



Food and Nutrition Information Center

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Dietary Guidelines for Americans: A Historical Overview March 2003

This publication is a historical compilation of the professional reviews and commentaries of the Dietary Goals for the United States and Dietary Guidelines for Americans documents published between 1977 – 2002 by governmental and non-governmental agencies, scientists, and educators. Abstracts are included when available and are adapted from either AGRICOLA or Medline. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture.

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I. Overview and General Information

In February of 1977, the U.S. Senate Select Committee on Nutrition and Human Needs released the *Dietary Goals for the United States*. Amid disagreement and controversy, the Committee released Supplemental Views to the report in November 1977 and a Second edition in December 1977. Prompted by the Senate Committee report, the Departments of Agriculture and of Health, Education, and Welfare (now Health and Human Services) released the first edition of the *Dietary Guidelines for Americans* in 1980. In 1990, Title III of the National Nutrition Monitoring and Related Research Act of 1990 (7 U.S.C. 5341) was passed. This Act requires that the Secretaries of Agriculture and Health and Human Services jointly publish a report entitled *Dietary Guidelines for Americans* every five years. The Act also makes the report official Federal policy on nutrition guidance. Federal nutrition education pieces, such as the Food Guide Pyramid, are used to translate this nutrition policy into food choices.

A. Dietary Goals and Dietary Guidelines, 1977 to 2000 (listed chronologically)

Dietary Goals for the United States [1st edition]. U.S. Congress. Senate. Select Committee on Nutrition and Human Needs. Washington : U.S. Govt. Print. Off., 1977.
NAL Call Number: TX360.U5S4-1977

Description: Congressional report with references and statements by scientists

Dietary Goals for the United States [1st edition], supplemental views. U.S. Congress. Senate. Select Committee on Nutrition and Human Needs. Washington : U.S. Govt. Print. Off., 1977
NAL Call Number: TX360.U6U54

Dietary Goals for the United States – 2nd edition. U.S. Congress. Senate. Select Committee on Nutrition and Human Needs. Washington, D.C.: U.S. Govt. Print. Off., December 1977.
NAL Call Number: TX360.U6U54 1977

Nutrition and Your Health, Dietary Guidelines for Americans. U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., 1980.
NAL Call Number: TX353.N823b-FandN-E-3683

Description: Dietary Guidelines based on variety and moderation are recommended in this pamphlet presented by the U.S. Department of Agriculture (USDA) and Health, Education, and Welfare (HEW). The pamphlet advises Americans to eat a daily variety of foods from the fruit, vegetable, meat, bread and dairy groups to ensure a nutritionally well-balanced diet. It also stresses the importance of maintaining an ideal weight and states that successful weight loss depends on improved eating habits and daily exercise; eating foods without excess amounts of fat, saturated fats and cholesterol to minimize dietary risks of heart attack; and including adequate starch and fiber to provide the body

with energy. Finally, the pamphlet states that it is a sensible rule of good nutrition to avoid consuming too much sugar, sodium and alcohol.

Nutrition and Your Health : Dietary Guidelines for Americans. 2d ed., rev. Aug. 1985. U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., Home and Garden Bulletin No. 232. August 1985.
NAL Call Number: 1-AG84HG-no. 232-1985
Description: Seven Federally developed principles for healthy eating, released in 1985.

Nutrition and Your Health : Dietary Guidelines for Americans. 3d ed., rev. Nov. 1990. U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., Home and Garden Bulletin No. 232. 1990.
NAL Call Number: 1-Ag84Hg-no.232-1990
Web site: <http://www.nal.usda.gov/fnic/dga/dga90.html>
Description: Summarizes the dietary recommendations made by the USDA and Department of Health and Human Services (DHHS), which emphasize not only diet but exercise, weight control, and moderation in the use of alcohol, sugar and salt.

Nutrition and Your Health : Dietary Guidelines for Americans. 4th ed., rev. Dec. 1995. U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., Home and Garden Bulletin No. 232. 1995.
Web site: <http://www.usda.gov/cnpp/guide.htm>
NAL Call Number: 1-Ag84Hg-no.232-1995
Description: Summarizes the dietary recommendations of the USDA and DHHS, which emphasize a diet high in grain products, vegetables and fruits, low in fat, saturated fat, and cholesterol, along with exercise and moderation in the use of alcohol, sugar and salt to maintain a healthy weight. The 1995 Guidelines offer new perspectives from the 1990 Guidelines, including the first to recognition that a vegetarian diet can be consistent with the Dietary Guidelines and Recommended Dietary Allowances, and a more deliberate discussion of the link between diet and health.

Nutrition and Your Health: Dietary Guidelines for Americans. 5th ed., rev. 2000. U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., Home and Garden Bulletin No. 232. 2000.
Web site: <http://www.usda.gov/cnpp/DietGd.pdf> (PDF),
<http://www.health.gov/dietaryguidelines/dga2000/document/frontcover.htm> (HTML)
NAL Call Number: 1-Ag84Hg-no.232
Abstract: Offers 3 new guidelines for a total of 10 specific guidelines to help Americans choose a healthy and nutritious diet. The Guidelines are organized under the subheadings of Aim for Fitness, Build a Healthy Base, and Choose Sensibly.

B. Reports of the Dietary Guidelines Advisory Committees: 1985 – 2000
(listed chronologically)

The Dietary Guidelines Advisory Committee members, composed of nutrition experts from outside of government, are charged with reviewing the Dietary Guidelines and recommended revisions, if warranted. This section contains their recommendations.

Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1985, to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Dept. of Agriculture, Human Nutrition Information Service. Hyattsville, MD: 1985.

NAL Call Number: aTX360.U6R46

Description: Proposed revisions to the 1980 USDA-HHS joint publication, "Nutrition and Your Health: Dietary Guidelines for Americans", are given. Specific information and recommendations are given for the 7 Dietary Guidelines with rationale included for each Guideline.

Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1990, to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Dept. of Agriculture, Human Nutrition Information Service. Washington, DC: 1990.

NAL Call Number: aRA784.R4

Description: The Dietary Guidelines Advisory Committee gives its report on advised changes to the second edition of Dietary Guidelines for Americans. Second edition guidelines, proposed third edition guidelines, the reasons for changes, as well as recommendations for the promotion, use, interpretation, and implementation are provided.

Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1995, to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Dept. of Agriculture, Human Nutrition Information Service. Springfield, VA: National Technical Information Service [distributor], 1995.

NAL Call Number: aRA784.R4-1995

Web Site: <http://www.nal.usda.gov/fnic/Dietary/dietg95.htm>

Description: The Dietary Guidelines Advisory Committee was charged with reviewing the 1990 edition of Nutrition and Your Health, Dietary Guidelines for Americans and determining if, on the basis of current scientific and medical knowledge, revisions were warranted. The conclusion of the Committee was that some revision of the third edition was warranted to reflect new scientific information on associations between diet and health. This report contains the Committee's proposed text for a fourth edition, as well as a discussion of the changes.

Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000, to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Dept. of Agriculture, Agricultural Research Service. Washington, DC: 2000.

NAL Call Number: aRA784.R4—2000

Web Site: <http://www.ars.usda.gov/dgac/>

Description: Presents the revisions to the 1995 Dietary Guidelines for Americans with citations to the scientific literature for support. Booklet carries three basic messages--the ABCs for your health: aim for fitness, build a healthy base, choose sensibly. Ten guidelines point the way to good health and are intended for healthy children (ages 2 years and older) and adults of any age.

C. Dietary Guidelines Web Sites

Dietary Guidelines Topic Page

Food and Nutrition Information Center (FNIC)

Web site: <http://www.nal.usda.gov/fnic/dga/index.html>

Description: This web site links to a number of web sites with Dietary Guidelines information.

Food Based Dietary Guidelines

The Food and Agriculture Organization (FAO) of the United Nations, Food and Nutrition Division

Web Site: <http://www.fao.org/es/ESN/fbdg/httoc.htm>

Description: Provides recommendation on the development and implementation of Food-based dietary guidelines (FBDG). FBDG are intended for use by the general public to provide nutrition education and dietary guidance at the consumer level of understanding.

Summary Table Comparing All Five Editions of the Dietary Guidelines for Americans

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, May 30, 2000.

Web site: <http://www.usda.gov/cnpp/Pubs/DG2000/Dgover.PDF>

Description: Table showing the guidelines and changes of the 1980 – 2000 editions of the Dietary Guidelines for Americans.

II. Review and Commentary of the Dietary Goals for the United States (1st and 2nd Editions)

An analysis of dietary goals for the United States. Kristen W. McNutt. *Journal of Nutrition Education*, 10(2): 61-62. 1978.

NAL Call Number: TX341.J6

Description: Provides an overview of the second edition of the Dietary Goals for the United States and recommends that nutritionists facilitate discussions of the Dietary Goals in a variety of settings.

Dietary Goals for the United States. Calvin W. Woodruff. *American Journal of Diseases of Children*, 133 (4): 371-372. 1979.

NAL Call Number: 448.8-AM38

Description: The background of the second edition of the Dietary Goals for the United States is reviewed and the modified goals are summarized. The author recommends that Congress encourage these goals by: 1) funding public education programs; 2) requiring food labeling; 3) funding studies and pilot programs to reduce risks in processed foods; 4) funding and coordinating nutrition research; and 5) forming a committee to consider implications of nutrition and agriculture policy. The author suggests that: 1) the development of nutritional goals is political rather than scientific; 2) the process should recognize different viewpoints and allow revision; and 3) professionals with an interest in nutrition should take a leading role in this process.

Dietary Goals for the United States (second edition). American Dietetic Association. *Journal of the American Dietetic Association*, 74(5): 529-533. 1979.

NAL Call Number: 389.8-AM34

Description: In this reaction statement, the American Dietetic Association suggests that: Dietary goals for men, women, and children should probably be established separately, with consideration for the food consumption patterns and physiologic needs of each group; the Dietary Goals for the United States are not adequately specific in their recommendations, and must be continuously reevaluated as new scientific knowledge emerges; following the Goals would require alterations in the eating patterns for most of the population since few people's diets are as high in carbohydrate or as low in fat and sugar as recommended; an expanded labeling program which consumers can understand and use must also be provided; and major shifts in food production and processing would be necessary to reduce total fat and cholesterol intakes.

Dietary Goals for the United States: a commentary. Gaurth R. Hansen. *Ames: Counsel for Agricultural Science and Technology*, Report No. 71. 1977

NAL Call Number: S22.C6—no. 71

Description: Prepared at the request of Senator George McGovern, this report on the Dietary Goals for the United States is a consensus statement prepared by 14 scientists with expertise in biochemistry, dietetics, economics, education, food science and technology.

Dietary Goals [for the United States] pose serious threat. Grace T. Howaniec. *Hoard's Dairyman*, 123(4): 225, 242. 1978.

NAL Call Number: 44.8-H65

Description: The author outlines her misgivings with the 1977 Dietary Goals for the United States, specifically about the potential for a decrease intake of meat and dairy products.

Dietary Goals- a progressive view. D.M. Hegsted. *American Journal of Clinical Nutrition*, 31(9): 1504-1509. 1978.

NAL Call Number: 389.8-J824

Description: The author reviews and counters arguments that have been made against the release of the Dietary Goals. He concludes that evidence related to the major health problems of Americans supports the importance of a more moderate diet and believes

such a diet will not impose nutritional risks. He encourages the nutrition community to provide positive leadership.

Food editors explore U.S. Dietary Goals. Institute of Food Technologists. *Food Technology*, 32(4): 20,22,25,28,31. 1978.

NAL Call Number: 389.8-F7398

Description: The Institute of Food Technologists and the Department of Food Science and Technology of Virginia Polytechnic Institute and State University sponsored a two-day conference on current food issues. This paper provides an overview of the presentations regarding controversial aspects of the Dietary Goals for the United States. One speaker described what the recommendations of the Goals would look like on the dinner table. Another speaker suggested that the Goals are premature and based on inconclusive or inadequate data.

McGovern releases revised Dietary Goals. *CNI Weekly Report*, 8(4): 6-7. 1978.

NAL Call Number: TX341.C6

Description: An announcement of the release of the revised Dietary Goals and a summary of the major changes.

National Dietary Goals: Are they justified at this time. William Weil. *American Journal of Diseases of Children*, 133 (4): 368-370. 1979.

NAL Call Number: 448.8-AM38

Description: Describes the 1977 Dietary Goals and suggests that they do not take into consideration differences of the region, sex, age, weight, and lifestyle; that they are untested for safety and lack proven efficacy. Other criticisms include possible disillusionment of the public with major health programs, reduction of individual freedom, and possibility of undiscovered health hazards for some segments of the population. The author believes that the Dietary Goals are not justified at this time.

NIH deals gingerly with diet-disease link. William J. Broad. *Science*, 204 (4398): 1175-1178. 1979.

NAL Call Number: 470-SCI2

Description: This commentary states that some officials at the National Institutes of Health (NIH) do not support the Dietary Goals, citing insufficient evidence of such a diet-disease link. The author states that although the health benefits of the Dietary Goals and the fate of the USDA-HEW guidelines are still in question, NIH is responding to pressure from government and consumer advocates by increasing public education programs.

Sen. McGovern on Dietary Goals [for the United States]: Without nutrition education, "everything else is lost." E.M. Leeper. *Bioscience*. 28(3): 161-164. 1978.

NAL Call Number: 500-AM322A

Description: In a question and answer format, Senator McGovern describes the evolution of the Dietary Goals, counters arguments received against them, and describes areas where further government initiatives would be helpful.

The scientific basis of the "Goals:" what can be done now?

Artemis P. Simopoulos. *Journal of the American Dietetic Association*, 74(5): 539- 542. 1979.

NAL Call Number: 389.8-Am34

Description: The author believes that universal dietary goals for the general public cannot be formulated or implemented; and that more appropriate guidelines would be have preventive measures for specific groups, based on genetic endowment, age, sex, and condition. She supports nutrition education as an essential component in health education.

Takin' away me dyin'. Cortez F. Enrole. *Nutrition Today*, 12(6): 14-15. 1977.

NAL Call Number: RA784.N8

Description: The author questions the ability of politicians to make sound and scientifically accurate dietary guidance and states that politicians are "overselling" the ability of nutrition to make a change in health outcomes.

Twenty commentaries. *Nutrition Today*, 12(6): 10-13, 20-27. 1977.

NAL Call Number: RA784.N8

Description: Twenty correspondents examine the Dietary Goals for the United States as recommended by the Senate Select Committee on Nutrition and Human Needs. Fourteen responses to the letter sent to certain physicians, dentists, and nutritionists are printed. Five responses are included from people identified by the Center for Science in the Public Interest as having signed the petition to President Carter encouraging him to adopt the goals as national policy. A press conference statement concludes the report.

U.S. Dietary Goals. *Family Economics Review*, Winter-Spring 1978, ARS-NE-36: 3-6.

NAL Call Number: A321.9-R31

Description: Speeches made at the 1978 Food and Agricultural Outlook Conference are presented in full. Speakers include: D. Mark Hegsted, Gilbert Leveille, and Betty Peterkin.

III. Review and Commentary of the Dietary Guidelines for Americans, 1st edition, 1980

ADA reaction to the "Dietary Guidelines." American Dietetic Association.

Journal of the American Dietetic Association, 77(2): 181. 1980.

NAL Call Number: 389.8-Am34

Description: The American Dietetic Association (ADA) points out that the relationships between food choices and health are the focus of the Dietary Guidelines released by DHEW and USDA, with an emphasis on the importance of preventive maintenance through improved nutrition. Another step in the right direction, as ADA suggests, would be further clarification of the quantitative guides for fat, starch, fiber, sugar, sodium, and alcohol. Further research is recommended on human metabolism, particularly for different age and sex groups. Eating a variety of foods and maintaining ideal weight are key concepts which could well be supported with more material on dietary planning.

Commentaries on the Dietary Guidelines. Alfred E. Harper and Daniel S. Greenberg. *Nutrition Today*, 15(2): 19-22. 1980.

NAL Call Number: RA784.N8

Description: Two critical commentaries on the USDA-HEW Dietary Guidelines for Americans suggest that although the Guidelines are a step in right direction, a need for improvement remains. Harper, a nutrition researcher, criticizes the Guidelines' negative statements concerning the use of fat, sugar, cholesterol and salt. Other comments include that the recommendations to substitute starches for sugars may be misleading, and that the correlation between diet and heart disease is stated too strongly. Greenburg, a journalist, suggests that the Dietary Guidelines for Americans do not contribute any new information to the public's nutrition knowledge, and are so uncontroversial that they could have been released a decade ago. He states that the political justification of the Department of Agriculture's existence is to help farmers make money; and therefore the Department is reluctant to encourage the research of such politically volatile issues as decreased red meat consumption and food additives. On the converse, the author states that Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention states that increased attention should be paid to the nutritional qualities of processed foods, and warns against choosing foods solely on the basis of advertised claims, and urges careful scrutiny of the effects of food additives.

Dietary Guidelines: Where do we go from here? Mark D. Hegsted. *Journal of Nutrition Education*, 12 (2,suppl.1):100-102. 1980.

NAL Call Number: TX341.J6

Description: In this commentary, the author states that the evidence presented by the Expert Panel of the American Society of Clinical Nutrition in relation to the typical American diet indicates that the best advice is to moderate consumption of calories, fat, cholesterol, sugar and salt. While data collection and analysis techniques limit the applicability of specific information to any particular individual, enough evidence has accumulated to warrant general dietary instruction to reduce risks of disease. Steps to define "moderate" and to give practical dietary recommendations that consider food habits, food supply, and food preparation methods are the logical continuation of the effort to educate the public, keep abreast of new and changing nutrition information and help consumers make informed decisions about dietary intake.

Dietary recommendations and policy implications: The U.S. experience.

Johanna Dwyer, in *Nutrition Update*

Jean Weininger and George M. Briggs, editors

New York, NY: John Wiley, 1983. 315- 355.

NAL Call Number: RC620.N83-FandN-B-3712

Abstract: The author states that there has been progress as well as controversy associated with dietary recommendations. Five basic questions concerning dietary recommendations are: "Are dietary recommendations necessary?" "What should they consist of?" "Who should make them?" "How should they be implemented?" and "Should the US government play a role in disseminating them?" Aspects of policy implications that are considered include rhetoric and programmatic realities, the fragmentation of US

policy-making power, the effects on dietary guidelines, and the larger US nutrition policy issues. The limitations of Federal policy on influencing what people eat as it affects the controls of food supply and demand are included in these issues. Nine shortcomings of food and nutrition scientists in dealing with public policy issues are enumerated.

Eruption reaction.

Lewis A. Barnes, et al. *Nutrition Today*. 15 (4): 4-5,7-9. 1980.

NAL Call Number: RA784.N8

Description: Publication of the USDA-HEW “Dietary Guidelines for Americans” and the Food and Nutrition Board response, “Toward Healthful Diets,” has sparked a controversy among health professionals concerning the relationship between diet and heart disease. Seven commentaries provide support for either of the two sides in this issue. Those favoring the diet/heart disease connection recommend lowering fat, saturated fat and cholesterol intakes in a prudent diet to reduce risks of atherosclerosis. These dietary modifications are advised in the interest of public health, despite the fact that a causal linkage cannot be proved. Opponents argue that heart disease has a complex, multivariate etiology; evidence supporting the diet/disease hypothesis is limited or invalid. They doubt whether dietary intervention is efficacious, preventive or safe in reducing risk of heart disease. This viewpoint considers blanket dietary recommendations to the general public unwise.

Foods and nutrition 1981. Philip White. *Journal of the American Medical Association*, 245 (21): 2239-2241. 1981.

NAL Call Number: 448.9-AM37

Description: Written by the then current director of the Department of Foods and Nutrition of the American Medical Association, this commentary suggests that the lack of consensus between nutritionists and physicians on the appropriate dietary recommendations to help prevent degenerative diseases has confused the public. In particular, the author states that the difference in the recommendations of National Academy of Sciences/National Research Council (NAS/NRC) report “Toward Healthful Diets, the USDA/DHEW 1980 “Dietary Guidelines for Americans” have been especially detrimental to the public’s understanding of what to eat. In contrast to the USDA / DHEW position, the NAS / NRC report stressed variables other than diet, and deemphasized the importance of dietary cholesterol and fats as major risk factors for healthy individuals. The author recommends that policy makers recognize that diet cannot compensate for physical inactivity, and that impractical recommendations, non-specific recommendations such as the USDA’s eat more / eat less edicts are confusing to the public. He suggests better methods of dietary assessment of the American population are needed in order to clarify diet-disease relationships and to justify qualitative or quantitative dietary changes.

IV. Review and Commentary of the Dietary Guidelines for Americans, 2nd edition, 1985

Scientific and public health rationale for the Dietary Guidelines for Americans.

Sanford A. Miller and Marilyn G. Stephenson. *American Journal of Clinical Nutrition*, 42 (4): 739-745. 1985.

NAL Call Number: 389.8-J824

Description: The authors describe the controversy that has surrounded the release of the Dietary Guidelines for Americans, 2nd edition. Initial efforts to develop dietary guidelines for prevention of diseases were fraught with controversy, some of which have continued. The controversy exemplifies a larger issue concerning the role that contemporary science, and specifically government, has in assuring and maintaining public health. They suggest that two broad questions need to be asked: What is the government's role in facilitating application of contemporary nutrition knowledge to public health?; and What standard of scientific surety should be the basis for its application? The authors conclude that government's role in assuring public health and safety indirectly through information is well established, but deciding when the data are sufficient to inform the public, public health scientists must, at some point, make the leap of faith, even though some doubts may remain.

Summary of dietary recommendations for healthy Americans.

Frances J. Cronin and Anne M. Shaw. *Nutrition Today*, 23 (6): 26-34. 1988.

NAL Call Number: RA784.N8

Description: A number of Federal, professional and health organizations have published dietary recommendations for healthy Americans that consider the relationship of diet to health and the reduction of risk of chronic disease, including the USDA / DHHS Dietary Guidelines for Americans. Recommendations for nutrient adequacy, body weight, dietary intakes of fat (including saturated and polyunsaturated fatty acids), cholesterol, carbohydrate (including complex carbohydrate or starch, dietary fiber and refined sugars), sodium and alcohol made by 10 organizations are summarized. Additional dietary recommendations by these and other groups, including those for population subgroups such as infants, children and women, are presented. Finally, examples of how to translate of recommendations into food guidance for healthy Americans are provided.

V. Review and Commentary of the Dietary Guidelines for Americans, 3rd edition, 1990

Dietary Guidelines for Americans, 1990 revision. Betty B. Peterkin, in Proceedings of the Annual Agricultural Outlook Conference, November 27-29, 1990. U.S. Department of Agriculture, Washington, D.C.: The Department. 1991. (67th): 35-45.

NAL Call Number: 1.90-C2OU8

Description: Provides the text to a speech at 1991 Annual Agricultural Outlook Conference. The author discusses the development of the 1990 revision and changes made to the 1985 edition.

Dietary guidelines revised. *Nutrition Forum*, 8(1): 5-6. 1991.

NAL Call Number: TX341.N877

Description: Summarizes the third (1990) edition of the Dietary Guidelines for Americans.

Dietary Guidelines for Americans, 1990 edition. Betty B. Peterkin.

Journal of the American Dietetic Association, 90(12):1725-1727. 1990.

NAL Call Number: 389.8-Am34

Description: Reviews the evolution of the Dietary Guidelines and summarizes the most recent edition.

Improving America's diet and health: from recommendations to action.

Paul R. Thomas, editor

Institute of Medicine (U.S.). Committee on Dietary Guidelines Implementation.

Washington, D.C.: National Academy Press, 1991. xvi, 239 p.

NAL Call Number: RA784.I56

Description: This book, designed for a wide range of readers, explores how Americans can be persuaded to adopt healthier eating habits. It investigates current eating patterns in the U.S., consumers' beliefs and attitudes about food and nutrition, the theory and practice of promoting healthy behaviors, and the need for further research. The author proposes three principal strategies necessary to the further implementation of dietary recommendations in the U.S.

The nutrition-health connection: USDA dietary guidance policies. Marion Nestle.

Agricultural Outlook. Washington, D.C.: U.S. Dept. of Agriculture, 1992-1994. (70th): 71-77, 1994.

NAL Call Number: 1.90-C20U8

Description: Presented at the 1994 Agricultural Outlook Conference, the speaker states that the scientific advice for the Dietary Guidelines is widely agreed upon and is no longer an issue of contention. She states that the real issue is how to put the advice into practice, despite the possible political repercussions. She provides goals for the Department of Agriculture in food assistance, food and nutrition monitoring, agricultural support, food and nutrition research, and nutrition education. The author provides particular emphasis on nutrition education and encourages the USDA to coordinate between the 7 separate Departmental agencies to maximize the effectiveness of nutrition education.

What's new about the 1990 Dietary Guidelines for Americans.

Betty B. Peterkin. *Journal of Nutrition Education*, 23 (4): 183-186. 1991.

NAL Call Number: TX341.J6

Abstract: The 1990 Dietary Guidelines bulletin reflects recommendations of a Dietary Guidelines Advisory Committee of nine nationally recognized nutrition scientists and physicians. The Committee's report to the two Departments includes its recommendations, a discussion of the changes it proposed to the 1985 edition, summaries of the research on the uses of the guidelines, and information on public comments received. Departmental reviewers of the Committee's recommendations concluded that

the basic messages of the seven guidelines, as presented on the cover of the 1985 bulletin, remain sound and of priority importance to Americans in choosing food for a healthful diet. However, some changes to the wording of the guidelines were made from the previous edition.

VI. Review and Commentary of the Dietary Guidelines for Americans, 4th edition, 1995

The 1995 Dietary Guidelines for Americans. Karil Bialostosky and Sachiko T. St. Jeor. *Nutrition Today*, 31 (1): 6-11. 1996.

NAL Call Number: RA784.N8

Description: This paper is based on a presentation made at the Society for Nutrition Education's 1995 annual meeting. It describes the development of the Dietary Guidelines and their medical and scientific basis as well as their uses in Federal food, nutrition, and health programs.

The 1995 Dietary Guidelines for Americans: an overview. Eileen Kennedy, et al. *Journal of the American Dietetic Association*, 96 (3): 234-237. 1996.

NAL Call Number: 389.8-Am34

Description: Summarizes revisions incorporated into this version of the Dietary Guidelines for Americans and describes the intended use of the Guidelines.

Alcohol guidelines for chronic disease prevention: from prohibition to moderation. Marion Nestle. *Nutrition Today*, 32 (2) : 86-92. 1997.

NAL Call Number: RA784.N8

Description: Text changes in the alcohol recommendation of the 1995 Dietary Guidelines for Americans attracted considerable media attention. This article provides an overview of the science and politics of the controversial guideline addressing the health risks and benefits of alcoholic beverage consumption.

Communicating Dietary Guidelines for Americans: room for improvement.

Constance J. Geiger. *Journal of the American Dietetic Association*, 101(7): 793-797.

NAL Call Number: 389.8-Am34

Abstract: This qualitative study examines consumers' attitudes about key messages, alternative messages, and various formats of the 1995 Dietary Guidelines for Americans. Five focus groups were conducted using a discussion guide based on previous research and the research concerns of the 1995 Dietary Guidelines Advisory Committee. The order of the guidelines, guideline alternatives, and formats were varied to prevent bias. Forty consumers (age range, 25 to 43 years) participated: 3 groups of women and 2 groups of men. Participants were not familiar with the Dietary Guidelines but had heard some messages. Consumers were confused by several guideline messages. First, the messages to "Maintain or improve your weight" and "Balance the food you eat with physical activity" did not make sense to them. Second, respondents were confused by the term "balance" in several different contexts. The participants most preferred a shortened format, followed by a 2-tiered or grouped format, with the 1995 list of Dietary Guidelines

falling last. Most of the Dietary Guidelines could be better communicated to the public using shorter, clearer messages, especially for the weight and physical activity, and fat guidelines. Decreasing the number of guidelines or using a tiered/grouped format could make the Dietary Guidelines more useful to consumers.

Consumers' understanding of the Dietary Guidelines for Americans: insights into the future. Debra P. Keenan, et al. *Health Education and Behavior*, 29(1): 124-135. 2002.

Abstract: The purpose of this study was to examine consumers' knowledge and understanding of the 1995 Dietary Guidelines for Americans and the sources from where consumers obtain their health information. A telephone survey was administered to 400 adults in the Twin Cities area in Minnesota. The number of guideline recommendations recalled per person was, on average, less than 2.5 of a total of 13 recommendations. Participants had difficulties interpreting the guidelines. Knowledge of the dietary fat guideline was especially poor. Only 17% of survey participants correctly stated the amount of total fat they should have in their diet. The total number of media sources used to obtain health information was the variable that best explained the variance in knowledge of the Dietary Guidelines recommendations. To effectively change dietary behavior, health educators must work effectively with the media to develop behavior-focused nutrition messages that are meaningful and clear to consumers.

Dietary guidance and nutrition promotion: USDA's renewed vision of nutrition education. Sharyn Sutton, et al. *Family Economics and Nutrition Review*, 9(2): 14-21. 1996.

NAL Call Number: aTX326.A1U5

Description: This paper addresses the relationship between the expert consensus on nutrition, diet, and health and the consumer. It distinguishes between dietary guidance and nutrition promotion: nutrition promotion uses the Consumer-Based Health Communications process to translate the science-based dietary guidance into consumer-oriented messages that facilitate behavior change. The implications for USDA's dietary guidance and nutrition education efforts are discussed.

Dietary Guidelines and complex carbohydrates. Barbara O. Schneeman. *Advances in experimental medicine and biology*, 427: 51-53. 1997.

Description: The author summarizes the revisions concerning carbohydrates, specifically complex carbohydrates in the 1995 Dietary Guidelines. She also speculates on the definition of a complex carbohydrate in the Guidelines.

Dietary Guidelines focus group report. Center for Nutrition Policy and Promotion, Prospect Associates. 1995.

NAL Call Number: TX360.U6D54—1995

Description: Presents the key findings from research conducted among 12 focus groups to test reactions among consumers to the revised Dietary Guidelines; a description of the study methodology; a detailed explication of the findings from the groups, illustrated with verbatim quotations; and conclusions and recommendations from the research.

Dietary Guidelines for Americans: an historical perspective. C. Wayne Callaway
Journal of the American College of Nutrition, 16(6): 510-516. 1997.

NAL Call Number: RC620.A1J6

Description: The author provides a historical overview of the Dietary Guidelines for Americans. He suggests that they should not be used as regulations and suggests that greater individualization of dietary recommendations, for both major subgroups of the population and for individual patients, is needed to improve our effectiveness in preventing and treating specific diet-related chronic conditions. He recommends moving beyond the use of indicators (e.g., body mass index or blood cholesterol levels) as if they were diagnostic, and focusing on dietary and pharmacologic interventions (or, in some cases, no intervention) based on more specific diagnostic criteria (e.g., lipid patterns, fat distribution patterns, evidence of insulin resistance, and family history). The author concluded that the targeting of dietary recommendations should improve their effectiveness, while reducing costs.

The Dietary Guidelines for Americans--past, present, future. Carol A. Davis and Etta A. Saltos. *Family Economics and Nutrition Review*, 9 (2): 4-13. 1996.

NAL Call Number: aTX326.A1U5

Description: The authors review the history of nutrition guidance provided by the United States Federal government.

Dietary Guidelines for the year 2000: epidemiology in action.

Marion Nestle. *Nutrition*, 15(6): 510-511, 1997.

NAL Call Number: TX341 N8

Description: Provides a brief history of the Dietary Guidelines for Americans and presents evidence that although uncertainty persists regarding recommendations for single nutrients, the Guidelines extol dietary patterns which are epidemiologically well established.

The making of the 1995 Dietary Guidelines.

Marion Nestle, in *Food Politics*

Berkeley, CA: University of California Press, 2002. 70-72.

NAL Call Number: TX360.U6N48 2002

Abstract: Reveals how the competition for consumers' food dollars affects public health. This particular section comments on the issues and challenges of the 1995 edition of the Guidelines.

National nutrition objectives and the Dietary Guidelines for Americans. Nancy T. Crane, et al. *Nutrition Today*, 33 (2): 49-58. 1998.

NAL Call Number: RA784.N8

Description: Addresses 17 nutrition objectives related to the Dietary Guidelines for Americans and describes the efforts necessary to achieve these nutrition objectives in the next decade.

Public policy and healthy eating. J. Michael McGinnis and Linda D. Meyers.

Food Policy, 24 (2/3): 335-347. 1999.

NAL Call Number: HD9000.1.F66

Description: This paper highlights a range of health policy applications that stem from use of the Dietary Guidelines for Americans as a policy document and require strengthening in order to improve health prospects of the American people. The discussion draws on broad public policy interventions.

VII. Review and Commentary of the Dietary Guidelines for Americans, 5th edition, 2000

The 2000 Dietary Guidelines for Americans: what are the changes and why were they made. Rachel K. Johnson and Eileen Kennedy. *Journal of the American Dietetic Association*, 100 (7): 769-774. 2000

NAL Call Number: 389.8-Am34

Description: Discusses the changes and the rationale for the revisions in the 2000 Dietary Guidelines.

Aim for a healthy weight: what is the target? Katherine M. Flegal, et al. *Journal of Nutrition*. 131(2): 440S-450S, 2001.

NAL Call Number: 389.8 J82

Abstract: The first guideline statement of the Year 2000 edition of Nutrition and Your Health: Dietary Guidelines for Americans is "Aim for a healthy weight." The purpose of this paper is to describe the evolution of the weight guideline and discuss some issues related to it. We reviewed current and previous editions of the Dietary Guidelines and the corresponding advisory committee reports. The weight guideline has evolved over the years into one that is complex and touches on a wide range of issues. The 2000 edition emphasizes weight loss more than previous editions. Unlike the other guidelines in the Dietary Guidelines, the weight guideline has a health outcome, a "healthy" weight, rather than a behavioral outcome as its goal. Also unlike the other guidelines, the weight guideline has become more medically oriented over time. The concept of healthy weight in the guidelines includes aspects of body composition, fat distribution and weight-related health conditions. It may be difficult for the public and even for health care providers to interpret some of the concepts included in the weight guideline. Issues related to the appropriate management of weight can be complex and may require a health care provider as a resource for interpretation. Rather than try to incorporate further clinical decision-making and weight loss guidance within the weight guideline, it may be more appropriate to refer the reader to a health care provider for guidance, as was done in previous editions.

Be physically active each day. How can we know? Richard P. Troiano, et al. *Journal of Nutrition*. 131(2): 451S-460S, 2001.

NAL Call Number: 389.8 J82

Abstract: For the first time in its five versions, Nutrition and Your Health: Dietary Guidelines for Americans contains an apparently nondietary guideline recommending

physical activity. Although new as a separate guideline, physical activity has been included in the weight guideline of previous versions. The current version recognizes the importance of physical activity to health beyond its effect on weight maintenance. The purpose of this paper is to examine what data are available or required to evaluate the level of physical activity in the population, particularly in light of current recommendations. The physical activity sections of several national surveys that assess individual behavior or activity-related policies are described. Surveillance of physical activity as a risk factor for chronic disease is critical because physical inactivity is highly prevalent, strongly associated with increased morbidity and mortality, costly and preventable. Determinants of physical activity behavior are also considered. These determinants are potentially important factors for surveillance and are critical components for planning successful interventions.

Choose beverages and foods to moderate your intake of sugars: the 2000 Dietary Guidelines for Americans- what's all the fuss about? Rachel K. Johnson and Carol Frary. *Journal of Nutrition*. 131(10): 2766S-2771S, 2001.

NAL Call Number: 389.8 J82

Abstract: As part of the 2000 Dietary Guidelines for Americans, the public is advised to choose beverages and foods to moderate their intake of sugars. The term sugars is conventionally used to describe the mono- and disaccharides. However, the Dietary Guidelines for Americans distinguish between added sugars and other sources of carbohydrates. The concept of added sugars provides consumers with useful information, especially if they are trying to limit excessive use of caloric sweeteners. Added sugars are defined as sugars that are eaten separately at the table or used as ingredients in processed or prepared foods. Consumption of added sugars has increased steadily as documented by both food supply data and nationwide food consumption survey data. The largest source of added sugars in the U.S. diet is nondiet soft drinks, accounting for one third of total intake. Diets high in sugars have been associated with various health problems, including dental caries, dyslipidemias, obesity, bone loss and fractures, and poor diet quality. Research gaps are identified.

Choose beverages and foods to moderate your intake of sugars: measurement requires quantification. Susan M. Krebs-Smith. *Journal of Nutrition*. 131(2): 527S-535S, 2001.

NAL Call Number: 389.8 J82

Abstract: The Dietary Guidelines for Americans, which form the basis of Federal nutrition policy, have changed in subtle, but important ways with regard to sugars since they were first introduced in 1980; one might say they have become "sweeter" over time. Nonetheless, they have continued to maintain that there is a concern with overconsumption of sugars in the diets of Americans. Although the Dietary Guidelines themselves have never quantified how much constitutes overconsumption vs. moderation, the Food Guide Pyramid provides some guidance on that subject. The Pyramid's recommendations for added sugars, which vary by total energy level, are posed as a benchmark for gauging the appropriateness of the population's intakes. Data from the Food Supply series and from the Continuing Surveys of Food Intakes by Individuals are used to assess recent intakes. The population is consuming added sugars at levels far in

excess of recommendations; this is generally true for all population subgroups examined, but especially for adolescents. Soft drinks are the major source of added sugars in the diet. Suggestions are given to facilitate correction of these dietary imbalances.

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat: subtle changes to a familiar message. Lori Beth Dixon and Nancy D. Ernst. *Journal of Nutrition*. 131(2): 510S-526S, 2001.

NAL Call Number: 389.8 J82

Abstract: "Choose a diet that is low in saturated fat and cholesterol and moderate in total fat," issued in Nutrition and Your Health: Dietary Guidelines for Americans in the year 2000, has an interesting and lengthy history. The first guideline, for which there was extensive scientific data to show that dietary excess increased chronic disease risk, prompted much scientific discussion and debate when implemented as dietary guidance. Three major changes in the guideline are noted since it was issued in 1980, i.e., numerical goals for dietary fats; the applicability of recommended fat intakes for all individuals greater than or equal to 2 y old; and rewording to emphasize reducing saturated fat and cholesterol intakes. The shift in emphasis includes the terminology moderate fat, which replaces the phrasing low fat. National data about the food supply, the population's dietary intake, knowledge, attitudes and behaviors, and nutritional status indicators (e.g., serum cholesterol levels) related to dietary fats help to monitor nutrition and health in the population. Experts consider that national data, although not without limitations, are sufficient to conclude that U.S. intakes of fats, as a proportion of energy, have decreased. The lower intakes of saturated fat and cholesterol are consistent with decreases in blood cholesterol levels and lower rates of coronary mortality over the past 30 years. Strategies are needed and some are suggested, to further encourage the population to achieve a dietary pattern that is low in saturated fat and cholesterol and moderate in total fat. Other suggestions are offered to improve national nutrition monitoring and surveillance related to the guideline.

Choose and prepare foods with less salt: dietary advice for all Americans. Catherine M. Loria, et al. *Journal of Nutrition*. 131(2): 536S-551S, 2001.

NAL Call Number: 389.8 J82

Abstract: The Nutrition and Your Health: Dietary Guidelines for Americans have included dietary guidance on salt and sodium since they were first released in 1980. This paper briefly reviews the impetus for including sodium guidelines, changes in them over time and factors influencing these changes. Although guidance appears to have changed little over the five editions, differences in wording reflect changes in knowledge of the link between sodium and blood pressure, a shift in public health policy toward prevention and increased consumption of processed and prepared foods. We examine methods to monitor sodium intake and assess whether Americans are following these guidelines. Available data indicate that American adolescents and adults are consuming more sodium than recommended and are unable to judge whether the amount of sodium in their diet is appropriate. Although Americans avoid adding salt to food at the table, their efforts may have little effect given that the majority of salt consumed is added during commercial processing and preparation. Thus, changes to the Dietary Guidelines that emphasize the

major sources of sodium in U.S. diets and advice to "choose and prepare foods with less salt" may help all Americans meet recommended sodium intake levels in the future.

Choose a variety of fruits and vegetables daily: understanding the complexities.

Susan M. Krebs-Smith and Linda Scott Kantor. *Journal of Nutrition*. 131(2): 487S-501S, 2001.

NAL Call Number: 389.8 J82

Abstract: The 2000 edition of Nutrition and Your Health: Dietary Guidelines for Americans is the first to include a recommendation aimed specifically at fruits and vegetables, apart from grains. This paper discusses these changes in the Dietary Guidelines, summarizes the methods of assessment pertaining to fruit and vegetable intakes and their related factors, and reviews the data available on current levels and trends over time. Recent methodological advances in the measurement of both the aggregate U.S. food supply and foods consumed by individuals have allowed for better estimates with which recommendations can be compared. The data on individual intakes suggest the following: Americans are consuming fruits and vegetables at a level near the minimum recommendations; to be in concordance with energy-based recommendations, they would have to consume approximately 2 more servings per day; and dark green and deep yellow vegetables are accounting for a disproportionately small share of the total. Fruit and vegetable consumption appears to be rising, but only slightly, and this increase might be only an artifact of shifts in the population demographics. A number of studies suggest that low income households in poor central cities and sparsely populated rural areas often have less access to food stores and face higher prices for food, including fruits and vegetables, compared with other households. At the aggregate level, supplying enough fruits and vegetables to meet dietary recommendations for all U.S. consumers would require adjustments in U.S. agricultural production, trade, marketing practices and prices of these commodities.

Choose a variety of grains daily, especially whole grains: a challenge for consumers.

Linda S. Kantor, et al. *Journal of Nutrition*. 131(2): 473S-486S, 2001.

NAL Call Number: 389.8 J82

Abstract: The 2000 edition of Nutrition and Your Health: Dietary Guidelines for Americans is the first to include a specific guideline for grain foods, separate from fruits and vegetables, and recognize the unique health benefits of whole grains. This paper describes and evaluates major tools for assessing intakes of total grains and whole grains, reviews current data on who consumes grain foods and where, and describes individual- and market-level factors that may influence grain consumption. Aggregate food supply data show that U.S. consumers have increased their intake of grain foods from record low levels in the 1970s, but consumption of whole-grain foods remains low. Data on individual intakes show that consumption of total grains was above the recommended 6 serving minimum in 1994-1996, but consumption of whole grains was only one third of the 3 daily servings many nutritionists recommend. Increased intake of whole-grain foods may be limited by a lack of consumer awareness of the health benefits of whole grains, difficulty in identifying whole-grain foods in the marketplace, higher prices for some whole-grain foods, consumer perceptions of inferior taste and palatability, and lack of familiarity with preparation methods. In July 1999, the U.S. Food and Drug

Administration authorized a health claim that should both make it easier for consumers to identify and select whole-grain foods and have a positive effect on the availability of these foods in the marketplace.

Deconstructing Dietary Guidelines 2000.

Marion Nestle, in Food Politics

Berkeley, CA: University of California Press, 2002. 72 - 92.

NAL Call Number: TX360.U6N48 2002

Description: Reveals how the competition for consumers' food dollars affects public health. This section examines the development of the 5th edition Guidelines in released in 2000.

Dietary Guidelines 2000 – the opportunity and challenges for reaching the

consumer. Eileen Kennedy and Carole A. Davis. *Journal of the American Dietetic Association*, 100(12): 1462-1465.

NAL Call Number: 389.8-Am34

Description: Discusses the findings of consumer research on the Dietary and how these implications effected the development of the 2000 Guidelines.

Dietary Guidelines, Food Guidance, and Dietary Quality

Eileen Kennedy, in Handbook of Nutrition and Food

Carolyn D. Berdanier, editor

Washington, DC: CRC Press, 2002. 339-352.

NAL Call Number: QP141.H345 2002

Description: Reviews the development of U.S. dietary guidance though the 2000 Dietary Guidelines for Americans. Includes discussion of the unique features of each edition; a comparison the U.S. Dietary Guidelines to those of other countries; and a comparison with the diet guidelines of professional associations, including the American Heart Association and American Cancer Society. The author suggests developing and promoting food-based Dietary Guidelines for children ages 2 and younger as a future direction.

The Dietary Guidelines for Americans: a basis for US nutrition policy.

Barbara Schneeman. *Journal of the American Dietetic Association*, 101(7): 742-743, 2001.

NAL Call Number: 389.8-Am34

Description: Reviews the role of the Dietary Guidelines not as a consumer education toll, but as a policy document.

The fifth edition of the Dietary Guidelines for Americans: lessons learned along the way. Debra P. Keenan and Rayne Abusabha. *Journal of the American Dietetic Association*, 101(6): 631-634. 2001.

NAL Call Number: 389.8-Am34

Description: Examines the complexities of the 2000 edition of the Guidelines and identifies the elements that will continue to present challenges to nutrition practitioners.

If you drink alcoholic beverages do so in moderation: what does this mean?

Mary C. Dufour. *Journal of Nutrition*. 131(2): 552S-561S, 2001.

NAL Call Number: 389.8 J82

Abstract: The changes in content of the alcohol guideline of the various editions of the Dietary Guidelines for Americans from 1980 to 2000 are discussed. This is followed by a capsule summary of the history and evolution of the discipline of alcohol epidemiology compared with that of nutrition epidemiology. Methods of assessment are discussed, and issues surrounding the validity and reliability of self-report of alcohol consumption are then outlined. Relevant objectives from Healthy People 2010 are discussed. Surveillance of the alcohol guideline discloses that, at present, very few American drinkers follow the recommendations of the alcohol guideline. Indications for future research needs to address this issue conclude the discussion.

Keep food safe to eat: healthful food must be safe as well as nutritious. Catherine E. Wotecki, et al. *Journal of Nutrition*, 131(2): 502S-509S. 2001.

NAL Call Number: 389.8 J82

Abstract: The inclusion of food safety in the 2000 edition of the Dietary Guidelines for Americans is an important step toward ensuring their continued relevance for health promotion and disease prevention. The inclusion of food safety is consistent with the original intent of the Guidelines and the increased focus on food safety today; it also better reflects current knowledge about diet and long-term health. A wide spectrum of surveillance methods can be used to monitor progress in reducing the incidence of foodborne illness, from surveys of food safety attitudes to epidemiologic data on foodborne illness. Surveillance data show that progress is being made, but that much work remains to be done. Strategies for reducing foodborne illness require a farm-to-table approach and the involvement of all those who have a responsibility for food safety, i.e., government, industry and the public. Federal agencies and others are finding it useful to use a risk analysis framework, i.e., risk assessment, risk management and risk communication, as a means of organizing available information, identifying data gaps, quantifying risks for specific pathogens and foods, and presenting strategies for improvement. Food safety education is a critical part of the overall strategy to reduce the incidence of foodborne illness and complements regulatory, research and other activities.

Let the pyramid guide your food choices: capturing the total diet concept. Lori Beth Dixon, et al. *Journal of Nutrition*, 131(2): 461S-472S. 2001.

NAL Call Number: 389.8 J82

Abstract: This paper discusses how the guideline "Eat a variety of foods" became "Let the Pyramid guide your food choices," presents background information on the food guidance system upon which the Food Guide Pyramid is based and reviews methods that have been used to assess aspects of the total diet, i.e., the variety, moderation and proportionality, promoted by this guidance. The methods include measures of dietary variety, patterns based on Pyramid food group intakes and scoring methods comprised of multiple dietary components. Highlights of results from these methods include the following. Although approximately one third of the U.S. population eat at least some food from all Pyramid food groups, only approximately 1-3% eat the recommended

number of servings from all food groups on a given day. Fruits are the most commonly omitted food group. Vegetables and meat are the groups most commonly met by adults, and dairy the most commonly met by youth. Intakes of specific types of vegetables (i.e., dark green, deep yellow) and of grains (i.e., whole grains) are well below that recommended; intakes of total fat and added sugars exceed current recommendations. Scoring methods show those diets of the majority of the population require improvement, and that diets improve with increases in education and income. This paper also discusses the limitations and strengths of these approaches, and concludes with suggestions to improve current food guidance and methods to assess the total diet.

Nutrition guidelines and education of the public. Johanna T. Dwyer. *Journal of Nutrition*, 131(11 Suppl): 3074S-3077S. 2001
NAL Call Number: 389.8 J82

Abstract: Guidelines on diet and nutrition serve two important purposes: to guide policy makers and to educate consumers, be they healthy or ill, about healthful ways to eat. Other lifestyle behaviors such as weight, physical activity and smoking status are sometimes also included. The soundness of the resulting guidelines depends on the strength of the evidence attesting to the presence of diet-health relationships. Precedent and the larger environment also have powerful influences. The degree to which guidelines are used will depend on how well they are crafted with respect to communication and how the recommendations are publicized. Holistic approaches rather than single silver bullet approaches that are targeted to reduction in risks of dietary deficiencies, food-borne illnesses and multiple chronic degenerative diseases are probably the most useful for the nutrition education of the public. The Dietary Guidelines for Americans are one example. Such dietary and nutritional recommendations based on sound science, reviewed periodically and communicated effectively have a positive and helpful role in cancer prevention and risk reduction.

VIII. Dietary Guidelines from Around the World

Canada's Guidelines for Healthy Eating

Office of Nutrition Policy and Promotion, Health Products and Food Branch, Health Canada

Web site: <http://www.hc-sc.gc.ca/hppb/nutrition/pube/foodguid/eguide1.html>

Description: Canadian government guidelines for a healthy diet

Dietary Guidelines in Australia. Colin W. Binns et al. *Australian Journal of Nutrition and Dietetics*, 57 (3): 131-133. 2001.

NAL Call Number: QP141.A1A87

Dietary Guidelines and the Food Guide Pagoda. The Chinese Nutrition Society. *Journal of the American Dietetic Association*, 100 (8): 886-887. 2001.

NAL Call Number: 389.8-Am34

Dietary Guidelines in Three Regions of the World

Johanna Dwyer, et al., in Handbook of Nutrition and Food
Carolyn D. Berdanier, editor
Washington, DC: CRC Press, 2002. 353 -371.

NAL Call Number: QP141.H345 2002

Description: Examines the strengths and weaknesses of dietary guidelines from three regions of the world and provides recommendations for future guidelines.

Food Based Dietary Guidelines

The Food and Agriculture Organization (FAO) of the United Nations, Food and Nutrition Division

Web Site: <http://www.fao.org/es/ESN/fbdg/httoc.htm>

Description: Provides recommendation on the development and implementation of Food-based dietary guidelines (FBDG). FBDG are intended for use by the general public to provide nutrition education and dietary guidance in terms that are understandable to most consumers.

How the Chinese link dietary advice to their national plan of action for nutrition.

Keyou Ge and Kristen McNutt. *Journal of the American Dietetic Association*, 100 (8): 885-886. 2000.

NAL Call Number: 389.8-Am34

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This resource list was compiled by:

Elizabeth N. Hill, RD

Food and Nutrition Information Center (FNIC), NAL/ARS/USDA

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Johanna Dwyer, DSc, RD

Professor of Medicine and Community Health, Schools of Nutrition and Medicine; Senior Scientist, Jean Mayer Human Nutrition Research Center on Aging, Tufts University; and Director, Frances Stern Nutrition Center Tufts New England Medical Center, Boston

Lora Wilder, ScD, RD

Food and Nutrition Information Center (FNIC), NAL/ARS/USDA

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Food and Nutrition Information Center

Agricultural Research Service, USDA

National Agricultural Library

10301 Baltimore Avenue, Room 105

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