

Report of the DGAC on the Dietary Guidelines for Americans, 2010

Part A: Executive Summary

From: **Translating and Integrating the Evidence: A Call to Action** (p. A-3 to A-4)

(<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DGAC/Report/A-ExecSummary.pdf>)

Change is needed in the overall food environment to support the efforts of all Americans to meet the key recommendations of the 2010 DGAC. *To meet these challenges, the following sustainable changes must occur:*

- **Improve nutrition literacy and cooking skills**, including safe food handling skills, and empower and motivate the population, especially families with children, to prepare and consume healthy foods at home.
- **Increase comprehensive health, nutrition, and physical education programs and curricula** in US schools and preschools, including food preparation, food safety, cooking, and physical education classes and improved quality of recess.
- For all Americans, especially those with low income, **create greater financial incentives to purchase, prepare, and consume** vegetables and fruit, whole grains, seafood, fat-free and low-fat milk and milk products, lean meats, and other **healthy foods**.
- **Improve the availability of affordable fresh produce** through greater access to grocery stores, produce trucks, and farmers' markets.
- **Increase environmentally sustainable production** of vegetables, fruits, and fiber-rich whole grains.
- Ensure household food security through measures that **provide access to adequate amounts of foods that are nutritious and safe to eat**.
- Develop safe, effective, and sustainable practices to expand aquaculture and **increase the availability of seafood to all segments of the population**. Enhance access to publicly available, user-friendly benefit/risk information that helps consumers make informed seafood choices.
- **Encourage restaurants and the food industry to offer health-promoting foods** that are low in sodium; limited in added sugars, refined grains, and solid fats; and served in smaller portions.
- Implement the US National Physical Activity Plan, a private-public sector collaborative promoting local, state, and national programs and policies to **increase physical activity and reduce sedentary activity** (<http://www.physicalactivityplan.org/index.htm>). Through the Plan and other initiatives, develop efforts across all sectors of society, including health care and public health; education; business and industry; mass media; parks, recreation, fitness, and sports; transportation, land use and community design; and volunteer and non-profit. Reducing screen time, especially television, for all Americans also will be important.