

2010 GUIDELINES

2005 GUIDELINES

TIPS FOR IMPLEMENTING THE CHANGE

Consume less than 7 percent of calories from saturated fatty acids (SFA) & replace SFA intake with poly-unsaturated fatty acids (PUFA) and mono-unsaturated fatty acids (MUFA).

Consume less than 10 percent of calories from saturated fatty acids.

Replace products that are high in SFA (*i.e. full-fat dairy products, butter, lard, marbled meats and bacon, and tropical oils, such as coconut and palm*) with items that are rich in PUFA and MUFA (*i.e. vegetable oil spreads, vegetable and nut oils including canola, corn, safflower, soy, and sunflower, and almond, peanut, pecan and pistachio, as well as avocado and olive sources*).

Limit total dietary cholesterol intake to <300mg/day and <200mg/day for individuals with or at high risk for CVD and Type 2 diabetes.

Consume less than 300 mg/day of cholesterol.

Limit overall total cholesterol intake by monitoring/reducing major sources of cholesterol in the American diet (*i.e. egg yolks, dairy products, and meats*).

Avoid consumption of *trans*-fats from industrial sources and limit to <0.5% of calories from natural sources

Keep *trans* fatty acid consumption as low as possible.

Limit total *trans*-fat intake by avoiding these common sources: commercially fried and baked foods (*i.e. crackers, cookies, snack foods and commercially-prepared baked goods*), stick margarines and foods containing partially-hydrogenated oils and natural sources (*i.e. milk, sheep, goats, deer, buffalo, and marsupials*).

Increase consumption of Omega-3 fatty acids by consuming two servings of seafood per week (4 oz. cooked, edible seafood per serving) which provide an average of 250 mg/day of omega-3 fatty acids from marine sources.

No specific recommendation concerning intake of fish or omega-3 fatty acids.

Aim for 2 servings of fatty fish/week (*i.e. cold-water fish such as cod, halibut, mackerel and salmon*).

Keep total fat intake between 20 to 35 percent of calories, in accordance with the Acceptable Macronutrient Distribution Range (AMDR).

Continue to work towards maintaining an overall lower fat intake; recent NHANES data (2005-2006) reports that mean intake is 33.6% of total calories from fat.