

## NUTRITION & EDUCATION GUIDE

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Contemporary Diet and Nutrition

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# **Nutrition & Education Guide**

CONTEMPORARY DIET & NUTRITION

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By

Shawna Williams  
Contemporary Diet and Nutrition

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**Introduction-** This is a straightforward guide to nutrition in the US and abroad and how to maintain overall health.

## **UNIT 1 DIETARY GUIDELINES & PHYSICAL ACTIVITY**

Information to Remember: What we eat each day greatly impacts how healthy or unhealthy we are.

Resource: [https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary Guidelines for Americans 2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)

<https://research.ebsco.com/c/babias/viewer/pdf/3xqc3v3ien?route=details>

## **UNIT 2 FOOD CHOICES & POLITICS**

Information to Remember: Lobbyists do play a role in nutritional recommendations.

Resource: <https://doi.org/10.2190/32F2-2PFB-MEG7-8HPU>

<https://youtu.be/TibndsX9g3c?si=Y-v5CNtbdGxb6LBQ>

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Information to Remember: Dietary selection and food choices are impacted by economics.

Resource: <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>  
<https://research.ebsco.com/c/babias/viewer/pdf/kch3cn7jo5?route=details>

## **UNIT 4 FOOD CHOICES: FOODBORNE ILLNESSES**

Information to Remember: Foodborne illness affects the health of many each year.

Resource: <https://research.ebsco.com/c/babias/viewer/pdf/4jkrpde3ef?route=details>  
<https://www.cdc.gov/foodborneburden/attribution/attribution-1998-2008.html>

## **UNIT 5 GENETICALLY ENGINEERED FOOD**

Information to Remember: Genetically engineered food is here to stay.

Resource: <https://www.fda.gov/food/agricultural-biotechnology/science-and-history-gmos-and-other-food-modification-processes>

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## **UNIT 6 THE ORGANIC FOOD MOVEMENT**

Information to Remember: The USDA has parameters in place to ensure organic food safety.

Resource: <https://www.ams.usda.gov/rules-regulations/organic>

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Organic foods: Are they safer? More nutritious? <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>

#### **UNIT 7 GLOBAL FOOD MARKETS**

Information to Remember: Food choices have expanded due to fast-food globalization.

Resource: <https://www.mashed.com/480200/foreign-fast-food-chains-in-the-us-ranked-worst-to-best/>  
<https://doi.org/10.1161/CIRCULATIONAHA.112.115923>

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Information to Remember: Weight loss medication works in addition to diet and exercise.

Resource: [https://www.cdc.gov/healthyweight/losing\\_weight/index.html](https://www.cdc.gov/healthyweight/losing_weight/index.html)  
<https://www.niddk.nih.gov/health-information/weight-management/prescription-medications-treat-overweight-obesity>

#### **UNIT 9 DIVERSITY OF FOOD CHOICES & CULTURE**

Information to Remember: Culture and the environment can influence our food choices.

**Resource:** <https://explore.globalhealing.com/how-culture-and-society-influence-healthy-eating/>  
<https://freelymagazine.com/2017/01/07/what-food-tells-us-about-culture/>

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# Dietary Trends and Nutrition

## Unit 1 Dietary Guidelines & Physical Activity

### Information to Remember:

What we eat each day greatly impacts how healthy or unhealthy we are. The food and activity choices that we make each day can either lengthen or shorten our lifespan. America has created a food and activity guideline that must be updated every five years. (USDA, 2020) Along with US dietary recommendations, one should also participate in physical activity to maintain good health. (Rowe, 2014)

### Resource:

- Rowe, S. (2014). US evidence-based dietary guidelines: The history and the process. *Nutrition Bulletin*, 39(4), 364-368. doi:10.1111/nbu.12115

This is a great resource because it leads to other resources you can use to ensure you are eating proportionally, such as MyPlate.com. This resource also shares the history of USDA Dietary guidelines. It further emphasizes that both diet and physical activity to stay healthy.

- U.S. Department of Health and Human Services. (2020). [USDA Dietary Guidelines for Americans 2020-2025. 9th Ed. Health.gov.](#)

[https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)

This is a useful resource because it is comprehensive. The guide is broken down into nutritional recommendations for the pregnant mother, the baby, and individuals of advanced age. Along with recommendations for protein, carbohydrates, fat, and sugar, it also provides recommendations for micronutrients.

# Unit 2

## Dietary Trends and Nutrition

### Unit 2 Food Choices & Politics

#### Information to Remember:

As early as 1991 the US Department of Agriculture removed its Eating Right Food pyramid in response to the pressure received from meat and dairy producers. The recommendation for meat consumption also went from "decrease consumption of meat" to "have two or three (daily) servings." (Nestle, 1993) So much of what we know about the food industry is influenced by advertising. Many times, words like moderation and balance are used instead of explaining the nutritional implications of eating something unhealthy. (University of California Television, 2017) You must do your research and find out who is funding a particular food or brand to determine whether it is “healthy” for you or not.

#### Resource:

- Nestle M. (1993). Food lobbies, the food pyramid, and U.S. nutrition policy. *International journal of health services: planning, administration, evaluation*, 23(3), 483–496. <https://doi.org/10.2190/32F2-2PFB-MEG7-8HPU>

This article does an in-depth job explaining how the food pyramid was changed and how lobbyists influence dietary recommendations. Some of the recommendations were opposite after the special interest groups were considered. While all food is not



bad, we must remember that food lobbyists act in their best interest and not necessarily in the best interest of the consumer.

- University of California Television (UCTV). (2017, April 12). [\*Food and politics with Marion Nestle - conversations with history\*](https://www.youtube.com/watch?v=TibndsX9g3c) [Video]. YouTube.  
<https://www.youtube.com/watch?v=TibndsX9g3c>

This is an informative video with Marion Nestle. She explains the long-standing relationship between food, advertising, and politics. Nestle explains the billions of dollars sent by lobbyists to the government so that the government will also serve the interests of the corporation. She is not saying that all food is bad. She is just explaining how some products that are not the healthiest get in front of buyers for consumption.

# Unit 3

## Dietary Trends and Nutrition

### Unit 3 Economics & Food Selection

#### Information to Remember:

Dietary selection and food choices are impacted by economics. There are food programs that aid those living in poverty, such as the SNAP program. The primary goal of this program is to make sure that those in rural or low-income areas have access to nutritious food. (USDA, 2018) The other part is acknowledging that not everyone has access to nutritious food. The elderly and children are two of the most vulnerable communities. The school lunch program, that we know today was not created for political propaganda but to make sure that children had access to quality food at least while in school. (Scanlon, 2021)

#### Resource:

- U.S. Department of Agriculture. (2018). [Supplemental Nutrition Assistance Program](https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap). <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

This article gives a detailed description of the snap program. It also explains the purpose for which it was created. The article tells who qualifies for assistance. It also gives local contacts. It will thoroughly explain the application process and walk the reader through the health benefits of the program.

- Scanlon Beleson, C. (2021). [The national school lunch program: Lunch is for the kids, not political propaganda](https://research.ebsco.com/linkprocessor/plink?id=d17797db-c59a-304a-b1f3-11bda1dcb75c). *Journal of Health Care Law & Policy*, 24(24), 249–266.  
<https://research.ebsco.com/linkprocessor/plink?id=d17797db-c59a-304a-b1f3-11bda1dcb75c>

This is an informative article that explains the reason behind the school lunch program and how it works with the United States Guidelines. It also explains how it helps one of the most vulnerable groups, children. The article further explains how each administration sees the program relative to children's needs. This is a hot-button issue to watch every election term.

## Dietary Trends and Nutrition

### Unit 4 Dietary Trends and Nutrition

#### Information to Remember:

Each year, thirty-one known foodborne pathogens (bacteria, viruses, and parasites) cause an estimated nine million illnesses. (CDC, 2016) Leafy vegetables account for most illnesses. Listeria and Salmonella account for many infections. (CDC, 2016) The FDA is a part of the global food system. We import food from all over the world. Food safety and monitoring within and outside of our borders must be maintained to reduce foodborne outbreaks. (Tayler & Sklamberg, 2016)

#### Resource:

- Centers for Disease Control and Prevention. (2016). *Estimates of foodborne illness in the United States*. <https://www.cdc.gov/foodborneburden/attribution/attribution-1998-2008.html>

This article discusses foodborne illnesses and how to prevent them. It breaks down what foods and vegetables are more susceptible to causing an outbreak. The article is a data study over eleven years. It is important to study trends so that we can work on prevention in the future.

- Taylor, M. R., & Sklamberg, H. R. (2016). *Internationalizing food safety: FDA's role in the global food system*. *Harvard International Review*, 37(3), 32.

This article explains policies. It further shows how the US acts in the global arena. There are guidelines and parameters around what enters our borders and ends up on our tables. There are food and safety committees that ensure that we are also consuming products that are grown locally as well. They also work to make sure that those products are as safe as possible before they get on the consumer's table.

# Unit 5

## Dietary Trends and Nutrition

### Unit 5 Genetically Engineered Food

#### Information to Remember:

In 1982 scientists produced the first genetically engineered insulin. (FDA, n.d.) In 1994 the first genetically modified tomato was approved for sale. The GMO components delayed the ripening process. In 2016, Congress passed a law requiring foods produced through genetic engineering to have a label. GMOs are not a passing experiment they are here to stay, but we can still rely on non-genetically modified farming to feed our communities. (Green America, n.d.)

#### Resource:

- FDA (n.d.) Science and history of GMOs and other food processes. *FDA.gov*  
<https://www.fda.gov/food/agricultural-biotechnology/science-and-history-gmos-and-other-food-modification-processes>

This is a great look at the history of GMOs. It shares how they have evolved and how regulations are evolving as the use of GMOs grows. It also shares the process in which they are grown, and the reader can visually see that process. There are several new products that we use today that we were not using 30 years ago.

- Green America (n.d.) GMOs do not feed the world. GreenAmerica.org  
<https://greenamerica.org/food>

This is a good article because it gives a counterargument to GMOS. They advocate for local farming and stand against mass production done by corporations. Although they acknowledge that GMOs cannot be stopped, they also want the community to know that there are other alternatives. They are strong proponents of conventional agriculture.

# Unit 6

## Dietary Trends and Nutrition

### Unit 6 The Organic Movement

#### Information to Remember:

No one can grow and sell produce by just putting an organic label on it. The produce must go through a series of regulations to be considered conventionally or organically grown. (USDA, 2018)

Organic food is now a common feature at most grocery stores. Organic farming practices are designed to meet the following goals: Improve soil and water quality and cut pollution. It's also designed to promote a self-sustaining cycle of resources on a farm. (Mayo Clinic, 2020)

#### Resource:

- U.S. Department of Agriculture. (2018). [USDA organic](https://www.usda.gov/topics/organic). <https://www.usda.gov/topics/organic>

This is a good article because it explains the regulations that come with conventional farming. It also gives the steps to qualify to be called organic. The article provides different links and lays out the facts about organic certified farming. It also gives instructions on becoming an organic farmer.

- Mayo Clinic. (2020). [Organic foods: Are they safer? More nutritious?](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880) <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>

This article gives reasons why organic food can be better for your health. It also lists the reasons why organic and conventional farming may improve soil and water quality. It gives you ways to



know if a product is truly organic by the label. And explains how the label can help you identify if the product is certified organic or partially organic.

## Dietary Trends and Nutrition

### Unit 7 Global Food Markets

#### Information to Remember:

Food choices have expanded due to fast-food globalization. When we think about fast food globalization sometimes, we only think of the fast-food chains from the US going overseas, but the US has also benefited from fast-food chains from other countries. El Pollo Loco arrived in the US from Mexico in 1983. (Mashed, n.d.) The Yum Brand, which includes KFC and Pizza Hut, has franchises in over 110 countries. (Pan et al, 2012) Although globalization helps to employ and feed local communities it does come with some health risks such as diabetes. (Pan, 2012)

#### Resource:

- Mashed (n.d.) Foreign fast-food chains in the us, ranked worst to best. *Mashed.com* <https://www.mashed.com/480200/foreign-fast-food-chains-in-the-us-ranked-worst-to-best/>

This article examines the globalization of fast food. It explains how the US has also benefited from fast food globalization. It explains the financial gains of globalization. It also lists the top chains.

- Pan, A., Malik, V. S., & Hu, F. B. (2012). Exporting diabetes mellitus to Asia: the impact of western-style fast food. *Circulation*, 126(2), 163–165.  
<https://doi.org/10.1161/CIRCULATIONAHA.112.115923>

This is a great article because it explains both the good and bad of fast food. It talks about how fast-food globalization does contribute some to the local economy in that they have to pay an additional tax. But it also speaks of the poor nutrition quality which has led to obesity and diabetes. It also shares how people are cooking at home less. Due to fast food, there is some change of culture.

# Unit 8

## Dietary Trends and Nutrition

### Unit 8 Contemporary Weight Loss Programs

#### Information to Remember:

There are several good weight loss programs. To lose weight, it is important to have a plan. Healthy weight loss is not a crash diet, but it involves physical activity and consistent healthy eating patterns. (CDC, n.d.) Diet and exercise may not be enough to help those who are overweight, obese, or have other medical conditions. Many people have turned to prescription drugs to give them a jump start. Weight loss medication works in addition to diet and exercise. (NIH, 2021)

#### Resource:

- Centers for Disease Control and Prevention. (2020). Losing weight. [https://www.cdc.gov/healthyweight/losing\\_weight/index.html](https://www.cdc.gov/healthyweight/losing_weight/index.html)

This article examines practically losing weight. It encourages a healthy diet and exercise. It also gives you a step-by-step guide while acknowledging every journey will be different. Once you have made progress you can revisit your goals.

- National Institute of Diabetes and Digestive and Kidney Diseases. (2021). [Prescription medications to treat overweight and obesity](https://www.niddk.nih.gov/health-information/weight-management/prescription-medications-treat-overweight-obesity). National Institutes of Health. <https://www.niddk.nih.gov/health-information/weight-management/prescription-medications-treat-overweight-obesity>

This is a strong article because everyone's weight loss journey is different. If obesity goes untreated it can lead to other chronic diseases such as high blood pressure and diabetes. Weight loss management medication along with diet and exercise can help those who suffer from obesity regain their health.

# Unit 9

## Dietary Trends and Nutrition

### Unit 9 Diversity of Food Choices & Culture

#### Information to Remember:

Children can pick up eating behaviors by watching those around them. This can lead to good eating behaviors or poor eating behaviors depending on the environment. Trying to force a child to eat a particular food is not a good approach. (Group, 2016) We can embrace our culture and heritage through food, but it is also good to be open to other cultures and cuisines. Food is the portal into culture. (Le, 2017)

#### Resource:

- Group, E. (2016). [How culture and society influence eating.](https://explore.globalhealing.com/how-culture-and-society-influence-healthy-eating/)  
<https://explore.globalhealing.com/how-culture-and-society-influence-healthy-eating/>

This article shares how we develop our eating habits. It also talks about learned behavior from our environment. It also talks about the pressure of social media. That can also influence what teens eat or do not eat. We must ensure that they are getting the right amount of micro and macronutrients during this time.

- Le, C. (2017). What food tells us about culture. <https://freelymagazine.com/2017/01/07/what-food-tells-us-about-culture/>
- This article talks about food being important to every culture. Many pass down cooking traditions and ingredients to the next generation. A cuisine can tell a story and the history of a family.

## Part 2: Cultural Food Choice Explanation and Screenshot

### Japanese French Toast:



The Japanese diet consists of grains, vegetables, eggs, and meat dishes. At the bottom of their pyramid is milk and fruit. They have a person running on top of their spinning pyramid which expresses the importance that they give to physical activity along with a balanced diet. (FAO, n.d.) Consumers need to understand that this diet is remarkably close to the ideal diet. It is well balanced, and it also promotes physical activity. For those who feel that dairy should have more of an emphasis, they must realize that each culture is different. The US has a lot of dairy farmers so that has been included in our food pyramid. It doesn't make it bad or good, but it just shows

how lobbyists have influenced our pyramid. (Nestle, 1993) In addition to a balanced diet and hot and cold foods for balance. Japanese also believe in balance in life. They have a holiday in which they honor the aging called *Respect for the Aged*. (Japanese Society of Washington DC, n.d.) This honors individuals who make it past the age of sixty. My experience making their food was fine. They do have eggs in their diet, and I normally do not eat eggs, but many people online said that the Japanese have the best French toast recipe. It came out well, but I could still taste the eggs a bit. I did feel good completing the task and having a little taste of their culture. I would make it again for maybe a loved one. It is just difficult for me to eat eggs. I followed the step-by-step recipe YouTube video (ChefAli1027, 2020) Every culture has something special to offer and we can learn from one another.

## References:

FAO (n.d.) Food-based dietary guidelines. *Fao.org*

<https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/near-east/en/>

Nestle M. (1993). Food lobbies, the food pyramid, and U.S. nutrition policy. *International journal of health services : planning, administration, evaluation*, 23(3), 483–496. <https://doi.org/10.2190/32F2-2PFB-MEG7-8HPU>

Japanese Society of Washington DC (n.d.) Jaswdc. org <https://jaswdc.org/japanese-holiday-respect-for-the-aged-day/>

ChefAli1027(2020, August 5) French toast | japanese style french toast recipe | how to make french toast | french toast recipe [Video] Youtube  
<https://youtu.be/HcaSIYHxc8Q?si=knaZnJCZ6Yoy6WU4>



