

## **Understanding The New U.S. Dietary Guidelines And How Sun Chlorella Can Be A Part Of It**

With obesity rates in the United States soaring and diabetes, heart disease, and other diseases becoming increasingly more common, it's clear we need to examine our eating habits. To help set us on the right track, the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) recently released updated dietary guidelines, called the Dietary Guidelines for Americans 2005.

Included in the guidelines, which are updated every five years, are recommendations regarding food choices, weight management, and physical activity. One of the main points on maintaining good health and a healthy weight: eat a variety of nutrient-dense foods (i.e., fruits and veggies, whole grains, and “good” fats) and maintain a healthy body weight by balancing the calories you consume with the calories you burn through exercise.<sup>1</sup> In other words, the more you workout, the more you can eat; the less physically active you are, the fewer calories you should consume. Of course, more exercise is always a prescription for good health. Following are a few more highlights of the new dietary guidelines – with details on how Sun Chlorella can be a beneficial component of a healthy lifestyle.

We all learned about the food pyramid in grade school. But which foods groups – and what types of foods within those groups – we consume have been reemphasized in the new guidelines. One of the major points: Choose a variety of nutrient-dense foods within the basic food groups. By eating a variety of nutrient-dense foods you'll be sure to get a full spectrum of vitamins and minerals and all the energy you need to help your body thrive.

More specifically, the guidelines recommend consuming two cups of fruit (for example, one small banana, one large orange, and a quarter-cup of dried apricots or peaches) and two-and-a-half cups of vegetables daily, as part of a 2,000-calorie intake diet (you should increase or decrease this amount based on your individual caloric needs). When choosing fruits and veggies, be sure to choose a variety, selecting from the five vegetable subgroups: dark green (for example, broccoli, kale, and chlorella), orange (carrots, sweet potatoes, pumpkin, and winter squash), legumes (beans and peas, such as pinto, kidney, black, and garbanzo beans, and split peas and lentils), starchy vegetables, and others, several times a week.

Of course, Sun Chlorella fits under the “dark green” category mentioned above. Sun Chlorella is a whole food supplement, rich in amino acids, protein, minerals, vitamins, chlorophyll, and beta-carotene, all of which are essential to a healthy body. With the FDA placing such an emphasis on dark green vegetables, it's clear that chlorella is a key component of a healthy diet. After all, it can be difficult for many of us to consume the recommended two-and-a-half cups of vegetables every day! By taking just 3 grams of Sun Chlorella tablets daily you're getting one full serving of veggies.

Sun Chlorella is unique in that the cell wall of the chlorella – a cellulose fiber-like structure – is broken

down into a fine powder, which then binds easily with the toxins that have accumulated in your body. This is done with a patented process using the DYNO<sup>®</sup>-Mill, unique only to Sun Chlorella. Once ground into a fine powder, Sun Chlorella is shown to have a more than an 80 percent absorption rate of its essential nutrients. Other processing methods offer a mere 40 percent absorption rate.

In addition to fruits and vegetables, the guidelines encourage eating three or more ounce-equivalents of whole-grain products daily (one ounce is about equal to one slice of bread, 1 cup of cereal, or ½ cup of cooked rice or pasta). In fact, at least half of the grains you consume should come from whole grains, be it whole-grain bread, cereal, pasta, rice, crackers, or other sources. Be sure to keep an eye on portion control, especially when it comes to pasta and rice. Many of us consume much more than the recommended serving size of ½ cup.

Finally, the USDA recommends consuming three cups daily of fat-free or low-fat or equivalent milk products, such as low-fat yogurt and cheese.

What shouldn't be in your diet, according to the new guidelines? While the focus was formerly on ridding the diet of saturated fats, a new emphasis has been placed on getting trans fats – found in most baked and packaged goods – out of the American diet. In fact, the new guidelines state trans fatty acid consumption should be as low as possible. Americans are also encouraged to consume less than 10 percent of their calories from saturated fats and less than 300 mg per day of cholesterol.

Instead, we should consume “good” polyunsaturated and monounsaturated fats, found in fish, nuts, and vegetable oils. Most of the fats we consume should be from these sources, rather than from butter, margarine, and other unhealthy fats. Note, however, that the USDA recommends our total fat intake should be between 20 to 35 percent of our total calorie intake. Exceed even good healthy fats and you can easily exceed your recommended daily calorie allowance.

Sodium is also on the list of food items to reduce. The guidelines suggest consuming less than 2,300 mg of sodium (approximately 1 teaspoon of salt) per day. Beware that many packaged and prepared foods contain high amounts of sodium, so read labels carefully when food shopping.

Confused about carbs? That's not surprising, considering all the buzz about low-carb diets lately. Luckily, the new guidelines help shed some light on weeding out the good carbs from the bad. The FDA states that consumers should eat healthy, fiber-rich carbs, such as fruits, vegetables, and whole grains. What carbs, then, should you avoid? We suggest eliminating or at least reducing refined carbs, including white breads, pastas, cakes, cookies, and other low-fiber empty-calorie carb options from your diet. And that includes sugar, which is also on the FDA no-no list, with the recommendation that Americans choose and prepare foods and beverages with little added sugars or caloric sweeteners (in other words, toss the cookies, cakes, and soda).

Of course, diet is not enough to help you maintain a healthy weight and avoid disease in adulthood. Exercise – including cardiovascular conditioning (such as aerobics, running, and hiking), stretching exercises (such as yoga) for flexibility, and resistance exercises (such as weight training) for muscle strength – is also crucial, and the FDA is placing an emphasis on physical activity in the new guidelines. Whereas previous guidelines suggested 30 minutes of exercise daily, the new guidelines are much more specific. The guidelines suggest a minimum of 30 minutes of moderate-intensity physical activity most days of the week for those adults

looking to reduce the risk of chronic disease in adulthood. Those who want to manage their body weight and prevent gradual, unhealthy body weight gain in adulthood should exercise for 60 minutes of moderate- to vigorous-intensity activity most days of the week. And those adults who need to lose weight should exercise for at least 60 to 90 minutes of moderate-intensity physical activity daily, while not exceeding their daily caloric intake requirements. The main point: Diet alone is not enough to maintain a healthy body and a healthy lifestyle.

For more details on the new Dietary Guidelines for Americans 2005, visit [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

For a free sample of Sun Chlorella, call 1-829-2828, Ext. 2604.

<sup>1</sup> Source for all Food Guidelines info: [www.health.gov/dietaryguidelines/dga2005/recommendations.htm](http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm)