



# Nutritional Recommendations In The Guidelines

NUTRITIONAL  
RECOMMENDATIONS  
IN THE GUIDELINES

Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

If you choose seafood instead of meat and poultry, you should increase the amount and variety of seafood consumed. Do not eat Substitute protein foods that are low in fat and calories or a source of fat.

- ▶ Use liquid oils to replace solid fats. Choose foods that provide the most potassium, fiber, calcium, and vitamin D, nutrients that are important to American diets. These foods include vegetables, fruits, whole grains, milk and dairy products.
- ▶ **risk factors associated with diets** ◀
  - ▶ High levels of blood cholesterol and other fats
    - ▶ Type 2 diabetes
    - ▶ High blood pressure
    - ▶ Metabolic syndrome
  - ▶ Overweight and physical inactivity
    - ▶ Smoking
- ▶ **Chronic diet-related illness** ◀
  - ▶ Cardiovascular disease
    - ▶ Blood pressure
    - ▶ Cancer
    - ▶ Osteoporosis
- ▶ **Food safety advice** ◀
  - ▶ **Wash hands and surfaces:** Bacteria can spread throughout the kitchen and reach hands, cutting boards, dishes and food. Wash your hands with soap and warm water for at least 20 seconds. Wash your hands before handling raw meat, poultry, seafood and eggs.



- ▶ **Cook at the right temperature:** When enough internal temperature is reached, foods are cooked safely and the harmful bacteria that cause foodborne illness are eliminated. Use a food thermometer to measure the internal temperature of cooked food.
- ▶ **Freeze food quickly:** Because the cold slows down the growth of harmful bacteria.
- ▶ **Do not overfill the refrigerator:** Cold air must be circulated to help keep food healthy. Keeping the refrigerator at a constant temperature of 40 degrees Fahrenheit or below is one of the most effective ways to reduce the risk of foodborne illness.
  - ▶ Transfer food to the refrigerator immediately.
- ▶ Do not pass contaminants easily and keep fruit juices away from ready-to-eat foods.



## Nutritional Recommendations



## Nutritional Recommendations In The Guidelines

Dietary guidelines include two very interesting concepts:

- ▶ Maintain a calorie balance over time to achieve and maintain a healthy weight.
- ▶ Focus on eating nutritious foods and drinks.

## ▶ Nutritional Recommendations In The Guidelines ◀

A healthy diet can reduce the risk of chronic diseases such as heart disease, diabetes, osteoporosis and some cancers.

## ▶ The three main purposes of dietary guidelines ◀

To manage weight, balance the energy calories of the food you eat with your physical activity.

- ▶ Eat more specific foods and nutrients such as fruits, vegetables, whole grains, low-fat and low-fat dairy, and seafood.
- ▶ Eat less foods that contain sodium (salt), saturated fats, trans fats, cholesterol, added sugars and refined grains.



## ▶ Dietary guidelines for Americans ◀

Although people have different needs for calorie intake, follow these tips as part of a healthy eating pattern.

▶ **Increase your intake of vegetables and fruits:** Eat a variety of vegetables, especially dark green, red, orange, bean and pea vegetables.

▶ **Eat at least half of cereals from whole grains:** Increase grain intake by replacing refined grains with whole grains.

▶ Increase your intake of skim milk or dairy products such as milk, yogurt, cheese or soft soy drinks.

▶ Choose protein foods that include seafood, meat, poultry, eggs, beans and peas, soy products, nuts, and unsaturated grains.