Eating in America

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American eating habits

Standard American diet (SAD): excess consumption of refined carbohydrates, fatty meats and added fats that lack the nutrients found in whole grains, fruits and vegetables = Low Cost & Abundance
40%

Percentage of daily diet coming from empty calories (soda, fruit drinks, dairy desserts, grain desserts) for 2-18 year olds in America
Eating 101

Focus on plants

Variety and color

Fiber for satiety and gut health

Whole food forms (whole fruit vs. juice, wild/brown rice vs white rice)

Watch out for added sugars

Every meal contains a fat source for meal satiety
Food Combos & Blood Sugar Response

Graph showing the relationship between food combinations and blood sugar response over time:

- **High Energy Level**:
  - Sugar, White Pastas, Rice, Bread, Fruit juices

- **Low Energy Level, Fatigue, Hunger**:
  - Complex Carbohydrates Combined with Fibers: Fresh Fruits, Vegetables, Whole Grains, Whole Wheat or Brown Rice

- **Excess Sugar Stored as Fat**
  - Insulin

- **Time**:
  - 10 minutes: Sugar, White Pastas, Rice, Bread, Fruit juices
  - 30-60 min: Complex Carbohydrates Combined with Fibers: Fresh Fruits, Vegetables, Whole Grains, Whole Wheat or Brown Rice
  - 2-3 hours: Proteins: Lean Meats, Fishes, Beans, Soy, Egg Whites, Skimmed Milk, Low Fat Yogurts, Complex Carbohydrates
  - > 3 hours: Proteins+ Complex Carbohydrates+ Fibers

The graph illustrates how different food combinations affect blood sugar levels and energy levels over time.
MyPlate

- **Fruits**
  - Calcium
  - Carbohydrates
  - Fiber (except in vegetable juice)
  - Fluid (except in dried)

- **Non-starchy vegetables**
  - Protein
  - Carbohydrates
  - Fat content varies

- **Meat, legumes, soy products, nuts, seeds, cheese, eggs, yogurt, milk**
  - Protein - in all
  - Fat (except legumes, egg whites, fat free dairy)
  - Fiber in legumes, nuts, seeds

- **Starchy Vegetables & Grains**
  - Carbohydrates - in all
  - Fiber (except in refined grains)
Shopping at the grocery store

- Layout of grocery store meant to encourage last minute purchases (don’t shop hungry, go with a list)
- Shop the perimeter (fresh produce, seafood, eggs, meat, dairy)
  - Reach for the back produce (older products are always put out in front)
- Inside aisles:
  - canned beans (for convenience, rinse and drain)
  - grains
  - frozen vegetables (convenience, watch out for added sauces)
  - nuts/seeds
  - Oils, condiments
- Endcap displays: manufacturers pay more to be displayed, doesn’t always mean discount
Shopping cont’d

- Shelf layout
  - Top shelf: smaller brands, gourmet brands, regional brands
  - “Bull’s eye zone”: best sellers (higher-priced items or items with highest markup)
  - “Kid’s eye level”: lots of colors
  - Bottom shelf: store and private-label brands, oversize and bulk items (store brands usually on par in quality [or the same thing] with brand manufacturer for lower price)

- Keep beverages to water, milk, milk substitute (e.g. soymilk) or carbonated flavored waters with no added sugar

- Read labels
Reading a label

- Ingredient list, foods are listed by amount contained in the product largest to smallest
- Product dates
  - Sell by: how long a store can sell, buy before this date
  - Use by: how long food will be at peak quality
  - Best if used by: not a purchase or safety date (quality)
- Health Claims on packages, can be good or bad (e.g. reduced sodium)
  - “Free” food has the least possible amount of the specified nutrient
  - “Very low” and “Low” the food has a little more than foods labeled “free”
  - “Reduced” or “Less” the food has 25% less of a specific nutrient than the regular product (not always a good thing)
  - “More,” “Fortified,” “Enriched,” “Added,” “Extra,” or “Plus” the food has 10% or more of the Daily Value (DV) than the regular product. May only be used for vitamins, minerals, protein, dietary fiber and potassium
### Nutrition Facts

**Serving Size:** 2/3 cup (55g)

**Servings Per Container:** About 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 230</th>
<th>Calories from Fat 72</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>37g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td></td>
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- *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.*

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- *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*

| Vitamin A | 10% |
| Calcium   | 20% |
| Iron      | 45% |

**Vitamin D:** 2mcg (10%)

**Calcium:** 260mg (20%)

**Iron:** 8mg (45%)

**Potassium:** 235mg (6%)
Whole grain

- Whole grain stamp may be on the package
- Just because a bread is brown does not make it whole
- Fiber in whole grains increases satiety from a meal

Words you may see on packages:

- Whole grain [name of grain]
- Whole wheat
- Whole [other grain]
- Stoneground whole [grain]
- Brown rice
- Wheatberries
Dairy/Calcium

Types of Milk (per 8 fl oz) all contain 30% calcium

- Skim: 0 g fat, 8 g protein
- 1%: 2.5 g fat, 8 g protein
- 2% (reduced fat): 5 g fat, 8 g protein
- Whole: 8 g fat, 8 g protein
- Lactose-free milk
- Flavored milk (chocolate, strawberry) = added sugar

Plant-based milks (soy, almond, coconut, rice, oat, etc) varying F, P, C, but all typically fortified with calcium
60%

Percentage of packaged foods and drinks in America containing added sugars
Added Sugar

- Natural vs added
- Added to food to tenderize, preserve, enhance flavor, etc
- Excess added sugar in the diet can result in:
  - Unstable energy levels
  - Weight gain
  - Increase in triglycerides
  - Changes to skin, etc
- No more than 10% of calories a day should come from added sugars (about 38g/day for Men, 24g/day for Women)
- Read the label (e.g. brown sugar, granulated sugar, cane syrup, honey, maple syrup, dextrose, fructose, high fructose corn syrup, etc)
5%

Percentage of American population reaching physical activity baseline of 30 minutes a day
Physical Activity

2018 Physical Activity Guidelines:

150-300 minutes of moderate-intense physical activity a week

2 days of total body moderate-intense strength training a week

300+ minutes of aerobic activity confers additional benefits
How to build in Physical Activity?

Start small and based on your current level
Try a group fitness class
Involve a friend
Join an intramural sport
Free online workout videos
Resources

Student Health Services- two complimentary nutrition visits per academic year (services offered on main and on Centennial campus)

Feed the Pack- Food Pantry (2221 Dunn Ave)

Wellness and Recreation- wellness coaching

Online tracking apps

Free workout videos online
Questions?