

TAB 2

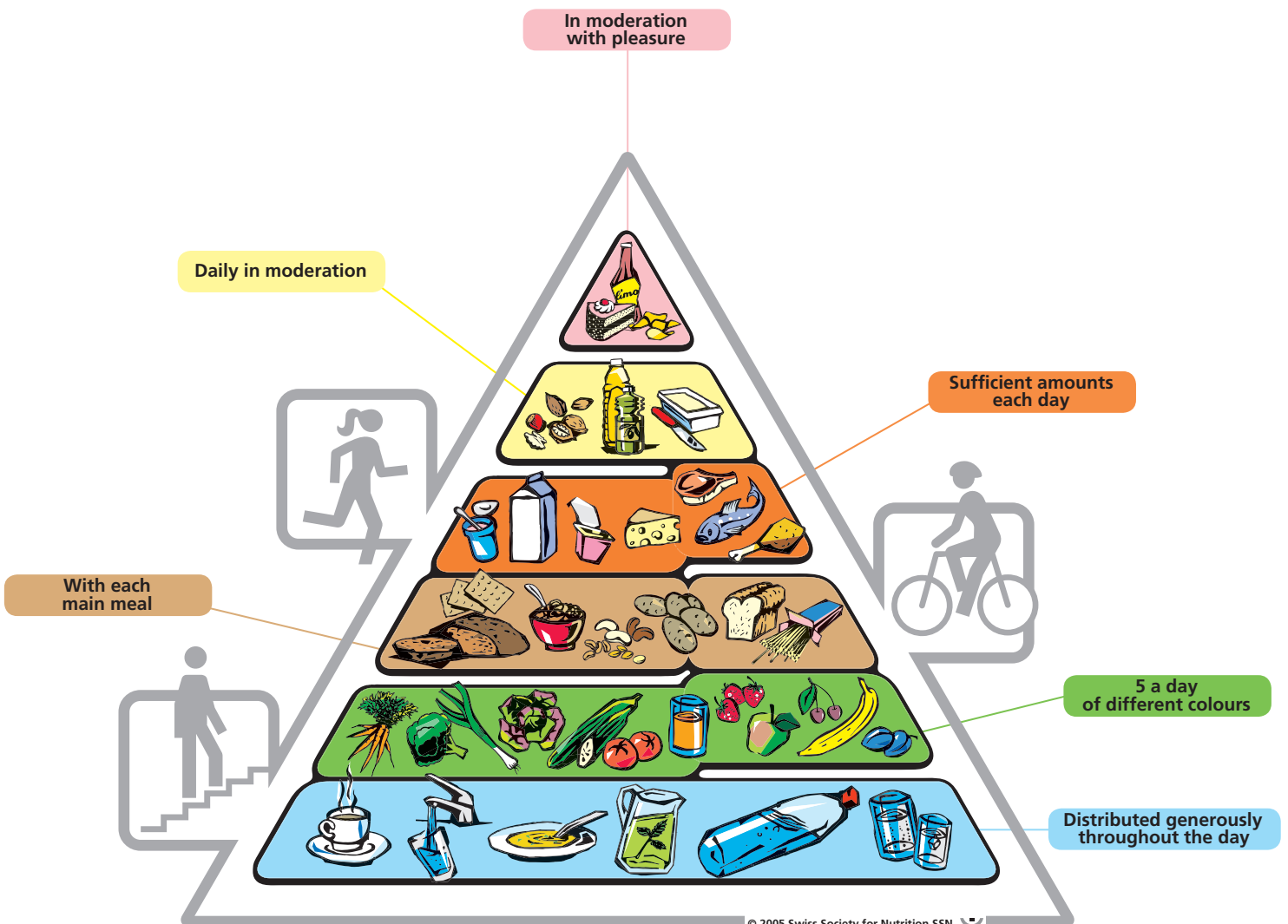
FOOD PYRAMID



Recommendations for healthy, tasty eating and drinking for adults

Food pyramid

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Our eating and drinking patterns are influenced by a number of different factors such as individual needs and desires, our everyday health and social environment, current food availability, advertising etc. The following recommendations are designed for healthy adults. Other age groups and population categories (e.g. children, pregnant women, athletes, vegetarians etc.) have specific requirements which cannot all be illustrated in the same pyramid.

This food pyramid shows a balanced, mixed diet that guarantees the body a sufficient supply of energy, essential nutrients and protective substances, making a major contribution to our well-being. Food from the lower levels of the pyramid should be eaten in larger quantities, and those from the higher levels in smaller quantities. All food items are allowed. The key is to eat a diet that is as varied as possible and which considers each pyramid level. This diet should

be seasonal and made up of foodstuffs that have been processed and prepared with care.

A healthy diet should of course be a source of pleasure and enjoyment, which is best achieved by eating in company. *The recommendations do not need to be followed every day, but should be observed on a long-term basis, e.g. a whole week.* Liquid intake is an exception, and these recommendations should be followed daily.

However, our health is not merely dependent on our eating and drinking habits. To maintain a healthy body weight, it is particularly important to do at least half an hour of exercise each day (in the open air if possible). Refraining from smoking, adopting a healthy attitude towards stressful situations and/or utilising specific, conscious relaxation techniques also contribute to a healthy lifestyle.



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Beverages – distributed generously throughout the day

Drink 1 – 2 litres of liquid a day, preferably in the form of non-sugared drinks e.g. tap/mineral water or fruit/herb teas.

Caffeine-rich beverages (coffee, black/green tea) should be drunk in moderation only.

Fruit & vegetables – 5 a day of different colours

Eat 3 portions of vegetables a day, at least one of which should be raw (1 portion = at least 120 g of vegetables, e.g. salad, soup or as a side).

Eat 2 portions of fruit a day (1 portion = at least 120 g = 1 «handful»).

One daily portion of fruit or vegetables can be replaced by 200 ml of non-sugared fruit or vegetable juice.

Whole grain products & pulses, other cereals & potatoes – with each main meal

Each main meal should be served with 1 starch-rich side dish (i.e. 3 portions a day, 1 portion = 75 – 125 g of bread or 60 – 100 g of pulses [raw weight] for instance lentils/chick peas or 180 – 300 g of potatoes or 45 – 75 g of pasta/rice/flakes/corn/other grains [raw weight]), including at least two portions of whole grain products.

Milk, dairy products, meat, fish & eggs – sufficient amounts each day

Each day, alternate between 1 portion of meat, fish, eggs, cheese or other sources of protein e.g. tofu (1 portion = 100 – 120 g of meat/fish [fresh weight] or 2 – 3 eggs or 200 g of fresh/cottage cheese or 60 g of hard cheese or 100 – 120 g of tofu).

In addition, consume 3 portions of milk or dairy products a day, preferably reduced fat varieties (1 portion = 200 ml of milk or 150 – 180 g of yoghurt or 200 g of fresh/cottage cheese or 30 – 60 g of cheese).

Oils, fats & nuts – daily in moderation

2 – 3 teaspoons (10 – 15 g) a day of high-quality plant-based oils such as rape-seed oil or olive oil in cold dishes (e.g. salad sauces).

2 – 3 teaspoons (10 – 15 g) a day of plant-based oils for cooking (frying, braising): olive oil is recommended for example.

Use 2 teaspoons (10 g) a day of butter or margarine made from high-quality oils to spread on bread as required.

A daily serving of 1 portion of nuts is recommended (1 portion = 20 – 30 g of almonds, walnuts or hazelnuts etc.).

Sweets, salty snacks & sweetened or alcoholic drinks – in moderation with pleasure

Consume sweets, salty snacks and sweetened drinks (e.g. soft drinks, ice tea, energy drinks) in moderation.

When consuming alcoholic beverages, do so in moderation and with a meal.

Use salt with added iodine and fluoride, but only in limited quantities.



Additional recommendations for adolescents

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In addition to the principles of healthy nutrition for adults, as represented by the food pyramid, the following also needs to be considered for adolescents.

For growth and development

Adolescents are still in their growth and development phase. Therefore they have a greater need of energy and individual nutrients than adults depending upon age and sex. This requirement can be well covered by balanced nutrition.

Fast Food? Vegetarian?

Fast food and snacks frequently contain high amounts of energy, fat and/or sugar, but few dietary fibres, vitamins or minerals. Therefore, high-energy fast foods and snacks should only be eaten occasionally and in small portions and be combined with salads or fruit. Water is recommended as opposed to sweet beverages. And last but not least, meals should be enjoyed slowly and in a sitting position.

With a vegetarian diet, the conscious selection of foods is particularly important. Meat should be regularly replaced by other sources of protein such as tofu, legumes, milk products or eggs. Due to the risk of nutrient deficiency, a vegan diet (without any animal products) is strongly discouraged.

Beverages & Co.

Ideal beverages are tap/mineral water, unsweetened fruit or herbal teas and strongly diluted fruit juices. Soft and energy drinks are unsuitable thirst-quenchers as due to their high sugar content, these beverages provide too much energy without giving a genuine feeling of satiety. This can lead to becoming overweight. Additionally, sugar and acids in these beverages attack the teeth. Light beverages also contain acids and, like sugared beverages, can lead to a strong preference for sweet tastes.

Alcoholic beverages (beer, wine, liqueurs and drinks manufactured from a mix of these) should not be drunk at all by people under 16 years of age and only exceptionally, if at all, by adolescents over 16. The risks of alcohol consumption are generally underestimated (e.g. danger of road and sports accidents, increased aggression, risky sexual behaviour, alcohol poisoning).

Eat regularly – with pleasure

Regular meals, such as three main meals a day and, if necessary, two small intermediate meals are recommended. A balanced breakfast or morning tea provide a good start to the day and promote concentration and efficiency at school and during training. Unfortunately, regular meals are ever more frequently replaced by constant and unconscious intermediate snacking which confuses normal feelings of hunger and satiety. In addition, there is the fact that snacks are usually very energy-rich and poorly balanced. Over the long-term, this eating pattern can lead to becoming overweight. Peace and time to concentrate on the meal without any distractions (TV, computer) contribute to conscious, pleasurable meals.

Too fat? Too thin? Or normal?

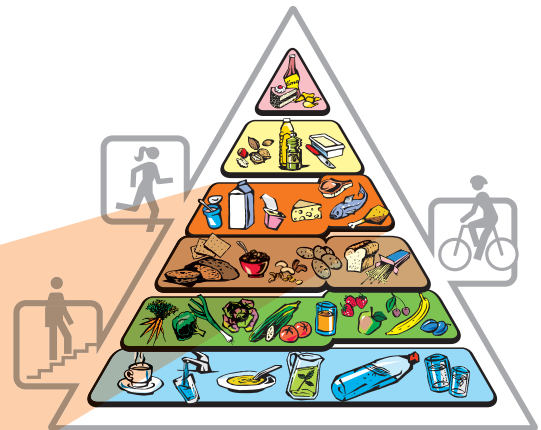
Many adolescents are dissatisfied with their body. Both extreme crash diets and the uncontrolled consumption of muscle-developing supplements can lastingly disturb the metabolism. Such behaviour can result in eating disorders such as bulimia and anorexia.

A positive perception of one's body and self-determined, healthy ways of treating the body such as a balanced diet and regular exercise form the basis for the development and well-being of adolescents.



Additional recommendations for the elderly

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◀ Food that is rich in protein is particularly important for the elderly!

The recommendations for **healthy elderly people** are basically the same as those contained in the food pyramid for adults. However, in old age, special attention must be paid to the following.

Protein

Ensuring adequate protein intake is particularly important in order to preserve muscle and bone mass and maintain various body functions (e.g. immune defences). The easiest way to meet protein requirements is through the **daily consumption** of food rich in protein such as dairy products, fish, meat and eggs (see diagram).

Calcium

Calcium is the mineral responsible for strengthening the bones and preventing osteoporosis. Milk and dairy products are good calcium sources. Daily requirements can be met by eating **3 – 4 portions each day** (1 portion = 200 ml of milk or 150 – 180 g of yoghurt or 30 – 60 g of cheese). Mineral water that is rich in calcium (containing over 300 mg per litre) can also make a significant contribution to daily needs.

Fluids

As the sensation of thirst decreases with age, the elderly must take extra care to drink a sufficient amount of liquid each day, i.e. **1 – 2 litres**. Amongst other things, fluids support intellectual capacities.

Energy

Energy requirements **depend on physical activity**. People who do not exercise much need correspondingly less energy, but their bodies still require at least the same amount of protein, vitamins and minerals as they did when they were younger.

Those who continue to exercise in old age have higher energy requirements and live a healthier life. They can eat more and provide their bodies with all the essential nutrients, and their weight is more likely to remain stable.

Underweight and overweight

Being either under- or overweight can impair quality of life and increase the risk of disease (e.g. malnutrition, heart disease or circulatory problems).

Elderly people without much appetite may find it helpful to eat **several small portions** spread throughout the day to prevent becoming underweight. For those who are overweight, a balanced, low-calorie diet and regular exercise can help.

Food supplements

Protein, fibre, vitamin and mineral requirements are not always covered adequately by our diet. **Enriched foods** (e.g. multivitamin juices) can help to meet the body's requirements. In some situations it may be advisable to take **food supplements** (e.g. vitamin tablets), but only after consulting a specialist.

Exercise

Daily exercise such as walking, climbing stairs or gymnastics helps to keep fit, reduces the chances of becoming overweight and helps preserve bones and muscle mass.

A healthy lifestyle consisting of a balanced diet and sufficient exercise is the best way to ensure that you will stay fit into old age. Exercise and eating are particularly enjoyable in the company of others!

Food Pyramid Remodeled for Seniors

As we age, our appetites may decline but our nutritional needs do not. To reflect these changes, Tuft's modified the food pyramid for seniors--most notably to include supplements. Seniors have some specific nutrient needs not addressed in the "one size fits all" Food Guide Pyramid, say the Tufts researchers.

The base of their revised pyramid is narrowed, signifying the reduced energy intake common among seniors. With an estimated energy intake of 1200 to 1600 calories per day, elderly consumers have to make every calorie count in order to get enough of essential nutrients. The "70+" pyramid, therefore, outlines the "nutrient dense" choices in each food category, emphasizing whole grain foods, varied colored fruits and vegetables, low-fat dairy products, and lean meats, fish and poultry.

Grains, fruits, and vegetable tiers of the pyramid highlight the importance of fiber in a healthful diet. This is advice important for seniors but applicable to all adults, since most Americans eat less than the 20 grams of daily fiber recommended by the American Dietetic Association.

Tufts' researchers also recommend seniors supplement with calcium and vitamins B12 and D. Seniors do not absorb vitamin B12 properly. Vitamin D is important because as we age we tend to drink less milk and get less sunlight - sunlight is our best form of getting vitamin D. While not all seniors may need dietary supplements, this is an issue that all "70+" consumers should discuss with their health care provider.

While grain foods anchor the USDA Food Guide Pyramid, the "70+" pyramid is built on a base of water. Adequate hydration is a chronic problem for many seniors. Seniors are advised to drink eight or more eight-ounce glasses of water daily to avoid dehydration, kidney dysfunction and constipation, which are common because thirst sensation decreases with age. In addition, some medications affect a body's ability to regulate fluid balance.

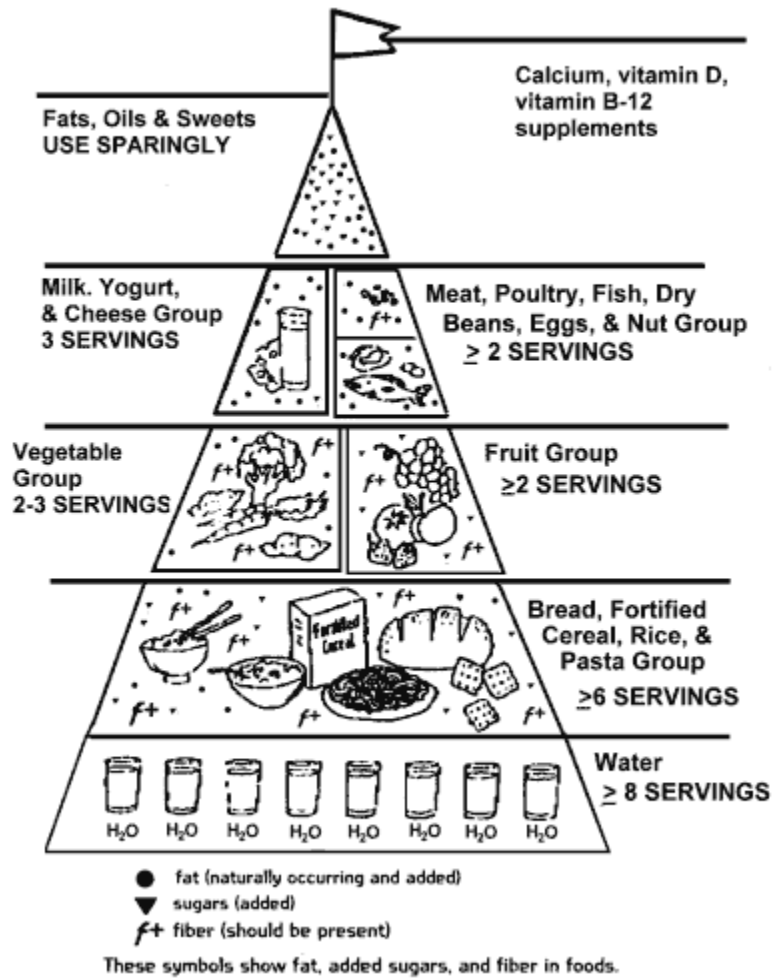
The pyramid still promotes a diverse diet rich in grains, vegetables and fruit but low in saturated fat, fatty acids and cholesterol. The modified pyramid is narrower overall to reflect seniors' decreased energy needs, but emphasizes nutrient-dense foods and fiber in fewer servings.

The Tufts researchers point out that these dietary recommendations are aimed at healthy, mobile seniors with the resources needed to prepare adequate meals. It is not designed to consider the special dietary needs of those with significant health problems, nor does it address socioeconomic factors, such as decreased income and mobility, that make it harder for many seniors to meet nutrient needs. But all seniors, regardless of circumstances, should still hear the pyramid's main messages: people over age seventy have specific nutrient needs, and how well they meet those needs can affect overall health status.

Note:

The "70+" pyramid is now just a suggestion; it has not yet been adopted as an official USDA teaching tool. But the USDA and the Dept. of Health and Human Services are in the process of revising the US Dietary Guidelines on which the USDA Food Guide Pyramid is based, and the Tufts researchers are hoping that their "70+" pyramid will generate some discussion on how best to address the unique nutrient needs of seniors.

Remodeled Food Guide Pyramid for Seniors:



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