

Meeting 1: June 13-14, 2013

Work Group 3

***Foods, Beverages, and Nutrients and
Their Impact on
Health Outcomes***

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Work Group Scope

Primary Topic Areas

- Types of foods associated with favorable clinical outcomes/chronic disease risk factors
- Types of beverages (including alcohol) associated with favorable clinical outcomes/chronic disease risk factors
- Nutrient intakes of public health concern (over- or underconsumed)

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Work Group Scope

Other Potential Topic Areas to Explore

- Gene-nutrient/gene-food interactions

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**2010 Dietary Guidelines
for Americans**

Chapter 4 – Foods and Nutrients to Increase

- Vegetables, fruit, whole grains, dairy, seafood
- Variety of vegetables and protein foods
- Nutrients of concern - potassium, fiber, calcium, vitamin D
- Subpopulations
 - Pregnant and lactating women
 - 50 years +

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**2010 Dietary Guidelines
for Americans**

Chapter 3 – Foods and Nutrients to Reduce

- Sodium
- Replace saturated fatty acids with polyunsaturated and monounsaturated fatty acids
- *Trans* fatty acids
- Refined grains
- If consume alcohol, moderation
- Calories from solid fats and added sugar

Water (mentioned in Chapter 5)

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Work Group Report

Settled science – No need to revisit

- Increase fruit and vegetable intake
- Eat a variety of vegetables
- Pregnant women choose high heme iron foods and foods that promote iron absorption (e.g., vitamin C)

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*View webcast archive, meeting minutes, and transcript for the full discussion that accompanied this presentation (www.DietaryGuidelines.gov).

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Work Group Report

Settled science – No need to revisit

- Limit consumption of refined grains
- Dietary fat quality more important than quantity

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Work Group Report

Topics to revisit - High priority

- Sodium
- Omega-3 fatty acid (seafood) (WG1)
- Fortified foods and beverages
 - Impact on total consumption
- *Trans* fatty acids – partially-hydrogenated oils, ruminant fats
- Processed meats
- Dairy products
- Whole fruit/juice

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Topics to revisit – Medium priority

- Quantity of whole grains (WG2)
- 10% energy from saturated fat
- 300 mg cholesterol

Topics to revisit – Low priority

- Alcohol
- Glycemic index

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Work Group Report

New topics for consideration

- Foods/nutrients and cognitive function
- GMO foods and clinical outcomes
- Nutrient overconsumption and clinical outcomes (fortified foods and beverages/supplements)

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New topics for consideration

- Foods/supplements and physical activity/athletic performance
- Sugar sweetened beverages
- Gene-nutrient/gene-food interactions

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General issues

- Health clinical outcomes vs intermediate markers/risk factors
- Recommendations to increase intake vs substitution

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QUESTIONS & DISCUSSION

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