Healthy People 2020

The Healthy People program identifies national health priorities and guides policies to “increase the quality and years of healthy life” and “eliminate health disparities.” The nutrition and weight status objectives for Healthy People 2020 are listed below.

Healthy People 2020 Nutrition and Weight Status Objectives

- Increase the proportion of adults who are at a healthy weight.
- Reduce the proportion of adults who are obese.
- Reduce iron deficiency among young children and females of childbearing age.
- Reduce iron deficiency among pregnant females.
- Reduce the proportion of children and adolescents who are overweight or obese.
- Increase the contribution of fruits to the diets of the population aged 2 years and older.
- Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older.
- Increase the contribution of whole grains to the diets of the population aged 2 years and older.
- Reduce consumption of saturated fat in the population aged 2 years and older.
- Reduce consumption of sodium in the population aged 2 years and older.
- Increase consumption of calcium in the population aged 2 years and older.
- Increase the proportion of worksites that offer nutrition or weight management classes or counseling.
- Increase the proportion of physician office visits that include counseling or education related to nutrition or weight.
- Eliminate very low food security among children in U.S. households.
- Prevent inappropriate weight gain in youth and adults.
- Increase the proportion of primary care physicians who regularly measure the body mass index of their patients.
- Reduce consumption of calories from solid fats and added sugars in the population aged 2 years and older.
- Increase the number of states that have state-level policies that incentivize food retail outlets to provide foods that are encouraged by the Dietary Guidelines.
- Increase the number of states with nutrition standards for foods and beverages provided to preschool-aged children in childcare.
- Increase the percentage of schools that offer nutritious foods and beverages outside of school meals.

NOTE: “Nutrition and Weight Status” is one of 38 topic areas, each with numerous objectives.

SOURCE: www.healthypeople.gov

Dietary Guidelines for Americans 2010

The Dietary Guidelines for Americans 2010 provide evidence-based advice to help people attain and maintain a healthy weight, reduce the risk of chronic diseases, and promote overall health through diet and physical activity. Below are their key recommendations.

Balancing Calories to Manage Weight

- Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors.
- Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.
- Increase physical activity and reduce time spent in sedentary behaviors.
- Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

Foods and Food Components to Reduce

- Reduce daily sodium intake to less that 2,300 milligrams and further reduce intake to 1,500 milligrams among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 milligrams recommendation applies to about half of the U.S. population, including children and the majority of adults.
- Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consume less than 300 milligrams per day of dietary cholesterol.
- Keep trans fatty acid consumption as low as possible by limiting foods that contain synthetic sources of trans fats, such as partially hydrogenated oils, and by limiting other solid fats.
- Reduce the intake of calories from solid fats and added sugars.
- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- If alcohol is consumed it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.
Foods and Nutrients to Increase

• Increase vegetable and fruit intake.
• Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
• Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
• Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
• Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
• Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
• Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
• Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products and breastfeeding, and older age.

Building Healthy Eating Patterns

• Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
• Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern.
• Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses.

NOTE: These guidelines are intended for adults and children ages 2 and older.


In 2010, the Committee on Dietary Reference committee released new calcium and vitamin D intake recommendations and Tolerable Upper Intake Levels, listed below.

### Dietary Reference Intakes for Calcium and Vitamin D

<table>
<thead>
<tr>
<th>Life Stage Group</th>
<th>Calcium</th>
<th>Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Estimated Average Requirement (mg/day)</td>
<td>Recommended Dietary Allowance (mg/day)</td>
</tr>
<tr>
<td>Infants 0 to 6 months</td>
<td>*</td>
<td>1,000</td>
</tr>
<tr>
<td>Infants 6 to 12 months</td>
<td>*</td>
<td>1,500</td>
</tr>
<tr>
<td>1–3 years old</td>
<td>500</td>
<td>700</td>
</tr>
<tr>
<td>4–8 years old</td>
<td>800</td>
<td>1,000</td>
</tr>
<tr>
<td>9–13 years old</td>
<td>1,100</td>
<td>1,000</td>
</tr>
<tr>
<td>14–18 years old</td>
<td>1,100</td>
<td>1,000</td>
</tr>
<tr>
<td>19–30 years old</td>
<td>800</td>
<td>1,000</td>
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<tr>
<td>31–50 years old</td>
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<td>1,000</td>
</tr>
<tr>
<td>51–70 years old males</td>
<td>800</td>
<td>1,000</td>
</tr>
<tr>
<td>51–70 years old females</td>
<td>1,000</td>
<td>1,200</td>
</tr>
<tr>
<td>71+ years old</td>
<td>1,000</td>
<td>1,200</td>
</tr>
<tr>
<td>14–18 years old, pregnant/lactating</td>
<td>1,100</td>
<td>1,300</td>
</tr>
<tr>
<td>19–50 years old, pregnant/lactating</td>
<td>800</td>
<td>1,000</td>
</tr>
</tbody>
</table>

* For infants, Adequate Intake is 200 mg/day for 0 to 6 months of age and 260 mg/day for 6 to 12 months of age.
** For infants, Adequate Intake is 400 IU (10 μg)/day for 0 to 6 months of age and 400 IU (10 μg)/day for 6 to 12 months of age.