

IMPOSTAZIONE DI UNO SCHEMA DIETETICO



REQUISITI NECESSARI

SOLIDE CONOSCENZE DI:

- documenti di riferimento
- composizione chimica e caratteristiche nutrizionali degli alimenti

CRITERI OPERATIVI

VALUTAZIONE DI:

- 1) stato di salute e nutrizionale
- 2) storia dietetica e abitudini alimentari
- 3) fabbisogni energetici e nutrizionali



DOCUMENTI DI RIFERIMENTO USA

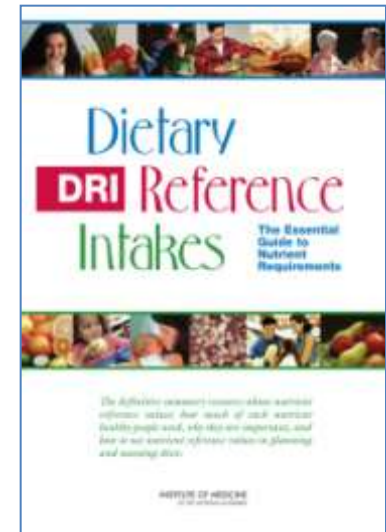
<http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes>

DRI Dietary References Intake

-Revisionati ogni 5 anni

(*US Departement of Agriculture + US Departmento of Health and Human Service*)

- per età inferiore ai 2 anni da *American Academy of Pediatrics* e *American Dietetic Association*-



Food Guide Pyramid Becomes a **Plate**



RESOURCES

- ChooseMyPlate.gov - official website of USDA's food guidance system
- www.nutrition.gov - federal portal to reliable nutrition and health websites
- www.nal.usda.gov/fnic - nutrition information and resources for consumers and professionals
- edis.ifas.ufl.edu - UF IFAS downloadable publications
- Solutionsforyourlife.ufl.edu - UF IFAS Extension website - information and resources in all program areas



STORIA DELLE LINEE GUIDA E PIRAMIDE ALIMENTARE USA

Food for Young Children
1916

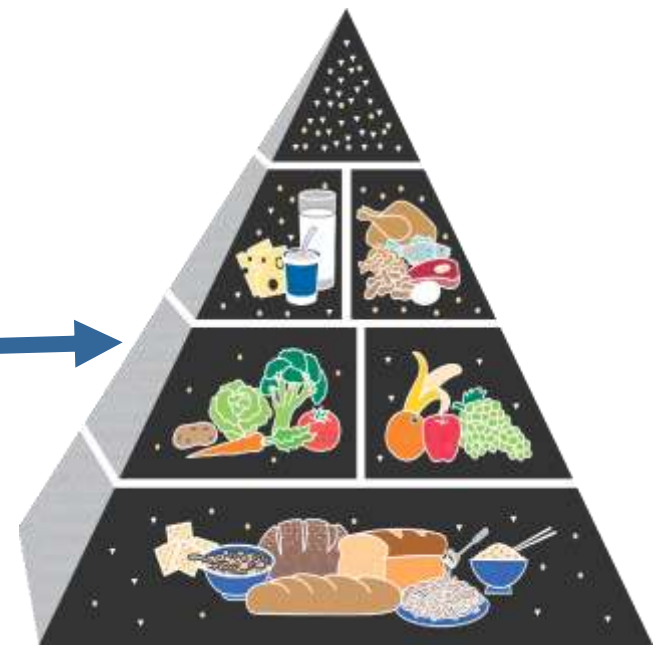


1940s

1970s



1992

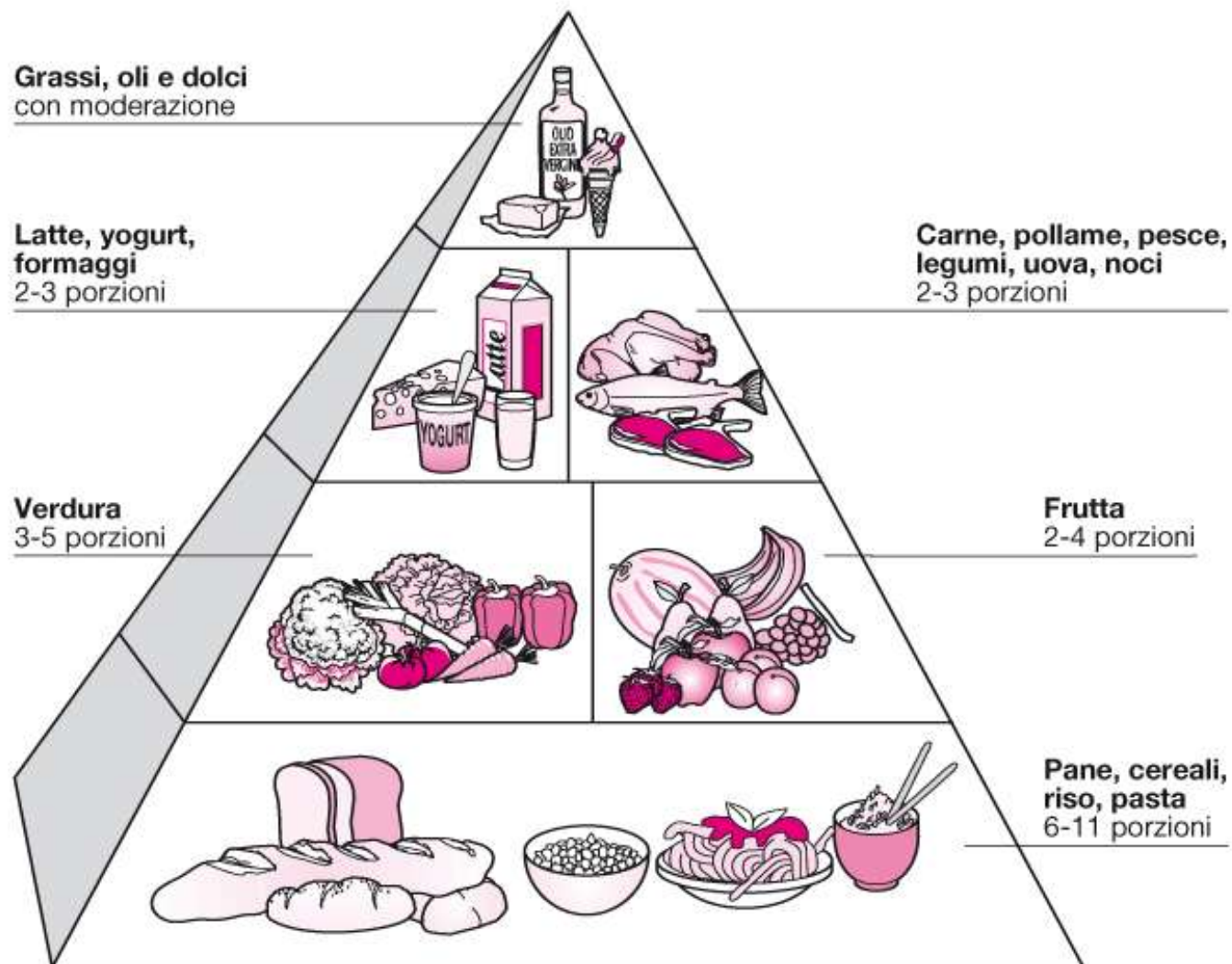


1950s-1960s



PIRAMIDE ALIMENTARE

USA 1992



2005.

*viene ufficialmente riconosciuto il ruolo
fondamentale dell'attività fisica!*

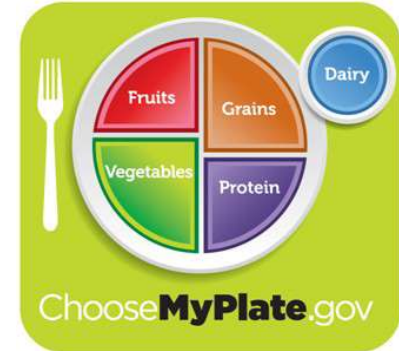
<http://www.mypyramid.gov/>



2011

Getting Started with MyPlate

(ChooseMyPlate.gov)



- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.



Slide set developed by:

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- Department of Family, Youth and Community Sciences
- UF IFAS Extension
- August 2011



Key Lifestyle Messages

- Build a healthy plate
- Cut back on foods high in solid fats, added sugars, and salt
- Eat the right amount of calories for you
- Be physically active your way



Build a Healthy Plate



- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Keep your food safe to eat.



Cut Back on Foods High in Solid Fats, Added Sugars, and Salt

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy – it all adds up.
- Eat fewer foods that are high in solid fats.



Eat the Right Amount of Calories for You

- Enjoy your food, but eat less.
- Cook more often at home.
- When eating out, choose lower calorie menu options.
- Write down what you eat to keep track of how much you eat.
- If you drink alcoholic beverages, do so sensibly.



Avoid oversized portions

- Share an entrée or take half your entrée home for another meal.
- Never “super size” your meal.
- Select an appetizer for your entrée (if healthy choices are available).



Use a smaller plate, bowl, and glass

- When buying dishes, look for smaller sized plates and bowls.
- If you have luncheon/salad plates, use them all the time.
- Use a tall thin glass when drinking caloric beverages.



Stop eating when you are satisfied, not full

- Eat slowly!
- Make mealtimes pleasant.
- Be aware of what and how much you are eating.
- Learn to recognize what being “satisfied” and not full feels like.
- Remove your plate before you get full.



Help your children enjoy food!

- Provide healthy and age-appropriate foods.
- Let children eat according to their hunger.
- Children need to eat enough to support normal growth and development.

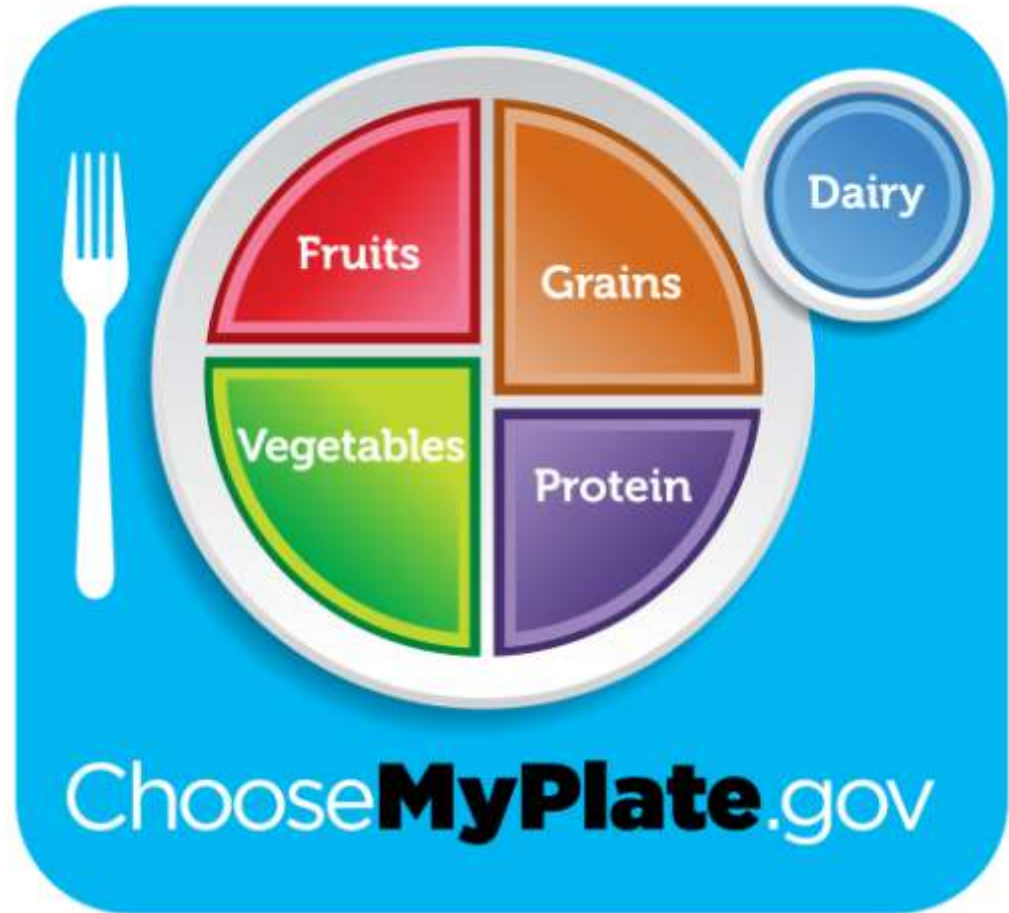


Be Physically Active Your Way

- Pick activities that you like.
- Start slowly, at least 10 minutes at a time.
- Every bit adds up.
- Health benefits increase as you spend more time being active.



Food Choices within the Food Groups



Vary Your Veggies



- Includes weekly recommendations for:
 - Dark green vegetables
 - Orange and red vegetables
 - Legumes
 - Starchy vegetables
 - Other vegetables



Vary Your Veggies



- Buy fresh veggies in season.
- Select high potassium veggies.
- Use more fresh or frozen, less canned (except low sodium).
- Have salad with dinner often.
- Add veggies to casseroles, pasta sauce, quick breads, etc.
- Select fast food salad rather than fries.
- Choose dark salad greens over iceberg.



Focus on Fruits



- Use fruits in salads, toppings, desserts, and for snacks.
- Keep dried fruit handy for snacks.
- Put fruit on cereal, pancakes, and waffles.
- Include canned and frozen fruits.
- Select fruits and juices high in potassium.
- **Buy in season.**
- Choose fruit more often than juice.



Health Benefits

- **Reduced risk of obesity, diabetes, and heart disease**
- **Protection against some cancers**
- **Lower blood pressure**
- **Reduced risk of kidney stones**
- **Decrease in bone loss**



Match Nutrients - Food Sources!

- Fiber
 - Folate
 - Potassium
 - Beta-carotene
 - Vitamin C
-
- Oranges
 - Leafy greens
 - Legumes
 - Papayas
 - Tomatoes
 - White potatoes

These are excellent food sources of these nutrients.
You can get these nutrients from MANY fruits and
vegetables!



Selecting Nutrient-Rich F/V

**Think
COLORS!!**

RE



GREE



PURP



ORANG



Selecting Nutrient-Rich F/V

Think
VARIETY!!

CRUNC



SOF



FRE



CANNE



FROZE



For
illustrative
purposes
only;
Extension

does not
endorse
specific



Make Half Your Grains Whole



- Check ingredient lists on labels.
- Look at dietary fiber on Nutrition Facts.
- Select 100% whole grain breads and cereals.
- Substitute whole grains for refined in recipes (start with half).
- Be adventurous; try quinoa, bulgur, kasha, and other grains.
- Add whole grains to mixed



Get Your Calcium-Rich Foods



- Drink fat-free or low-fat milk with meals and snacks.
- Choose low-fat cheeses.
- Use milk to make hot cereals.
- Have low-fat yogurt as a snack.
- Use lactose-free products if needed.
- Select non-dairy high-calcium foods and beverages if desired.



Go Lean With Protein



- Select leanest cuts of meat.
- Trim fat and remove skin from poultry.
- Prepare with no added fat.
- Eat beans in place of meats often.
- Select omega-3 fatty acid-rich fish more often
- Include nuts in snacks, salads, and main dishes.



Oils: Tips for Healthy Choices

- Use vegetable oils rather than fats.
- Substitute nuts for meat or cheese as snack or in a meal.
- Use Nutrition Facts to select foods low in saturated fat, *trans* fat and cholesterol.
- Select foods prepared with little or no fat or oil.
- Select lean or low-fat foods most often.



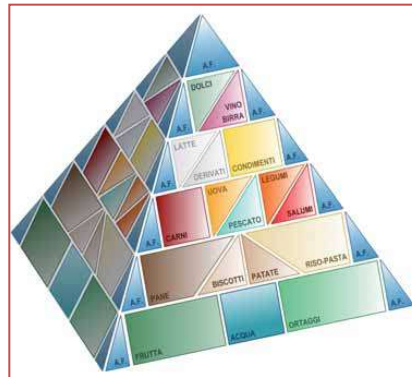
DOCUMENTI DI RIFERIMENTO ITALIANI

Linee Guida per una sana alimentazione



Piramide Alimentare

<http://www.piramideitaliana.it/>



Livelli di Assunzione di Riferimento di Nutrienti ed energia per la Popolazione Italiana (LARN)



LINEE GUIDA PER UNA SANA ALIMENTAZIONE 2003



1. Controlla il peso e mantieniti sempre attivo
2. Più cereali, legumi, ortaggi e frutta
3. Grassi: scegli la qualità e limita la quantità
4. Zuccheri, dolci e bevande zuccherate: nei giusti limiti
5. Bevi ogni giorno acqua in abbondanza
6. Il sale? Meglio poco
7. Bevande alcoliche: se sì, solo in quantità controllata
8. Varia spesso le tue scelte a tavola
9. Consigli speciali per persone speciali
10. La sicurezza dei tuoi cibi dipende anche da te



CARATTERISTICHE NUTRIZIONALI DEGLI ALIMENTI

GRUPPI DI ALIMENTI

- Cereali e derivati
- Legumi
- Verdure ed ortaggi
- Frutta
- Carni fresche
- Carni trasformate e conservate
- Frattaglie
- Prodotti della pesca
- Latte e derivati
- Uova
- Olii e grassi
- Dolci
- Prodotti vari
- Bevande zuccherate
- Bevande alcoliche



BANCA DATI DI COMPOSIZIONE DEGLI ALIMENTI INRAN

a cura di: *Emilia Carnovale - Luisa Marletta*

http://www.inran.it/servizi_cittadino/per_saperne_di_piu/tabelle_composizione_alimenti/

Dati sperimentali originali

70% Unità di Chimica degli Alimenti dell'INRAN

30% provenienti da una accurata selezione bibliografica prevalentemente italiana.

790 alimenti

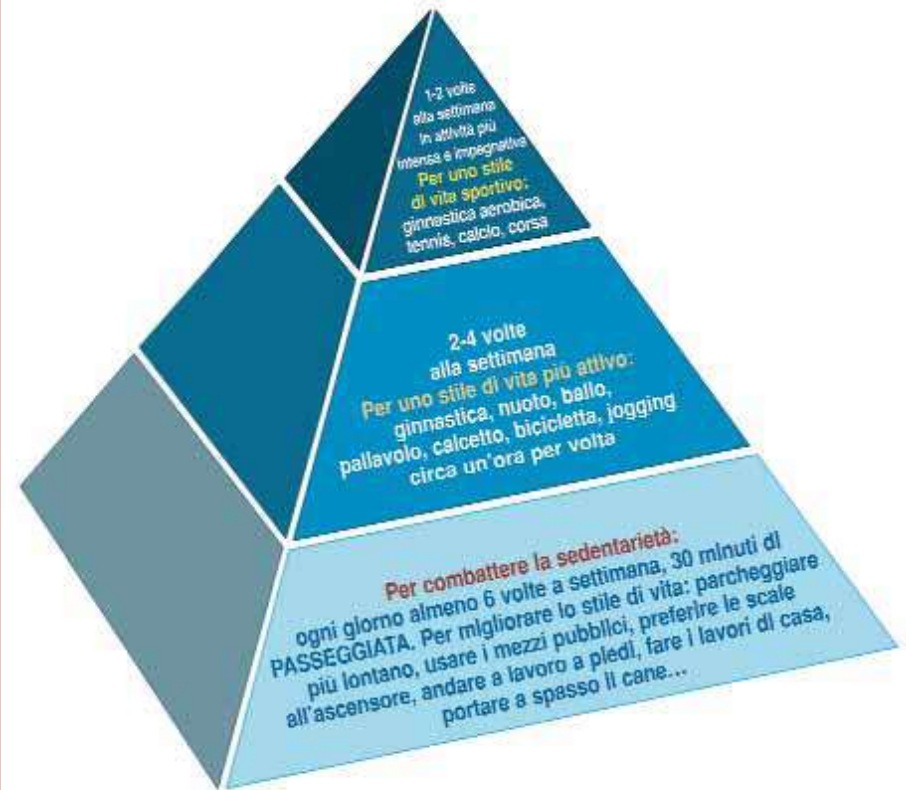
67 nutrienti (non tutti disponibili per tutti gli alimenti); le carenze tuttora esistenti riguardano in particolare le vitamine e gli oligoelementi.



PIRAMIDE ALIMENTARE ITALIANA (2009)

Modello di dieta di riferimento coerente con lo stile di vita attuale e con la tradizione alimentare del nostro Paese.

Si basa sulla definizione di Quantità Benessere (QB porzioni di alimenti in grammi) sia per il cibo che per l'attività fisica.



Gruppo di esperti del Ministero della Salute

Laurea Specialistica in Scienze della Nutrizione Umana

<http://www.piramideitaliana.it/>

Corso di Scienze Tecniche Dietetiche Applicate

