
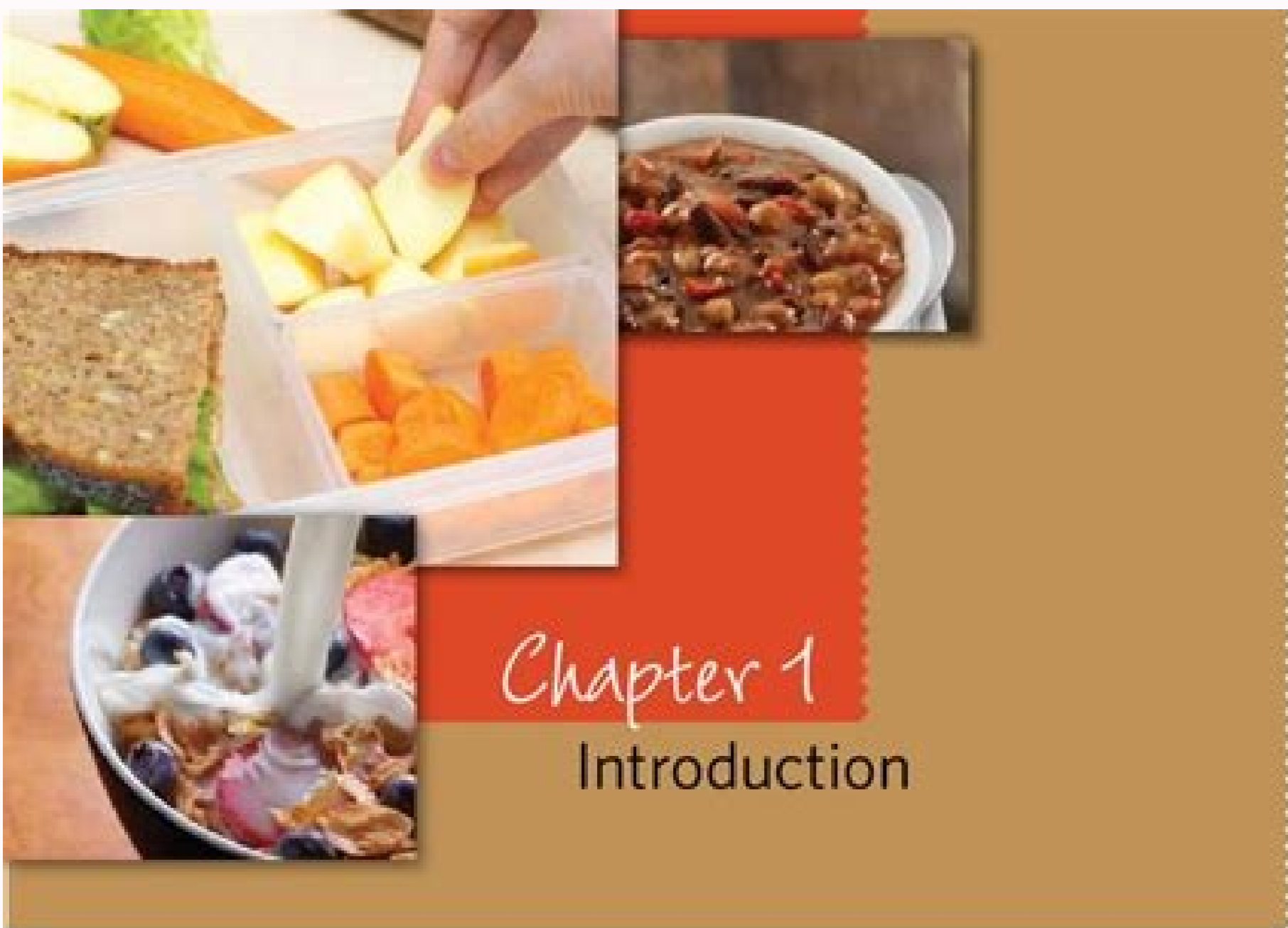
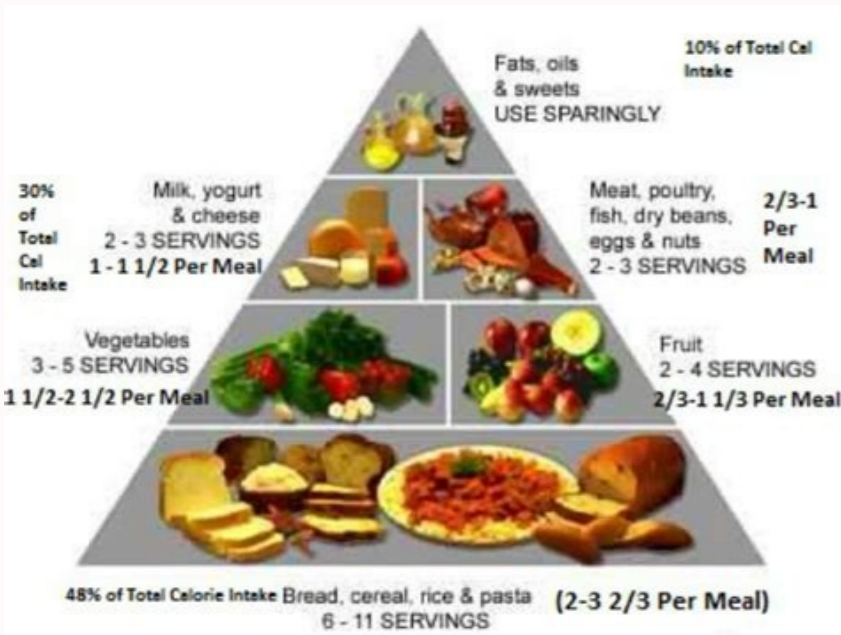


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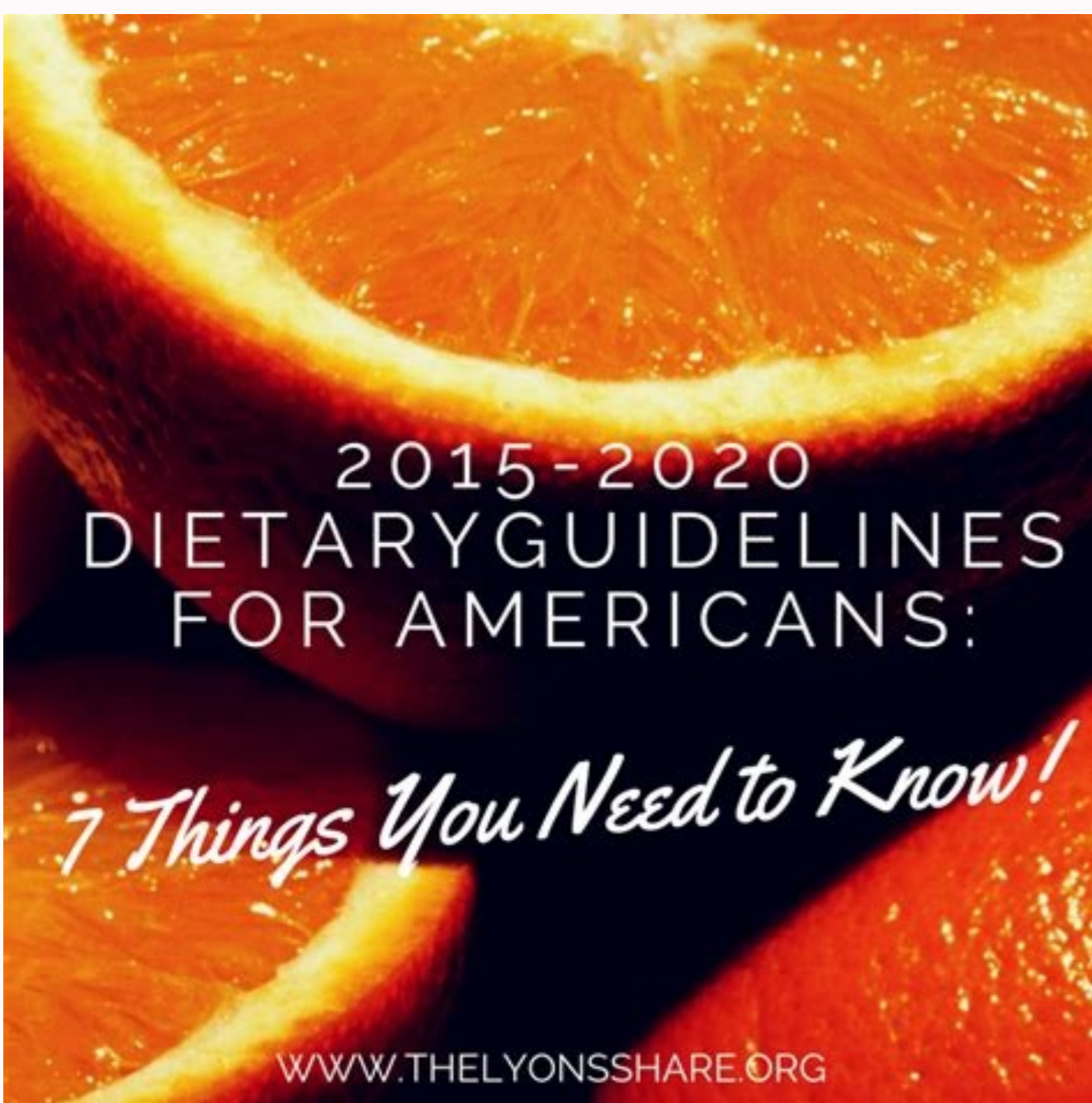
In 1980, the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) released the first edition of *Nutrition and Your Health: Dietary Guidelines for Americans*. These Dietary Guidelines were different from previous dietary guidance in that they reflected emerging scientific evidence about diet and health and expanded the traditional focus on nutrient adequacy to also address the impact of diet on chronic disease.

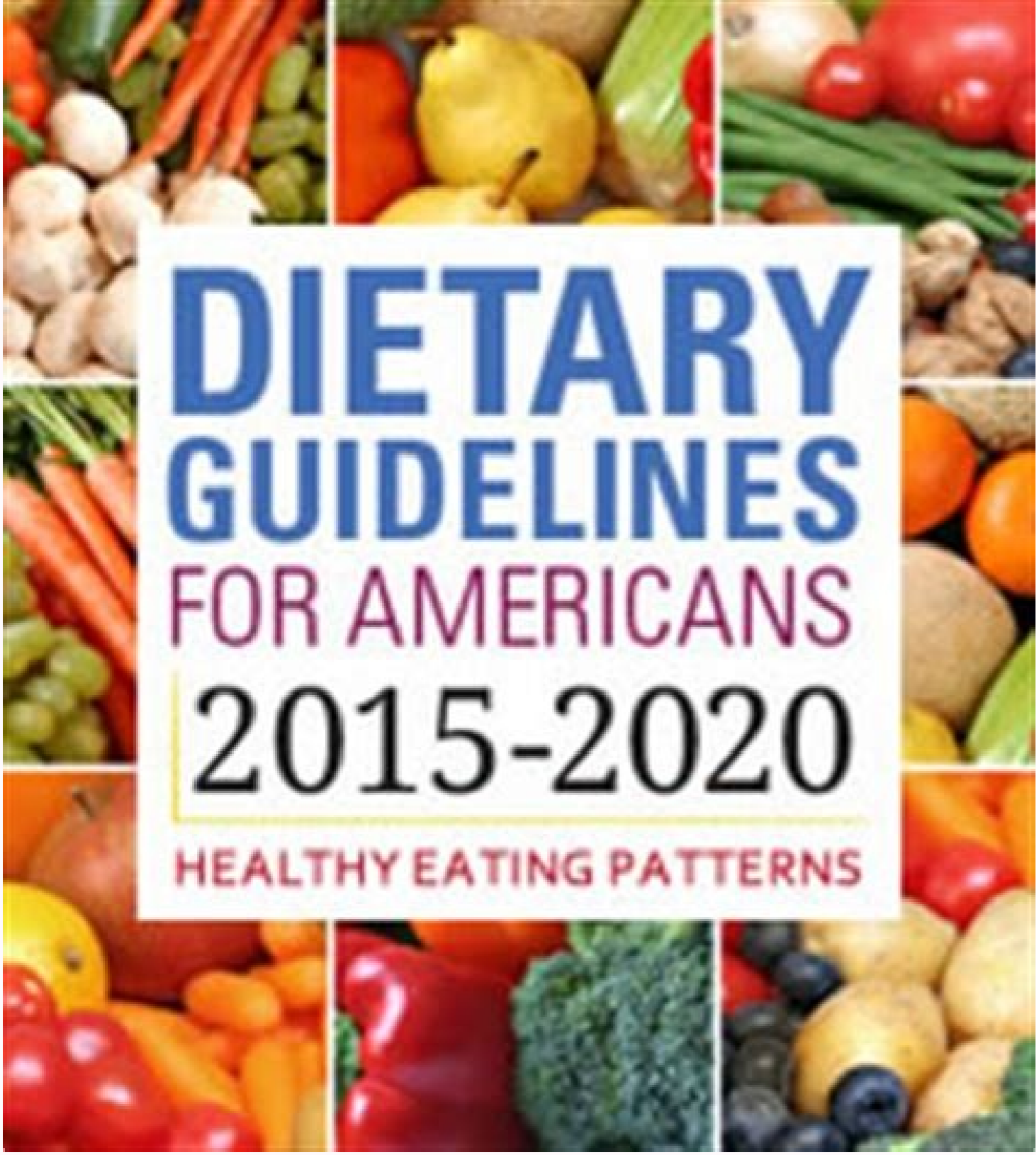
Subsequent editions of the *Dietary Guidelines for Americans* have been remarkably consistent in their recommendations about the components of a health-promoting diet, but they also have changed in some significant ways to reflect an evolving body of evidence about nutrition, the food and physical activity environment, and health. The ultimate goal of the *Dietary Guidelines for Americans* is to improve the health of our Nation's current and future generations by facilitating and promoting healthy eating and physical activity choices so that these behaviors become the norm among all individuals.

The recommendations contained in the *Dietary Guidelines for Americans* traditionally have been intended for healthy Americans ages 2 years and older. However, *Dietary Guidelines for Americans, 2010* is being released at a time of rising concern about the health of the American population. Its recommendations accommodate the reality that a large percentage of Americans are overweight or obese and/or at risk of various chronic diseases. Therefore, the *Dietary Guidelines for Americans, 2010* is intended for Americans ages 2 years and older, including those who are at increased risk of chronic disease.

Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity in this country. The most recent data indicate that 72 percent of men and 64 percent of women are overweight or obese, with about one-third of adults being obese.⁹ Even in the absence of overweight, poor diet and physical inactivity are associated with major causes of morbidity and mortality. These include cardiovascular disease, hypertension,

9. Flegal KM, Carroll MD, Ogden CL, Curtin LR. Prevalence and trends in obesity among U.S. adults, 1999-2008. *JAMA*. 2010;303(3):235-241.





Maybe, you can start eating "better." The winners were processed foods to food manufacturers who will be able to reformulate products to meet DGA standards. The basis for this division has little to do with beneficial nutrients, foods may or may not contain, but instead are based on the presence or absence of components that are believed to impact the single disease. Because the DGA influences research agendas, have imposed its form on emerging science, and the results reflect the policy in whose image it is made. For the past 35 years, the DGA that tells Americans what to eat and not eat to prevent the single disease has remarkably consistent. This assumption not place the burden of prevention and the cost of care on people, relieving the government and other institutions of the responsibility to improve the economic, environmental and social conditions related to health. Become a member to gain full access to all our articles and stay at the top of the latest research. His current research involve a critical examination of the United States' diet guidelines for Americans, particularly their history, their scientific assumptions, their effects on the food health environment and the implications of these recommendations as a power structure in the socio-political of food production and consumption. As obesity and diabetes rates did not begin their rapid rise until after DGA was created [1], it is likely that it did not eliminate it and make things worse. It's time we recognized it and moved on, not by turning the current DGA "down," but by eliminating them altogether. If Americans have, in fact, changed their diets to align more closely with the DGA, the results are not what it was originally intended. He is also a Dietitian and PhD student registered in communication, retreat and digital media at the State University of North Carolina. Unlikely, since the death rates of heart disease had been declining for more than one decade before DGA were created. It is worth considering what impact their absence would have on these other areas. It's a neat trick, giving the DGA credit for the good outcomes, but absolving them of the negative ones. She has masters degrees in English education and public health nutrition and has pursued graduate studies in nutrition epidemiology. Olestra, high-fructose corn syrup, polydextrose, soybean oil, and other products of the food science laboratory were used to make food healthier. Giving food manufacturers the opportunity to plaster health claims on labels and directing consumer attention away from whole foods, which carry no labels and no such claims. Under current conditions, i.e. DGA recommendations being followed or ignored depending on who you ask, the predictions are by 2030, more than half of Americans will be obese and, by 2050, one in three Americans will have diabetes. Losers were farmers who produced eggs and meat, which couldn't be easily modified. On the other hand, if the U.S. government has been unable, for the past 35 years, to convince Americans to follow its dietary advice, maybe it's time to quit trying. They are a powerful political document, and they regulate a vast array of federal programs and services, influence health-related research, and direct how food manufacturers respond to consumer demand. Virtually no aspect of our food environment is unaffected by the DGA. Without the DGA, federal nutrition programs could tailor their programs and practices to the needs of the individuals and communities that they serve, instead of being directed by remote, one-size-fits-all, top-down dietary guidance. See other articles with similar topics: Interview. Both shapes reflect the advice of the Dietary Guidelines for Americans (DGA), recommendations which divide the world of food up into two groups: "healthy" food Americans should eat and "unhealthy" food Americans should avoid. In fact, DGA are much more than health recipes than Americans do or do not follow. Other researchers blame the fact that obesity rates have duplicated and diabetes rates have tripled in our lack of adherence to DGA recommendations. Adele Hite is Director and co-founder of Nation Healthy coalition, a nonprofit health promotion organization dedicated to promoting critical nutrition literacy, individualized and based approaches.

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