

**WEST VIRGINIA DIETETIC ASSOCIATION ANNUAL MEETING
APRIL 27, 2010**

**NUTRIENT-RICH FOODS:
PACKING MORE POWER ONTO YOUR PLATE:
FROM PUBLIC POLICY TO DIETETIC PRACTICE**

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PRESENTATION OBJECTIVES

- ✚ Describe how the scientific basis for the *2005 Dietary Guidelines for Americans* led to the recommendation that Americans consume a variety of nutrient-dense foods and beverages within and among the basic food groups and that research be conducted to develop a scientifically valid definition of nutrient density
- ✚ Address select research questions posed in ADA's practice paper on nutrient density
- ✚ Describe how dietetic professionals can translate and communicate the concept of nutrient density to consumers to help them follow the *Dietary Guidelines* and MyPyramid
- ✚ Understand and interpret consumer research data regarding consumer attitudes, perceptions and understanding of nutrient density

RESOURCES

THE AMERICAN DIETETIC ASSOCIATION

Practice Paper of the American Dietetic Association: Nutrient density: meeting nutrient goals within calorie needs. *J Amer Diet Assoc.* 2007;107(5):860-869.

ARTICLES

Drewnowski A. The Nutrient Rich Foods Index helps to identify healthy, affordable foods. *Am J Clin Nutr.* April 2010;91(4):1095S-101S.

Drewnowski A. Defining nutrient density: development and validation of the Nutrient Rich Foods Index. *J Am Coll Nutr.* Aug 2009;28(4):421S-426S.

Drewnowski A. Testing nutrient profile models in relation to energy density and energy cost. *Eur J Clin Nutr.* May 2009;63(5):674-83. Epub 2008 Feb 20.

Drewnowski A, Fulgoni VL III. Nutrient profiling of foods: creating a nutrient-rich food index. *Nutr Rev.* Jan 2008;66(1):23-39.

Drenowski A. Nutrient profiling of foods: creating a nutrient-rich food index," *Nutr Rev.* 66(1), January 2008.

Drenowski A. What's next for nutrition labeling and health claims? *Nutr Today.* Sept/Oct 2007; 42(5):206-214.

Drewnowski A. Concept of a Nutritious Food: Toward a Nutrient Density Score. *Am J Clin Nutr.* 2005;82(4):721-732.

Maillot M, Ferguson EL, Drewnowski A, Darmon N. Nutrient profiling can help identify foods of good nutritional quality for their price: a validation study with linear programming. *J Nutr.* June 2008.138:1107-1113.

Miller G, Drewnowski A, King J, Gibney M, Clemens R. Nutrient profiling: global approaches, policies and perspectives *Nutr Today.* Jan/Feb 2010;45(1):6-12.

Mobley A, Kraemer D, Nicholls J. Putting the Nutrient-Rich Foods Index into practice. *J Am Coll Nutr* Aug 2009;28(4): 427S–435S.

Zelman K, Kennedy E. Naturally nutrient rich...putting more power on Americans' plates. *Nutr Today.* 2005;40(2):60-68.

USDA /DHHS

Dietary Guidelines for Americans 2010. Washington, DC: US Department of Agriculture and US Department of Health and Human Services
<http://www.cnpp.usda.gov/DietaryGuidelines.htm>

Dietary Guidelines for Americans 2005. Washington, DC: US Department of Health and Human Services and US Department of Agriculture
<http://healthierus.gov/dietaryguidelines>

Healthy Eating Index. <http://www.cnpp.usda.gov/HealthyEatingIndex.htm>

The Report of the Dietary Guidelines Advisory Committee on *Dietary Guidelines for Americans*, 2005 <http://www.health.gov/dietaryguidelines/dga2005/report/>

Toolkit for Health Professionals. *Dietary Guidelines for Americans 2005*. Washington, DC: US Department of Health and Human Services and US Department of Agriculture
<http://healthierus.gov/dietaryguidelines>

MyPyramid

<http://www.mypyramid.gov/>

The Food and Drug Administration/ US Department of Health and Human Services

New Front-of-Package Labeling Initiative

<http://www.fda.gov/Food/LabelingNutrition/ucm202726.htm>

Make Your Calories Count: Use the Nutrition Facts Label for Healthy Weight Management

<http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

FDA Obesity Working Group Report and Related Information: Keystone Report and “Calories Count” <http://www.cfsan.fda.gov/~dms/nutrcal.html>

Institute of Medicine

Examination of Front-of-Package Nutrition Rating Systems and Symbols
<http://www.iom.edu/Activities/Nutrition/NutritionSymbols.aspx>

Subcommittee on Interpretation and Uses of Dietary Reference Intakes and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Institute of Medicine. A Theoretical Approach Using Nutrient Density to Plan Diets for Groups. In: Dietary Reference Intakes. Applications in Dietary Planning. Washington, DC: National Academy Press; 2003:89-106. <http://books.nap.edu/catalog/10609.html>

THE NUTRIENT RICH FOODS COALITION

<http://www.nutrientrichfoods.org/index.html>

The Nutrient Rich Foods Coalition. Live Well! Enjoy Nutrient-Rich Foods tool kit, a comprehensive educational resource for health professionals to use with their clients to help them improve the nutritional quality of their diets by choosing nutrient-rich foods and beverages first from each food group. Includes background on scientific and consumer research, teaching tools on *MyPyramid*, and several reproducibles to help people easily enjoy getting more nutrients in every meal

NUTRIENT RICH FOODS TEACHING TOOLS

Actionable Information and Resources for Patients and Clients

The *Achieve Better Health with Nutrient Rich Foods* Resource Guide offers a full menu of science, consumer insights and communications tools
http://www.nutrientrichfoods.org/for_health_professionals/resource_guide.html

Live Well! Enjoy Nutrient-Rich Foods Tool Kit
Food Groups Weekly Tracker
Nutrient-Rich Shopping List
Nutrient Rich Foods Recipe Database

http://www.nutrientrichfoods.org/for_health_professionals/teaching_tools.html