

National ECELC Newsletter

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2015-2020 Dietary Guidelines for Americans

Written by: Katey Halasz, MPH, RD, LD

Reviewed by: Alexandra Hyman, MPH

The National ECELC

Welcome to the National Early Care and Education Collaboratives Project (ECELC) Newsletter! We hope this newsletter is helpful as we offer supplemental information to help you prepare for the Learning Sessions and provide technical assistance to early care and education (ECE) providers. Topics within each newsletter will emphasize areas outlined in the *Let's Move!* Child Care goals including healthy eating, physical activity, screen time, and breastfeeding support. We hope you enjoy it!

-The National ECELC Team

Visit the *Let's Move!* Child Care website:

www.healthykidshealthyfuture.org

According to the Centers for Disease Control and Prevention, approximately 17 million people have at least one preventable chronic condition such as heart disease, high blood pressure, and type 2 diabetes.¹ To promote a healthy weight, reduce chronic disease, and maintain overall good health the United States Department of Agriculture (USDA) and the United States Department of Health and Human Services (HHS) issue the Dietary Guidelines for Americans every 5 years. They are updated based on the most current evidence-based research and help inform federal food programs such as the USDA's National School Lunch Program and School Breakfast Program, Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and HHS programs including the Older Americans Act Nutrition Services programs.

There are five overarching topics the new Dietary Guidelines address.

These include:

1. Follow a healthy eating pattern across the lifespan.
2. Focus on variety, nutrient density, and amount of food.
3. Limit calories from added sugars and saturated fats and reduce sodium intake.
4. Choose healthier food and beverage choices.
5. Support healthy eating patterns for all.²

Questions?

Please contact your State/Local Project Coordinator or one of our Content Specialists:

Katey Halasz, MPH, RD, LD
katey.halasz@nemours.org
202.649.4422

Brianna Holmes, MA
brianna.holmes@nemours.org
202.649.4425

¹Centers for Disease Control and Prevention (CDC). Chronic Disease Overview. August 26, 2015. Available at <http://www.cdc.gov/chronicdisease/overview/>. Accessed January 26, 2016.

²U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

2015-2020 Guidelines

At-A-Glance

- A lifetime of healthy eating helps prevent chronic diseases.
- Consume less than 2,300 mg/day of sodium across *all* populations.
- Coffee (up to 5 cups/day) is considered to be part of a healthy diet.
- Consume low-fat or skim milk.
- Eat more fruits and vegetables!
- Consume less than 10% of daily calories from *added* sugars – this does not include naturally occurring sugars found in foods such as fruit and milk.
- There is no longer a limit on cholesterol intake.
- Consume a variety of lean meats and limit those high in saturated fats.
- Alcohol, in moderation, is part of a healthy diet – up to one glass/day for women and two glasses/day for men.
- Limit saturated and trans fats. Less than 10% of daily calories should come from saturated fats. Sources of saturated fats include butter, whole milk, high fat meats, etc.
- Physical activity is key to a healthy lifestyle!
- Everyone at home, schools, workplaces, communities, and food retail stores have a role to play in creating healthier environments that support healthy choices.

For more information on the 2015-2020 Dietary Guidelines for Americans, please visit: <http://health.gov/dietaryguidelines/2015/guidelines/>

USDA MyPlate Daily Checklist

www.choosemyplate.gov


The USDA creates great resources ECE providers can use to help parents/guardians create balanced meals throughout the day. The USDA MyPlate Daily Checklist can help providers and parents track a child's food intake! Recommended daily portion sizes for each food group (fruits, vegetables, grains, protein, and dairy) are listed based on the child's age, sex, and activity level. Use the chart below to determine a child's average calorie needs*, and click on the calorie levels to start using the MyPlate Daily Checklist!

AGE	SEX	DAILY PHYSICAL ACTIVITY	CALORIE LEVEL OF FOOD PLAN
2 yrs	Boys and Girls	Any level	1000 calories
3 yrs	Boys	Less than 30 minutes	1200 calories
		30-60 minutes. More than 60 minutes	1400 calories
	Girls	Less than 30 minutes	1000 calories
		30-60 minutes More than 60 minutes	1200 calories 1400 calories
4-5 yrs	Boys and Girls	Less than 30 minutes	1200 calories
		30-60 minutes	1400 calories
	Boys	More than 60 minutes	1600 calories
	Girls	More than 60 minutes	1400 calories

Sample MyPlate Daily Checklist

MyPlate Daily Checklist

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 1,200 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?	
Fruits 1 cup 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	Limit: • Sodium to 1,500 milligrams a day. • Saturated fat to 13 grams a day. • Added sugars to 30 grams a day. <input type="checkbox"/> Y <input type="checkbox"/> N Activity Be active your way: • Children 2 to 5 years old should play actively every day. <input type="checkbox"/> Y <input type="checkbox"/> N
Vegetables 1 1/2 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	
Grains 4 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	
Protein 3 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	
Dairy 2 1/2 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	
MyWins Track your MyPlate, MyWins 	_____		* This 1,200 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

*Please note that the recommended calorie needs are simply an estimate. A child does not need to consume this exact amount every day, but should include a variety of foods in their diet and aim for these food group targets over the course of a few days or week. For more information, please visit: <http://www.choosemyplate.gov/myplate-daily-checklist>



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