

National Dairy Council Reviews Dietary Guidelines

ROSEMONT, Ill. — "The U.S. departments of Health and Human Services and Agriculture and the committee members who represented them are to be congratulated for their work in developing the 1995 Dietary Guidelines for Americans," said Greg Miller, Ph.D., F.A.C.N., vice president of nutrition research for the National Dairy Council.

"Given the growing body of nutrition information and the ever-changing lifestyles of Americans, the new guidelines represent a complex but important step toward directing our country's eating habits."

The 1995 edition of the Dietary Guidelines for Americans, as released recently, are intended to be the primary source of dietary information for Americans over

the age of two. To reflect new nutritional findings, the guidelines are reviewed and revised, if necessary, every five years.

"As the new guidelines are put to use," added Miller, "we're hopeful future discussions will build upon today's announcement by taking into consideration the many studies which indicate that children have different nutritional needs than adults."

In a recent National Dairy Council survey, 72 percent of health care and nutrition professionals surveyed said separate dietary guidelines for children would be useful. Several national nutrition organizations share this belief, including The American Dietetic Association, the American Institute of Nutrition, the National Dairy Council and the

American College of Nutrition.

"Nutritional guidelines for children need to consider several aspects even when dealing with health maintenance," said Carolyn Abitbol, M.D., F.A.A.P., F.A.C.N., representative of the American College of Nutrition. "The different phases of growth — infancy, childhood and adolescence — should be addressed with attention towards physical, neurological and emotional growth."

These phases of growth are recognized in the National Institutes of Health Consensus Statement on Optimal Calcium Intake. The statement recommends varying levels of calcium intake throughout an individual's life.

For example, NIH recommends that a child of five years of age consume 800 mg of calcium daily,

whereas they recommend an individual of 15 years of age consume between 1,200 mg and 1,500 mg of calcium daily.

Rebecca Mullis, Ph.D., R.D., president of the Society for Nutrition Education, suggests the guidelines be communicated as consistent scientific message targeted to specific audience segments, such as children and parents.

"Americans' food choices are influenced by diverse interests, beliefs, age, income levels and ethnicity — the language within the guidelines should reflect this diversity," Mullis said.

The guidelines were developed

to communicate to Americans the components of a healthy diet to reduce the risk of chronic disease. The guidelines evolved from the Dietary Goals for the United States, which was issued by the U.S. Senate Select Committee of Nutrition and Human Needs in 1977.

The National Dairy Council is a non-profit organization that initiates nutrition research, implements education programs and communicates scientific information on nutrition issues to health professionals, educators and others concerned about fostering a healthier society. NDC is a division of Dairy Management Inc.



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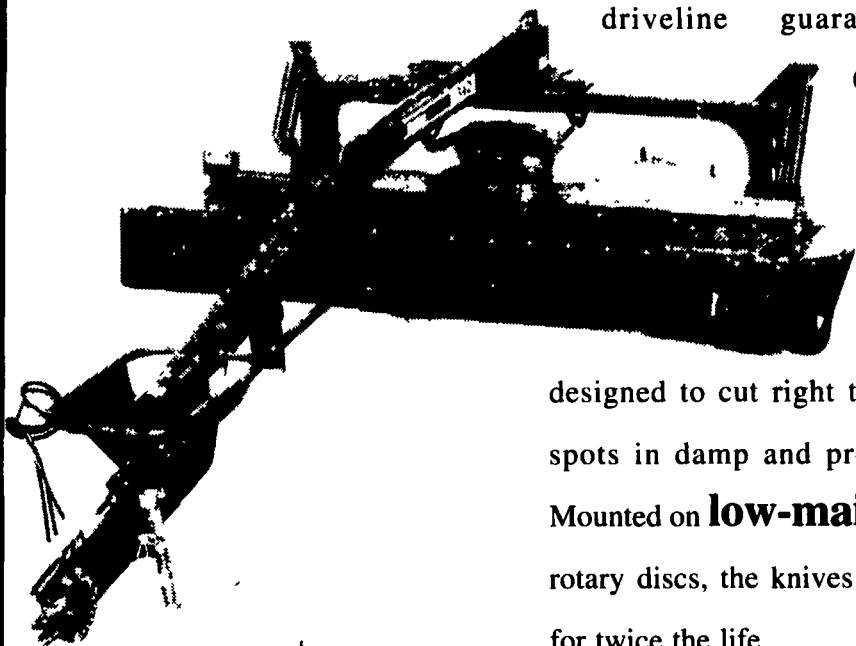
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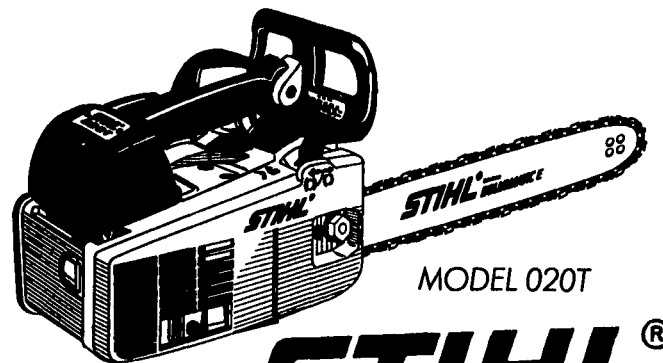
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