

What are the patterns of dietary intake across the lifespan and the opportunities to support healthy aging?

Eve Stoody, PhD

Lead Nutritionist

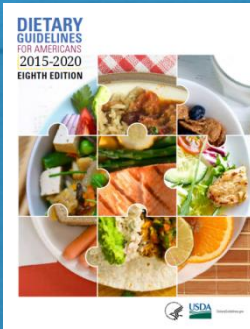
U.S. DEPARTMENT OF AGRICULTURE

CENTER FOR NUTRITION POLICY & PROMOTION

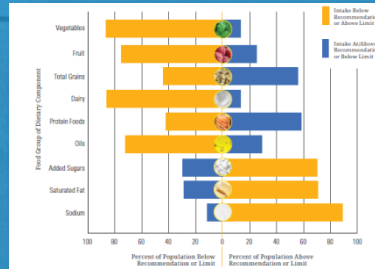


United States
Department
of Agriculture

TODAY'S TOPICS



2015-2020
Dietary Guidelines for
Americans



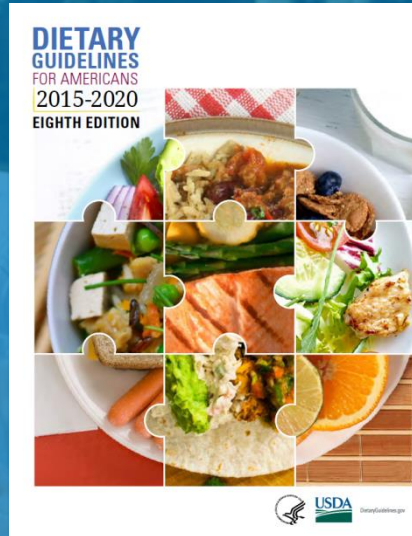
Dietary intake across
the lifespan



Opportunities for the
future

2015-2020 DIETARY GUIDELINES FOR AMERICANS

DietaryGuidelines.gov



The *Dietary Guidelines* make recommendations about the components of a healthy and nutritionally adequate diet to help promote health and prevent chronic disease for current and future generations.

2015-2020 DIETARY GUIDELINES FOR AMERICANS

*“The goal of the Dietary Guidelines is for individuals **throughout all stages of the lifespan** to have eating patterns that promote overall health and help prevent chronic disease.”*

2015-2020 DIETARY GUIDELINES FOR AMERICANS

Guidelines

1

Follow a healthy
eating pattern
across the lifespan

2

Focus on variety,
nutrient density,
and amount

3

Limit calories from
added sugars and
saturated fats and
reduce sodium
intake

4

Shift to healthier
food and beverage
choices

5

Support healthy
eating patterns for
all

KEY RECOMMENDATIONS

The Dietary Guidelines describes adaptable eating patterns

Consume a healthy eating pattern that accounts for all food 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**
- *A healthy eating pattern limits:*
 - Saturated and *trans* fats, added sugars, and sodium

KEY RECOMMENDATIONS

Quantitative Limits

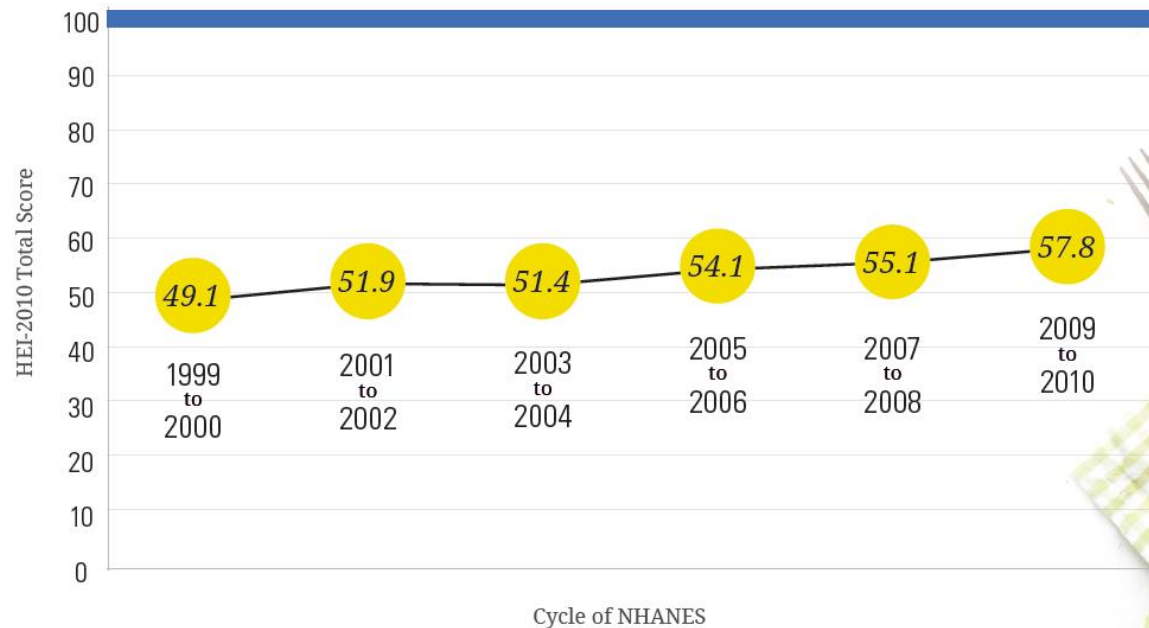
Quantitative recommendations are provided for components of the diet that should be limited. These components are of particular public health concern, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than **10%** of calories per day from **ADDED SUGARS**
- Consume less than **10%** of calories per day from **SATURATED FATS**
- Consume less than **2,300 mg** per day of **SODIUM**
- 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

Americans are not consuming healthy eating patterns

Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Ages 2 Years and Older (Figure I-1)

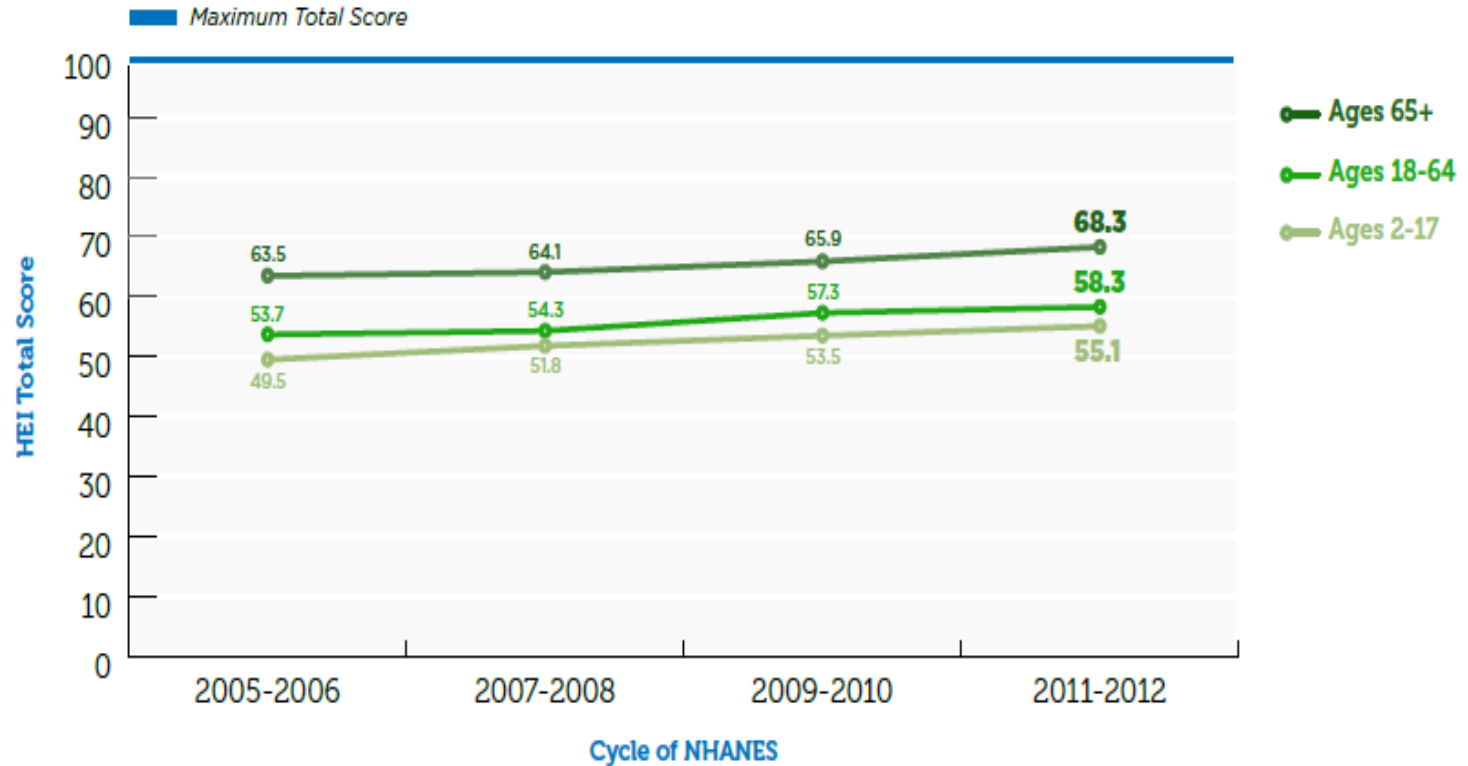
■ Maximum Total Score



Data Source: Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010.
Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

Americans are not consuming healthy eating patterns

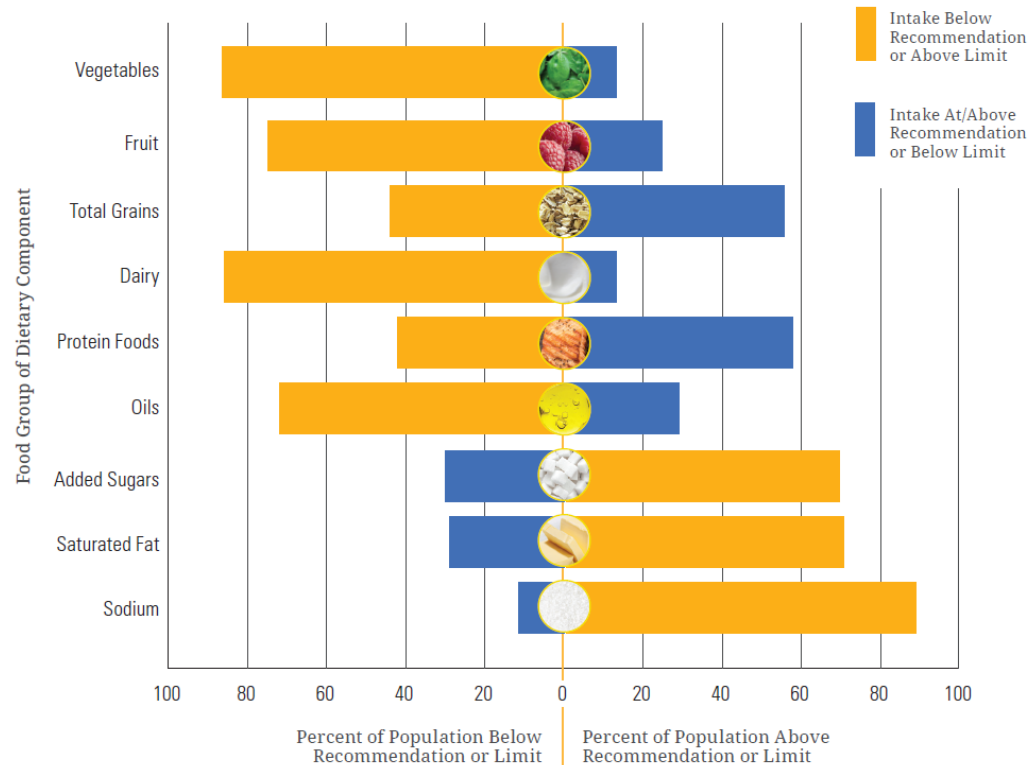
Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Across Age Groups



Data Source: Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010.
Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

Current eating patterns in the United States need improvement

Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit (Figure 2-1)

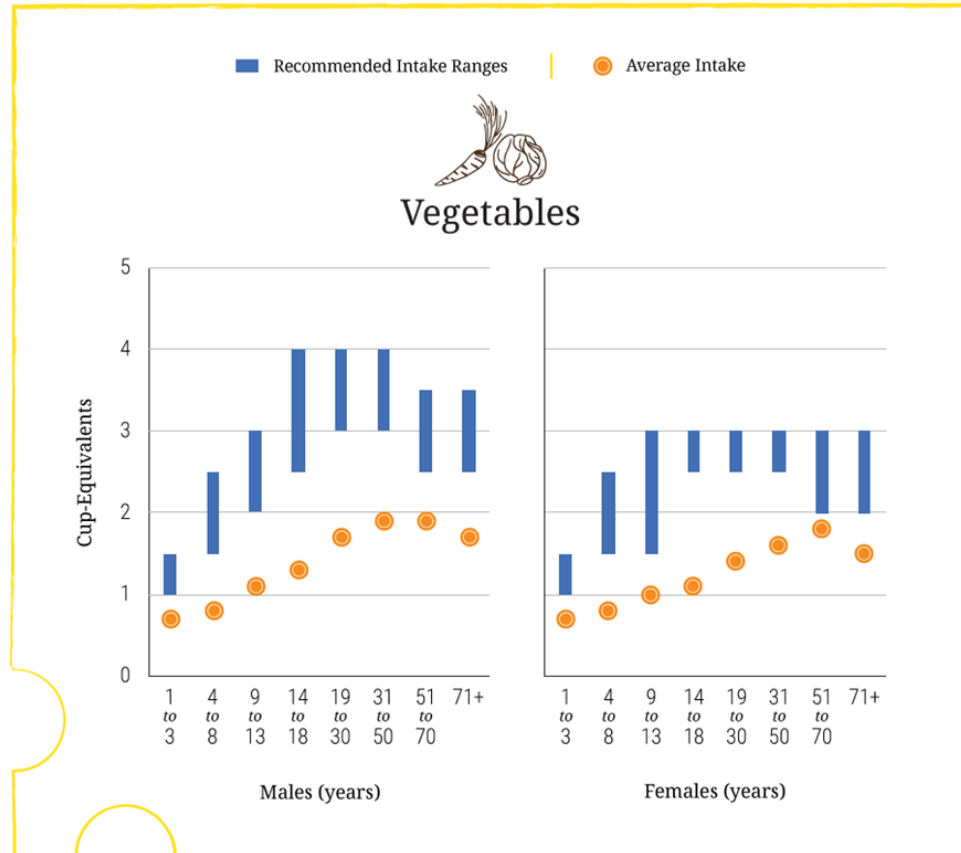


Note: The center (0) line is the goal or limit. For most, those represented by the blue sections of the bars, shifting toward the center line will improve their eating pattern.

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

Vegetables: Intakes and Recommendations

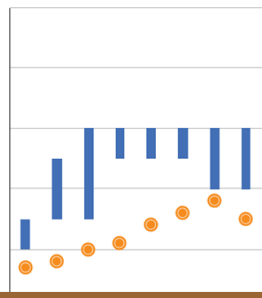
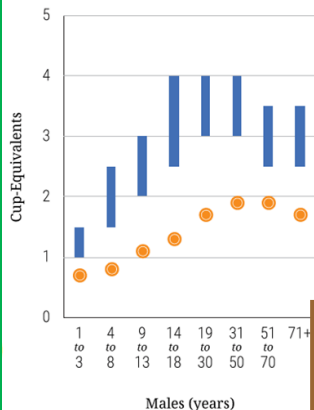
Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake (from Figure 2-3)



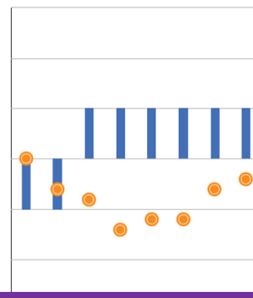
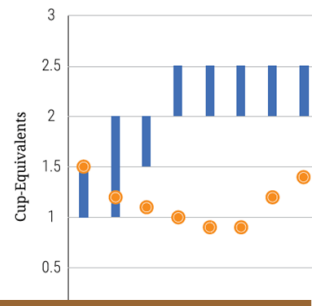
Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

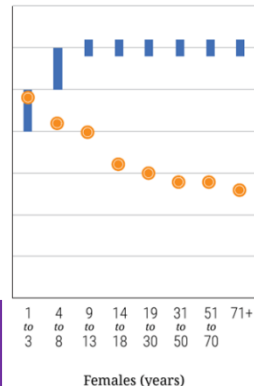
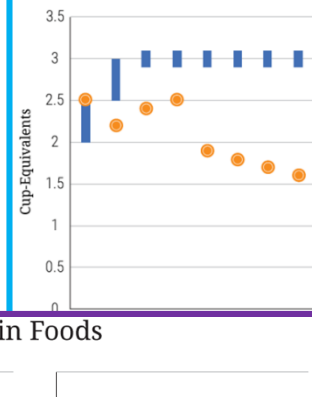
Vegetables



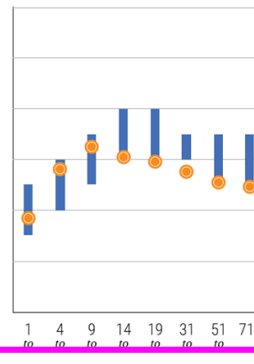
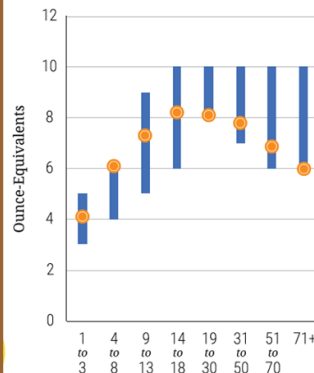
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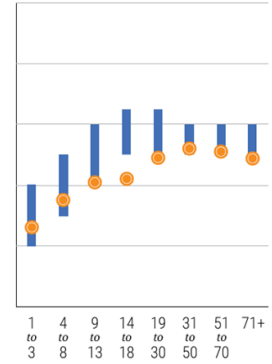
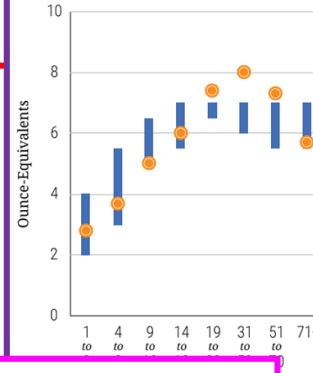
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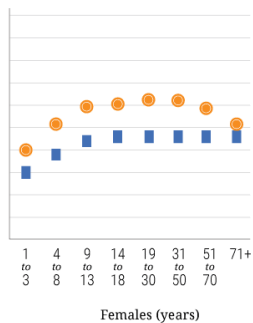
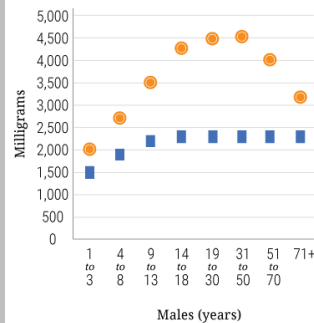
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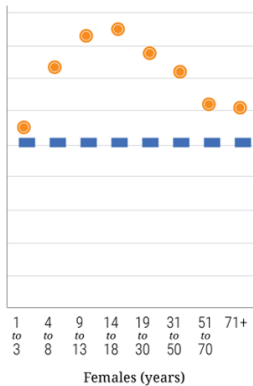
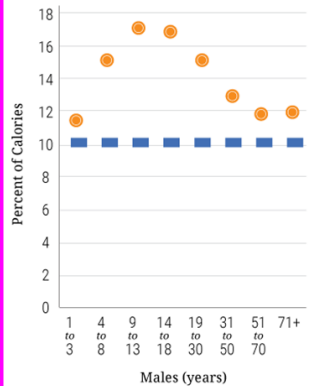
Protein Foods



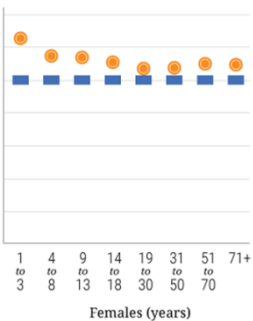
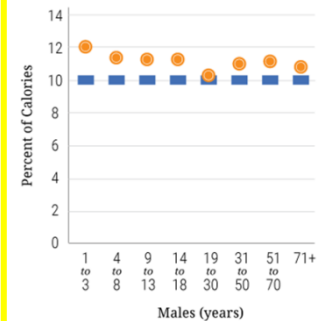
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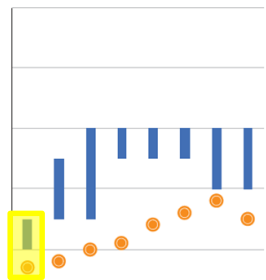
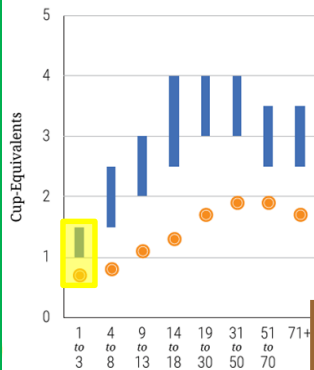
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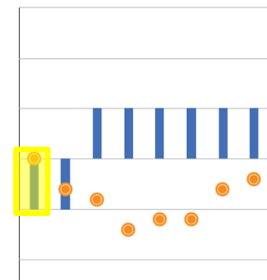
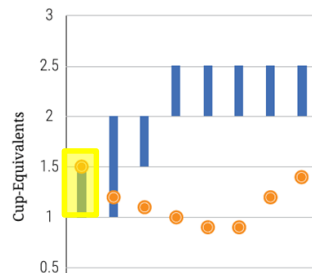
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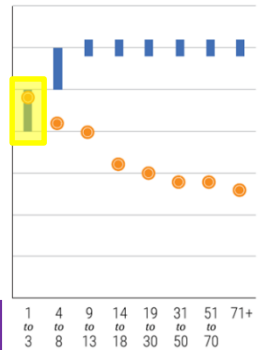
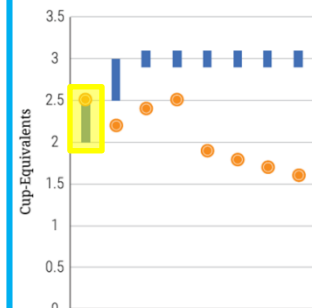
Vegetables



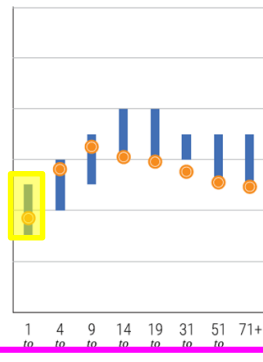
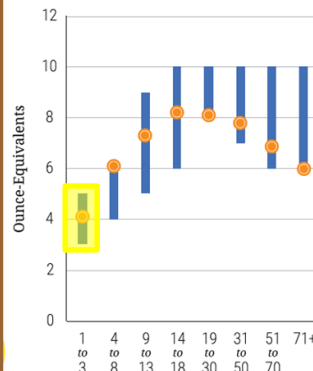
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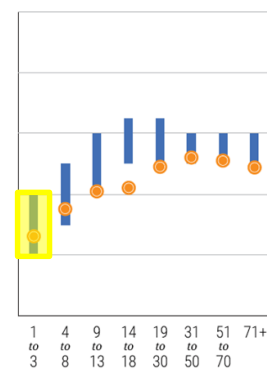
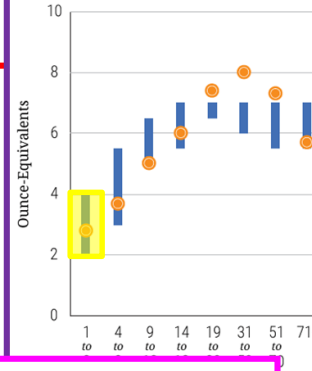
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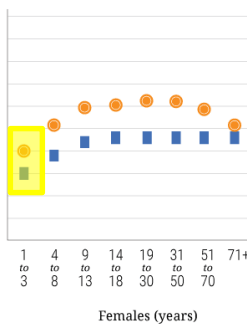
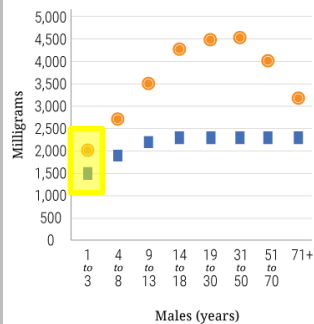
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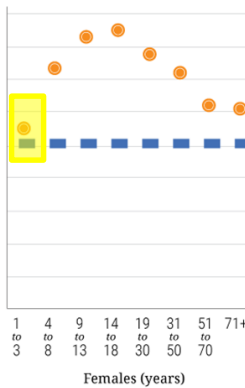
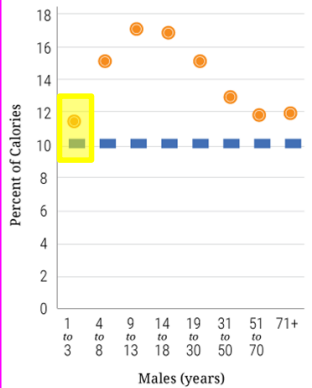
Protein Foods



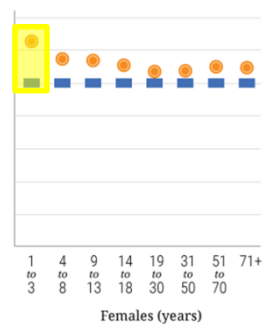
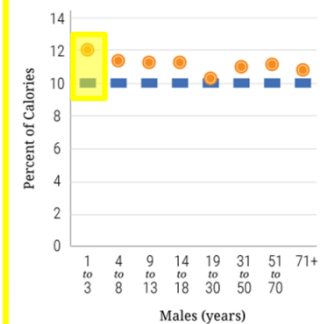
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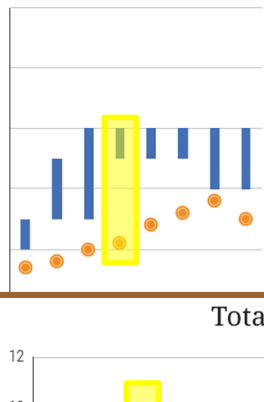
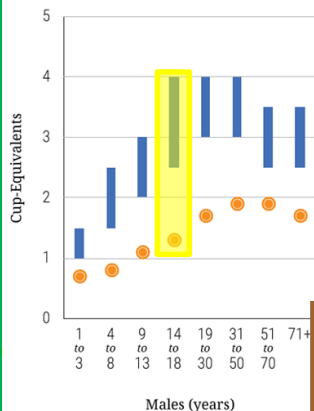
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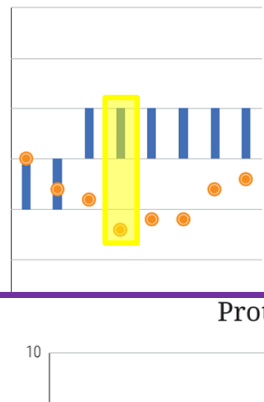
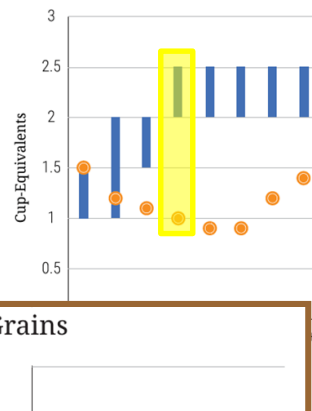
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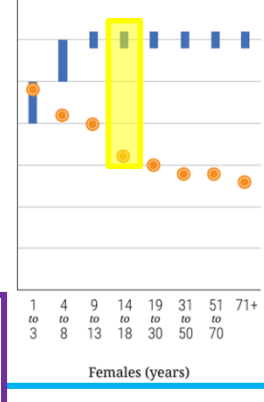
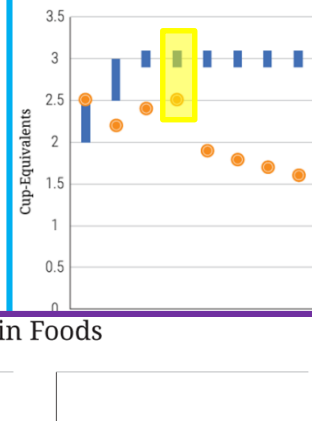
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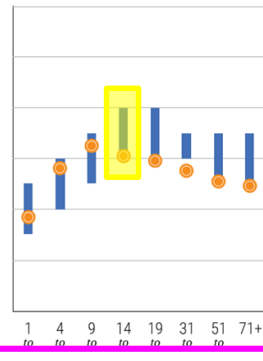
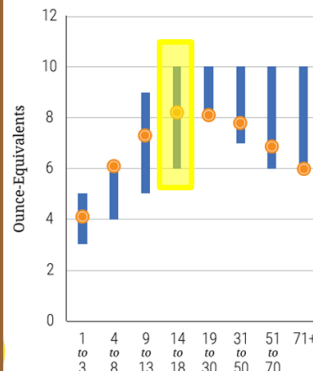
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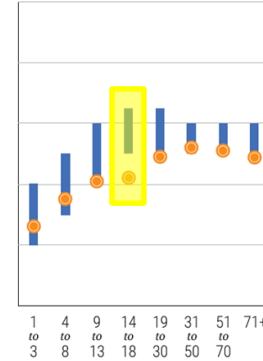
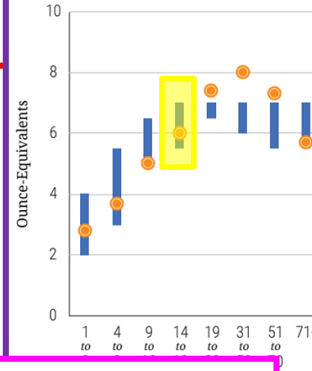
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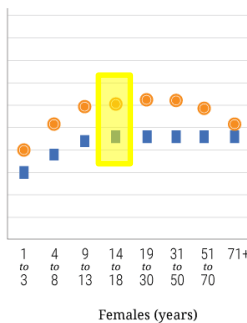
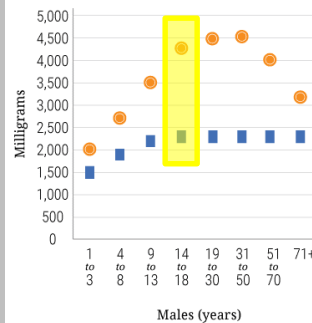
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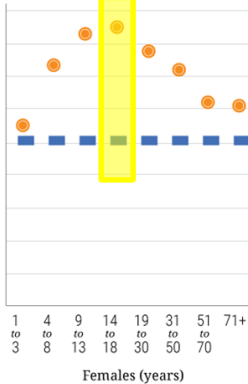
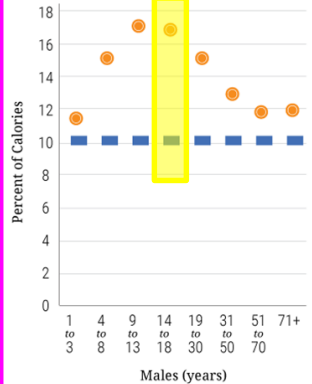
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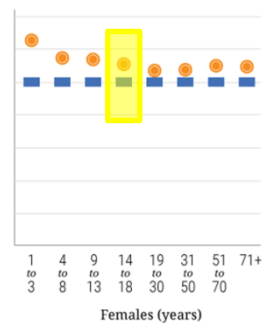
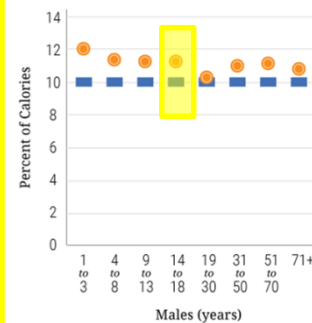
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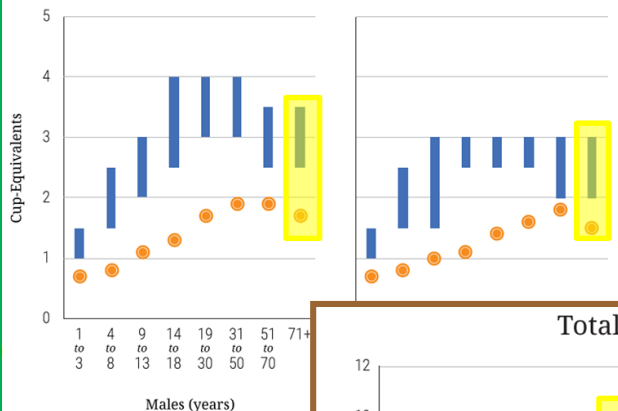
Added Sugars



Saturated Fats



Vegetables



Dietary intake across the lifespan

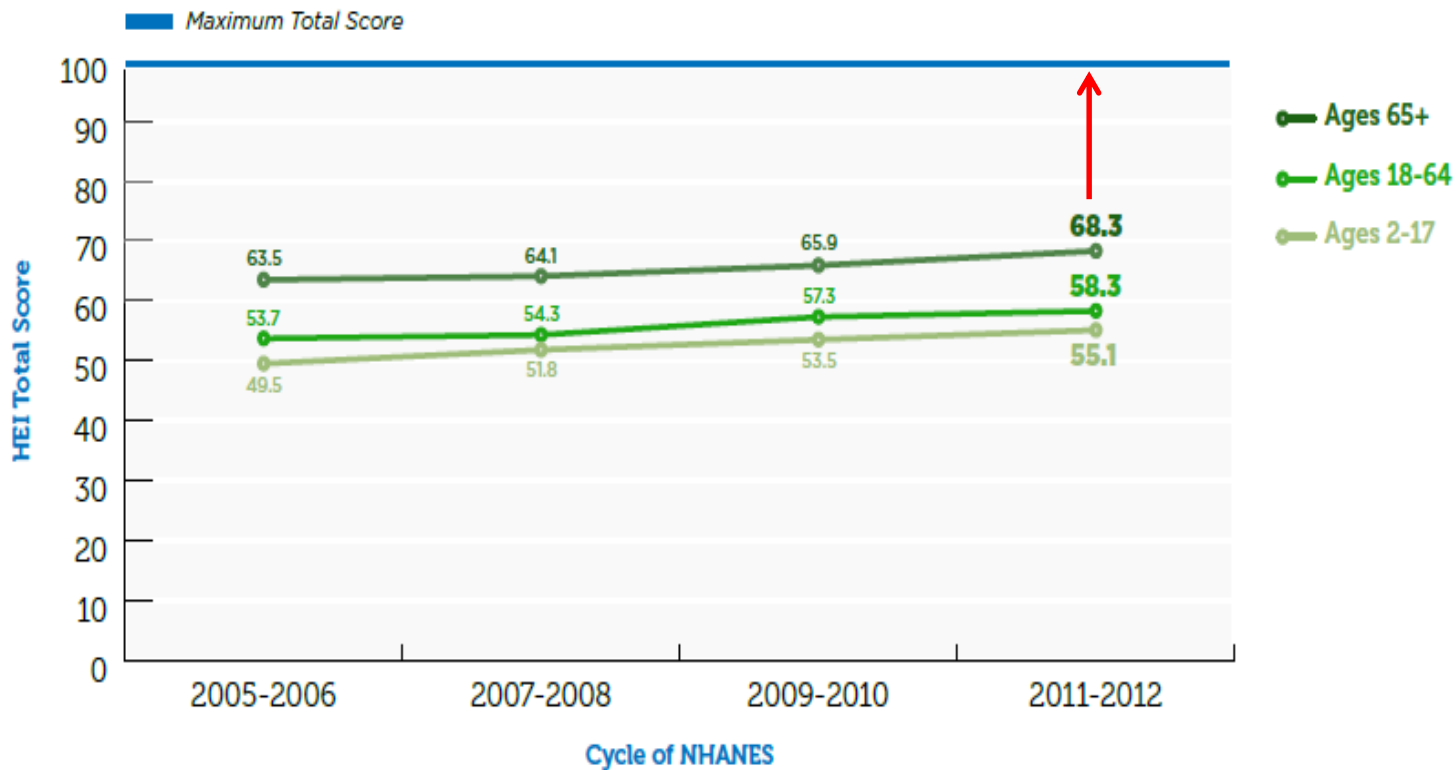
- Most Americans need to shift intakes to achieve healthy eating patterns.
- Some needed shifts are minor and can be accomplished by making simple substitutions, while others will require greater effort to accomplish.
- Young children and older Americans generally are closer to the recommendations than are adolescents and young adults.



A top-down view of a group of people's hands stacked in a circle, symbolizing unity and teamwork. The image is overlaid with a semi-transparent blue filter. The text "OPPORTUNITIES FOR THE FUTURE" is centered over the hands in a white, bold, sans-serif font.

OPPORTUNITIES FOR THE FUTURE

Improving the intakes of young children and maintaining those intakes as they grow into adolescence and adulthood could result in health eating patterns across the lifespan and improved health over time



Data Source: Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010.
Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

A background image showing a group of diverse people's hands stacked on top of each other in a circular formation, symbolizing unity and teamwork. The image is overlaid with a semi-transparent blue filter.

2015-2020 DIETARY GUIDELINES FOR AMERICANS

*“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.”*

Guideline 5

Creating and Supporting Healthy Choices

(Figure 3-1)



Data Source: Adapted from: (1) Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. National Center for Chronic Disease Prevention and Health Promotion. Addressing Obesity Disparities: Social Ecological Model. Available at: http://www.cdc.gov/obesity/health_equality/addressingtheissue.html. Accessed October 19, 2015. (2) Institute of Medicine. Preventing Childhood Obesity: Health in the Balance, Washington (DC): The National Academies Press; 2005, page 85. (3) Story M, Kaphingst KM, Robinson-O'Brien R, Glanz K. Creating healthy food and eating environments: Policy and environmental approaches. *Annu Rev Public Health* 2008; 29:253-272.

FROM THE DIETARY GUIDELINES TO MYPLATE

Reaching Consumers



MATERIALS FROM CHOOSEMYPLATE.GOV

- Posters and other print materials
- Toolkits
- Spanish language resources
- Audience-specific resources
 - Preschoolers
 - Kids
 - Older individuals
 - Healthy eating on a budget

NIH National Institute on Aging

Go4Life®



2020-2025 DIETARY GUIDELINES FOR AMERICANS



- Agricultural Act of 2014
- Will include dietary guidance for women who are pregnant and children from birth to 24 months of age
- *... a focus on other stages of the lifespan in the future?*

A FOCUS ON OLDER INDIVIDUALS

Specific Guidance in the Dietary Guidelines

	Healthy Weight	Physical Activity	Food Safety	Alcohol	Dietary Fiber	Sodium	Potassium	Calcium	Vitamin B ₁₂	Vitamin D	Supplements (General)
2015-2020											
2010						*		*	*		
2005									*		
2000									*		
1995											
1990											
1985											
1980											

The recommendations of the *Dietary Guidelines* apply to older individuals, but there are cases when specific statements have focused on this population.

* These topics are covered for adults ages 50/51y+

FUTURE RESEARCH

Dietary patterns & various health outcomes: Cardiovascular disease, body weight, type 2 diabetes, certain types of cancer, bone health, depression, & dementia/cognitive impairment/Alzheimer's disease

Most of the dietary patterns studies included subjects who were 50y+ (mean age) at baseline and followed them for ~10y

There is still a gap of understanding how dietary patterns across the entire lifespan contribute to healthy aging

FUTURE RESEARCH

Improve methods for assessing dietary patterns more comprehensively, precisely, and with standardization so that investigators can better define habitual food intake in populations

Examine dietary patterns and associations with health in studies with strong methodological design (i.e., longer duration of follow-up and assessment of dietary intake at various time points over the course of the study)

Establish cohort studies that start earlier in life in order to capture dietary patterns contributing to health outcomes later in life

ACKNOWLEDGEMENTS

Liz Rahavi
Julie Obbagy
Carol Dreibelbis
Kellie Casavale
Colette Rihane
Hannah Mitchell

THANK YOU!

USDA Center for Nutrition Policy and Promotion

cnpp.usda.gov

DietaryGuidelines.gov

NEL.gov

ChooseMyPlate.gov

SuperTracker.usda.gov