

## New Diet and Exercise Guidelines

*The National Academies of Science release major report revising dietary and exercise guidelines for Americans.*

The National Academies of Science (NAS), the government agency responsible for evaluating sound science on nutrients and bringing Americans the nutrient RDAs, recently issued a new 1,000 page revised and expanded report with recommendations on diet and exercise.

After two full years of study, the team of 21 American and Canadian experts offered diet and exercise recommendations to promote healthy weight management and reduce the risk of chronic diseases. Previously, the NAS set only the Recommended Dietary Allowances (RDAs) for vitamins and minerals. The newest report replaces the RDAs with Dietary Reference Intakes (DRIs) and includes information on the calorie-containing macronutrients – carbohydrates, protein, and fat. In addition, the NAS *doubled* the existing recommendation of 30 minutes of exercise daily to a *full hour* for health promotion and reduced disease risk.

The new recommendations are not only expanded from the previous ones released in 1989, but offer a more specific and wider range of nutrients to meet individual needs.

Here's a summary of the recommendations.

Eat a healthy diet of:

- ✓ A minimum of 130 grams of carbohydrates daily and 45-65% of the total calories.
- ✓ 10-35% of total calories as protein.
- ✓ 20-35% of total calories as healthy fats.
- ✓ Limit or avoid saturated and trans-fats.
- ✓ Eat 38 grams of fiber for men, 25 grams for women.

Exercise:

- ✓ 60 minutes daily.

Individual calories recommendations should be based on level of activity, which is a first in attempting to tie food intake with physical exercise in these kinds of major guidelines.

*References:*

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