

WIC Works HEADLINES

<http://www.nal.usda.gov/wicworks>

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On the other side:

News Update: Release of the Dietary Guidelines and MyPyramid 2

To contribute to WIC Works Headlines contact:
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What's New at WIC Works

WIC Learning Online Update

Since our last issue, over 1,500 WIC professionals have signed on to WIC Learning Online (WLOL), bringing our total number of users to **3,096**. Launched in April 2004, this online learning course for all levels of WIC staff provides free, easy-to-access staff training and development.

If you haven't tried WLOL, check out our **new demo** where you can catch a peek at such

highlights as accessing and navigating the course, taking the assessments and printing the certificate of completion. You can also view and download our **customizable training PowerPoint presentation** to help you and your staff become familiar with how to use the course. These resources and more are available in the WIC Learning Online section of WIC Works.

New Materials Added to Sharing Center

The state-developed materials section of the Sharing Center is the place

to find the **latest education and training materials** from WIC State agencies just like yours! With new materials being added all the time, you can easily locate **colorful, printer-friendly** handouts, posters, and much more! Just select a topic from our menu and get started.

The WIC Works team will continue to develop and enhance the many resources we have on our Web site, including launching an **enhanced version of our educational materials database**. Stay tuned!

Upcoming Events

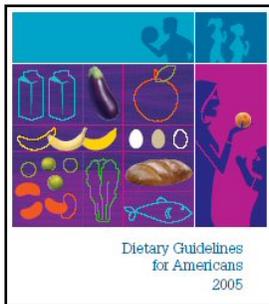
<p>National Maternal Nutrition Intensive Course</p> <p>Sponsor: University of Minnesota Centers for Public Health Education and Outreach Date: July 11-13, 2005 Location: Minneapolis, MN Focus: Improving maternal</p>	<p>and child health through nutrition services (streaming video avail.) Info: http://www.sph.umn.edu/publichealthplanet/events/mnic.html</p> <p>FNS National Nutrition Education Conference 2</p> <p>Sponsor: USDA, Food and</p>	<p>Nutrition Service Date: September 12-14, 2005 Location: Washington, DC Focus: "Nutrition Connections: People, Programs, Science, Community" across the FNS nutrition assistance programs. Info: http://www.fns.usda.gov/oane/menu/n nec/n nec.htm</p> 
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Release of 2005 Dietary Guidelines for Americans & MyPyramid (replaces the Food Guide Pyramid)

Stephanie Yacob, Dietetic Intern, University of Maryland College Park



This year has been an important one in the field of nutrition with the release of the **2005 Dietary Guidelines for Americans** and **MyPyramid**, the new food guidance system.



The Dietary Guidelines were developed by the U.S. Department of Agriculture and the Department of Health and Human Services. They were first published in 1980 with the intention of providing the public with recommendations for achieving a healthy lifestyle.

The guidelines are based on the latest scientific studies and are updated every five years. In comparing to the 2000 version,

a few **key changes** can be identified:

- ◆ Increase in the number of dairy servings
- ◆ Specific recommendation for the amount of whole grain foods in the diet
- ◆ Use of "cups" instead of "servings"
- ◆ Key recommendations for specific population groups
- ◆ Food groups identified in relation to disease prevention
- ◆ Mention of weight maintenance following weight loss

More information on the changes, as well as resources for working with consumers can be found online at www.health.gov/dietaryguidelines/dga2005toolkit/.



MyPyramid was developed by the U.S. Department of Agriculture

to replace the Food Guide Pyramid, originally created in 1992. The pyramid is intended to be a working tool to aid Americans in achieving the goals set forth in the Dietary Guidelines. Although the concept of a pyramid has remained, many features have changed.

MyPyramid provides a personalized approach to healthy eating that incorporates physical activity and the idea of taking gradual steps toward a healthier lifestyle. One of its features involves the use of web based technology to allow individuals to customize their own food guide based on age, gender and level of physical activity.

Several print materials are available for consumers and health professionals to download and/or purchase as either single copies or in bulk including a getting started guide, posters and food intake pattern charts for different calorie levels. You can access these resources from the **Dietary Guidance** section of WIC Works Topics A-Z (www.nal.usda.gov/wicworks).

