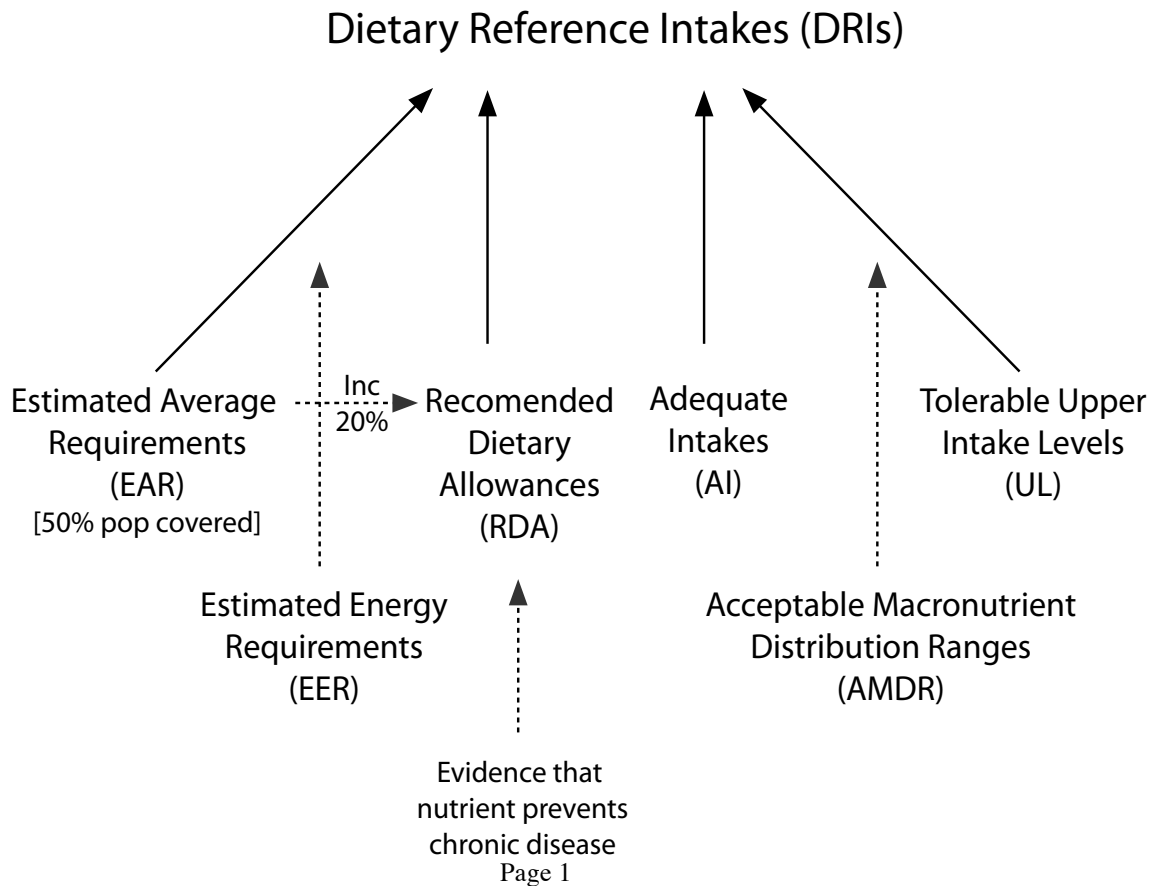


## Diet Planning

1. Introduction (Page 58 ff)
2. Historical Perspective
  - A. 1998 Required Dietary Allowances (RDA)
    - i. Inadequacies
      - a. Ignored Nutrient Benefits for Optimal Health
      - b. Ignored Benefit for reducing secondary chronic disorders
      - c. Ignored Toxicity Issues
      - d. Limited Age Categories
      - e. Explicitly American in origin
  - B. 2001 Paradigm Shift - Dietary Reference Intakes!



## Nutrition - Diet Planning

### 3. Dietary Reference Intakes (DRI) (page 60 - 61)

i. Web Site: <http://fnic.nal.usda.gov/dietary-guidance/dietary>

#### A. Estimated Average Requirement

i. Estimated Energy Requirement (EER)

#### B. Recommended Dietary Allowances (RDA)

Addresses:

- *97-98% of population*
- *storage capacity*
- *chronic disease*

#### C. Adequate Intakes (AI)

#### D. Tolerable Upper Intake Level (UL)

#### E. Acceptable Macronutrient Distribution Ranges (AMDR)

##### i. Macronutrients

a. Carbohydrate 45 - 65%

b. Protein 10 - 35%

c. Fat 20 - 35%

## Nutrition - Diet Planning

4. Application (page 62)
  - A. Daily Value
  
  - B. Nutrient Enhancement (Page 63)
    - i. Enrichment
  
5. Major Food Groups (page 62 - 64)
  - A. Grains
    - i. Major Macronutrients
      - a. Carbohydrate
      - b. Protein
  
  - B. Dairy
    - i. Major Macronutrients
      - a. Carbohydrate
      - b. Protein

## Nutrition - Diet Planning

### C. Protein Rich Foods

- Meat
- Beans and nuts
- Eggs

#### i. Major Macronutrients

##### a. Protein

#### ii. Micronutrients

### D. Fruits

### E. Vegetables

## 6. Other Food Groups (page 64 - 65)

### A. Oils

### B. Empty Calorie foods

#### i. Major Macronutrients

## Nutrition - Diet Planning

### 7. National Goals (page 65 - 68)

- A. Goal #1 → Weight Management -
- B. Goal #2 → Reduce Foods Strongly Linked to Disease
- C. Goal #3 → Increase Foods Strongly Linked to Health
- D. Goal #4 → Develop Health Habits
- E. Goal #5 → Education

### 7. Dietary Guides (page 68 - 69)

- A. MyPlate.Gov - [www.choosemyplate.gov](http://www.choosemyplate.gov) *Guidelines for Americans, 2010*

### 8. Labels (page 73 - 75)

- A. Rules
  - i. Name of Food
  - ii. Manufacturer of Food
  - iii. Address
  - iv. Quantity

## Nutrition - Diet Planning

- v. Country of Origin
- vi. Ingredients in order by weight

### B. Nutrient Facts Panel

- i. Serving Size
  - a. 139+ serving size categories
    - FDA
  - b. Examples:
    - Cookies: RA: 30 gm
    - Snake Foods: RA: 30 gm

<b>Nutrition Facts</b>	
Serving Size 8.2 oz. (35g/ about 1/4 box) (Makes about 1/2 cup)	
Servings Per Container about 4	
<hr/>	
Amount Per Serving	
Calories 625	
Calories from Fat 140	
<hr/>	
	<b>% Daily Value</b>
Total Fat 25 g	23%
Saturated Fat 10 g	46%
Cholesterol 32mg	20%
Sodium 540 mg	55%
Total Carbohydrate 40 g	12 %
Dietary Fiber 3g	5%
Sugars 6g	
<hr/>	
Protein 20 g	
<hr/>	
Vitamin A	10%
Vitamin C	2%
Calcium	8%
Iron	2%
<hr/>	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: Rice flour, chicken liver, salt, molasis, Calcium propionate (preservative), Lecithin

## Nutrition - Diet Planning

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ii. Calories

---

iii. % Daily Values (%DV)

---

b. Sodium

---

c. Carbohydrate

---

d. Protein

---

e. Vitamins and Minerals

- Vitamin A and Vitamin C
  - Calcium and Iron
- 

iv. Daily Values (Not %DV)

v. Ingredients

## Nutrition - Diet Planning

- B. Claims (Pages 76 - 78)
  - i. Health Claims
    - a. Relationship to Entire Diet
    - b. Honest and Understandable
    - c. Associate with Real Food
    - d. “May” or “Might”
    - e.
    - f. Indicate Causes for Disease
  - ii. Structure/Function Claims
  - iii. Content Claims
    - a. “Free”, “High”, “Low”
    - b. “More”, “Reduced”
- 9. Dietary Supplements (page 78 - 79)
  - A. Supplemental Facts Panel
    - i. Must contain title: “\_\_\_ supplement”.
    - ii. Serving Size
    - iii. Dosage
    - iv. Claims
    - v. FDA Disclaimer



## Nutrition - Diet Planning

10. Organic Food (page 79 - 80)
  - A. Agribusiness, Mono-crops, and Environmental Impact
  - B. Organic Foods
  - C. Organic Labels (USDA Organic)
    - i. Categories
      - a. 100% Organic
      - b. Organic
      - c. "Made with Organic Ingredients"