

## US 2010 Dietary Guidelines released

On the 31st January the Dietary guidelines for the US 2010 were officially launched. US recommendations of 1 drink (14g) for women and 2 drinks (28g) for men a day remain. The following key statements on alcohol are included:

\* 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.<sup>5</sup>

5. See Chapter 3, 'Foods and Food Components to Reduce', for additional recommendations on alcohol consumption and specific population groups. There are many circumstances when people should not drink alcohol.

*'The consumption of alcohol can have beneficial or harmful effects, depending on the amount consumed, age, and other characteristics of the person consuming the alcohol. Alcohol consumption may have beneficial effects when consumed in moderation. Strong evidence from observational studies has shown that moderate alcohol consumption is associated with a lower risk of cardiovascular disease. Moderate alcohol consumption also is associated with reduced risk of all-cause mortality among middle-aged and older adults and may help to keep cognitive function intact with age. However, it is not recommended that anyone begin drinking or drink more frequently on the basis of potential health benefits because moderate alcohol intake also is associated with increased risk of breast cancer, violence, drowning, and injuries from falls and motor vehicle crashes.'*

### Key Definitions for Alcohol

**What is moderate alcohol consumption?** Moderate alcohol consumption is defined as up to 1 drink (14g) per day for women and up to 2 drinks (28g) per day for men.

**What is heavy or high-risk drinking?** Heavy or high-risk drinking is the consumption of more than 3 drinks on any day (42g) or more than 7 per week for women, and more than 4 drinks on any day (56g) or more than 14 per week for men.

**What is binge drinking?** Binge drinking is the consumption within 2 hours of 4 or more drinks for women (56g or more in two hours) and 5 or more drinks for men (70g or more over 2 hours).

Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services (HHS) Kathleen Sebelius announced the release of the 2010 Dietary Guidelines for Americans, the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity. Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of Dietary Guidelines for Americans 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. The guidelines include 23 Key Recommendations for the general population and six 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. More consumer-friendly advice and tools, including a next generation Food Pyramid, will be released by USDA and HHS in the coming months. Below is a preview of some of the tips that will be provided 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.

The 2010 Dietary Guidelines are available at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

For more information on the Dietary Guidelines, see [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines) and [www.healthfinder.gov/prevention](http://www.healthfinder.gov/prevention)