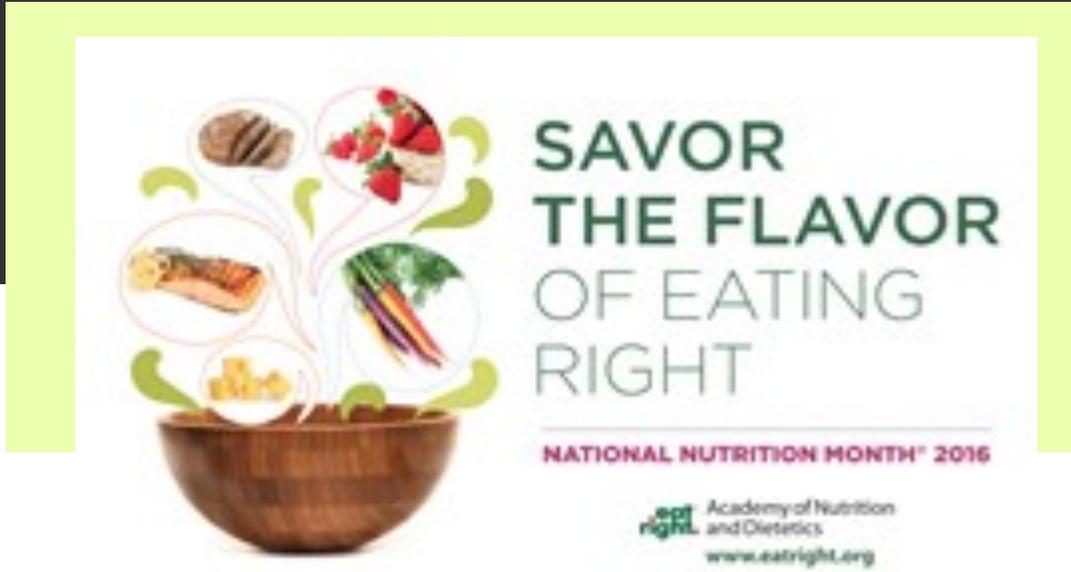


# 2016 NATIONAL NUTRITION MONTH THEME



It's March, which means **National Nutrition Month!!** This year, the Academy of Nutrition and Dietetics is encouraging everyone to take time to enjoy, appreciate, and consume a variety of fresh foods and focus on the pleasures and social experiences that food creates.

Within this newsletter you will learn how to “Savor the Flavor of Eating Right”! This edition will provide you with tips on mindful eating, teach you how to create fresh and colorful salads and provide healthy, creative snacks for children. The new 2015-2020 Dietary Guidelines for Americans are also discussed in this newsletter. Start your year off right by utilizing the tips listed throughout and begin to “savor the flavor” every day!

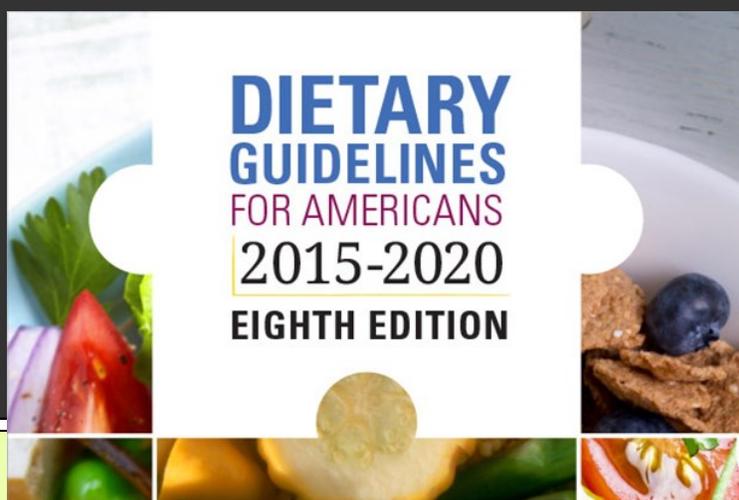
Healthy Eating Tip of the Month: March  
By: Alexa Anderson, Dietetic Intern

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## NEW 2015-2020 DIETARY GUIDELINES FOR AMERICANS



### Dietary Guidelines for Americans

The Dietary Guidelines for Americans (DGA) is a science-based nutrition guidance for Americans ages 2 and older. The guidelines are used to promote positive dietary habits and a healthy lifestyle. These recommendations are supported by evidence-based systematic reviews and updated every 5 years to reflect the current body of nutrition science. Start the year off right with four new recommendations to promote your healthy lifestyle!

#### *What Changed?*

- 1) Sugar: New Recommendation
- 2) Low-Calorie Sweeteners: New Topic, Same Message
- 3) Cholesterol: Old Topic, New Recommendation
- 4) Caffeine (Coffee): New Topic

#### Sugar: Hot Topic

\*The number of “empty calories” the average American consumes from sugar is thought to be 25-30% of their total calories!

**OLD:** 2010 DGA advised individuals to limit their intake of Solid Fats and Added Sugars (SoFAS) to no more than 5-15% of calories.

**NEW:** 2015-2020 DGA concluded intake of added sugars should be limited to less than **10% of total calories per day.**



## Low-Calorie Sweeteners: New Topic, Same Message

**OLD:** 2010 DGA emphasized that “Replacing added sugars with non-caloric sweeteners may reduce calorie intake in the short-term, yet questions remain about their effectiveness as a weight management strategy.”

**NEW:** 2015-2020 DGA concluded “Aspartame in amounts commonly consumed is safe and poses minimal health risk for healthy individuals without phenylketonuria (PKU).”



\*Keep in mind that it is always best to consume everything in moderation! Water is always a good choice to quench your thirst and keep you hydrated!

## Cholesterol: Old Topic, New Recommendation

**OLD:** 2010 DGA emphasized limiting intake of dietary cholesterol to less than 300 milligrams (mg) per day.

**NEW:** 2015-2020 DGA have **no recommendation for limiting cholesterol**. The academy states that “Adequate evidence is not available for a quantitative limit for dietary cholesterol specific to the Dietary Guidelines.”

\*Foods high in cholesterol include liver, fast foods, fried foods, butter, bacon, cheese, red meat, and pastries. To promote an overall healthy lifestyle, it is recommended that these foods be consumed in moderation.



## Caffeine (Coffee): New Topic

Type of coffee	Size	Caffeine
Brewed	8 oz (237 mL)	95-200 mg
Brewed, decaffeinated	8 oz (237 mL)	2-12 mg
Espresso, restaurant-style	1 oz (30 mL)	47-75 mg
Specialty drink (latte or mocha)	8 oz (237 mL)	63-175 mg

**NEW:** 2015-2020 DGA states, “Moderate coffee consumption (**three to five 8-oz cups/day providing up to 400 mg/day of caffeine**) can be incorporated into healthy eating patterns.”

**Fun Fact:**

Approximately 80% of caffeine in the diet comes from coffee. Several benefits come from coffee including a reduction in the risk of type 2 diabetes and cardiovascular disease. A recent research article from *Liver International* shows a strong correlation between coffee and a decrease in liver disease. However, people who do not consume caffeine are not encouraged to start.



# Mindful Eating

## What is Mindful Eating?

According to the Center for Mindful Eating, “Using all your **senses** in choosing to eat food that is both satisfying to you and nourishing to your body, **acknowledging your responses** to food (likes, dislikes or neutral) **without judgment**, and **becoming aware** of physical hunger and satiety cues to guide your decisions when eating and having the ability to change your **relationship to food** is Mindful Eating.”



## 5 Tips for Your Starter Kit to Mindful Eating:

### 1) Am I hungry?

- Do NOT use your stomach as your indication of hunger since this organ is also a strong sensor of emotion.
- Enjoy your meal times and avoid distractions such as the television or the computer.

### 2) Slow down.

- Think about the shape and the color.
- Feel the texture in your mouth.

### 3) Eat only what you enjoy.

- Don't eat food just because it is there.
- Don't be afraid to leave some food on your plate.

### 4) Remember that it takes your brain about 20 minutes to realize that your belly is satisfied.

- Try to take at least 20 minutes to eat your meal.
- Think you're hungry, but know you're not? Make yourself a cup of tea, or drink a glass of water.

### 5) Eat only when you are hungry.

- Be aware of the real physical cues of hunger.
- Be aware of the internal cues that can cause you to overeat and focus all of your energy toward healthy goals during these times.

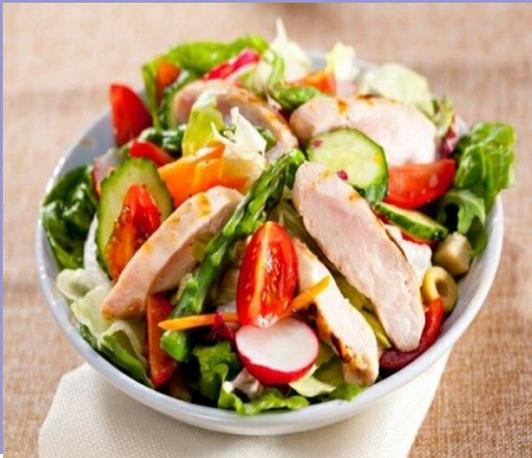
\*A recent article showed that adapting Mindful Eating behaviors can be used as an intervention for weight loss and cardiovascular disease (CVD) risk management!

## Color Your Plate with Salad

Salad can be a main dish or used as a side and is an easy way to pack more nutrition in a colorful way!

### *Change it up:*

You can make a new kind of salad every day! Mix and match foods from each column below and watch the flavors unfold. Add a light salad dressing and enjoy the aesthetic qualities and vibrant colors!



More **COLOR**...  
More **NUTRITION**

1.

*Start with...  
Leafy Greens*



- Green or Red leaf lettuce
- Arugula
- Boston lettuce
- Escarole
- Iceberg lettuce
- Mixed greens
- Napa Cabbage
- Radicchio
- Romaine

2.

*Select from a Variety of Fruits, Vegetables, and Beans*

**Fruits**

Raisins  
Apples  
Blueberries  
Cranberries  
Grapes

**Vegetables**

Beets  
Carrots  
Cucumbers  
Tomatoes  
Zucchini  
Corn  
Peas  
Onion

**Beans**

White beans  
Black beans  
Chickpeas  
Kidney beans  
Navy beans  
Edamame



3.

*Sprinkle on Extras*

**Cheese**

Blue cheese  
Cheddar  
Feta  
Mozzarella

**Nuts**

Almonds  
Cashews  
Walnuts  
Pecans

**Other**

Avocado  
Bacon bits  
Croutons  
Olives

4.

*For a Main Dish Salad*

Beef  
Eggs

Chicken  
Salmon

Tuna  
Shrimp



**Don't forget the dressing!**

Research shows an increase absorption of carotenoids (found in fruits and vegetables) when salads are consumed using full-fat dressing than reduced-fat salad dressing. So remember to add a variety of color to your salad with fruits, vegetables, beans, and nuts, but don't be afraid to add your favorite salad dressing in moderation!

## Healthy Snacks for Kids

Help children learn how to “Savor the Flavor of Eating Right” with a variety of fresh and flavorful snack ideas! These snacks are easy to prepare, so your child can learn how to create healthy and nutritious snacks!



### *Dip it!*

- Dip celery in low-fat ranch dressing
- Dip pita chips in salsa
- Dip carrots or peppers in hummus
- Dip pretzels in mustard
- Dip graham crackers in applesauce
- Dip strawberries in low-fat yogurt
- Dip granola in low-fat yogurt



## *Healthy and tasty snacks in minutes!*

**When it's snack time, boost your energy with these nutrition-packed snacks!**

- 1) **Colorful Parfait:** Layer vanilla yogurt and raspberries or your choice of fruit in a tall glass, and sprinkle granola on the top. You can top it off with whipped cream if desired!
- 2) **Ants on a Log:** Spread peanut butter or low-fat cream cheese on celery sticks and top with raisins for a crunchy and sweet snack.
- 3) **Make Your Own Granola:** Mix ready-to-eat cereal, nuts, and dried fruit in a small sandwich bag for an easy on-the-go snack.
- 4) **Fruit Kabobs:** Place a mixture of your favorite fruits on a toothpick for a combination of sweet flavors.
- 5) **Smoothie Time:** blend low-fat milk with frozen blueberries and a banana until smooth. Change it up by using different fruits or flavors of yogurt!
- 6) **Pop, Pop, Popcorn:** Sprinkle grated cheese on a bowl of popcorn to add more flavor.
- 7) **Inside-Out Sandwich:** Spread mustard or low-fat cream cheese on a piece of deli meat and wrap it in a pickle!
- 8) **Pumpkin Pie Oatmeal:** Make one packet of microwave oatmeal with water or low-fat milk. Mix in 1/4 cup pumpkin and sprinkle with pumpkin pie spice or cinnamon.



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