The 2010 Dietary Guidelines; a 5 year update by the US Department of Health and Human Services (HHS) and the USDA.

1) STOP eating too much
   a) To figure out how many calories you need/day, take your current weight in pounds x 12. If you subtract 500 calories from this number each day, you should lose 1 pound/week. Or you can increase activity to use 250 calories and reduce food intake by 250 calories/day.
   b) Other ways to eat less:
      Use smaller salad plate for dinner
      Order an appetizer and salad instead of an entrée
      Cook at home
      Do not have serving plates on the table
      Make 1/2 your plate vegetables, ¼ for a grain, ¼ for a protein.
   c) How can you stop eating too much?

2) GO for more fruits and vegetables
   a) Large in volume and fiber, and low in calories. Pack nutritional punch. Go for interior color. Eat fruit peel for more fiber; many of nutrients just under the skin. Eat according to season. Go for fresh, but keep frozen and canned and dried on hand.
   b) Goal is 9 serv/day of combination of fruits and vegetables.
   c) What is a serving? Generally it is ½ cup. Raw greens = 1 cup
   d) How specifically are you going to get to 9/day TODAY?

3) STOP eating junk: Reduce SoFAS (solid fats and added sugars) which make up 35% of all our calories.
   a) Solid fats (saturated fats and trans fats) are solid at room temperature: butter, stick margarine, coconut oil, cream, partially hydrogenated oil, shortening and lard. Increase blood cholesterol.
   b) Replace with plant based fats found in nuts, nut butters, seeds, avocados and liquid oils (olive and canola).
   c) Salt is overconsumed and added to many foods. For those over 51 years, the suggested amount is 1500 mg/day. Lower sodium intake Helps to lower blood pressure. Replace processed foods with fresh. Look for low sodium or no added salt canned foods.
   d) What changes will you make in this category of foods?
4) MAKE WAY for leaner meats and poultry and vegetable protein
   a) Reduce saturated fat by using low fat dairy products, lower fat cuts of meat, smaller portion (deck of cards =3 oz).
   b) Substitute vegetable proteins such as beans, peas, nuts
   c) What specific changes can you make?

5) GO for more whole grains.
   a) New guidelines tell us to limit refined grains. Make half of your grains whole grains (brown rice, oatmeal, 100% whole grain cereal, bread and pasta, wild rice, corn, popcorn, quinoa, whole rye, buckwheat, spelt, hulled barley)
   b) Whole grains have more fiber and make you feel fuller. Can eat less of them and feel like you ate more!
   c) What whole grains foods do you eat now?
   d) Do you need to add more? If so, what specifically could those foods be?

6) GO fish
   a) Increase the amount and variety of seafood to an intake of 8 ounces or more per week.
   b) Low calorie source of protein. Source of omega 3 fats EPA and DHA especially in the more fatty fish which improve heart health.
   c) Avoid swordfish, tilefish, king mackerel, shark -- larger fish which accumulate more methyl mercury. Limit albacore tuna to 6 ounces a week.
   d) What fish do you eat, and how often?
   e) If you need to add more fish to your diet, how will you do it?

The more specific you can be in a change you want to make, the more apt you are to make that change! Making change in your eating is a challenge. Consider small changes that you can make every day. Allow that change to become a habit for you, and then consider making several more changes.

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