

**Amendment To:
NASDA 2007 Farm Bill Document**

First round amendments are due by August 31, 2007.

Please email this form to NASDA at Betsy@nasda.org or fax to 202-296-9686

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Subject of Amendment 2005 Dietary Guidelines for Americans

Section number: An addition to section 5 of the NASDA policy statements under Nutrition and Food Assistance

Amendment Text

NASDA supports ramping up activities that align with the 2005 Dietary Guidelines for Americans including promoting balanced dietary choices that include nutrient dense foods which are important contributors to child and adult health.

2005 Dietary Guidelines for Americans -Justification

The Dietary Guidelines for Americans call for the consumption of 5 to 13 servings of fresh fruit and vegetables and three servings of milk products daily as cornerstones to good health. California produces more milk and raises more fruits and vegetables than any state in the U.S. Yet, studies show that 45 percent of children eat no fruit at all, and 20 percent eat less than one serving of vegetables. Milk consumption continues to fall as soft drink consumption rises.

Exposing our children to healthier choices early in life in order to improve their eating habits and lifestyles will have long-term benefits for the nation's health overall. As federal nutrition programs are examined and updated, they should reflect a balanced diet. This preventative step toward wellness will help reduce the risk factors for diabetes, heart conditions and other chronic diseases that compromise Americans' quality of life and cost the nation billions of dollars in health care every year.