsweetened fruit
- Skim milk
- Leanest meats
- No salt added; high sodium soups, sauces and condiments not represented
Typical Choices in Various Groups

- **Grains**
  - Less than 10% of grain intake is whole grains
  - Bread is greatest single contributor to non-whole grains, but sweets (e.g., donuts, sweet rolls, and cookies) and grain mixtures (e.g., pizza) are also major sources

- **Vegetables**
  - White potatoes, mostly eaten fried, are top vegetable
  - Green and orange vegetables and legumes would need to double/triple to meet recommendations

- **Milk**
  - Skim milk contributes only 16% of fluid milk consumed; nearly all cheese consumed is full fat

Top Sources of Solid Fats

Major Sources of Saturated Fatty Acids

**Top Three Contributors:**
- Cheese 13%
- Beef 12%
- Milk 8%

Meat, Poultry, Fish, Eggs, Dairy 60%
Grains, Vegetables, Fruits, Sweets, all other 30%
Fats & Oils 10%
Major Sources of Trans Fatty Acids

- Animal products (CLA – natural trans fat) 21%
- Cakes, cookies, crackers, pies, bread 40%
- Stick margarine 17% (tub margarine <0.5 g/sv = trans fat-free food)
- Fried potatoes, potato chips, corn chips, popcorn 13%
- Breakfast cereal, candy, 2%
- Salad dressing 3%
- Shortening 4%

Source: FDA Consumer magazine
Top Sources of Added Sugars

- Soda: 37%
- Grain-based Desserts: 12%
- Fruit Drinks: 12%
- Other Foods: 39%

Top Sources of Sodium

- Yeast Breads: 58%
- Chicken/chicken dishes: 7%
- Pizza: 7%
- Pasta/pasta dishes: 6%
- Cold cuts: 5%
- Condiments: 5%
- Mexican mixed dishes: 5%
- Sausage, bacon and ribs: 4%
- Other foods: 4%

History of Dietary Guidance

Basic 4, 1960’s

US Dietary Goals, 1977

US Dietary Guidelines, 1980-present

Nutrient adequacy

Limits on saturated fats, added sugars, alcohol
Emphasis on fruits, vegetables, whole grains

Guidance directed at individuals: “personal choice”
Percent Change
From Current Intake To Recommendations

- Oils
- Vegetable Group
- Fruit Group
- Grain Group
- Meat & Bean Group
- Milk Group
- Males

Percent change:
- 0
- 50
- 100
- 150
- 200
- 250
- 300
- 350
- 400

Females
Males

MyPyramid.gov
Steps to a Healthier You
Percent Change
From Current Intake To Recommendations

Yellow: Females
Red: Males

Discretionary Calories

Solid fat
Added sugars

Percent change
-100
-50
0
50
100
150
200
250
300
350
400

HEI Component Score

- Total Grains
- Total Vegetables
- Whole Fruit
- Total Fruit
- Dark Green/Yellow Vegetables & Legumes
- Whole Grains
Quality of US Food Supply With Regard To Meat & Beans and Milk, 1970-2007

HEI Component Score

Year

Meat & Beans

Milk
Quality of US Food Supply With Regard To Oils and Saturated Fat, 1970-2007

The graph shows the HEI Component Score for oils and saturated fat from 1970 to 2007. The red line represents the scores for oils, which generally increase over the years. The blue line represents the scores for saturated fat, which also show an increasing trend with fluctuations over the same period.
Quality of US Food Supply With Regard To Sodium, 1970-2007

HEI Component Score vs. Year

- Sodium

Year:
- 1970
- 1971
- 1972
- 1973
- 1974
- 1975
- 1976
- 1977
- 1978
- 1979
- 1980
- 1981
- 1982
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- 2002
- 2003
- 2004
- 2005
- 2006
- 2007
Quality of US Food Supply With Regard To Calories From SoFAAS, 1970-2007

The graph illustrates the trend in the HEI Component Score and Calories/Person/Day from 1970 to 2007. The HEI Score for SoFAAS, Calories From Sugars, Calories From Solid Fats, and Calories From Alcohol are represented with different lines. The HEI Score for SoFAAS shows a slight increase over the years, while the other components remain relatively stable.
Agricultural Shifts Needed to Meet Recommendations

- Fruit: increase by >50%
- Milk: increase by almost 50%
- Lean meat: increase by 15%
- Dark green/deep yellow vegetables and legumes: triple!
- Potatoes: decrease by 50%
- Caloric sweeteners: decrease by 50%
No Good Food, No Bad Food?

- All foods “fit”...
  - Every food can be assigned

- ... but some create the potential for greater imbalance
  - Some foods limit other choices, if pattern is to be maintained
Implications for Research and Practice

- Communications and behavioral research needed

- Meanwhile, nutrition professionals should...
  - Be mindful of underlying assumptions
  - Help guide consumers toward appropriate choices
  - Advocate for healthier food environment
Questions?
Nutri-Bites<sup>sm</sup> Webinar Summary

How Does MyPyramid Compare to Other Population Based Recommendations for Controlling Chronic Disease?

- Remarkable consistency between MyPyramid recommendations and those aimed at diet-related conditions

- Food intake recommendations of MyPyramid similar to those recommended by DASH, AHA and American Cancer Society

- Nutrient intake recommendations of MyPyramid generally consistent with nutrient ranges of other authoritative groups

- Nutrition professionals should be aware of the underlying assumptions of MyPyramid in order to help guide consumers toward appropriate choices and conform to dietary guidance
Resource Links on Dietary Recommendations

- National Cholesterol Education Program [http://www.nhlbi.nih.gov/about/ncep/index.htm](http://www.nhlbi.nih.gov/about/ncep/index.htm)
- American Heart Association [www.americanheart.org](http://www.americanheart.org)
- American Institute for Cancer Research [http://www.aicr.org](http://www.aicr.org)
- American Cancer Society [www.cancer.org](http://www.cancer.org)
Contact Information

- For CPE information: astachnik@rippelifestyle.com

- For recorded webcast and pdf download of PowerPoint: www.startmakingchoices.com/health-professionals

- For future ConAgra Foods Science Institute Nutri-Bites™ webinars: www.startmakingchoices.com/health-professionals
Implementing Dietary Recommendations for Heart Health: Moving from Ideal to Real

Presenters:
James M. Rippe, M.D.
Lisa Cooper, M.S., R.D.

Date: April 28, 2010
2-3 pm EST
ConAgra Foods Science Institute

Promoting Choices affecting Wellness by linking evidence-based Understanding with Practice