



# DIETARY GUIDELINES FOR AMERICANS, 2010

## For a Healthier Life

THE *Dietary Guidelines for Americans, 2010* provide nutrition and physical activity advice based on the latest and strongest scientific information to improve the health of all Americans ages two and older. In light of the current epidemic of overweight and obesity—prevalent health issues that now affect two-thirds of adults and one-third of children and adolescents—the message of calorie balance is woven throughout this seventh edition of the *Dietary Guidelines for Americans*.

The report identifies 29 key recommendations, grouped into the following categories:

- Balancing calories to manage weight
- Foods and food components to reduce
- Foods and nutrients to increase

As knowledge advances and the health needs of Americans change, nutrition science must evolve. The most important changes from the 2005 edition of the *Dietary Guidelines* include powerful emphasis on reduction of total calories, sugar-sweetened beverages, saturated fat, and sodium. In addition, the report calls for a much needed increase in physical activity among all population groups.

Previous editions of the *Dietary Guidelines* have targeted healthy Americans, but these latest recommendations also include those at risk of developing chronic disease. The health of children is highlighted. The new recommendations are also more culturally sensitive to reflect the growing diversity and varied health concerns of the American population. Finally, the new *Dietary Guidelines* recognize the prevalence of food insecurity and aim to help food insecure populations optimize the nutritional content of meals within their resource constraints.

These recommendations have been used to guide the development of educational materials, aid policymakers, and serve as the basis for nutrition messages and consumer materials for the general public and specific audiences. Overall, Americans should use this information along with related tools, such as the new *MyPlate* icon, to form dietary and physical activity patterns that optimize health.

### KEY RECOMMENDATIONS

#### *Balancing Calories to Manage Weight*

- Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors.
- Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.
- Increase physical activity and reduce time spent in sedentary behaviors.
- Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

### Key Recommendations for Specific Population Groups

- Women of childbearing age: Achieve and maintain a healthy weight before becoming pregnant.
- Pregnant women: Gain weight within the 2009 Institute of Medicine gestational weight gain guidelines.
- Adults ages 65 years and older: If overweight, avoid additional weight gain. For those with cardiovascular disease risk factors, lose weight to improve quality of life and reduce risk of chronic disease and associated disabilities.

The balance between calories consumed (from foods and beverages) and calories expended (through physical activity and metabolic processes) determines body weight. Consuming too many calories without increasing physical activity will inevitably lead to excess weight gain, which exacts an enormous toll on individuals and communities. Many chronic diseases, especially cardiovascular disease, type 2 diabetes, and some forms of cancer, could be alleviated by meeting nutrient needs within calorie limits.

Sit time—hours spent watching TV, sitting at a computer, or playing video games—has dramatically increased in recent years. Adults should spend 150 minutes per week engaged in moderate-to-vigorous physical activity. Children, ages six years and older and adolescents, should strive to include 60 minutes of physical activity per day. ♥



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**Andrew L. Cherry,Valentina  
Baltag,Mary E. Dillon**



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### **Nutritional Foundations and Clinical Applications - E-Book** Michele Grodner, Sara Long Roth, Bonnie C.

Walkingshaw, 2013-08-07 Now in its 5th edition the critically acclaimed *Nutritional Foundations and Clinical Applications A Nursing Approach* offers you a comprehensive first hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people Discussions on nutritional needs and nutritional therapy from the nurse's perspective define your role in nutrition wellness and health promotion The dynamic author team of Grodner Roth and Walkingshaw utilizes a conversational writing style and a variety of learning features help you apply your knowledge to the clinical setting Content updates specifically to the Dietary Guidelines for Americans 2010 an online resource a new logical organization and much more prepare you to handle the challenges you face with ease Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life Content Knowledge and Critical Thinking Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real world situations Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness Personal Perspective boxes demonstrate the personal touch for which this book is known and offer first hand accounts of interactions with patients and their families Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions Teaching tool boxes provide tips and guidance to apply when educating patients Website listings with a short narrative at the end of every chapter refer you to additional online resources Updated content to Dietary Guidelines for Americans 2010 keeps you current Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content A logical organization to updated and streamlined content lets you find the information you need quickly

*Handbook of Obesity Treatment* Thomas A. Wadden, George A. Bray, 2019-11-07 Description The leading clinical reference work in the field now significantly revised with 85% new material this handbook has given thousands of practitioners and students a comprehensive understanding of the causes consequences and management of adult and childhood obesity In concise extensively referenced chapters from preeminent authorities the Handbook presents foundational knowledge and reviews the state of the science of evidence based psychosocial and lifestyle interventions as well as pharmacological and surgical treatments It provides guidelines for conducting psychosocial and medical assessments and for developing individualized treatment plans The effects of obesity and of weight loss on physical and psychological well being are reviewed as are strategies for helping patients maintain their weight loss Key Words obesity medicine obese overweight weight loss weight management reduction eating disorders binge eating disorder night eating syndrome behavioral therapy behavioural

therapies psychosocial treatments medical treatments bariatric surgery nonsurgical pharmacological adults children childhood adolescents assessments lifestyle interventions prevention psychological treatments evidence based treatment programs obesity epidemic Albert J Stunkard severe weight problems chronic weight problems body mass index health psychology clinical psychology behavioral medicine weight loss devices gastric balloons gastric bypass sleeve gastrectomy public health problems medical complications health consequences dietary options weight loss diets bingeing exercise physical activity addictions leptin

**Basic Nursing** Leslie S Treas, Judith M Wilkinson, 2013-09-04 Thinking Doing Caring In every chapter you ll first explore the theoretical knowledge behind the concepts principles and rationales Then you ll study the practical knowledge involved in the processes and finally you ll learn the skills and procedures Student resources available at DavisPlus davisplus fadavis com

An Introduction to Community & Public Health James F. McKenzie, Robert R. Pinger, 2014-02-28 Now with a new full color design and art program the Eighth Edition of An Introduction to Community Public Health provides the latest trends and statistics in community health With an emphasis on developing the knowledge and skills necessary for a career in health education this best selling introductory text covers such topics as epidemiology community organization program planning minority health health care mental health environmental health drugs safety and occupational health A robust pedagogy helps students understand and retain key learning objectives and better prepare for class

Nutrition: An Approach to Good Health and Disease Management Esperanza J. Carcache de Blanco , Jay Mirtallo, 2016-05-12 This book summarizes key information required for planning and implementing a healthy diet for patients based on sound nutritional concepts Readers will find information on the background of nutrition in disease management and nutritional regulations in the USA The book also describes macro and micronutrients including minerals and vitamins and the applications of relevant nutritional concepts to real life situations using well designed simulated clinical scenarios Additionally factors contributing to disease as well as the link between socio economic status culture and nutrition are discussed This book should serve as useful handbook for nutritionists and health care providers and medical or pharmacology students taking courses in nutritional sciences

**An Introduction to Community & Public Health** Mckenzie, R. R. Pinger, Denise Seabert, 2016-11-30 The Ninth Edition of An Introduction to Community Public Health provides the latest trends and statistics in community health With an emphasis on developing the knowledge and skills necessary for a career in health education this best selling introductory text covers such topics as epidemiology community organization program planning minority health health care mental health environmental health drugs safety and occupational health

Health Promotion Throughout the Life Span - E-Book Carole Lium Edelman, Elizabeth Connelly Kudzma, Carol Lynn Mandle, 2013-10-01 With the advent of health care reform and an emphasis on reducing health care costs health promotion and disease prevention is a priority in nursing care Be prepared with Health Promotion Throughout the Life Span 8th Edition your comprehensive guide to major health promotion concepts Featuring practical guidance including boxes on diversity

awareness evidence based practice innovative practice hot topics and quality and safety as well as case studies and care plans our experienced authors give you all the tools you need to stay current on the latest research and trends in health promotion Extensive coverage of growth and development throughout the lifespan emphasizes the unique problems and health promotion needs of each age and stage of development Separate chapters on each population group individual family and community stress the unique issues faced when providing care to each group Evidence Based Practice boxes emphasize current research efforts and opportunities in health promotion Hot Topics and Innovative Practice boxes engage students interest by introducing significant issues trends and creative programs and projects in health promotion practice Diversity Awareness boxes address various cultural perspectives and provide important information that needs to be considered in planning care Case studies and care plans present realistic situations that challenge students to reflect upon important health promotion concepts Think About It boxes dig deeper into the chapter topic and encourage critical thinking Numerous pedagogical features such as objectives key terms and textual summaries highlight the most important concepts and terms in each chapter Updated nutrition coverage includes MyPyramid from the FDA as well as the latest information on food safety and fad diets Expanded health policy coverage focuses on global health historical perspectives financing healthcare concierge medical practices and the hospitalist movement Health Promotion for the Twenty First Century explores current and future health promotion challenges and research initiatives Updated Healthy People 2010 data includes midcourse review objectives and an introduction to Healthy People 2020 Case Studies and Care Plans summarize key concepts and show how they apply to real life practice      *Nutrition* Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa

Bernstein, 2016-08-08 Written for majors and advanced non majors the Sixth Edition of Nutrition provides a modern comprehensive introduction to nutrition concepts guidelines and functions Its student focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition      **Medical-Surgical Nursing - E-Book** Donna D. Ignatavicius, M. Linda Workman, 2015-01-30 Using a unique collaborative care approach to adult health nursing Medical Surgical Nursing Patient Centered Collaborative Care 8th Edition covers the essential knowledge you need to succeed at the RN level of practice Easy to read content includes evidence based treatment guidelines an enhanced focus on QSEN competencies and an emphasis on developing clinical judgment skills This edition continues the book's trendsetting tradition with increased LGBTQ content and a new Care of Transgender Patients chapter Written by nursing education experts Donna Ignatavicius and M Linda Workman this bestselling text also features NCLEX Exam style challenge questions to prepare you for success on the NCLEX Exam Cutting edge coverage of the latest trends in nursing practice and nursing education prepares you not just for today's nursing practice but also for tomorrow's      **International Handbook on Adolescent Health and Development** Andrew L. Cherry, Valentina Baltag, Mary E. Dillon, 2016-11-21 This comprehensive reference uses an ecological perspective to sort out the complex mix of biological psychological social and other factors

influencing adolescent health as well as shaping professional responses to the needs of adolescents Describing critical concerns at the global level and innovative strategies from selected countries the book urges readers to develop and support practices and policies to enhance optimal youth development Expert coverage centers on key areas the global state of adolescent health and development adolescent health issues and public health answers making health systems more responsive to youth and improving school health services And bedrock themes such as social determinants of health young people s right to health care and health and gender disparities are discussed throughout these chapters Included among the topics The epidemiology of adolescent health Adolescent sexual health and sexuality education Restorative justice and the mental wellbeing of adolescents Critical issues in adolescent nutrition needs and recommendations Towards an adolescent competent workforce Pairing children with health services the changing role of school health services in the 21st century The International Handbook on Adolescent Health and Development is essential to medical schools public schools and college libraries teaching faculty graduate and post graduate students in public health medicine social work other behavioral sciences and health disciplines e g nursing allied health as well as practitioners interested in better orienting their services to the health needs of adolescents Life Cycle Nutrition Sari Edelstein,2014-02-25 Revised and updated with the latest epidemiologic research the Second Edition of Life Cycle Nutrition An Evidence Based Approach explores nutritional foundations and the growth development and normal functioning of individuals through each stage of life With subjects as diverse as media influences on eating skipping breakfast fruit juice consumption and clinical nutrition this text gives students current knowledge helps them evaluate emerging knowledge and prepares them to uncover new knowledge for the public their clients and themselves The Second Edition takes a topical multi disciplinary approach to the physiological biochemical sociological and developmental factors that affect nutrient requirements and recommendations at the various stages of the life cycle The issues surrounding topics such as chronic disease in adults are discussed throughout the adult stage This approach makes it easier for students to relate nutrition concepts and epidemiologic research to the stages of life

**Nutrition** Paul M. Insel,Don Ross,Kimberley McMahon,Melissa Bernstein,2016-08-05 Written for majors and advanced non majors the Sixth Edition of Nutrition provides a modern comprehensive introduction to nutrition concepts guidelines and functions Its student focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition *Health Promotion Throughout the Life Span* Carole Lium Edelman,Carol Lynn Mandle,Elizabeth C. Kudzma,2013-01-01 Up to date and easy to read this textbook provides comprehensive coverage of all major concepts of health promotion and disease prevention It highlights growth and development throughout the life span emphasizing normal development as well as the specific problems and health promotion issues common to each stage All population groups are addressed with separate chapters for individuals families and communities Provided by publisher **Handbook of Urban Education** H. Richard Milner IV,Kofi Lomotey,2021-04-14 This second edition of the Handbook of Urban Education offers a

fresh fluid and diverse range of perspectives from which the authors describe analyze and offer recommendations for urban education in the US Each of the seven sections includes an introduction providing an overview and contextualization of the contents In addition there are discussion questions at the conclusion of many of the 31 chapters The seven sections in this edition of the Handbook include 1 Multidisciplinary Perspectives e g economics health sciences sociology and human development 2 Policy and Leadership 3 Teacher Education and Teaching 4 Curriculum Language and Literacy 5 STEM 6 Parents Families and Communities and 7 School Closures Gentrification and Youth Voice and Innovations Chapters are written by leaders in the field of urban education and there are 27 new authors in this edition of the Handbook The book covers a wide and deep range of the landscape of urban education It is a powerful and accessible introduction to the field of urban education for researchers theorists policymakers and practitioners as well as a critical call for the future of the field for those more seasoned in the field

*Williams' Basic Nutrition & Diet Therapy - E-Book* Staci Nix McIntosh,2012-09-01  
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*Maternal-Child Nursing - E-Book* Emily Slone McKinney,Susan Rowen James,Sharon Smith Murray,Kristine Nelson,Jean Ashwill,2012-10-01 Integrated electronic features match icons in the text so you can use print and electronic resources more effectively together Using Research to Improve Practice boxes help you determine proper care to reinforce best practice Spanish translations are included for phrases commonly encountered with maternity and pediatric patients Improved design makes the text easier to read and up to date photos ensure accuracy

**Williams' Essentials of Nutrition and Diet Therapy - E-Book** Eleanor Schlenker,Joyce Ann Gilbert,2018-07-27 NEW Includes the 2015 Dietary Goals for Americans which covers the latest guidelines and medications NEW MyPlate for Older Adults developed by the Tufts University Human Research Center on Aging and the AARP Foundation replaces former Food Guide Pyramid NEW Newly approved Nutrition Labeling Guidelines incorporated into text along with the latest medications research findings and clinical treatment therapies NEW New and refreshed case studies illustrate key concepts in authentic real life scenarios that reinforce learning and promote nutritional applications NEW Expanded coverage of health promotion includes strategies for implementation NEW New coverage of text messages for nutrition and health information includes what to watch out for when visiting health related web sites

*Essentials of Human Behavior* Elizabeth D. Hutchison,2016-08-11 Essentials of Human Behavior combines Elizabeth D Hutchison s two volume Dimensions of Human Behavior to present a multidimensional framework for understanding human behavior Integrating person environment and

the life course this best selling text leverages its hallmark case studies and balanced breadth and depth of coverage to help readers apply theory and general social work knowledge to unique practice situations Now in four color and available with an interactive eBook the Second Edition features a streamlined organization the latest research and original SAGE video to provide the most engaging introduction available to human behavior      *Community/Public Health Nursing - E-Book* Mary A. Nies, Melanie McEwen, 2018-08-31 Give your students a complete guide to community health nursing Community Public Health Nursing 7th Edition provides a unique upstream preventive focus and a strong social justice approach all in a concise easy to read text Covering the nurses role in promoting community health it shows how students can take an active role in social action and health policy emphasizing society s responsibility to protect all human life and ensuring that diverse and vulnerable populations have their basic health needs met Clinical examples and photo novellas show how nursing concepts apply to the real world Written by community health nursing experts Mary A Nies and Melanie McEwen this book describes the issues and responsibilities of today s community and public health nurse UNIQUE A social justice approach promotes health for all people including vulnerable populations UNIQUE Upstream preventive focus addresses factors that are the precursors to poor health in the community addressing potential health problems before they occur Case Studies present the theory concepts and application of the nursing process in practical and manageable examples UNIQUE Photo novellas use photographs to tell stories showing real life clinical scenarios and applications of important community health nursing roles Application of the nursing process at the individual family and aggregate levels highlights the community perspective in all health situations Clinical examples offer snippets of real life client situations Theoretical frameworks common to nursing and public health aid in the application of familiar and new theory bases to problems and challenges in the community Healthy People 2020 boxes include the most current national health care objectives Research Highlights boxes show the application of research studies to the practice of community nursing Ethical Insights boxes highlight ethical issues and concerns that the community public health nurse may encounter Objectives key terms and chapter outlines at the beginning of every chapter introduce important concepts and terminology NEW AND UNIQUE A Veterans Health chapter presents situations and considerations unique to the care of veterans NEW Genetics in Public Health boxes reflect increasing scientific evidence supporting the health benefits of using genetic tests and family health history to guide public health interventions NEW Active Learning boxes test your knowledge of the content you ve just read helping provide clinical application and knowledge retention      **Concepts for Nursing Practice - E-Book** Jean Foret Giddens, 2015-11-30 Looking for a conversational and easy to follow book that walks you through the most important nursing concepts and helps you apply them in practice Then look no further than Concepts for Nursing Practice 2nd Edition Written by conceptual learning expert Jean Giddens this innovative interactive text explains 58 of the most common nursing concepts including six all new concepts that span the areas of patient physiology patient behavior and the professional nursing environment Featured exemplars for each concept



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