



# Dietary Guidelines - What It Means For You

September 21, 2021

1:30 PM - 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1310, 1320



# Meet Your Host



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# Welcome!



ADE's Stay upLIFTed Webinar Series was created for YOU, the child nutrition professional, to learn and get inspired in how and what you feed your students!

Let's take a look at the evolution of upLIFT!

# The Evolution of upLIFT



# Where to Find upLIFT

Visit the **Stay upLIFTed** webpage at:  
<https://www.azed.gov/hns/nslp/uplift>



Stay upLIFTed was created for you, the child nutrition professional, to provide you with a source of inspiration for keeping your nutrition initiatives in mind as you operate your programs this year. Here you can find all upLIFT materials, including ideas and resources from other Arizona child nutrition professionals to help you to Stay upLIFTed!

**We want to hear how you are staying upLIFTED!**

[Click here to share your story from the field with us!](#)

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Find Your Inspiration: upLIFT Photostream

# Where to Find upLIFT

Subscribe to HNS Communications to receive the newsletter,  
*What's Up With Stay upLIFTed?*



# **Dietary Guidelines - What It Means For You**

# Overview

1. What are the Dietary Guidelines for Americans (DGAs)?
2. The DGAs and the Nutrition Standards for School Meal Programs
3. upLIFT Your Menu With the DGAs!



# **What Are the Dietary Guidelines for Americans?**

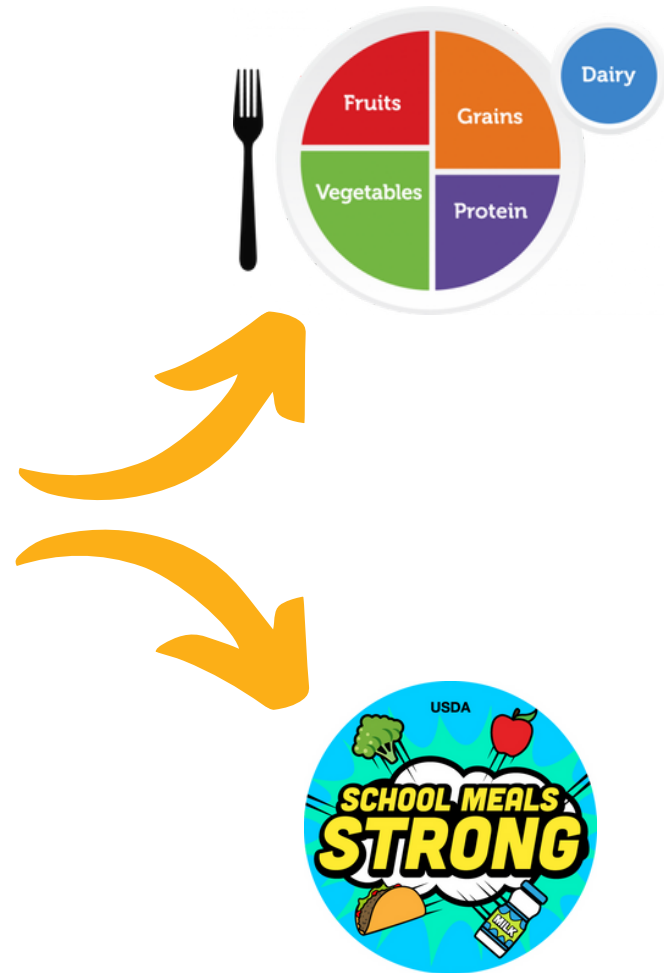
# What are the DGAs?

## Quick facts:

- First published in 1980.
- Written by the United States Department of Agriculture (USDA) and the Department of Health and Human Services (HHS).
- Updated every 5 years.

# What are the DGAs?

- Designed for nutrition and health professionals to guide families and communities on consuming a healthy, nutritionally adequate diet.
- Used to develop, implement, and evaluate Federal food, nutrition, and health policies and programs.
- The aim is to promote health and prevent disease by encouraging healthy eating patterns at each stage of life.



# The Process

## How the DGAs are developed:

- 1.** USDA & HHS access and consider key resources:
  - 2015-2020 DGAs
  - Dietary Guidelines Advisory Committee Scientific Report
  - Agency and public comments
- 2.** USDA and HHS write the DGAs
- 3.** Review by scientific experts
- 4.** Clearance by USDA and HHS
- 5.** USDA and HHS release the DGAs

# What's Changed?

## How does the 2020-2025 DGAs compare to the 2015-2020 edition?



This is the first time the DGAs has provided guidance by stage of life, from birth to older adulthood, including pregnancy and lactation.



The overall benchmarks of healthy eating have largely remained unchanged.

# Call to Action

*Make every bite count with  
the Dietary Guidelines!*

# Make Every Bite Count!

## 1. Follow a healthy dietary pattern at every life stage.

At every stage of life, it is never too early or too late to eat healthfully.

- For about the first 6 months of life, exclusive breastfeeding is best, or iron-fortified infant formula when breastmilk is not available.
- At about 6 months, introduce nutrient-dense complementary foods, including potentially allergenic foods and those rich in iron and zinc.
- From 12 months through older adulthood, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.

# Make Every Bite Count!

## *2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.*

The DGAs is intended to be customized to individual needs, preferences, and foodways of the diverse cultures in the U.S.

- Recommends food groups, not specific foods and beverages.
- Does not focus on "good" or "bad" foods.
- Does not focus on one meal or day at a time, rather, the combination of foods and beverages consumed throughout the lifespan.



# Make Every Bite Count!

**3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.**

Nutrient-dense foods: Foods that provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.

A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

# Make Every Bite Count!

**4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.**

Foods and beverages rich in nutrients should be the first choice.

**85%** of calories are needed per day to meet food group recommendations with nutrient-dense choices.

**15%** of calories are remaining for other uses, including added sugars and saturated fat.

# **The DGAs and the Nutrition Standards for School Meal Programs**

# The Blueprint for School Nutrition Standards

The **Richard B. Russell National School Lunch Act** requires the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal requirements to reflect the latest **DGAs**.

*Let's take a look at how the NSLP and SBP meal patterns compare to the 2020-2025 DGAs!*

# General

## DGAs

### **Food-based**

- Vegetables
- Fruits
- Grains
- Dairy
- Protein foods
- Oils

## NSLP/SBP

### **Food-based**

- Vegetables
- Fruits
- Grains
- Milk
- Meats/meat alternates

# Vegetables

## DGAs

### **Offer a variety of vegetables from each subgroup**

- Dark-green
- Red and orange
- Beans, peas, lentils
- Starchy
- Other

Most people can benefit from increasing total vegetable intake, shifting to nutrient-dense forms, and increasing the variety of vegetables consumed over time.

## NSLP/SBP

### **Offer a variety of vegetables from each subgroup**

- Dark green
- Red/orange
- Beans/peas
- Starchy
- Other

# Fruits

## DGAs

Whole fruits

- Fresh
- Canned
- Frozen
- Dried

100% juice

At least half of the recommended amount of fruit should come from whole fruit.

Most people can benefit from increasing fruit intake, mostly as nutrient-dense whole fruit.

## NSLP/SBP

Whole fruits

- Fresh
- Canned
- Frozen
- Dried

100% juice

At least half of the recommended amount of fruit must come from whole fruit.

# Grains

## DGAs

At least half of the total grains consumed should be whole grains.

To meet this requirement:

- At least half of the grains consumed are 100% whole grain
- All grains consumed are **whole grain-rich\***

## NSLP/SBP

All grains offered must be **whole grain-rich.\***

**\*Whole grain-rich:** At least 50% of the grains are whole grains



# Dairy & Milk

## DGAs

### **Dairy**

- Fat-free and low-fat milk
- Yogurt
- Cheese
- Low-lactose and lactose-free alternatives

### **Dairy alternatives**

- Fortified soy milk
- Fortified soy yogurt

## NSLP/SBP

### **Milk**

- Fat-free unflavored
- Fat-free flavored
- Low-fat unflavored
- Low-lactose and lactose-free alternatives
- For students with a medical statement, fortified milk alternatives (must meet USDA nutrient standards)

# Protein Foods & Meat/Meat Alternates

## DGAs

**Include a variety of nutrient-dense protein foods**

- Meat
- Poultry
- Eggs
- Seafood
- Nuts/seeds
- Soy/tofu
- Beans, peas, lentils

Most intake of meats and poultry should be from fresh, frozen, or canned versus processed meats.

## NSLP/SBP

**Include a variety of nutrient-dense protein foods**

- Meat
- Poultry
- Eggs
- Seafood
- Nuts/seeds
- Soy/tofu
- Beans, peas, lentils

# Added Sugars

## DGAs

Limit added sugars to less than 10% of calories per day.

Added sugars account for an average of 13% of calories per day in the U.S. population.

## NSLP/SBP

No standards for added sugars.

# Saturated Fat

## DGAs

Limit saturated fat intake to less than 10% of calories per day for ages 2 years and older.

## NSLP/SBP

Limit saturated fat intake to less than 10% of calories per day for all age/grade groups.

# Sodium

## DGAs

- Ages 1-3: 1,200 mg/day
- Ages 4-8: 1,500 mg/day
- Ages 9-13: 1,800 mg/day
- All other age groups: 2,300 mg/day

## NSLP/SBP

**Target 2: Daily amounts based on the weekly average**

### NSLP

- K-5: < 935 mg
- 6-8: < 1035 mg
- 9-12: < 1080 mg

### SBP

- K-5: < 485 mg
- 6-8: < 535 mg
- 9-12: < 570 mg

**upLIFT Your Menu With  
the DGAs!**

# upLIFT Your Menu

## Takeaways

- The DGAs are centered around consumption of foods from all food groups, with a focus on nutrient-dense foods.
- Most of the NSLP/SBP meal pattern requirements mirror the DGAs.
- According to the DGAs, overall consumption within each food group does not meet the recommendations.
- School nutrition professionals who are ready to take their menus above and beyond the minimum requirements can look to the DGAs for some inspiration!

# upLIFT Your Menu

*Put it into practice!*

**Take a look at your menus. Do any of these areas need some upLIFTing?**

- Increase the variety of vegetables served within each subgroup.
- Increase the number whole fruit servings (fresh, canned, frozen, dried) and the variety of fruits served.
- Increase the variety of meats/meat alternates served.
- Increase the number of 100% whole grain foods served.
- Identify sources of added sugar and look for some alternatives.
- Remember snack and supper, too!



# Resources

Learn more about the DGAs at:

[www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov)

**upLIFT Your Menu with the Dietary Guidelines!**

Published by the United States Departments of Agriculture and Health and Human Services, the *Dietary Guidelines for Americans, 2020-2025* (DGAs) provide science-based recommendations for food and beverage consumption to promote health, reduce risk of chronic disease, and meet nutrient needs.

**Most Americans are not meeting the recommendations.** According to the DGAs, overall consumption within each food group **does not meet the recommendations**. Increasing variety within each food group can increase consumption of essential nutrients that different foods provide.

**Did you know?** The Richard B. Russell National School Lunch Act requires the National School Lunch and School Breakfast Programs meal requirements to reflect the latest DGAs.

**How do the school meal requirements compare to the current DGAs?**

Most of the school meal pattern requirements mirror the DGAs, as they both are based on consumption of foods from all food groups, with a focus on **nutrient-dense foods**.

A major difference is that the DGAs have recommendations for added sugar (**limit to less than 10% of calories per day**) while school meals do not have requirements for added sugar.

**Ready to upLIFT your menu? Put it into practice!**  
School nutrition professionals who are ready to take their menus above and beyond the minimum requirements can look to the DGAs for some inspiration!

- Increase the variety of vegetables served within each subgroup.
- Increase the number whole fruit servings (fresh, canned, frozen, dried) and the variety of fruits served.
- Increase the variety of meats/meat alternates served.
- Increase the number of 100% whole grain foods served.
- Identify sources of added sugar and look for some alternatives.
- Remember snack and supper, too!

Reference:  
<http://www.dietaryguidelines.gov/>

**upLIFTed**  
www.uplifted.org

This institution is an equal opportunity provider.

## September upLIFT Nutrition Knowledge Fact Sheet

# Looking Ahead

*Join us next month!*

## **Standout Story: Sugar in School Breakfast Menus**

October 19, 2021

1:30 pm - 2:00 pm

Join us as we discuss the recommendations for sugar consumption in children, identify sources of sugar in school breakfast menus, and discuss strategies for reducing sugar content at breakfast. We will also hear from an Arizona school nutrition director who has had success with decreasing sugar content in their breakfast menus.



# Thank you!

**Any questions?  
Please type them into the chat bar now.**

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



# Comprehension Check

## Question #1

What should the limit of added sugar consumption per day be according to the Dietary Guidelines for Americans (DGAs)?

- a. 15%
- b. 10%
- c. 5%
- d. 20%

# Comprehension Check

## Question #1

What should the limit of added sugar consumption per day be according to the Dietary Guidelines for Americans (DGAs)?

a. 15%

 b. 10%

c. 5%

d. 20%

# Comprehension Check

## Question #2

Per the DGAs, the food groups include vegetables, fruits, grains, protein and what other group?

- a. Sugar
- b. Fat
- c. Dairy
- d. Candy

# Comprehension Check

## Question #2

Per the DGAs, the food groups include vegetables, fruits, grains, protein and what other group?

- a. Sugar
- b. Fat
- c. Dairy
- d. Candy



# Comprehension Check

## Question #3

Which of the following recommendations from the current DGAs differs the most from the current school meal requirements?


- a. DGA recommendations for fresh fruits and vegetables.
- b. DGA recommendations for whole grains.
- c. DGA recommendations for sugar.
- d. DGA recommendations for dairy.



# Comprehension Check

## Question #3

Which of the following recommendations from the current DGAs differs the most from the current school meal requirements?

- a. DGA recommendations for fresh fruits and vegetables.
- b. DGA recommendations for whole grains.
-  c. DGA recommendations for sugar.
- d. DGA recommendations for dairy.

# Congratulations!

You have completed the [Recorded Webinar: upLIFT webinar: Dietary Guidelines - What It Means for You](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: upLIFT webinar: Dietary Guidelines - What It Means for You](#)
- Key Area: 1000-Nutrition
- Learning Codes: 1310, 1320
- Length: 0.5 hour

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

# Congratulations!

## Requesting a Training Certificate

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<https://www.surveymonkey.com/r/upliftrecordedwebinar>

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