

Live Fit Nutrition: For Optimal Health

Nutrition and Chronic Disease Prevention

The Reality of Poor Health

An unhealthy diet and physical inactivity can contribute to or aggravate many chronic diseases and medical conditions, including some cancers, type 2 diabetes, heart disease, hypertension, and stroke. Obesity rates among adults in the United States have risen during the past 20 years. Data from 2005-2006, from the National Center for Health Statistics, show that 34% of U.S. adults 20 years of age and older—over 72 million people—are obese. If trends continue, this number could rise to 86% by year 2030. In 2007 less than half of American adults engaged in enough physical activity to provide health benefits, despite all of the proven benefits of physical activity.

Dietary Recommendations for Good Health

By following these dietary recommendations, you can substantially reduce your risk of developing heart disease and other disease of aging.

- Balance calorie intake and physical activity to achieve and maintain a healthy body weight.
- Consume a diet rich in vegetables and fruits.
- Consume whole-grain, high-fiber foods.
- Consume fish, especially oily fish, at least twice a week.
- Limit your intake of saturated fat to <7% of energy, trans fats to <1% of energy, and cholesterol to <300 mg per day by
 - choosing lean meats and vegetable alternatives
 - selecting fat free (skim), 1% fat, and low-fat dairy
 - minimizing intake of partially hydrogenated fats
- Minimize your intake of beverages and foods with added sugars.
- Choose and prepare foods with little or no salt.
- If you consume alcohol, do so in moderation.
- When you eat food that is prepared outside of the home, follow these dietary recommendations.

Source: Diet and Lifestyle Recommendation Revision 2006: A Scientific Statement From the American Heart Association Nutrition Committee. A Lichtenstein et al. *Circulation* 2006; 114:82-96.

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To learn more about your nutritional needs and questions, purchase a 30 minute phone consultation with Alison from **GetFitLiveFit.org**.