



INDIANA'S EMERGENCY FOOD RESOURCE NETWORK

FEBRUARY 2021

A NEWSLETTER FOR THE
STAFF AND VOLUNTEERS
OF EMERGENCY
FEEDING PROGRAMS

Ask the Expert:

What Are Dietary Guidelines?

Written by Caroline Parker; Purdue University Dietetics & Nutrition, Fitness, and Health '21

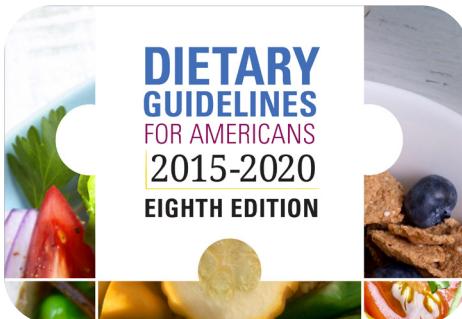
The Dietary Guidelines for Americans are published every 5 years by the government. Dietary Guidelines were created to promote health, reduce the risk of chronic diseases, and help people get the nutrients they need. The new 2020-2025 guidelines include recommendations for all life stages. In order to help everyone choose a better diet, there are 4 guidelines to follow.

Guideline 1: Follow a healthy dietary pattern at every life stage. A dietary pattern is what individuals tend to eat and drink most often. These patterns affect health and disease risk. Dietary patterns that lead to better health include, “vegetables, fruits, legumes, whole grains, low or non-fat dairy, lean meat, seafood, nuts, and unsaturated vegetable oil, and eating less red and processed meats, sugar-sweetened beverages, and refined grains”. Eating these foods on a regular basis is important because they lower the chance of death.

Guideline 2: Choose foods and beverages that you like and fit your culture and budget. Eating healthy does not have to be expensive. Some examples of how to save money are: planning meals in advance, buying in-season produce, and including frozen, dried, and canned foods in the diet.

Guideline 3: Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits. Within every food group there are similar foods to choose from that vary in the amount of the nutrients we need more of like calcium, fiber, vitamin D and potassium. Try to choose foods that have high amounts of these nutrients. Fruits and vegetables are a special food group that have many nutrients that most people don't eat enough of. Eating more fruits and vegetables can help decrease overall calorie intake while also helping an overall diet meet nutrient recommendations.

Guideline 4: Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages. Similar to guideline 3, within every food group there are many choices, some of them are similar types of food but have more saturated fat, added sugar, and sodium. Try to choose foods within each food group that have less of these nutrients and keep alcoholic drinks at a moderate amount.



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Sources: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf, https://www.nutritionunplugged.com/wp-content/uploads/2016/01/DGA_Link-Image-4x_2016-01-05-1.jpg

Food Safety:

Dietary Guideline Recommendations

Written by Caroline Chen; Purdue University Dietetics & Nutrition, Fitness, and Health '22

Food safety is important when cooking and handling food to prevent the spread of foodborne illness. Foodborne illnesses can result from consuming raw, undercooked, or unpasteurized food products. The Dietary Guidelines recommend four simple steps to ensure food safety: clean, separate, cook, and chill.

1. Clean: Frequently wash hands for 20 seconds with soap and water when handling food. Make sure to wash all surfaces that may come into contact with food (utensils, cutting boards, countertops) with hot and soapy water.
2. Separate: Keep raw meats separated from ready-to-eat foods. Always use separate cutting boards and plates for raw meats and keep them separated from other foods when in the fridge.
3. Cook: Cook all foods to the correct internal temperature to kill any germs that may be present: 145 degrees F for whole cuts of beef, pork, veal and lamb, 145 degrees F for fish, 160 degrees F for ground meat, and 165 degrees F for all poultry, leftovers, and casseroles.
4. Chill: Place perishable foods in the refrigerator within 2 hours. On hot days, refrigerate within 1 hour. Make sure that your refrigerator is at or below 40 degrees F to prevent the growth of harmful bacteria.

Source: https://www.dietaryguidelines.gov/sites/default/files/2020-12/dietary_guidelines_for_americans_2020-2025.pdf, <https://www.cdc.gov/foodsafety/keep-food-safe.html>

Banana Walnut Oatmeal

Ingredients (1 serving)

- 2/3 cup milk (non-fat, dry)*
- 1 dash salt
- 2 3/4 cup water
- 2 cups oats (quick cooking)
- 2 bananas (very ripe, mashed)
- 2 tbsp maple syrup or honey
- 2 tbsp walnuts (chopped)

Directions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed bananas and maple syrup/honey. Divide between 4 bowls, garnish with walnuts, and serve.



Nutrition Facts (1.5 cups)

Calories: 292
Protein: 11g
Carbs: 52g
Fat: 6g

*You can substitute 2 cups water or 2 cups skim milk for the reconstituted non-fat dry

Eating Right: How to Use the Dietary Guidelines in Daily Life

Written by Caroline Parker; Purdue University Dietetics & Nutrition, Fitness, and Health '21

Choosing a variety of foods from each food group and being mindful of the portion size are good ways to follow the Dietary Guidelines. Also, choosing foods that have less sodium, saturated fat, and added sugars can help. Trying to include more “nutrient dense foods” or foods that have higher amounts of vitamins and minerals and lower amounts of sodium and saturated fat is another good way to follow the guidance of the Dietary Guidelines. The example below shows a recipe where certain ingredients have been replaced to improve the “nutrient density” of the “burrito bowl”.

Typical Burrito Bowl (1,120 calories)	Nutrient-Dense Burrito Bowl (715 calories)
White rice (1.5 cup)	Brown Rice (1 cup) + Romaine lettuce (0.5 cup)
Black beans (0.5 cup)	Black beans, reduced sodium (0.5 cup)
Chicken cooked with sauce (2 ounces)	Grilled chicken with spice rub (2 ounces)
No grilled vegetables	Added grilled vegetables (0.5 cup)
Guacamole (0.5 cup)	Sliced avocado (5 slides)
Jarred salsa (0.25 cup)	Fresh salsa/pico de gallo (0.25 cup)
Sour cream (0.25 cup)	No sour cream
Cheese (0.5 cup)	Reduced-fat cheese (0.5 cups)
Jalapeno (5 slices)	Jalapeno (5 slices)
Iced tea with sugar (16 ounces)	Iced tea, no sugar (16 ounces)

The Dietary Guidelines can be used to make meals and snacks in many ways, so that eating in a way that follows the Guidelines is possible for people with different tastes, cultures, and budgets. Choosing to eat a variety of foods can help individuals meet nutrient needs. Fresh food, canned food, dried food, frozen food, and 100% juices can all fit in a healthy dietary pattern and help people meet nutrient needs.

Staying within calorie limits is another part of a healthy dietary pattern. To stay within calorie limits, try to pay attention to the portion size of foods and drinks. A portion is the amount of food you eat at a time. To figure out the right portion for you, look at the serving size on the nutrition facts label of the food. The serving size is a good reference to use when thinking about your calorie needs.

The nutrition facts label to the right shows the serving size for milk. By looking at the nutrition facts label, one can tell that 1 cup of this milk has 90 calories, 0 grams of fat, 12 grams of carbs, and 8 grams of protein.

Nutrition Facts

Serving Size 1 Cup (240mL)

Amount per Serving

Calories 90	Fat Cal 0
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%Daily Value

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g

Cholesterol 5mg	2%
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Sodium 125mg	5%
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Potassium 370mg	11%
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Total Carbohydrate 12g	4%
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Dietary Fiber 0g	0%
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Sugars 12g

Protein 8g	16%
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Vitamin A 10%	• Vitamin C 0%
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Calcium 30%	• Iron 0%
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Vitamin D 25%



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This newsletter is edited by Caroline Parker and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

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IN THE NEWS

In The News: 10th Anniversary of Healthy, Hunger-Free Kids Act

Written by Alexis Noirot, Purdue University Developmental & Family Sciences '22

In December of this past year, the Healthy, Hunger-Free Kids Act celebrated its 10th anniversary. The main goal of this act is to make sure, "every American child (has) access to the nutrition they need to grow into healthy adults". The Healthy, Hunger-Free Kids Act is very important to schools and families in the US because it has changed the way they think about nutrition and hunger.

Having nutritious foods to eat is important, especially during the coronavirus pandemic. Many families have been unable to afford enough nutritious foods, so this act has become even more important over the last year.

For 10 years, the Healthy, Hunger-Free Kids Act has given millions of meals to Americans and has provided access to healthy food for children by the help of local farmers and food producers. To learn more about the law, visit: <https://www.fns.usda.gov/cn/healthy-hunger-free-kids-act>.



Sources: <https://www.fns.usda.gov/cn/healthy-hunger-free-kids-act>, <https://choicesproject.org/wp-content/uploads/2020/07/>