



THE AMERICAN DIETETIC ASSOCIATION'S

COMPLETE

Food & Nutrition Guide

- SOLID, UP-TO-DATE ADVICE THAT SEPARATES FAD FROM FACT
- SHOWS HOW TO COMBINE GOOD TASTE AND GOOD HEALTH—EVERY DAY
- OFFERS NUTRITION GUIDANCE FOR EVERY AGE AND STAGE OF LIFE
- REPRESENTS THE EXPERTISE OF NEARLY 70,000 MEMBERS OF THE ADA

Roberta Larson Duyff, MS, RD, CFCs

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T H E

AMERICAN DIETETIC
ASSOCIATION'S

COMPLETE
FOOD &
NUTRITION
GUIDE

by

Roberta Larson Duyff, MS, RD, CFCS

C H R O N I M E D P U B L I S H I N G

The American Dietetic Association's Complete Food and Nutrition Guide

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PRAISE FOR

The American Dietetic Association's

Complete Food & Nutrition Guide

"This is a **truly comprehensive**, easy-to-read guide for the whole family. It is a wonderful resource for healthy meal planning."

—Jeanne Jones, syndicated columnist Cook It Light, author, lecturer, consultant

"Jam-packed with practical eating and food safety tips."

—USA Today

"*The American Dietetic Association's Complete Food & Nutrition Guide* may **the ultimate healthy-eating primer**. How often can it be said of a book that it may extend your life?"

—Fitness magazine

"**Intelligent advice** about sensible eating."—Washington Times

"This is a wealth of information—**chock-full of practical tips** and very reader-friendly. Should be on everyone's bookshelf."

—Evelyn Tribble, RD, nutrition columnist and best-selling author

"**A must** for everyone's kitchen."—The Oregonian

"Brimming with tips—from choosing the best baby food to eating for healthy aging."

—Shape magazine

"Tackles most of the nutritional issues that concern Americans today... **up-to-date and helpful**."

—Seattle Times

"Very approachable."—Fast and Healthy magazine

"No matter what your age or stage, you'll find useful, **easy-to-understand**, science-based answers to all your nutrition questions."

—Fayetteville Observer (NC)

"... anyone, even those not nutritionally inclined, can open the book and find something interesting."

—St. Louis Journal Publications

"...**solid all-around guide to nutrition** that's fun just to pick up and peruse."

—Environmental Nutrition

"Helpful tips and guidelines for good eating **for everyone in the family**." —Dallas Child

"A readable and timely book for the lay reader. **Duyff gives sound advice**."

—Library Journal

Acknowledgments

As I completed each phase of this book, I became ever more grateful and indebted to the many professionals and colleagues—in the fields of nutrition and dietetics, health, family and consumer sciences, food science, culinary arts, education, and communications—who have shared with me their knowledge, experience, and expertise throughout the years. Although there are many, I extend my thanks to:

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Roberta L. Duyff, MS, RD, CFCS

The American Dietetic Association is the largest group of food and nutrition professionals in the world. As the advocate of the profession, the ADA serves the public by promoting optimal nutrition, health, and well-being.

For more information...

For expert answers to your nutrition questions, call the ADA/National Center for Nutrition and Dietetics Hot Line at (900) 225-5267, and speak directly with a registered dietitian (RD). To listen to recorded messages or obtain a referral to an RD in your area, call (800) 366-1655.

Foreword

The American Dietetic Association (ADA), with nearly 70,000 members, is the largest society of food and nutrition professionals in the world. The ADA strives to be the source of the most sound, scientifically based food and nutrition information for the American people. The ADA believes that you can obtain all essential nutrients from an eating style that emphasizes variety, balance, moderation, and taste, but recognizes that Americans are bombarded with many confusing and contradictory messages about food and nutrition. Members of ADA include registered dietitians (RD), registered dietetic technicians (DTR), and individuals with advanced degrees related to food, nutrition, and health.

To resolve the multitude of questions and concerns you may have about eating right, The American Dietetic Association has combined the expertise of its members with the latest research to create *The American Dietetic Association's Complete Food & Nutrition Guide*. This interactive guide stands out from other nutrition books because it emphasizes individual choice and the control that each of us has over our own food, nutrition, and activity behaviors. It focuses on fitness, health, and sound nutrition as well as the importance of great tasting food. The strategies and suggestions offered can help you make choices that will lead to success in achieving optimal health and well-being.

The American Dietetic Association's Complete Food & Nutrition Guide focuses on a healthful diet for all stages of life. It describes nutrition and health concepts in clear, straightforward language, has many useful charts, graphs, and illustrations, and each chapter offers you the opportunity to assess your own food and nutrition knowledge and practices. This comprehensive guide also demonstrates through real-life examples and tips how sound nutrition habits and physical activity can be incorporated into diverse lifestyles.

Everyone deserves an opportunity to achieve good health without sacrificing the enjoyment of great tasting and safe food. To help Americans achieve this goal, *The American Dietetic Association's Guide to Food & Nutrition* is designed to translate nutrition recommendations into practical, timely advice for you and your whole family. Topics that Americans are most interested in are covered, including safe practices for losing weight; ways to lower fat intake; tips for smarter grocery shopping; making wise food choices in restaurants; maintaining food safety in the home; plus many more. You will be well-armed to distinguish between fact and fiction and make better decisions about food selection that fits your individual tastes.

This book should be part of the home library of everyone interested in health, nutrition, and fitness. Not only is it an excellent reference with reasonable answers to common questions, but it also offers real-life solutions to food and nutrition dilemmas faced by today's consumers. This guide is meant to complement, not replace, the expertise and services of a qualified nutrition professional, such as a registered dietitian.

On behalf of the members of The American Dietetic Association, may healthy choices and good eating be yours!

The American Dietetic Association

Notice:

Consult Your Health Care Professional

Readers are advised to seek the guidance of a licensed physician or health care professional before making changes in health care regimens, since each individual case or need may vary. This book is intended for informational purposes only and is not for use as an alternative to appropriate medical care. While every effort has been made to ensure that the information is the most current available, new research findings, being released with increasing frequency, may invalidate some data.

Introduction

The *American Dietetic Association's Complete Food & Nutrition Guide* has been created for you as a practical, up-to-date resource for healthful eating. From cover to cover, you'll see how healthful eating—combined with physical activity—promotes fitness. And you'll learn how nutrition and taste can go hand in hand!

To help with your everyday eating dilemmas, this book is filled with practical advice—whatever your lifestyle or needs. From weight control to low-fat eating... supermarket shopping to eating out... vegetarian eating to sports nutrition, you'll find a myriad of tips for ease, convenience, and good taste. Look for the easy-to-follow charts, graphs, sidebars, and illustrations, including "Kitchen Nutrition" tips and "Label Lingo."

As your complete resource on nutrition, you can refer to this book again and again at every age and stage of life—from choosing the healthiest baby food to preventing osteoporosis. With chapters that address nutrition throughout the life cycle, this book is meant for you, and for all those you care about... perhaps a child, spouse, companion, aging parent, or friend.

For your personal nutrition "check-up," you'll find opportunities to assess your own nutrition knowledge and everyday food choices. Take the quiz, "Truth or Consequences," in chapter 1 to see what you already know about a broad range of nutrition topics. Want more information? The answers refer you to in-depth discussions throughout the book. Look closely at your own food choices, with a personal "Nutrition Check-up" in chapters 2 through 23. Then apply what you know about food, nutrition, and health to the everyday situations presented in "Real Life Nutrition" at the end of these chapters.

When nutrition makes the news, this book can help you judge the headlines and separate fad from fact. Its food and nutrition advice comes from The American Dietetic Association, the authority America turns to for food and nutrition advice, with over 80 years of nutrition expertise and research.

With their calls to the Consumer Nutrition Hot Line—a service of The American Dietetic Association's National Center for Nutrition and Dietetics—thousands of consumers have helped shape the focus and content of *The American Dietetic Association's Complete Food & Nutrition Guide*. We hope the answers to their food and nutrition questions will also answer many of yours!

Read, enjoy, be active, and eat healthy... for life!

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CHAPTER ONE

FOOD CHOICES FOR FITNESS

Your life is filled with choices! Every day you make thousands of choices, many related to food. Some seem trivial. Others are important. A few may even set the course of your life. But as insignificant as a single choice may seem, made over and over, it can have a major impact on your health—and your life!

This book is about choices—those you, your family, and your friends make every day about food, nutrition, and health. Within its pages, you'll find reliable nutrition information and sound advice, based on

scientific evidence. It offers you practical ways to eat healthy in almost any situation and at every phase of life. And it encourages you to enjoy the pleasures of food. After all, taste is the number one reason most people choose one food over another.

Most important, the flexible guidelines help you choose nutritious, flavorful foods to match your own needs, preferences, and lifestyle—even as your life and family situation change. You'll find that eating for health is one of the wisest decisions you'll ever make.

What Is "Fit"?

What does the term "fitness" mean to you? To many people, "fitness" relates to physical activity—perhaps a rigorous daily exercise regimen. To some, the term may mean a trim or muscular body or the ability to finish a 10K run. Others may think of fitness simply as being free of disease and other health problems.

Yet, the true definition of fitness is far broader and more personal. It refers to your own optimal health and overall well-being. Fitness is your good health—at its very best!

Fitness: Your Overall Health

Being fit translates to every aspect of your health—not only your physical health, but your emotional and mental well-being, too. In fact, all three are interconnected. And nutrition and physical activity are fundamental to each one.

When you're fit, you have:

- stamina and a positive outlook to handle the mental challenges of everyday life and the emotional ups and downs,