

IT'S A GAME CHANGER.....NEW DIETARY GUIDELINES FOR AMERICANS

The Guidelines encourage us to eat more vegetables and fruits plus reduce the amount of sugars, saturated fats, refined grains, and sodium. The biggest change is they are encouraging a change in our eating patterns, and suggesting that we make small changes that will add up to big differences.

It's interesting that Lobbyists tried to influence the new report. That really left me wondering how much influence they had in designing the guidelines. As these recommendations influence the diets of millions of Americans, I was delighted to find an interview with Purdue University Professor Wayne Campbell, who was one of the 14 scientists charged with writing the report, and it answered my question.

He revealed that Americans will find it difficult to cut back on that added sugar, especially since it's in our soda, yogurt, and condiments, and we often consume sugar without realizing it. He added that working on this report prompted changes in his own diet. He said that extreme changes in diet just don't work; it's the slow progressive changes that become part of a person's usual dietary habits. He added that he used the Super-Tracker MyPlate software that's available through the federal government.

When asked about the amount of pressure he felt from the food industry about designing these guidelines, he said it never changed our recommendations. The committee members were just concerned about reviewing the highest quality science to make the best recommendations based on science.

As I read the interview, it was encouraging to hear about the process of writing these guidelines, so I guess I'll try to give up that sprinkle of added sugar on my hot cereal but the cinnamon will stay.

For More Information: see:

<http://www.usatoday.com/story/news/2016/01/07/federal-dietary-guidelines/77151060/>

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<http://well.blogs.nytimes.com/2016/01/07/new-diet-guidelines-urge-less-sugar-for-all-and-less-meat-for-boys-and-men/>

**Journal & Courier, January 11, 2016, "Purdue Professor Had Hand in Dietary Rules,"
By Maureen Groppe, The Washington Bureau, cover page and 2A.**