

Saturday, November 19

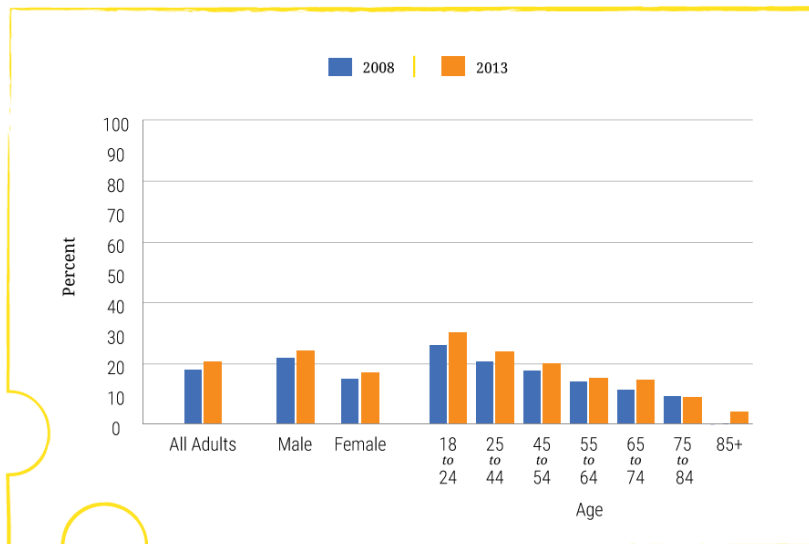
Title: Healthier Holidays

In early 2016, the 2015 Dietary Guidelines for Americans was published by the U.S. Office of Disease Prevention and Health Promotion. This document is used by nutritionist, dieticians, and many others in the health field. The information it presents is based on reliable research from a multitude of sources to translate the science of nutrition and health into succinct, food-based guidance. Professionals use it to help the people they work with to choose foods that provide a healthy and enjoyable diet. The ultimate goal of these guidelines is “to help individuals improve and maintain overall health and reduce the risk of chronic disease – its focus is disease prevention.” [www.health.gov/dietaryguidelines/2015](http://www.health.gov/dietaryguidelines/2015)

While we have made dramatic improvements in overcoming essential nutrient deficiencies in the United States, we have not been able to make that same impact on noncommunicable diseases (i.e. chronic diet-related diseases.) Instead, the numbers have risen. This can be contributed to changes in our American lifestyle as well as poor eating habits. This history of poor food choices and a more sedentary lifestyle is catching up with us – about half of all Americans have one or more preventable chronic diseases. Diseases such as cardiovascular disease (CVD), high blood pressure, type 2 diabetes, some cancers and poor bone health are putting a significant strain on our population and on our health care system. Most of them can be prevented through healthy lifestyle choices and nutrition-savvy food decisions. This month’s FCS Connection newsletter takes a look at healthy eating, using the nutrition label to help you make healthier food decisions, and the importance of physical activity as preventative tools for these chronic diseases.

In a country where more than two-thirds of the adult population and one-third of the children are overweight and obese, Americans need to do a much better job of being attentive to their health and well-being. The medical costs associated with our minimal physical activity and poor food decisions has

come at a high cost. In 2008, the medical costs associated with obesity were estimated to be in excess of \$147 billion. In 2012, the medical costs associated with diagnosed diabetes was \$245 billion, including \$176 billion in direct medical costs and \$69 billion in decreased productivity.



**Percentage of Adults Meeting the *Physical Activity Guidelines* (Aerobic and Muscle-Strengthening Recommendations)**

Graphic Source: [www.health.gov/dietaryguidelines/2015](http://www.health.gov/dietaryguidelines/2015)

Americans have made some positive strides in our physical activity level that can be seen as bitter-sweet. As you can see on the chart, we have seen an increase in the amount of U.S. resident meeting recommended physical activity levels across all age groups. However, while that’s good news, you can

reverse those numbers and the deficits are staggering. For example, for folks in the 45-54 age range, 20% of them are engaged in the recommended level of physical activity while 80% are not.

Americans need to make choices that are good for their health and well-being. The 2015 Dietary Guidelines are just that – guidelines. The Guidelines recommend that Americans consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- ✓ A variety of vegetables including dark green, red and orange, legumes (beans and peas), starchy and other various vegetables
- ✓ Fruits, especially whole fruits
- ✓ Grains, at least half of which are whole grains
- ✓ Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- ✓ A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas) and nuts, seeds, and soy products
- ✓ Oils

A healthy eating pattern limits:

- Saturated fats and trans fats, added sugars, and sodium
- Consume less than 10% of calories per day from added sugar
- Consume less than 10% of calories per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation – up to one drink per day for women and two drinks per day for men – and only by adults of legal drinking age.

How do you incorporate some of these recommendations in your own daily food intake? Start now! Here is a tasty treat you can try as part of your upcoming Thanksgiving feast:

## **PUMPKIN MOUSSE**

### **Ingredients**

1 box vanilla instant pudding and pie mix (3.4 oz.)  
¼ teaspoon pumpkin pie spice or ground cinnamon  
2/3 cup (5 fl.-oz. can) fat free evaporated milk  
1 cup canned pumpkin (pure pumpkin, not pumpkin pie mix)  
1 ½ cups thawed fat-free frozen whipped topping

### **Instructions**

Combine pudding mix and pie spice in a medium mixing bowl. With a wire whisk, add evaporated milk and mix until well blended. Add canned pumpkin and mix well. Fold in the whipped topping to the pumpkin mixture – being careful not to over mix. Garnish with whipped topping and cinnamon (optional.) Serve immediately or cover and refrigerate. Makes 6 servings.

Source: Adapted from a Nestle online recipe at [www.verybestbaking.com](http://www.verybestbaking.com)

### **Nutritional Information**

Per ½ c. serving: 120 total calories; 0g fat; 260mg sodium; 27g carbohydrates, 1 g dietary fiber; 21g Sugars; 2g Protein and contains the following daily values based on a 2000 calorie diet: Vitamin A – 60%; Vitamin C – 2%. Calcium – 6%; and Iron – 2%.

Americans don't have to change everything about their eating habits in a single day or month, but can make moderate changes over time that will improve how they feel. For more tips on health and wellness, you can call me at the Geary County K-State Research and Extension Office at 785-238-4161. Until next time, keep living resourcefully!