

1. Record Nr.	UNINA9910965523603321
Titolo	Improving America's diet and health : from recommendations to action // a report of the Committee on Dietary Guidelines Implementation, Food and Nutrition Board, Institute of Medicine ; Paul R. Thomas, editor
Pubbl/distr/stampa	Washington, D.C., : National Academy Press, 1991
ISBN	9786610212866 9781280212864 1280212861 9780309574426 0309574420 9780585021058 0585021058
Edizione	[1st ed.]
Descrizione fisica	xvi, 239 p
Altri autori (Persone)	ThomasPaul R. <1953->
Disciplina	363.8/0973
Soggetti	Diet - Standards - United States Nutrition policy - United States Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Improving America's Diet and Health -- Copyright -- Preface -- FORMATION OF COMMITTEE AND COMMITTEE PROCEDURES -- SCOPE AND LIMITATIONS OF REPORT -- ACKNOWLEDGMENTS -- REFERENCE -- Contents -- 1 Summary -- PLACING DIETARY RECOMMENDATIONS IN PERSPECTIVE -- ISSUES IN IMPLEMENTING DIETARY RECOMMENDATIONS -- THE TASKS AND THE PARTICIPANTS IN IMPLEMENTATION -- Public Sector -- Private Sector -- Health-Care Professionals -- Education of the Public -- PRINCIPAL IMPLEMENTATION STRATEGIES -- DIRECTIONS FOR RESEARCH -- LESSONS LEARNED AND PROCESS FOR FUTURE -- REFERENCES -- 2 Introduction -- PLACING DIETARY RECOMMENDATIONS IN PERSPECTIVE -- FROM GUIDANCE TO IMPLEMENTATION -- IMPLEMENTATION AND THE POOR -- BARRIERS AND INCENTIVES TO DIETARY CHANGE -- THE TASK OF IMPLEMENTATION: GOALS, TACTICS, AND POLICIES -- THE

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#### Sommario/riassunto

Written and organized to be accessible to a wide range of readers, *Improving America's Diet and Health* explores how Americans can be persuaded to adopt healthier eating habits. Moving well beyond the "pamphlet and public service announcement" approach to dietary change, this volume investigates current eating patterns in this country, consumers' beliefs and attitudes about food and nutrition, the theory and practice of promoting healthy behaviors, and needs for further research. The core of the volume consists of strategies and actions targeted to sectors of society--government, the private sector, the health professions, the education community--that have special responsibilities for encouraging and enabling consumers to eat better. These recommendations form the basis for three principal strategies necessary to further the implementation of dietary recommendations in the United States.

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