

UN–L for Families  
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### New Dietary Guidelines for Americans

The Dietary Guidelines for Americans are the foundation for federal nutrition education and promotion programs as well as the basis for food assistance programs. They are based on the latest nutrition research, and reviewed, updated, and released by the United States Department of Agriculture and Health and Human Services every five years.

The 2010 Dietary Guidelines were released in the fall of 2010, reports Jessye Goertz, UNL Extension Educator. They were written by an advisory committee made up of thirteen independent experts who are nationally recognized in the fields of nutrition and health. They address an American public that is overweight, but undernourished in several key nutrients.

These new guidelines will help Americans choose eating patterns that are nutrient rich and calorie balanced. Ideally, Americans will reduce energy intake (calories) and include more healthful foods into the total diet by eating more vegetables, fruits, whole grains, low-fat milk products and lean meat, and by reducing added sugars, solid fats, refined grains, and sodium.

The 2010 Guidelines suggest that all sectors of society, including individuals, families, educators, communities, health professionals, policy makers and businesses get involved in the development and implementation of this plan to help American's eat well and be physically active. The focus will be on children because prevention of obesity must begin in childhood.

Several specific recommendations were made to help Americans adopt these changes:

- Improve cooking skills
- Increase health, nutrition and physical education programs in schools
- Encourage low-income families to choose healthier foods
- Improve the availability of affordable fresh produce

- Increase the production of vegetables, fruits, and whole grains
- Ensure that families have adequate amounts of nutritious and safe foods
- Increase access to seafood
- Encourage restaurants to offer healthier foods

For more information about the 2010 Dietary Guidelines for Americans, visit the website: [food.unl.edu](http://food.unl.edu)