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## New Dietary Guidelines: “Eat More!” ... Of the Good Stuff

The Dietary Guidelines for Americans 2005 encourages eating more nutrient rich foods like low-fat and fat free milk and milk products, fruits, vegetables, and whole grains. USDA and HHS have announced guidelines to “feel better today and stay healthy for tomorrow”.

The guidelines are a solid combination of research science and common sense. Dietary Guidelines Advisory Committee (DGAC) member Theresa Nicklas, DrPH, MPH, Professor of Pediatrics at Baylor College of Medicine explains, “The basic components of a healthful diet have not changed, but importantly, the 2005 Dietary Guidelines Committee has increased the recommendations for dairy foods from 2-3 servings to 3 servings of low-fat and fat free dairy foods every day; the number of whole grains is now 3 servings per day and the number of fruits and vegetables is 4 1/2 cups each day.” This practical plan can help achieve good health and prevent diseases.

To help address America’s obesity epidemic, the DGAC has a special focus on calories. The Guidelines provide advice on how many servings from each of the five food groups Americans should eat depending on how many calories they consume each day and how much physical activity they do each day. The portion sizes used in the Guide are common household measurements and easy to use.

Visit [www.healthierus.gov/guidelines](http://www.healthierus.gov/guidelines) for the booklet, “Finding Your Way to a Healthier You” which highlights how to:

- Make smart choices from every food group
- Find your balance between food and physical activity
- Get the most nutrition out of your calories

**A flexible magnet**, “Finding Your Way to a Healthier You” can be ordered at [www.oregondairycouncil.org/catalog](http://www.oregondairycouncil.org/catalog). Find it in the *Nutrition for Everyone* category. Or call Nutrition Education Services/Oregon Dairy Council, 503-229-5033.

### Milk Delivers on the Nutrient Front:

The increase to 3 milk servings a day is at least 1 1/2 cups more than most people consume. Milk packs a powerful nutrient punch! “Three servings of low-fat milk or milk products a day help meet the nutrition requirements for 4 of the 7 most critical nutrients Americans are lacking: calcium, potassium, vitamin A, and magnesium,” explained Dr. Nicklas. And getting 3 cups of low-fat or fat free milk or milk products is not associated with increased body weight.



**Try these tips** to get the most nutrition from the Dairy food group.

- Top a fresh fruit salad with low-fat vanilla yogurt.
- Substitute low-fat plain yogurt for mayonnaise in tuna, egg or potato salad.
- Drink low-fat or fat free milk at meals.
- Go for comfort food, with a grilled cheese sandwich and a bowl of tomato soup made with low-fat milk instead of water.
- Make your favorite dip with low-fat plain yogurt.
- Veggie quesadillas are a great way to pack in the nutrients. Top a tortilla with chopped vegetables and shredded low-fat cheese, fold in half and microwave. Top with your favorite salsa.
- Wake up your senses with a breakfast of granola, fresh fruit and low-fat milk.
- Take a healthy snack break with a single serving low-fat fruit yogurt.
- Get a pick-me-up with a low-fat latte or choose decaf for no jitters.
- Try a fun after school snack of low-fat flavored milk.

**For more tips on ways to enjoy milk and milk products**, check out these web sites: [www.3aday.org](http://www.3aday.org) and the University of Nebraska's <http://lancaster.unl.edu/food/ciq-yogurt.htm>

*Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2005*