

## **Script BTS NRC MUC – NRC**

### **US Government Asks Americans to Eat Less, Exercise More**

The U.S. government is asking Americans to eat less and exercise more in an effort to stem the country's increasing epidemic of obesity. It has issued revised dietary recommendations that emphasize proper nutrition, more physical activity, and personal initiative in maintaining a healthy weight because two-thirds of Americans are too heavy.

'The new dietary guidelines are part of the ongoing effort to help Americans adopt and keep healthier lifestyle and to address the epidemic of overweight and obesity that is affecting so many, especially our nation's children,' she said. 'The federal government is committed to helping fight this epidemic.'

They still call for diets rich in a variety of vegetables, fruits, and whole grains, and limits on fatty foods and salt. This year, however, they place stronger emphasis on the importance of balancing energy intake and output, calling on people to cut their calorie consumption and exercise more.

U.S. food manufacturers are responding to the need for healthier diets, especially for children. Many have reduced the amount of sugar in children's breakfast cereals and are promoting the whole grain and vitamin content of other foods. And as the government issued its new dietary guidelines, one of the largest U.S. food companies, Kraft, announced that it will restrict advertising of snack foods to children 12 and under and market its healthier products to this age group.

By David McAlary  
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