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# **Dietary Guidelines For Americans 2010 Recommends Mediterranean Diet**

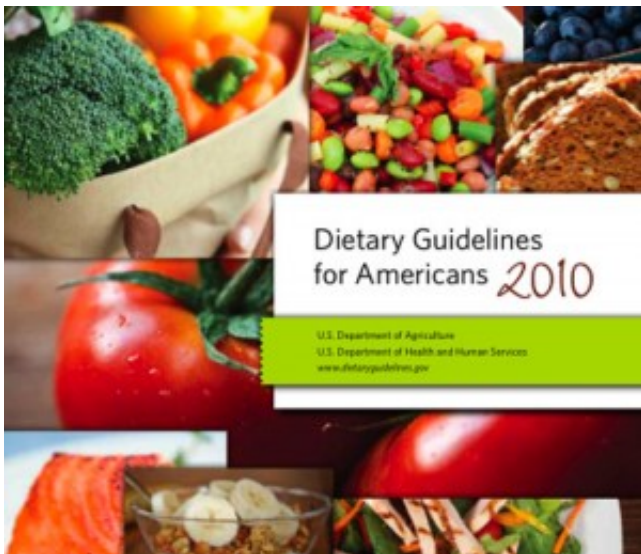
The dietary guidelines for Americans 2010 recommends the traditional Mediterranean diet as a healthy option compared to the normal American diet. The guidelines were released on Jan 31, 2011 by the U.S.D.A. and the U.S. Department of Health and Human Services. The guidelines are based on the findings of the 2010 Dietary Guidelines Advisory Committee. This Committee was comprised of health and science experts who reviewed the most recent research into diet and health and used it to create a scientific report based on solid evidence.

## Dietary Guidelines For Americans 2010

A press release quotes the secretary of the US department of Agriculture, Tom Vilsack, as saying;

“The 2010 Dietary Guidelines are being released at a time when the majority of adults and one in three children is overweight or obese and this is a crisis that we can no longer ignore,” said Secretary Vilsack. “These new and improved dietary recommendations give individuals the information to make thoughtful choices of healthier foods in the right portions and to complement those choices with physical activity. The bottom line is that most Americans need to trim our waistlines to reduce the risk of developing diet-related chronic disease. Improving our eating habits is not only good for every individual and family, but also for our country.”

The purpose of the guidelines is to educate people with the findings of recent research into health and diet. They will be used to assist health and nutrition experts to create materials to educate the public and special groups like children. They will also be used to design and run nutrition programs, including the Federal nutrition assistance and education programs.



The core message of the dietary guidelines For Americans 2010 is about making healthy food choices, based on nutrient dense foods and drinks rather than calorie dense ones. What does this mean? Nutrient dense foods refers to foods that are vitamin and mineral rich. These foods are close to nature, eg; fruits, vegetables, nuts, seeds, fruit juice etc. Calorie dense foods are those which are high in sugar and calories and are processed until they have very few nutrients left. Eg. processed cereals like coco pops and fruit loops, processed snacks like crisps and cookies, processed meats like chicken nuggets, hamburgers, sausages and soda drinks. In America today, most people consume far too many calories and not enough nutrients. This causes them to be overweight while being badly under nourished and this leads to health issues like heart disease, stroke, type II diabetes etc.

But why would the the dietary guidelines For Americans 2010 suggest a traditional [Mediterranean diet](#) as an option? Because this diet is based upon fresh fruit, vegetables, seeds, nuts, fish and seafood with less red meat, sweets, poultry and dairy products than the normal American diet. They rarely eat processed foods and most foods are either raw or only lightly cooked. It is a diet which is high in vitamins, minerals, protein, anti oxidants and essential fatty acids like Omega 3 while being low in toxins and saturated fats that lead to a host of chronic

health issues.

According to [1995-1998 heart disease death statistics](#) there were almost 103 deaths per 100,000 population caused by heart disease worldwide. In the U.S. that figure was 106 per 100,000, The U.K. had 122 deaths per 100,000 and Australia, 110 deaths per 100,000. But four of the six LOWEST heart disease death rates belonged to Mediterranean countries;

1. France: 39.8 deaths per 100,000
2. Spain: 53.8 deaths per 100,000
3. Italy: 65.2 deaths per 100,000
4. Greece: 68.8 deaths per 100,000

People who enjoy a traditional Mediterranean diet are also less likely to suffer from cancer, depression, parkinsons disease and alzheimers. For more info and references visit [Mediterranean Diet Health Benefits](#)

Would you like a copy of the Dietary Guidelines For Americans 2010? You can download the guidelines at [Dietary Guidelines](#). This link leads to the PDF version of the dietary guidelines for Americans 2010 where you will be able to save a copy or print the whole document using the pdf controls that appear when your cursor is at the bottom of the page.

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