



# nutrinews

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## A:

The US Department of Health and Human Services issued updated dietary guidelines last week, after much review of the latest science and lots of public input. Their goal is to help us have long, healthy, happy and productive lives. Here is my paraphrased summary for you.

Avoid overeating in general

Exercise IS the Magic Bullet, schedule it most days to:

- Relieve stress
- Decrease depression
- Maintain weight
- Maintain youthfulness (for years!)

- Decrease chances of getting heart disease, diabetes and cancer (you *do not* want any of these!!!)

- Maintain a general sense of well-being

Eat more:

- Fruits and vegetables. These are the magic bullets of the food world. Shoot for about 4-5 cups a day in total (a cup is about the size of a baseball) to catch the magic. Vary the colors.

- Calcium. Shoot for 1000 mg/day from skim or low fat dairy foods, fortified cereals and juices or supplements (to fill the gap, if needed).

- Healthy fats. Olive and canola oils, olives, nuts, peanut and other nut

butter, fish and avocados are great sources of mono and polyunsaturated fats.

- “Whole grain” (read the ingredient label) breads and cereals. Look for fiber content: more than 3g per slice of bread, bagel, etc., and more than 5g per serving of cereal are good deals.

Eat less:

- High fat meats (like hamburgers, sausage, bologna and hot dogs) and dairy foods (whole milk, yogurts and cheeses – there are low fat versions of all of these).
- Fried foods in general.
- Crackers, cookies and packaged foods (like mac’n cheese) with “hydrogenated oil” or “trans fat” in the ingredients.

Salty snacks.

Drink less:

- Alcohol.
- Regular soda and other high-sugar drinks. (This isn’t one of the new dietary guidelines, but drinking more water, low fat milk and other low-sugar or “diet” beverages would cut out a lot of basically useless calories).

Give some thought to food safety. Clean up food areas in your room or kitchen. Wash the dishcloths, sponges, brushes, cutting boards, etc. frequently to avoid illnesses from germs that thrive on these items.

For more information about the Dietary Guidelines for Americans 2005, go to [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

**New Dietary Guidelines:  
interpreted  
for your  
lifestyle.**

Got a question? email:  
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