

2016 FDA diet guidelines recommending seafood for nutrition – Oakland Health



<p>Current Label</p> <div style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <hr/> <p>Amount Per Serving</p> <p>Calories 230 Calories from Fat: 40</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 6g 12%</p> <p> Saturated Fat 1g 5%</p> <p> Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 12%</p> <p> Dietary Fiber 4g 16%</p> <p> Sugars 1g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 10%</p> <p>Vitamin C 8%</p> <p>Calcium 20%</p> <p>Iron 45%</p> <p><small>* Percent Daily Values are based on a diet of 2,000 calories. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="0" style="width: 100%; font-size: small;"> <tr> <td></td> <td style="text-align: center;">Calories:</td> <td style="text-align: center;">2,000</td> <td style="text-align: center;">2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>6g</td> <td>8g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>2g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>Less than</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> </div>		Calories:	2,000	2,500	Total Fat	Less than	6g	8g	Sat Fat	Less than	2g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate	Less than	300g	375g	Dietary Fiber		25g	30g	<p>Proposed Label</p> <div style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per 2/3 cup</p> <p>Calories 230</p> <hr/> <p>% DV*</p> <p>12% Total Fat 6g</p> <p>5% Saturated Fat 1g</p> <p>0% Trans Fat 0g</p> <p>0% Cholesterol 0mg</p> <p>7% Sodium 160mg</p> <p>12% Total Carbs 37g</p> <p>14% Dietary Fiber 4g</p> <p>Sugars 1g</p> <p> Added Sugars 0g</p> <hr/> <p>Protein 3g</p> <hr/> <p>10% Vitamin D 2mcg</p> <p>20% Calcium 260mg</p> <p>45% Iron 8mg</p> <p>5% Potassium 235mg</p> <hr/> <p><small>* Footnote on Daily Values (DV) and calories reference to be inserted here.</small></p> </div>
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The proposed Nutrition Facts label (above right) will emphasize the number of calories and servings per container; update % Daily Values for nutrients such as

At the start of the new year, the Department of Health and Human Services and the USDA wielded the new 2015-2020 Dietary Guidelines for use. The new dietary guidelines, and recommends that Americans double their intake of seafood. Low in fat and cholesterol and high in protein, the new report highlights the benefits of eating more fish and shellfish.

2016 Dietary guidelines doubles seafood

Due to the knowledge of professionals who comprise the Dietary Guidelines Advisory Committee, recommendations are held as the new standard every time they are publicized. In this year’s case, scientists and researchers targeted the American people’s eating habits and patterns, which in turn streamlined recommendations and individual diet patterns.

“We are excited by the release of the new USDA HHS Dietary Guidelines,” said Bridget Own, the executive director of Soy Aquaculture Alliance. “It highlights the importance of lean proteins, including seafood. Fish and shellfish are delicious and healthy options to add to a family’s weekly meals.”

With the release of the new Dietary Guidelines for Americans, the FDA recommends Americans double their seafood consumption. Seafood is a high-quality protein and is low in fats and cholesterol.

The eight edition of the dietary guidelines address cholesterol, saturated fats and sugar. The guidelines did not change significantly ever since the seventh edition that was released in 2010, but they focus more on dietary cholesterol, added sugars, saturated fats and they also included the consumption of coffee as a healthy habit.

Acknowledging that the “scientific integrity” of the drafting process has been called into question, Congress has asked the National Academies of Science to review “whether balanced nutrition information is reaching the public,” and set aside \$1 million for the effort.

According to the latest edition of the dietary guidelines aimed at the American people, coffee is not an enemy anymore, but rather an ally of a healthy lifestyle, if consumed with moderation. The FDA advises that the caffeine intake shouldn't surpass 400 mg a day. But they do make a note that people who don't usually drink coffee shouldn't take it up just because it is now considered healthy.

The 2015-2020 dietary guidelines address cholesterol, saturated fats and sugar as the main concerns the American people should have when calculating their dietary requirements and planning a meal. The novelty of the new dietary guidelines is the fact that dietary cholesterol is no longer considered a health threat.

The dietary guidelines focus on the ever increasing intake of trans fats and saturated fats in the American plates

The previous guidelines limited the consumption of dietary cholesterol to 300 mg per day, but the latest issue says that it is no longer considered a factor in the process of building a healthy lifestyle. While they do say there is a need of additional research on the link between blood cholesterol and dietary cholesterol level, it seems that nutritionists and dietitians are not blaming it anymore for the heart problems of the American people.

But that doesn't mean that fast food restaurants should be assaulted by people thinking it's ok to eat food high in cholesterol. Cholesterol may have been removed, for now, from the list of dietary enemies of the blood vessels, but saturated fats are still responsible for hypertension, blood clots, diabetes and even stomach problems, like gastritis.

The last on the list of novelty subjects on which the dietary guidelines focused in the 2015-2020 edition is sugar. It is a well-known fact that the majority of processed foods, drinks and desserts that are on the present moment available on the American market are packed with added sugar.

Only a single Coke can contains approximately 7 teaspoons of added sugar, if you also count the sugar in the morning coffee, in the dough from which the morning bagel was made, from the slice of pizza and the ketchup on top you had for lunch and the from the dressing you drizzled on top of your salad at dinner you get an astonishing result.

Food in America is packed with added sugar, which is why the average citizen consumes almost double the daily recommended dose.

The new dietary guidelines address cholesterol, saturated fats and sugar. The FDA recommends the people to change their diets slowly to avoid stressing out the body.

For instance, in the new Dietary Guidelines, it is suggested that Americans limit their daily consumption of saturated fats to 10 percent of all calories in their diet. Saturated

fats are those found in animal products. The authors of the Dietary Guidelines maintain that the guidelines are based on nutritional science that has been established. Mozaffarian says the assumed harm caused by saturated fats cause is actually uncertain, and that science related to this topic has “substantial controversy and/or uncertainty.”

Another example of this principle is that the Dietary Guidelines encourage Americans to start using vegetable oil in place of butter. Mozaffarian says the science that supports the dietary dangers of butter involves “substantial controversy and/or uncertainty” as well, and claims that the science supporting the benefits of vegetable oils are equally controversial.

As a general rule, it is likely best for Americans to stick to a diet that is free or low in processed foods, as well as one low in sugars and sodium. These guidelines have been known to prevent detrimental diseases that significantly affect the African-American community, including hypertension and type 2 diabetes.

Source : <http://www.albanydailystar.com/health/2016-fda-diet-guidelines-recommending-seafood-for-nutrition-oakland-health-15703.html>