On January 7, 2016, the federal government released the 2015-2020 Dietary Guidelines for Americans, which is designed to help reduce obesity and prevent chronic conditions such as type 2 diabetes, hypertension, and heart disease. The overarching message stresses that all that we eat or drink over our lifetime makes a difference, and includes suggested steps that individuals and employers can take to improve their health and encourage good eating habits in others.

While many feel that the new Dietary Guidelines reflects changes consumers are already starting to make to their diets, the guidelines state that shifts are needed to align with healthy eating patterns. Professionals within communities, businesses and industries, organizations, governments, and other segments of society are needed to support individuals and families in making lifestyle choices that align with the Dietary Guidelines. The Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) and other professionals have an important role in leading disease-prevention efforts within their organizations and communities to make healthy eating and regular physical activity an organizational and societal norm.

BACKGROUND AND DEVELOPMENT

The Dietary Guidelines is a joint effort of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA). A new edition is published every five years to reflect advancements in scientific knowledge and
NEW DIETARY GUIDELINES FOCUSES ON HEALTHY EATING PATTERNS

translate the science current at the time into sound food-based guidance to promote health in the United States. The 2015-2020 Dietary Guidelines for Americans is the eighth version to be released, and focuses on overall eating patterns rather than individual nutrients or foods. The new edition also includes updated guidance on topics such as added sugars, sodium, and cholesterol as well as new information on caffeine.

THE FIVE OVERARCHING GUIDELINES
The five overarching guidelines include the following:
• Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
• Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
• Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
• Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
• Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

KEY RECOMMENDATIONS
The following key recommendations contain specific nutritional targets and dietary limits: The message is clear: More Fruits, Vegetables, Whole Grains, Lean Meat and Less Saturated Fat.
• Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.
• A healthy eating pattern includes:
  > A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
  > Fruits, especially whole fruits
  > Grains, at least half of which are whole grains
  > Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
  > A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
  > Oils

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• A healthy eating pattern limits saturated fats and trans fats, added sugars, and sodium. These components are of particular public health concern in the United States, and limiting overall intake can help individuals achieve healthy eating patterns within calorie limits:

  > Added Sugars: Consume less than 10 percent of calories per day from added sugars.
    - The recommendation to limit intake of calories from added sugars to less than 10 percent per day is a target based on food pattern modeling and national data on intakes of calories from added sugars that demonstrate the public health need to limit calories from added sugars to meet food group and nutrient needs within calorie limits.

  > Saturated Fats: Consume less than 10 percent of calories per day from saturated fats.
    - The recommendation to limit intake of calories from saturated fats to less than 10 percent per day is a target based on evidence that replacing saturated fats with unsaturated fats is associated with reduced risk of cardiovascular disease.

  > Sodium: Consume less than 2,300 milligrams (mg) per day of sodium.
    - The recommendation to limit intake of sodium to less than 2,300 mg per day is the Upper Limit (UL) for individuals ages 14 years and older set by the Institute of Medicine (IOM).
    - The recommendations for children younger than 14 years of age are the IOM age- and sex-appropriate ULs. See “Appendix 7. Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and Dietary Guidelines Recommendations.”

  > If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.
    - It is not recommended that individuals begin drinking or drink more for any reason. The amount of alcohol and calories in beverages varies and should be accounted for within the limits of healthy eating patterns.

Small shifts made throughout the day where food is obtained and consumed can make a big impact in helping clients improve eating patterns.

- There are many circumstances in which individuals should not drink, such as during pregnancy. See “Appendix 9. Alcohol” in the guidelines for additional information.

**NECESSARY SHIFTS**

Shifts are needed to align with healthy eating patterns and **everyone** has a role. Data used in the development of the Dietary Guidelines suggest that multiple opportunities to improve food choices exist throughout the day and in varied settings where food is obtained and consumed. Small shifts made at each of these many eating occasions

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“These textbooks contain a treasure trove of information highly relevant to practice and CDM exam preparation. They represent the gold standard in study aids and are written in a clear, user-friendly style—ideal for students and busy professionals.”

**Nutrition Fundamentals and Medical Nutrition Therapy**

The author’s roadmap in writing this textbook is based on the Standards of Practice for the Certified Dietary Manager and the role of nutrition care as a critical component of client care. These tasks represent current practice in the United States. Evidence-based nutrition is the foundation of nutrition care and practice for the future Certified Dietary Manager. The textbook is intended for students learning to become a Certified Dietary Manager and as a reference for CDMs working in the industry. In addition, the book integrates the 2016 Exam Blueprint Content Outline. Over 350 pages. © 2015

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**Foodservice Management—By Design**

The authors’ design in writing this textbook is based on tasks that a team of Certified Dietary Managers has identified as common to most foodservice operations. These tasks represent current practice in the United States. As the driving force of any foodservice department, “The Menu” is the starting point of the Foodservice Management—By Design textbook. The authors have structured the content and flow of material to build from that central concept. This book is intended to be both a student’s textbook and a reference for working managers operating a foodservice department. The book is based on and integrates the 2016 Exam Blueprint Content Outline. Over 500 pages. © 2015

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can add up to real improvements in eating patterns over time.

Professionals have an important role in leading disease-prevention efforts within their organizations and communities to make healthy eating and regular physical activity a priority.

Examples of strategies and actions Certified Dietary Managers can support to improve food choices that align with the Dietary Guidelines include:

• Fostering partnerships with food producers, suppliers, and retailers to increase access to recommended foods.
• Promoting the development and availability of recommended food products in food retail and foodservice establishments. (For instance, Chick-fil-A recently removed coleslaw from its menu and introduced a SuperFood Side, which features kale, broccolini, dried fruit, and nuts.)
• Identifying and supporting policies and/or programs that promote healthy eating and physical activity patterns.
• Encouraging participation in physical activity programs offered in various settings.
• Expanding access to healthy, safe, and affordable food choices, and providing opportunities for engaging in physical activity.
• Adopting organizational changes and practices, including those that increase the availability, accessibility, and consumption of the recommended foods.
• Providing nutrition assistance programs that support education and promotional activities tailored to the needs of the community.
• Implementing educational programs tailored to individuals and changing organization practices, approaches, and/or policies to support healthy food choices where food decisions are being made, in all settings.
• Encouraging opportunities in the workplace for regular physical activity through active commuting, activity breaks, and walking meetings.

• Helping individuals become more aware of the foods and beverages that make up their own or their family’s eating patterns and identify areas, such as modifying recipes and/or food selections, where they can make shifts to align with the Dietary Guidelines.
• Teaching skills like gardening, cooking, meal planning, and label reading that help support healthy eating patterns.
• Suggesting ways that individuals can model healthy eating behaviors for friends and family members.
• Developing plans to help individuals limit screen time and time spent being sedentary and increase physical activity.

THE BOTTOM LINE

ANFP Position Papers address the Role of the CDM in Quality Assurance and Performance Improvement and also Person-Directed Care. CDMs respect quality of life and quality of care of patients and residents by offering a patient/resident-centered environment to optimize the most practicable level in such areas as functioning, nutritional needs, food safety, and maintaining choice and dignity. Certified Dietary Managers and other professionals have an important role in leading disease-prevention and management efforts within their organizations and communities to make healthy eating and regular physical activity an organizational and societal norm. The 2015-2020 Dietary Guidelines for Americans represents the U.S. government’s cornerstone for nutrition policy and education for the next five years, and CDMs are critical in helping individuals shift nutritional patterns to align with the Dietary Guidelines.

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RESOURCES:

• The U.S. Department of Agriculture website offers resources and tools for consumers and professionals at www.ChooseMyPlate.gov.
• The Academy of Nutrition and Dietetics has developed a wealth of online resources available at http://www.eatright.org/resources/food/nutrition/dietary-guidelines-and-myplate.