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## Healthy Eating Patterns

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# Healthy Eating Patterns

DFEND 2.0

July 24, 2020

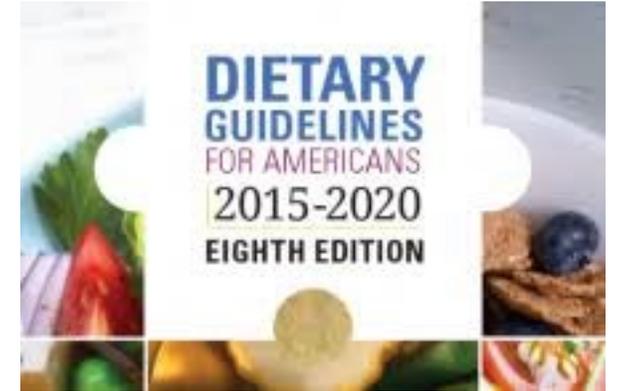
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# Learning Objectives

1. Define eating patterns
2. Understand what makes up a healthy eating pattern
3. Identify examples of health eating patterns
4. Understand how to incorporate a healthy eating pattern into everyday life
5. Define the importance of healthy eating patterns during COVID-19 pandemic

# Sources for information

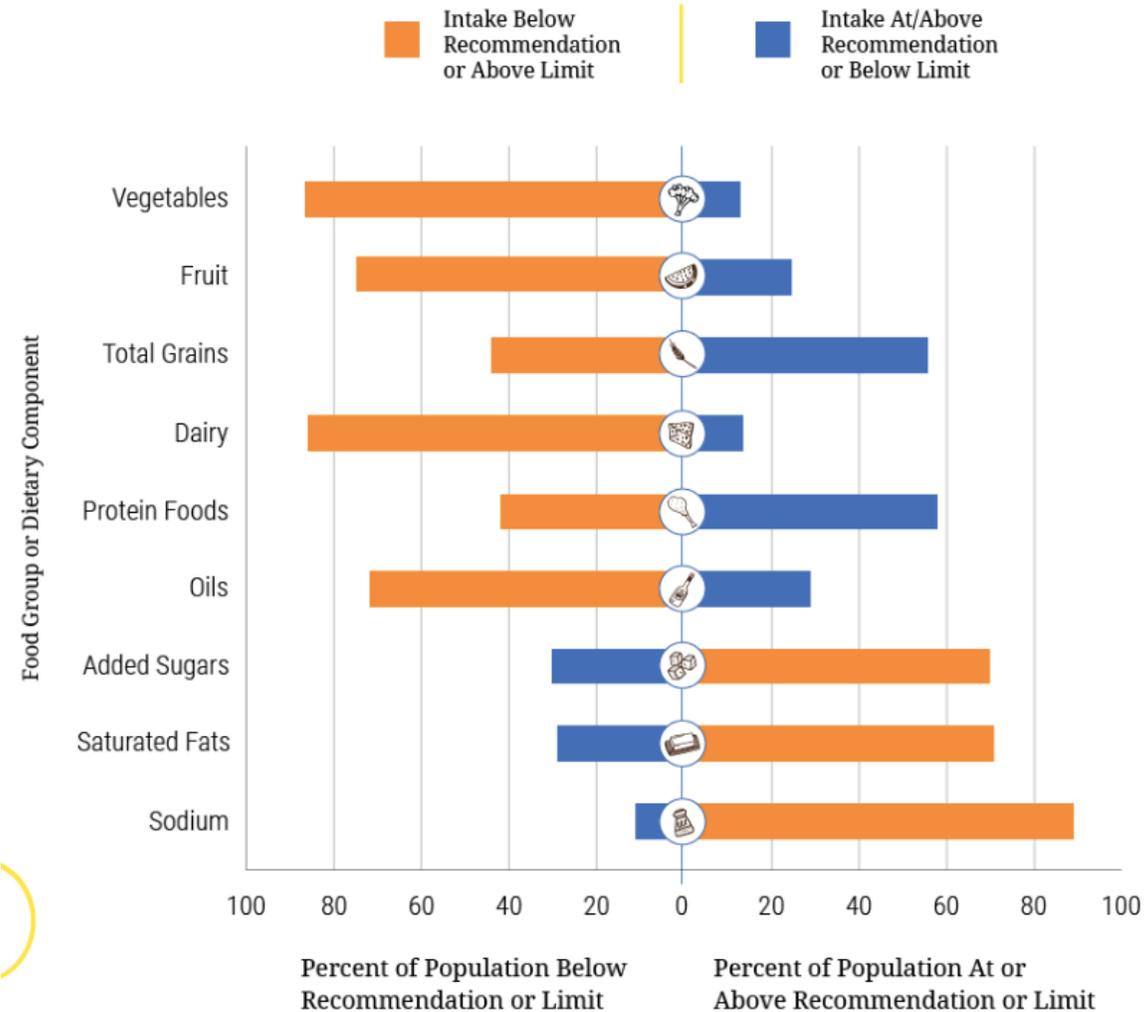


- Dietary Guidelines 2015-2020
  - Chapter 1: Key Elements of a Healthy Eating Pattern
  - Chapter 2: Shifts Needed To Align With Healthy Eating Patterns
  - Chapter 3: Everyone Has a Role in Supporting Healthy Eating Patterns
- <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>

# What is a healthy eating pattern?

- An eating pattern represents the totality of all foods and beverages consumed.
  - All forms of foods, including fresh, canned, dried, and frozen, can be included in healthy eating patterns.
- Nutritional needs should be met primarily from foods.
  - Individuals should aim to meet their nutrient needs through healthy eating patterns that include nutrient-dense foods.
- Healthy eating patterns are adaptable.
  - Individuals have more than one way to achieve a healthy eating pattern. Any eating pattern can be tailored to the individual's socio-cultural and personal preferences.

# Current Eating Pattern in the United States



# Adherence of Americans to Dietary Guidelines

Figure I-1.

**Adherence of the U.S. Population Ages 2 Years and Older to the 2010 Dietary Guidelines, as Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores**

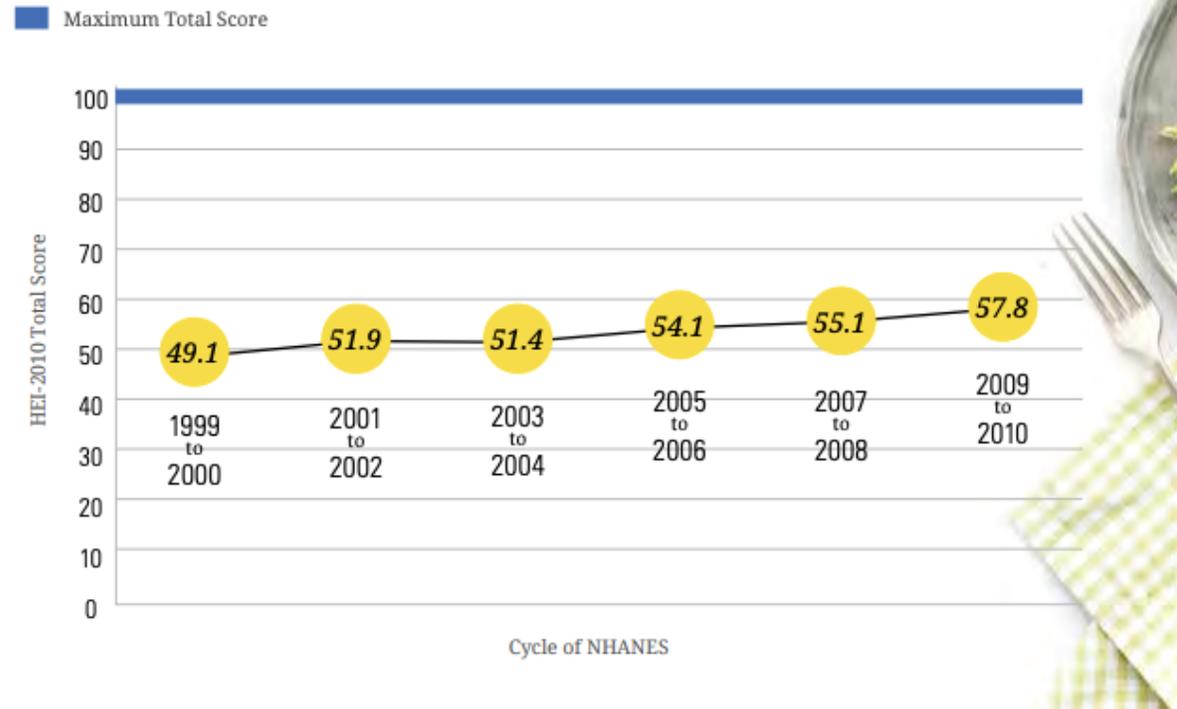


Image: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/introduction/nutrition-and-health-are-closely-related/#table-i-1>

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

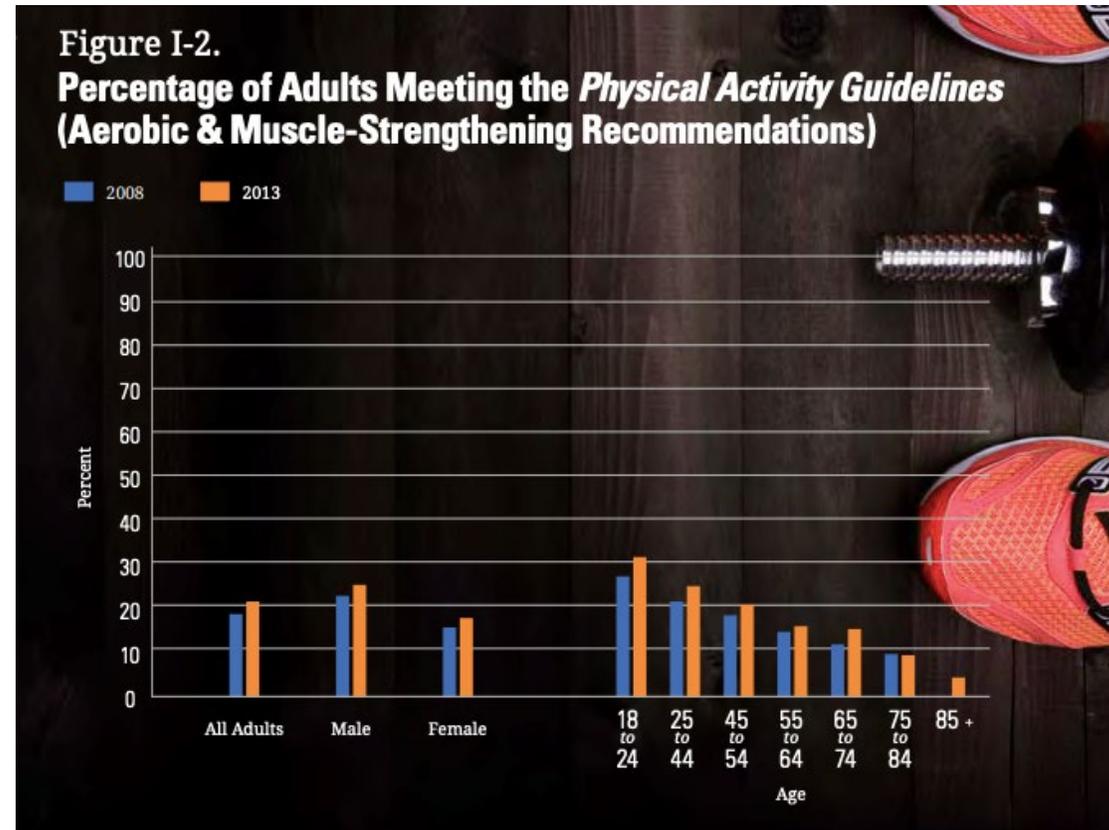


Image: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/introduction/nutrition-and-health-are-closely-related/#table-i-1>

# Making changes to eating patterns can be overwhelming

- Every food choice is an opportunity to move toward a healthy eating pattern.
- Small shifts in food choices—over the course of a week, a day, or even a meal—can make a big difference.
  - Swap high calorie snacks for nutrient-dense snacks
  - Swap fruit products with added sugars for whole fruit
  - Eat whole grains instead of refined grains
  - Eat oils instead of solid fats like butter
  - Swap beverages with added sugars for no-sugar added beverages or water

# The Science Behind Healthy Eating Patterns

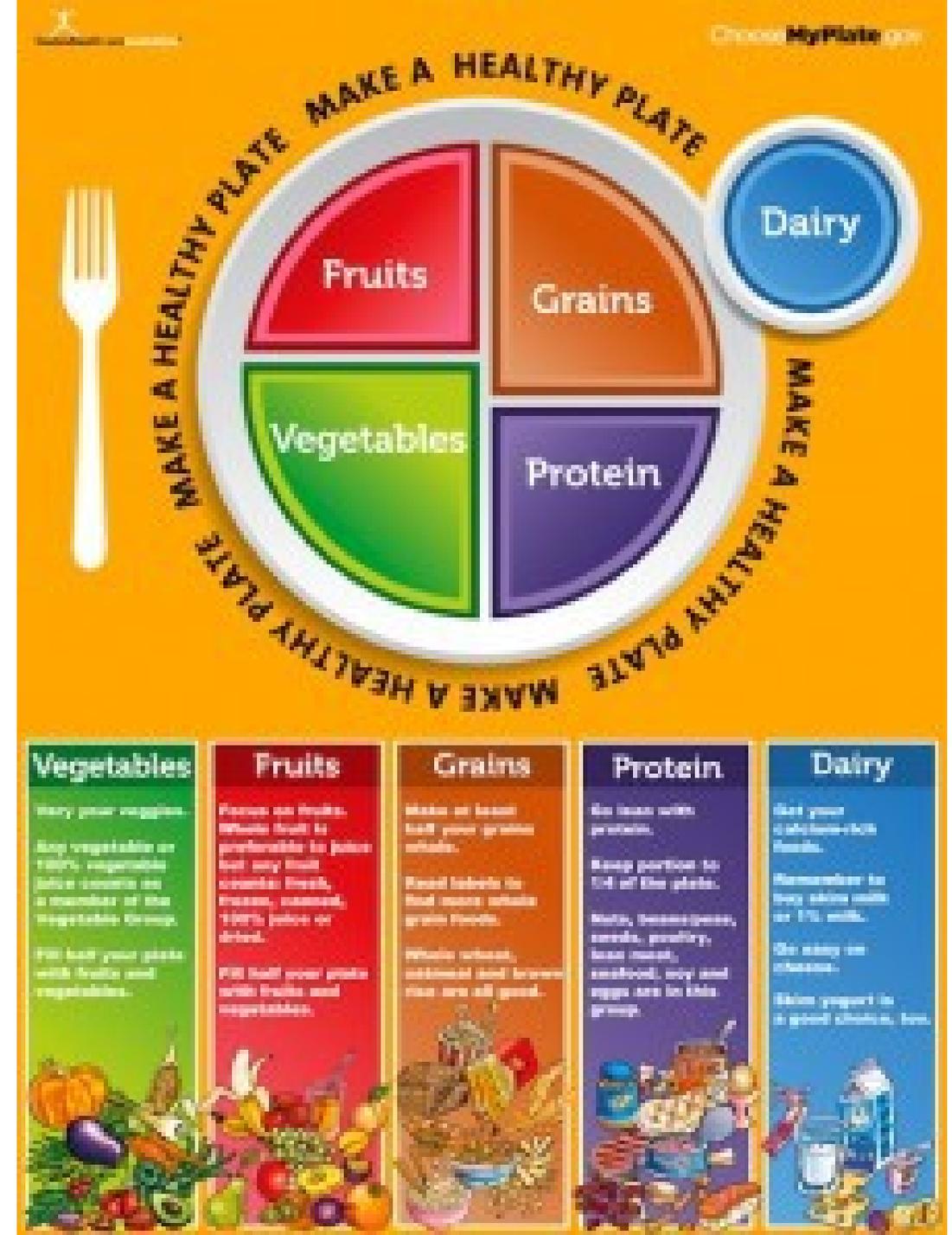
- The components of healthy eating patterns recommended in the *Dietary Guidelines* were developed by integrating findings from systematic reviews of scientific research, food pattern modeling, and analyses of current intake of the U.S. population:
  - **Systematic reviews of scientific research** examine relationships between the overall diet, including its constituent foods, beverages, and nutrients, and health outcomes.
  - **Food pattern modeling** assesses how well various combinations and amounts of foods from all food groups would result in healthy eating patterns that meet nutrient needs and accommodate limits, such as those for saturated fats, added sugars, and sodium.
  - **Analyses of current intakes** identify areas of potential public health concern.

# Associations Between Eating Patterns and Health

- **Strong** evidence shows that healthy eating patterns are associated with a reduced risk of cardiovascular disease (CVD).
- **Moderate** evidence indicates that healthy eating patterns also are associated with a reduced risk of type 2 diabetes, certain types of cancers (such as colorectal and postmenopausal breast cancers), overweight, and obesity.
- **Emerging** evidence also suggests that relationships may exist between eating patterns and some neurocognitive disorders and congenital anomalies.

# Healthy Eating Pattern

- Healthy eating patterns:
  - Support a healthy body weight
  - Can help prevent and reduce the risk of chronic disease throughout periods of growth, development, and aging as well as during pregnancy.



# Key Recommendations for a Healthy Eating Pattern

- A **variety of vegetables** from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- **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 the Following Foods

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent 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 up to two drinks per day for men—and only by adults of legal drinking age

# Reading a Nutrition Facts Label

## New Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* 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.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Source:

<https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

# Different Eating Patterns

- **Healthy U.S.-Style Eating Pattern.** This eating pattern is based on the types and amounts of foods. Americans typically consume The main types of food in this eating pattern include a variety of vegetables; fruits; whole grains; fat-free or low-fat dairy; seafood, poultry, meat, and eggs; and nuts, seeds, and soy products.
- **Healthy Mediterranean-Style Eating Pattern.** This eating patterns contains more fruits and seafood and less dairy than the Healthy U.S.-Style Eating Pattern. There is also less calcium and vitamin D because it includes fewer dairy foods.
- **Healthy Vegetarian Eating Pattern.** This eating pattern contains no meat, poultry, or seafood. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, be ' eas, nuts and seeds, and whole grains.

# Healthy US-Style Eating Pattern

## What and How Much to Eat at Different Calorie Levels

Food Group	1,600 calories	2,000 calories	2,400 calories
Vegetables	2 c-eq	2-1/2 c-eq	3 c-eq
Fruits	1-1/2 c-eq	2 c-eq	2 c-eq
Grains	5 oz-eq	6 oz-eq	8 oz-eq
Protein foods	5 oz-eq	5-1/2 oz-eq	6-1/2 oz-eq
Seafood	8 oz-eq/week	8 oz-eq/week	10 oz-eq/week
Meat, poultry, eggs	23 oz-eq/week	26 oz-eq/week	31 oz-eq/week
Nuts, seeds, soy products	4 oz-eq/week	5 oz-eq/week	5 oz-eq/week
Dairy	3 c-eq	3 c-eq	3 c-eq
Oils	22 g	27 g	31 g
Calories for Other Uses	130 calories	270 calories	350 calories

Source:<https://www.nia.nih.gov/health/usda-food-patterns>

# Healthy Eating Patterns Based on 2,000 Calories

## Healthy Eating Patterns: 2,000-Calorie Level Amounts

Food Group	U.S.-Style	Mediterranean-Style	Vegetarian
Vegetables	2-1/2 c-eq	2-1/2 c-eq	2-1/2 c-eq
Fruits	2 c-eq	2-1/2 c-eq	2 c-eq
Grains	6 oz-eq	6 oz-eq	6-1/2 oz-eq
Protein foods	5-1/2 oz-eq	6-1/2 oz-eq	3-1/2 oz-eq
Seafood	8 oz-eq/wk	15 oz-eq/wk	—
Meat, poultry, eggs	26 oz-eq/wk	26 oz-eq/wk	3 oz-eq/wk (eggs)
Nuts, seeds, soy products	5 oz-eq/wk	5 oz-eq/wk	15 oz-eq/wk
Dairy	3 c-eq	2 c-eq	3 c-eq
Oils	27 g	27 g	27 g
Calories for Other Uses	270 calories	260 calories	290 calories

Source:<https://www.nia.nih.gov/health/usda-food-patterns>

# Mediterranean Food Pyramid

## Mediterranean Diet Pyramid

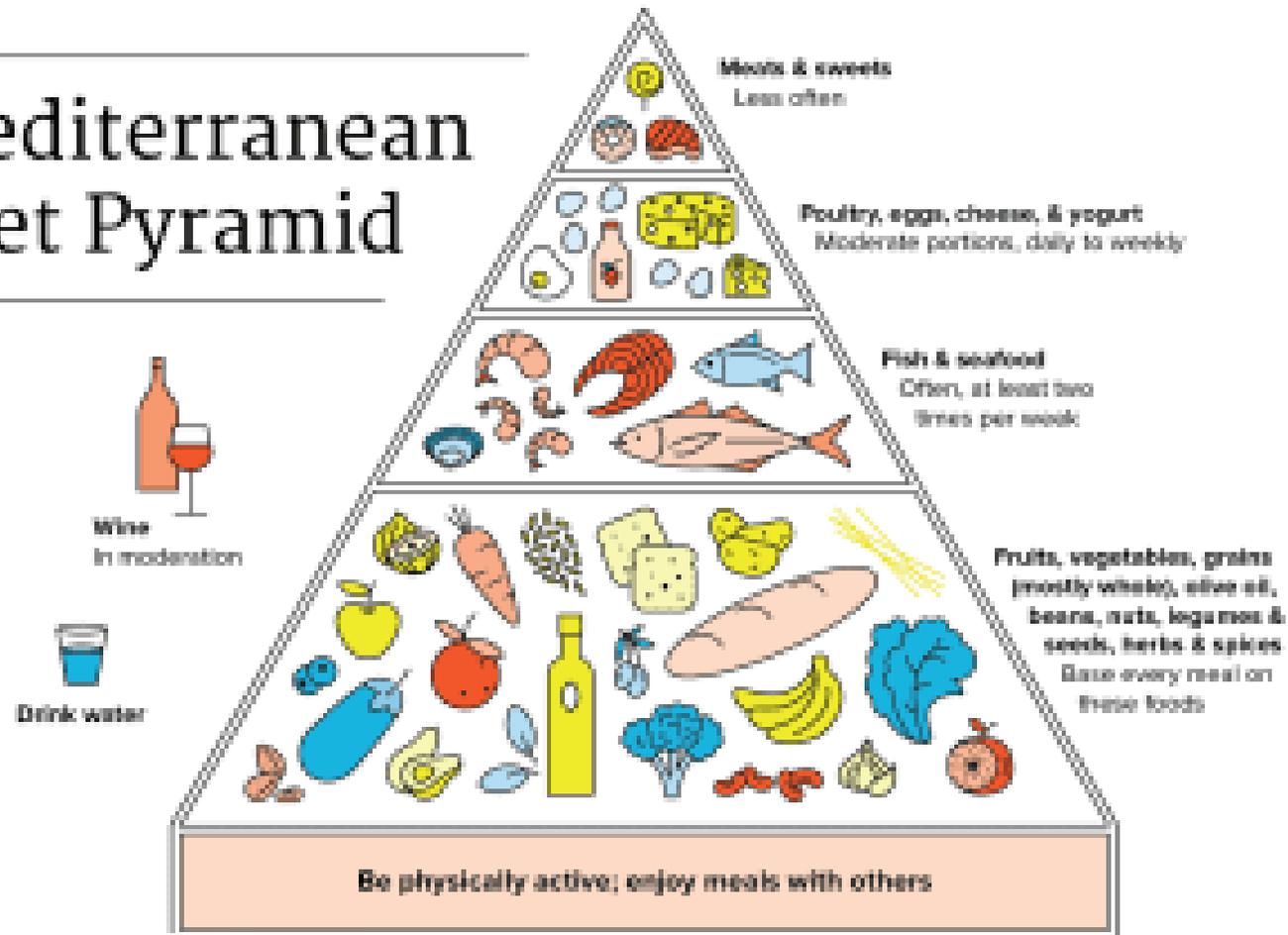


Image:

<https://www.americastestkitchen.com/articles/509-the-mediterranean-diet-food-pyramid-infographic>

# Opportunities for Shifts in Food Choices

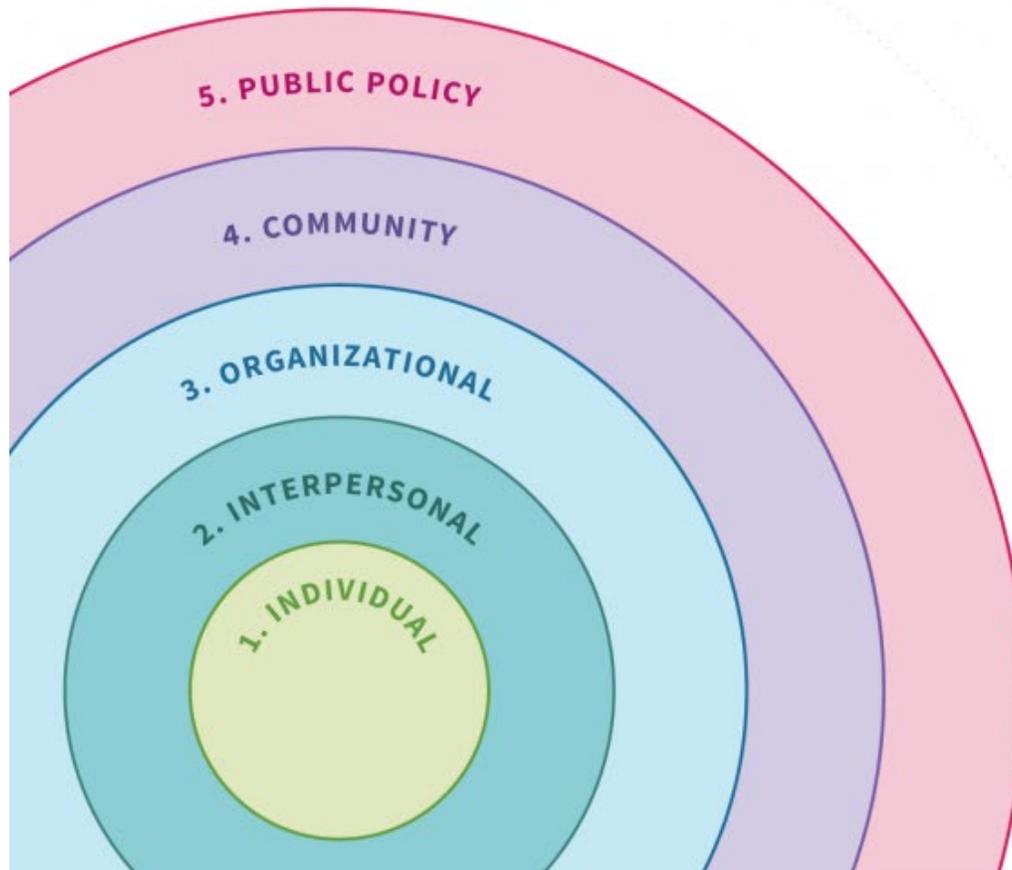
- To support a healthy body weight, meet nutrient needs, and lessen the risk of chronic disease, shifts are needed in overall eating patterns—across and within food groups and from current typical choices to nutrient-dense options.
- Eating patterns are the result of choices on multiple eating occasions over time, both at home and away from home.

# Current US Eating Habits

- The majority of the U.S. population consumes three meals a day plus more than one snack.
  - Children ages 2 to 5 years are most likely to consume three meals a day, with 84 percent consuming three meals and most often, two or more snacks.
  - In contrast, only half of adolescent females and young adult males consume three meals a day, but most also have two or more snacks per day.
  - Also, among most age groups, 40 to 50 percent consume two to three snacks a day, and about one-third consume four or more snacks a day.
- About two-thirds (67%) of the calories consumed by the U.S. population are purchased at a store, such as a grocery store or supermarket, and consumed in the home. However, Americans have increased the proportion of food they consume away from home from 18 percent in 1977-1978 to 33 percent in 2009-2010.

# What Drives our Food Decisions?

## Social-Ecological Model Definitions



### 5. PUBLIC POLICY

Developing and enforcing state and local policies that can increase beneficial health behaviors. Developing media campaigns that promote public awareness of the health need and advocacy for change.

### 4. COMMUNITY

Coordinating the effects of all members of a community (organizations, community leaders, and citizens) to bring about change.

### 3. ORGANIZATIONAL

Changing the policies, practices, and physical environment of an organization (e.g. A workplace, health care setting, a school child care, a faith organization, or another type of community organizations) to support behavior change.

### 2. INTERPERSONAL

Recognizing that groups provide social identity and support, interpersonal interventions target groups, such as family members or peers.

### 1. INDIVIDUAL

Motivating change in individual behavior by increasing knowledge, or influencing attitudes or challenging beliefs.

Image:  
<https://ecampusontario.pressbooks.pub/humannutrition/chapter/building-healthy-eating-patterns/>

# Meeting People Where They Are

- **Food Access**

- Having access to healthy, safe, and affordable food choices is crucial for an individual to achieve a healthy eating pattern.
- Food access is influenced by diverse factors, including proximity to food retail outlets (e.g., distance to a store or the number of stores in an area), individual resources (e.g., income or personal transportation), and neighborhood-level resources (e.g., average income of the neighborhood and availability of public transportation).
- Race/ethnicity, socioeconomic status, geographic location, and the presence of a disability also may affect an individual's ability to access foods to support healthy eating patterns.

# Meeting People Where They Are

- **Household food insecurity**

- In the United States, about 48 million individuals live in households that experience food insecurity, which occurs when access to nutritionally adequate and safe food is limited or uncertain.
- Food insecurity can be temporary or persist over time.
- Living with food insecurity challenges a household's ability to obtain food and make healthy choices and can exacerbate stress and chronic disease risk.
- Government and nongovernment nutrition assistance programs play an essential role in providing food and educational resources to help participants make healthy food choices within their budget.
- Food insecurity persists in the United States, and maintaining current programs, networks, and partnerships is crucial in addressing the problem

# Meeting People Where They Are

- **Acculturation**

- The United States continues to evolve as a nation of individuals and families who emigrate from other countries.
- Individuals who come to this country may adopt the attitudes, values, customs, beliefs, and behaviors of a new culture as well as its dietary habits.
- Healthy eating patterns are designed to be flexible in order to accommodate traditional and cultural foods.
- Individuals are encouraged to retain the healthy aspects of their eating and physical activity patterns and avoid adopting behaviors that are less healthy.
- Professionals can help individuals or population groups by recognizing cultural diversity and developing programs and materials that are responsive and appropriate to their belief systems, lifestyles and practices, traditions, and other needs.

# Strategies for Action

- To shift from current eating patterns to those that align with the *Dietary Guidelines*, collective action across all segments of society is needed.
- These actions must involve a broad range of sectors, occur across a variety of settings, and address the needs of individuals, families, and communities.
- These actions include identifying and addressing successful approaches for change; improving knowledge of what constitutes healthy eating and physical activity patterns; enhancing access to adequate amounts of healthy, safe, and affordable food choices; and promoting change in social and cultural norms and values to embrace, support, and maintain healthy eating and physical activity behaviors.

# Healthy Eating Patterns During COVID-19

- **Make a schedule or a daily meal plan.** A schedule is more predictable for you and for everyone in your household.
- Skype, Zoom, or FaceTime with family and friends. Share recipes, cook, or eat virtually together.
- **Plan for groceries.** Try to buy fewer processed, high-salt or high-sugar snacks.
- **Load up** on fruits, vegetables, whole grains, healthy fats, and lean proteins.
- **Save money.** Skip the high-sugar soda and juices; instead flavor water with edible citrus or berries.
- **Plan and enjoy an occasional comfort food** for a weekly treat — pick a day and enjoy whatever you want, just not all your favorites on the same day!
- **Manage your environment.** If candy is simply not in the cupboard, then you can't eat it.

Source: <https://www.health.harvard.edu/blog/eating-during-covid-19-improve-your-mood-and-lower-stress-2020040719409>

# Summary

1. Define eating patterns
2. Understand what makes up a healthy eating pattern
3. Identify examples of health eating patterns
4. Understand how to incorporate a healthy eating pattern into everyday life
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# Questions?