

## Introducing the AMDRs for Healthy Diets

*New nutrient ranges for carbohydrates, fats, and protein are released. The National Academies of Science release the nutrient AMDRs.*

In September, the National Academies of Sciences in Washington, DC released an updated and improved way to look at nutritional needs of individuals. A major shift from the previous recommendations from 1989, the new guidelines offer a *range* of healthy intake of carbohydrates, protein and fat. Called the Acceptable Macronutrient Distribution Ranges (AMDR), the new values acknowledge that all people are unique and therefore, individual nutrient recommendations can vary.

	<b>Old Guidelines</b>	<b>NEW GUIDELINES (AMDRs)</b>
<b>Carbohydrate</b>	<ul style="list-style-type: none"> <li>• 50% or more of total calories</li> </ul>	<ul style="list-style-type: none"> <li>• <b>45-65% of total calories</b></li> <li>• <b>Minimum 130 grams daily</b></li> <li>• <b>25 grams (females) or 38 grams (males) fiber daily</b></li> <li>• <b>≤25% of total calories from added sugars</b></li> </ul>
<b>Fat</b>	<ul style="list-style-type: none"> <li>• 30% or less of total calories</li> </ul>	<ul style="list-style-type: none"> <li>• <b>20-35% of total calories</b></li> <li>• <b>Limit or avoid saturated and trans-fats</b></li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>• 10-35% of total calories</li> </ul>	<ul style="list-style-type: none"> <li>• <b>10-35% of total calories</b></li> </ul>

The purpose of these important changes is to reflect what scientists have discovered over the last decade about promoting health and preventing disease with nutrition. The AMDR is defined as a range of intake of a nutrient (carbohydrate, fat, or protein) that provides adequate intakes of essential nutrients *and* is associated with reduced risk of chronic disease. Consistently eating *above* or *below* these ranges has been associated with *increased risk* of certain chronic diseases like heart disease, diabetes, cancer and obesity. Also,

because obesity is at epidemic levels today and considered a major risk factor for disease, the nutrient recommendations are intended, along with appropriate calories, to help individuals maintain a healthy weight.

The AMDRs offer considerable flexibility and new alternatives for people who want to use good nutrition to help remain healthy and prevent disease.

*References:*

National Academies of Sciences. Internet site: [www.nap.edu/books/0309085373.html](http://www.nap.edu/books/0309085373.html). (September 2002).