

February 4, 2011

Release Date: February 9, 2011

Deborah Rhoades, M.A., R.D.

Extension Educator, Family & Consumer Sciences

New Dietary Guidelines Confront Obesity Epidemic

The US Department of Agriculture (USDA) and the Department of Health and Human Services just announced the release of the *2010 Dietary Guidelines for Americans*. Because more than one-third of children and more than two-thirds of adults in the nation are overweight or obese, the 7th edition of the government's evidence-based nutritional guidelines places stronger emphasis on reducing calorie consumption and increasing physical activity.

The new *2010 Dietary Guidelines for Americans* focus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products and seafood, and to consume *less* sodium, saturated and *trans* fats, added sugars, and refined grains. They *include* 23 Key Recommendations for the general population and 6 additional Key Recommendations for specific population groups, such as women who are pregnant. Key Recommendations are the most important messages within the *Guidelines* in terms of their implications for improving public health. The recommendations provide an integrated set of advice to achieve an overall healthy eating pattern. To get the full benefit, all Americans should carry out the *Dietary Guidelines* recommendations in their entirety.

USDA and HHS will release more consumer-friendly advice and tools, including a next generation Food Pyramid, in the coming months. Below is a preview of some of the tips to help consumers translate the *Dietary Guidelines* into their everyday lives:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

This edition of the Dietary Guidelines comes at a critical juncture for America's health and prosperity. By adopting the recommendations, Americans can live healthier lives and contribute to a lowering of health-care costs. This will help to strengthen America's long-term economic competitiveness and overall productivity.

The *Guidelines*, based on the soundest scientific information, form the basis of nutrition education and federal nutrition assistance programs. Recommendations are for people 2 years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases. The *2010 Dietary Guidelines* is available at www.dietaryguidelines.gov. A table with key consumer behaviors and potential strategies to implement the *Dietary Guidelines* is included in the appendix.

University of Maryland Extension is pleased to offer some healthy recipes to promote the *Guidelines* key messages.

MY PYRAMID SALSA

- 1 jar prepared mild, medium or hot salsa
- 1 can corn
- 2 tablespoon lime juice
- 2 cloves fresh garlic, finely diced (*optional*)
- 1 can black beans, rinsed and drained
- 1 cup shredded cheddar cheese (or, 1/2 large bag)

Combine all of the above ingredients.. Serve with low-fat baked corn or flour tortilla chips.

CARROT HUMUS

- 15 ounce can garbanzo beans, drain and rinse
- 1/2 cup nonfat plain yogurt
- 1/4 cup water
- 1 lemon - juice only
- 1/4 teaspoon garlic powder
- 1/2 tablespoon ground cumin
- 1 carrot, peeled and grated

Place the beans, half of the yogurt, water, lemon juice and spices into a blender or food processor. Blend until fine, adding remaining yogurt. Stir in the grated carrot last. Serve over whole grain crackers or whole wheat pita bread. This dip also goes great with raw veggie sticks.

ITALIAN BAKED LASAGNA

- Vegetable oil spray
- 2 cloves garlic, chopped
- 1/2 onion, chopped
- 2 16-ounce jars low sodium spaghetti sauce
- 1 teaspoon Italian seasoning
- 1 package frozen spinach
- 2 eggs, beaten

2 cups low-fat, cottage cheese
1 pound no cook lasagna pasta noodles
1 pound low-fat mozzarella cheese
1/2 cup grated low-fat Parmesan cheese

Spray skillet with vegetable oil spray. Cook the garlic and onion until soft. Add sauce and Italian seasoning and mix well.

Squeeze all of the moisture from the spinach. In a separate bowl, combine eggs, spinach, and cottage cheese.

Spray a 9"x12", deep sided baking pan with vegetable oil spray. Arrange a layer of noodles across the pan. Add a layer of spaghetti sauce, cottage cheese and mozzarella cheese. Add a second layer of pasta, the sauce, and cheese mixture. Repeat until pan is almost full. Add one more layer of noodles and top with more spaghetti sauce. Sprinkle with Parmesan cheese. Bake at 350° for 40-45 minute, or until the cheese is bubbly. Allow to set for 5 to 10 minutes before cutting. Makes 12 servings.

For more information about the Frederick County Extension Office check out our website <http://Frederick.umd.edu/> The University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin.

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences.

DR:ls