

AEROBICS MAKE-UP

Option #4

Name: _____ Period: _____

Date: _____ DATE OF ABSENCE: _____

Read the following article and answer the questions that follow.

DIETARY GUIDELINES

Purpose

The U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) jointly publish the Dietary Guidelines for Americans (Dietary Guidelines) every 5 years. Each edition of the Dietary Guidelines reflects the body of nutrition science.

The Dietary Guidelines provides evidence-based food and beverage recommendations for Americans ages 2 and older. These recommendations aim to:

- Promote health
- Prevent chronic disease
- Help people reach and maintain a healthy weight

Public health agencies, health care providers, and educational institutions all rely on Dietary Guidelines recommendations and strategies.

The Dietary Guidelines also has a significant impact on nutrition in the United States because it:

- Forms the basis of federal nutrition policy and programs
- Helps guide local, state, and national health promotion and disease prevention initiatives
- Informs various organizations and industries (e.g., products developed and marketed by the food and beverage industry)

Evolution

The Dietary Guidelines was first released in 1980. In 1990, Congress passed the National Nutrition Monitoring and Related Research Act, which mandates in Section 301 that HHS and USDA jointly review, update, and publish the Dietary Guidelines every 5 years.

The Dietary Guidelines evolves to address pressing public health concerns and the nutrition needs of specific populations. For example, the Dietary Guidelines has traditionally focused on Americans ages 2 years old and older. However, science shows that dietary intake from birth — and a mother's diet during pregnancy — can have a lasting effect on a child's health. As a result, the federal government has initiated a project to begin to evaluate the scientific evidence available with the potential to support future dietary guidance for infants and toddlers from birth to 24 months and for women who are pregnant. By 2020, the Dietary Guidelines will expand to include additional guidance for these populations.

1. What do the recommendations of the dietary guidelines aim to accomplish?

1-

2-

3-

2. Why do the dietary guidelines have such an impact on the health of United States citizens?

1-

2-

3-

3. What year were the Dietary Guidelines first released?

4. How often do the USDA and HHS have to review and publish new guidelines?

5. What ages of people are recommended to follow these guidelines?

6. When will we have guidelines that include infants and toddlers from birth to 24 months?

7. Do think having dietary guidelines is important for our Nation? Why or Why not?