

The Food and Nutrition Summer Institute Newsletter

VOLUME 4, ISSUE 2

WINTER 2003

Plans for 2003

Calendar & Events

- FNS Conference
Washington, DC
February 24-26, 2003
- SNE Meeting
Philadelphia, PA
July 26-30, 2003
- ADA Conference
San Antonio, TX
October 25-28, 2003
- APHA Meeting
San Francisco, CA
November 15-19, 2003

Time is approaching and we are planning for the upcoming Food and Nutrition Summer Institute (FNSI). Our theme, "**From Science to Action: Preparing the Nation for Health and Security**" was developed focusing on possible future collaborative efforts with the U.S. Army Research Laboratory, which has an interest in redesigning (1) basic training to include improved nutrition and physical activity and (2) the MREs-Meals Ready to Eat.

This year the Summer Institute will be held in Beltsville, Maryland next door to our nation's capitol. We are planning a visit to Capitol Hill, a series of interactive listening and work sessions, and a fun-filled community day of activities, including a "Taste of Maryland."

Currently another major activity this year will be the redesign of the FNSI website which will include future editions of the newsletter. **This issue of the newsletter will be the last hard copy mailed out.**



FNSI provides valuable opportunities for students to development professionally, so I would like to encourage students to participate in the FNSI annual planning, website development and newsletter. For more information on the FNSI planning, please contact **Dionne Toombs** (cnrggst1@rbhnc.usda.gov).

In youth we learn; in age we understand 

-- **Marie Ebner-Eschenbach**



New Dietary Reference Intakes (DRIs) for the Macronutrients

New Dietary Reference Intakes (DRIs) for the macronutrients: (carbohydrate, fiber, fat, fatty acids, cholesterol, protein and amino acids), and for energy expenditure, and physical activity were released in September, 2002 by the Food

and Nutrition Board, National Academy of Sciences, Institute of Medicine. Recent studies have shown that the excess intake of some macronutrients may be associated with chronic diseases and health problems: diabetes, obesity, and heart disease. Joanne Lupton, PhD

and Chair on the Panel on Dietary Reference Intakes for Macronutrients stated "DRI ranges were developed that would minimize the risk for developing chronic disease as well as maintaining a nutritionally adequate diet."

(Continued on page 2)

New Dietary Reference Intakes (DRIs) for the Macronutrients (cont'd)

(Continued from page 1)

The recommendations are as follows:

- Adults should get 45 to 65 % of calories from carbohydrates, 20 to 35% of calories in the form of fat, no more than 25% of total calories from added sugars, and 10 to 35 % of energy from protein.
- Omega-3 fatty acid, alpha-linolenic acid is 1.6 grams for adult men and 1.1 grams for adult women per day. Adult men should get 17 grams of the omega-6 fatty acid, linoleic acid per day and adult women should get 12 grams of linoleic acid per day.
- Certain kinds of fats, saturated fat, trans fatty acids and cholesterol are not required at any level in the diet but can raise the level of low-density lipoproteins (bad cholesterol) in the blood. The recommendation for saturated fat, trans fatty acids, and cholesterol is to get the consumption as low as possible while maintaining a nutritionally adequate diet.
- Nine essential amino acids were established and vary by age.
- Total fiber intake for adults up to 50 years old should be 25 to 38 grams per day.
- Energy requirements were estimated for men and women based on height, with age and four levels of physical activity. Because physical activity is linked to the prevention of cardiovascular disease, the physical activity recommendation level is one hour of moderately intense activity in order to obtain maximum benefits. For more information on the DRIs www.nap.edu/books/0309085373/html/.

Healthy Behavior Tips

START YOUR DAY WITH BREAKFAST

Remember the old cliché, "Breakfast is the most important meal of the day." Well, over the years research has shown that there are benefits to eating breakfast. Some people may skip breakfast because of limited time in the morning, trying to lose weight or they simply are not hungry. Breakfast provides the body with the fuel it needs for essential functions, boosts your metabolism throughout the day, regulates eating patterns, aids in meeting the recommended dietary intake of nutrients, and improves the ability to control weight. Research has shown that skipping breakfast often results in overeating later in the day thus contributing to an increase intake of calories.

QUICK BREAKFAST CHOICES:

- whole grain toasted waffles with peanut butter and a glass of skim milk
- egg or egg substitute with whole wheat toast
- hot cereal and fruit, high fiber cereal with fruit and skim milk, or low-fat yogurt mixed

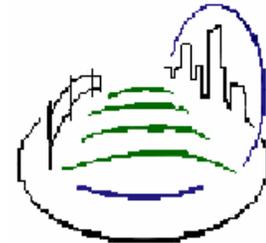


with granola or fruit.

ALTERNATIVE EXERCISES

When its too cold outside try these alternative exercises:

- mall walking
- treadmill walking
- indoor pool water walking/jogging
- working out in the gym



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