

Background and Qualifications

◆ Education:

- BS, 1970 Food Science and Technology, UC Davis
- Ph.D. 1974 Nutrition, UC Berkeley

◆ Employment:

- Professor of Nutrition, UC Davis
- Dean College of Agricultural and Environmental Sciences, 1993-1999
- Assistant Administrator for Nutrition, USDA, 1999-2000

◆ Other

- 1990, 1995 Dietary Guidelines for Americans Advisory Committee
- Food and Nutrition Board (NAS), member.

Issues regarding nutrition and acrylamide

- ◆ Foods that are fried, baked, grilled or toasted are likely to contain acrylamide.
- ◆ Both commercial and home-cooking methods can result in formation.
- ◆ Broad implications for food choices.

Government recommendations on food, nutrition and health

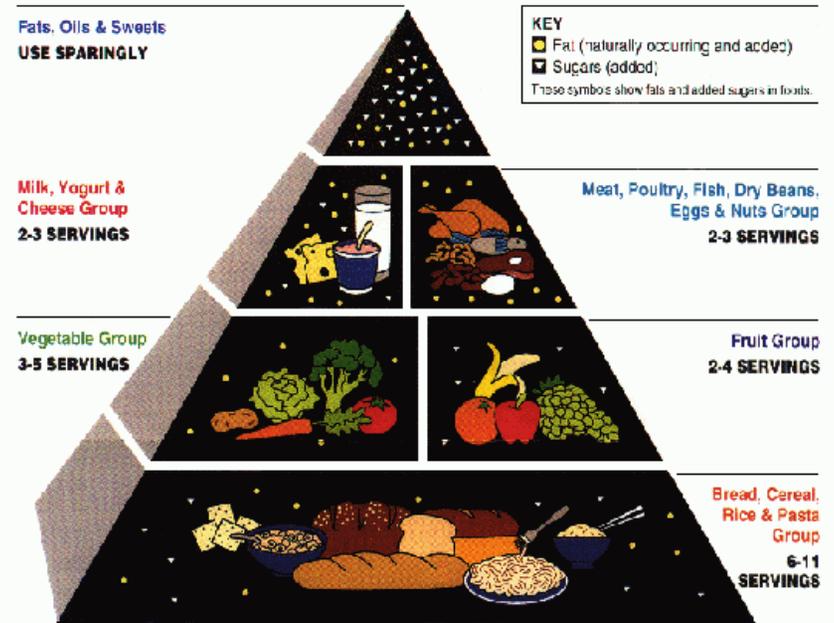
Nutrition and Your Health:
DIETARY GUIDELINES FOR AMERICANS

Aim
for Fitness

BUILD
a Healthy Base

CHOOSE
Sensibly

...for good health



2000 Dietary Guidelines

- ▶ Build a healthy base
 - ▶ Let the Pyramid guide your food choices.
 - ▶ Choose a variety of grains daily, especially whole grains (6-11 servings).
 - ▶ Choose a variety of fruits (2-4 servings) and vegetables daily (3-5 servings).
 - ▶ Keep food safe to eat.

Diet recommendations from government agencies related to acrylamide

◆ FDA

- Eat a balanced diet
- Choose a variety of foods low in trans fat and saturated fat
- Choose a diet rich in high fiber grains, fruits and vegetables

◆ WHO

- Information reinforces general advice on healthy eating
 - ◆ Balance and varied diet, which includes plenty of fruits and vegetables
 - ◆ Moderate consumption of fried and fatty foods.

Potential implications for consumers

- ◆ Ubiquitous warning on food.
- ◆ Are messages conflicting?
 - Dietary guidelines and Food Guide Pyramid encourage 6-11 servings of grain products.
 - Approved health claims on the same products
- ◆ What alternatives will consumers select?
- ◆ What are implications for food safety if foods are under-cooked?

Government recommendations on food, nutrition and health



DIETARY GUIDELINES FOR AMERICANS



AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

BUILD A HEALTHY BASE...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

...for good health

Fats, Oils & Sweets
USE SPARINGLY

Milk, Yogurt & Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

KEY

- Fat (naturally occurring and added)
 - Sugars (added)
- These symbols show fats and added sugars in foods.

