

The 2005 Dietary Guidelines

The New American Diet and Where Pecans Fit



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● The 2005 Dietary Guidelines:

General Overview



- ✦ Represent the latest science available on diet and nutrition
- ✦ Nutrient needs should be primarily met through food
- ✦ Appropriate for everyone over the age of 2
- ✦ Appropriate for diverse cultures and ethnic groups

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Key Recommendations



“Consume a variety of **nutrient-dense** foods and beverages within and among the basic food groups while choosing foods that **limit the intake of saturated fat and trans fat, cholesterol, added sugars, salt and alcohol.**”

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Current Thinking on Healthful Eating

✦ More emphasis placed on...

- calories
- “healthy” fats
- the need to limit *trans* fat
- eating a more plant-based diet
- eating a diet that lowers risk of chronic disease

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Key Recommendations: Weight Management

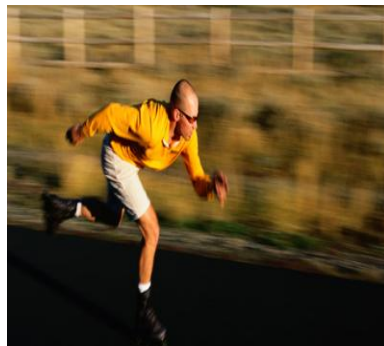


- ✦ Maintain body weight in your healthy range
- ✦ Balance calories eaten with calories “burned”
- ✦ Prevent gradual weight gain over time by eating a little less and exercising a little more

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Key Recommendations: Physical Activity



- ☀ Regularly engage in physical activity, reduce sedentary activity
- ☀ Get at least 30 minutes of moderate-intensity physical activity on most days
- ☀ To help manage body weight, get 60 minutes of physical activity on most days

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Key Recommendations: Fat Intake



- ✦ Keep total fat between 20 to 35% of total calories
- ✦ Consume less than 10% of calories from saturated fat, 300 mg/day cholesterol, and keep trans fat consumption “as low as possible”

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Not all Fat is Created Equal



- ✦ Most fats should come from poly or mono-unsaturated fat sources like “fish, **nuts** and vegetable oils.”
- ✦ Mono: ↑ HDL “good” cholesterol, ↓ LDL “bad” cholesterol
- ✦ Poly: ↑ HDL, ↑ LDL
- ✦ Sat: ↓ HDL, ↑ LDL
- ✦ Trans: ↓ HDL, ↑ LDL

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Pecans Make the Grade Among Fats



- ✦ Over 90% of fat is unsaturated
- ✦ Very little saturated fat
- ✦ No trans fat

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Meat Substitutes



- 🌱 Research suggests that plant based diets reduce risk of chronic disease
- 🌱 Shift toward vegetarian-based diet makes nuts more attractive protein source

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Meat and Beans Group



- 🌞 Nuts are part of meat and meat alternative group including meat, poultry, fish, egg, beans, seeds and nuts
- 🌞 For the average person, they should eat about 5.5 oz from this group each day
- 🌞 0.5 oz. nuts = one ounce meat serving (because they are so energy-dense)

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Watch the Calories



- ⚡ Calorie intake/weight control is a major emphasis of new guidelines
- ⚡ Nuts/pecans are energy-dense (1.5oz = 294 calories)
- ⚡ HOWEVER, nuts/pecans are also nutrient-dense
- ⚡ Moderation is key...doesn't take many pecans to get the nutritional benefits!

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Nutrient-Dense Pecans

- ✦ Contain over 19 vitamins and minerals
 - Vitamins A and E
 - Folic Acid
 - Calcium
 - Magnesium
 - Phosphorus
 - Potassium
 - B Vitamins
 - Zinc



Pecans and Weight Control



- ☛ Pecans can help with weight loss and maintenance
- ☛ Pecans enhance fullness and metabolism
- ☛ Eating nuts doesn't mean gaining weight
- ☛ As nut consumption \uparrow , body mass index \downarrow

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Pecans are High in Antioxidants



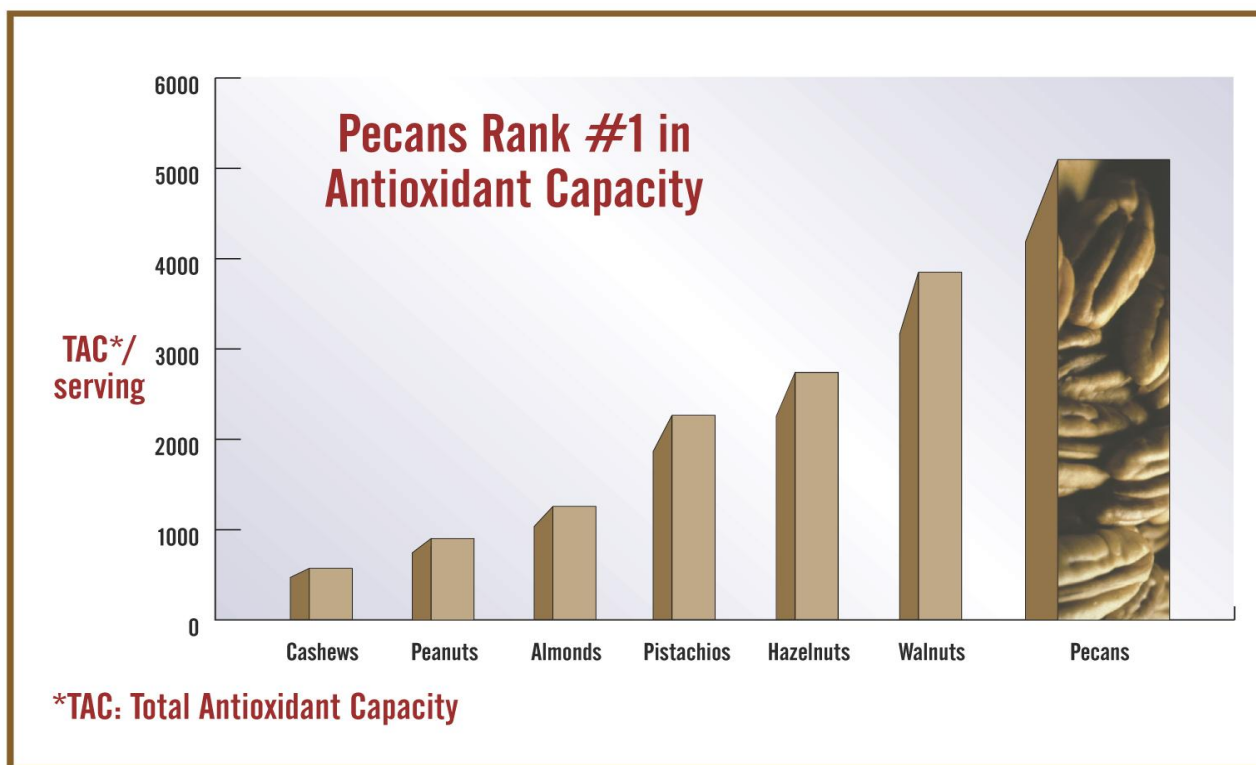
- ✦ Rank #1 among all nuts
- ✦ Rank #14 among all foods
- ✦ Puts pecans in elite category with blueberries, berries
- ✦ Largest study to date published in *Journal of Ag and Food Chem*



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Pecans Rank #1!



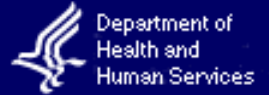
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Qualified Health Claim: 2003



U.S. Food and Drug Administration



*“Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol may **reduce the risk of heart disease.** (See nutrition information for fat content.)”*

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To Sum Up...



- ☀ Nutrient-dense
- ☀ Contain mostly monounsaturated, heart-healthy fat
- ☀ Packed with protein
- ☀ Recommended as a meat substitute by dietary guidelines
- ☀ Aid in weight control
- ☀ Disease-fighting components (high in antioxidants)

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www.ilovepecans.org

*Pecans. So Good. So Good For You.
Really.*