

>> Okay. So your book goes in to the myplate.gov as opposed to the Mediterranean diet. This is the United States version of what you should eat. It doesn't have the research backing like the Mediterranean diet that's been studied since the 1960s, but it's pretty good. You know, if you look here it shows that your plate, half your plate, should be fruits and vegetables, which I like, of course. Lots of fiber. Lots of phytochemicals. A quarter or so should be grains, preferably whole grains, and a quarter should be protein. And then you can see there a little dairy. As a nutritionist, I personally do not recommend dairy. There's a lot of problems with dairy. It's pasteurized nowadays which does destroy a lot of nutrients. It also makes the sugars in the dairy hard to digest. A lot of people have now dairy intolerances, lactose intolerance and so forth. You know, they give a lot of hormones and antibiotics to the animals nowadays that they never had. They are feeding the animals GMO corn and soy which back in the day they were grass fed. So you're getting a whole different animal. A different meat. The meat now that you're eating, the milk that you're drinking, the cheese, the ice cream, now has hormonal and steroidal residues. It's got GMO residues. It doesn't have the omega 3 fats that it would normally have from the animals eating grass. So there's a lot of problems with it. You can Google this if you're not aware of it, but keep in mind that this is – This guideline, this plate, was designed with the input of the dairy industry, of the meat industry, of the grain industry. So it's got a lot of financial investment in this. Not to say – I do like the fact that they do emphasize half your plate should be fruits and vegetables. You know, you might say, "Well, what am I supposed to do for breakfast?" Well, Americans, you know, what do we eat? Cereal with milk loaded with carbs which break down as sugar, and we know that it has led to an obesity epidemic, diabetes, heart disease. Other countries eat other things. You know, they eat vegetable omelets and avocados and whole grain toast and things like that. So, you know, think about each plate. What does it look like? And do you have at least half your plate fruits and vegetables for each meal? Avoiding added sugars and salt, and being active, this is part of this healthyplate.gov. So you can look at that. It goes in to more detail in your textbook. Switching to skim milk or 1% milk, this again as a nutritionist, they came out with this I believe a year or two ago. It was in the news. It was on the "Doctor Oz" show that they find now that when you take some of the fat out of the milk, it increases your risk for diabetes because all dairy has a lot of sugar, naturally occurring sugars, and if you take the fat portion out, now you've got even more sugar in a glass of milk or cheese. And even less fat which means the fat usually would slow down the release of the sugar. So it's got even more sugars, and it is more damaging to your blood sugar than a whole fat dairy product. So again, if you're not familiar with it, Google it because there is a lot of research on that. The guideline also goes through varying your protein. You know, don't just think red meat when you think protein. Think beans and nuts, poultry, and fish. What's a serving size? You can look through this on your own. I'm not going to test you on that, but suffice it to say that most Americans have a skewed idea of what a serving size is. Things have gotten a little out of control over the years. You can see here a bagel now versus 20 years

ago. Things were smaller. Not just less calories, but way less carbs. You know, I think nowadays a bagel has 40 to 50 grams of carbs which just is a ton of carbs. And then what do we put on it? More – We have cream cheese which is more carbs. So definitely more calories. Definitely more carbs. You can see here again hamburgers have gotten so much bigger over the years. Soda. And many of you are too young to remember or to even have been around when sodas were small. They weren't these huge sizes that have so much sugar or burgers that are so much bigger. And again, though, our obesity rates have gone up, our diabetes has gone up, and other diseases. These are the serving sizes again. Okay. Let's talk about the dietary guidelines for Americans. The latest ones are 2020. They're updated every so many years. I think it's for every 10 years maybe. And basically it's the government's attempt to try to lower our rates of chronic diseases. Like I've mentioned, most diseases are related to either getting too much of certain nutrients and not enough of others. So too many calories. Too much saturated fat, trans fat, alcohol, sodium. I have saturated fat in parentheses because there's good fats and bad fats. And there's healthier versions of saturated fats than others, and we'll get in to that in the lipids chapter. But just like they removed the cholesterol limit, it used to be that foods with cholesterol had to be limited, they've taken that out now in the new guidelines. That was actually removed last year. So foods like with eggs. Eggs. Everyone always said the yolk, take – Don't eat the yolk. Too much cholesterol. Too much cholesterol in dairy or meat. Research has shown now that the cholesterol in your food does not raise your blood levels of cholesterol. That's not what's adding plaque to your arteries. What is adding plaque, and what's creating the heart disease, is the sugars. Sugars and trans fats which is in five foods, and too much processed carbs, and vegetable oils that we fry in and cook in like corn oil and cottonseed oil. So there's been a shift thanks to the research. So stop throwing away your egg yolks. That's – And please get this out of your head. That's – It does not increase risk of heart disease. Actually, the egg yolk is the healthiest part of the egg. It's loaded with nutrients. Very, very healthy, particularly if you get the free range omega 3 eggs. Very healthy fats. You know, 60% or so of our brain is made up of fat, and we need to get these healthy fats in, and we'll get more in to that. So these guidelines talk about not getting too much of the wrong foods, and increasing our vitamins and mineral intake which again not getting enough vitamins and minerals also increases your risk of disease. These guidelines are for ages 2 and up. Sorry about that. I didn't fix that. 2010 should be 2020 or the latest guidelines now. Again, reducing sugars and processed carbs that break down to sugar, increasing activity, are all part of these guidelines. Balancing your calories so we can manage our weight. Being obese, if you recall, is the second leading cause of preventable death. Increasing your activity. Avoiding being sedentary and sitting for long periods of time. And keeping your BMI in a normal range, which I'll go over in a minute, but body mass index is how much do you weigh relative to your height. And you should be familiar with the normal BMI 18.5 to 24.9, and I'll go over that in a minute, how you figure that out. And please also know the waist circumference measurement. Women's waist circumference should be less than or equal to 35

inches. Men less than or equal to 40 inches. If your waist circumference is more than that, doesn't matter how tall you are, you're at increased risk for chronic diseases which means, you know, cancer, heart disease, diabetes, and so forth. So BMI, waist circumference, if you're out of those ranges, you're at increased risk. Doesn't matter your age. So please know those amounts, those levels. So this is how you figure out BMI. You take your weight in pounds, you divide it by your height in inches, and you square that. You multiply it by 703. There's BMI calculators on the internet. Your book goes through it. But, you know, figure yours out. See what yours is, and see where you fall because it's a big predictor of health. Again, no matter what your age. These are the ranges. Again, please know the normal range. As you grow up, your risk for diseases increases. So if you're overweight, your risk goes up. If you're obese, grade one, grade two, grade three, the larger your BMI number, the greater your risk for diseases. The guidelines also go over women of childbearing years. If you are planning on getting pregnant, it would be best for your health and the health of your baby to get to a normal weight first before you become pregnant because there are health risks to both you and your baby if you're either underweight or overweight. Activity. The guidelines go through that because we know that physical inactivity increases your risk of diseases. Also being active decreases your risk of heart disease and cancer and diabetes. So these guidelines stay 30 minutes a day of moderate intensity exercise. So if you want to reduce your risk of chronic diseases, getting 30 minutes a day. Moderate intensity. That doesn't mean a stroll in the park. Okay? You've got to get your heart rate up a little bit. If you're trying to prevent weight gain or trying to lose weight, you might need 60 minutes of moderate to even vigorous exercise. And you can break it down in to like 10 or 15 minute increments. Let's say you only have 10 minutes in the morning to exercise on your stationary bike or a do an exercise video, and then later in the afternoon you can do another 10, and then, you know, try to just add up to 30 minutes most days of the week or pretty much every day would be great to help lower your risk of diseases. Include muscle strengthening exercises using weights. Again, we'll get more in to that at a later chapter, but this is important again, no matter what your age, in preventing diseases. And then also for children and adolescents ages 6 and up, they need about an hour a day or more of a good moderate to vigorous activity, aerobic type activity, running, jumping, bike riding. They also should be doing muscle strengthening activity, bone strengthening activities. Again, at ages 6 and up because we know that disease does start when you're a child. And these guidelines go through other things like reducing your sodium intake, keeping it to less than 2,300 milligrams a day. You can look at your labels. The nutri calc will go over how much you're actually getting. And if you're over 51 years of age or African American or you already have high blood pressure, diabetes, or kidney disease, then you should only be getting 1,500 milligrams a day. So African Americans are at a genetically increased risk. So no matter again what your age, you can be 15 years old, you should only be getting 1,500 milligrams a day. We only need 1,500 milligrams a day, but most of us are getting way too much. And we'll talk more about sodium in another chapter. Not getting too much saturated

fat. Again, we'll go in to more detail with that in a later chapter. Trans fats, trying to avoid that, that would be fried foods. Avoiding sugars. Again, we'll get more in to that. Limiting refined grains, meaning crackers, cookies, cakes, things like that. Limiting your alcohol. One drink a way for women. No more than that, and no more than two drinks a day for men because again now that increases your risk for heart disease and cancer, diabetes and liver problems, and all sorts of other health problems. Fats. Again, we'll go through this in greater detail. I missed this part. Please, please strike out that 300 milligrams or less of cholesterol. That's been removed. Again, please strike a line through that. There is no longer a limit on dietary cholesterol. I'm actually glad that's there because again I want to remind you research has shown that cholesterol in food does not increase our blood cholesterol. It does not increase your risk for heart disease. It is the sugars, the vegetable oils, the trans fats, that does it. Not the cholesterol. So keeping your fat from healthy sources like nuts, and seeds, and coconut oil, and avocados, olive oil, we'll go through that. Again, the lipid chapter. Carbs. Emphasizing lots of different colored fruits and vegetables, like I talked about. Whole grains. Limiting foods with added sugar. Protein. Just getting a variety, trying to limit the red meat, and increasing other sources of protein like eggs, nuts, seeds, and beans, seafood, poultry. Trying to get at least five servings of fruits and vegetables a day. If you're going to eat grains, making them whole grains. Again, don't worry about this. I'm not going to test you on this about three cups a day of milk. That was again promoted by the dairy industry. I do encourage you to Google the information on dairy, and see the benefits versus the risks. Let me stop the tape here, and we'll make one last section.