

MAKING A DIFFERENCE *for Iowans*

Clippings



Lyon • O'Brien • Osceola • Sioux Counties

A Weekly Column from Iowa State University Extension and Outreach

Week of January 25, 2016

For Immediate Release

Eating Healthy Part II

Renee Sweers, Human Sciences Specialist, Nutrition and Wellness

5 Ways to Follow the New Dietary Guidelines

This second article on the new *Dietary Guidelines for Americans* focuses on everyday shifts that you and your family can make today to eat and live healthier.

- 1) **Eat more fruits and vegetables.** Nine out of 10 Americans eat less than the recommended amount of vegetables. Nothing new about this recommendation, but the emphasis is making a shift to include more fruits and vegetables in your meals and snacks. Talk about it as a family and consider how you can add more vegetables to what you are already eating (omelets, casseroles, soups, salads and sandwiches). Can you add more fruits or vegetables for lunch or dinner? Are there vegetables and fruits ready to eat for snacks?

- 2) **Shift to more whole grains.** Americans are eating plenty of grain foods, but not enough whole grains. Consider the bread, pasta, cereal, crackers and rice that your family eats. Are they white and refined or are they a whole grain food such as brown rice, whole grain bread and pasta, and whole grain cereals and oatmeal? Make a decision as you shop and cook to shift some of your refined grains to whole grains.



- 3) **Become a sugar detective.** The dietary guidelines recommend that only 10% of our calories come from added sugar. Read food labels and ingredient lists to choose foods that are lower in added sugar. Even foods you consider healthy such as yogurt, cereal, crackers and spaghetti sauce can be loaded with sugars. Compare labels and choose foods with sugar as a lower ingredient in the ingredient list. Make a plan as a family to cut back on sweetened beverages.

- 4) **Eat at home. Cook at home.** Eating and cooking at home allows us to use more fruits, vegetables and whole grains in meals. Cooking at home gives us the opportunity to use less saturated fat and less salt, compared to what we might eat in a restaurant. Everyone enjoys eating out but try to commit as a family to eat and cook one more meal at home each week than what you already do. Visit the ISU Extension and Outreach Spend Smart Eat Smart website for healthy delicious recipes and meal planning ideas, <http://www.extension.iastate.edu/foodsavings/>.

- 5) **Get Moving.** Everyone knows physical activity is important. Children need 60 minutes of physical activity per day. This can be unstructured like playing, running and riding bike. It can also include structured activity such as dance or sports. Adults need a minimum of 150 minutes of physical activity per week, i.e. at least 30 minutes of planned physical activity most days of the week. Think about ways to shift time spent with family and friends to include more physical activity.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy for a lifetime. For more information on the new Dietary Guidelines for Americans visit, <http://www.choosemyplate.gov/dietary-guidelines>

-30 -

Renee Sweers
Human Sciences Specialist, Nutrition and Wellness
Iowa State University Extension and Outreach
4301 Sergeant Road, #213
Sioux City, IA 51106
712-276-2157; rsweers@iastate.edu