

USDA recommended dietary guidelines.

(taken from: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>)

FOOD GROUPS TO ENCOURAGE

- ➔ 1. *Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.*
- ➔ 2. *Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.*
- ➔ 3. *Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.*
 - Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
- ➔ 4. *FATS: Be aware of the oils and fats you consume. Look at the list below and consider a) the types of fats/oils food is cooked in and b) the fats and oils the food contains. Are they “good” fats? or “bad” fats? (see below).*
 - Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible.
 - Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
 - When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
 - Limit intake of fats and oils high in saturated and/or *trans* fatty acids, and choose products low in such fats and oils.

➔ 5. CARBOHYDRATES

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

➔ 6. SODIUM AND POTASSIUM

- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

Diet analysis assignment: Using your week’s worth of diet data (date/food item/break it down/comments), address each of the above numbered items (with arrows) including projections of how much of each item you should have consumed (based on USDA food guidelines) compared to how much you did consume. Include a discussion section at the end identifying areas that you are strong and areas in which you could improve.