

**HEALTH \ MEDICINE**

**More fish, fiber likely in food pyramid**

**Guidelines to focus on weight loss, not just healthy eating**

**By IRA DREYFUSS**  
Associated Press

WASHINGTON — A revised food pyramid coming from the government to guide Americans' eating habits should recommend more fish and fiber and fewer refined grains such as white bread, federal advisers decided yesterday.

The advisers, who were instructed by the Agriculture Department to shift the focus of the guidelines from main-

taining a healthy diet to losing weight, also recommended that people exercise more and watch less television.

As for food, they said the suggested amount of salmon and other fish containing heart-protecting omega-3 fatty acids should be doubled to two servings a week of 6 ounces to 8 ounces each.

The Dietary Guidelines Advisory Committee was to have completed its recommendations this week. But the panel will need another meeting to finish because resolving differences over some recommendations was taking more time than thought.

"They are trying to translate the scientific data into lay language," said Eric Hentges, director of the Agriculture Department's Center for Nutrition, Pol-

icy and Promotion. He is responsible for illustrating the guidelines as an update to the food pyramid, which is due next year.

While the 13-member committee reached conclusions for fish-eaters, the advice was less specific for people who do not like fish or those whose diets preclude it.

The committee stood by current guidance that people should eat lots of different — but healthful — things. For example, fiber can reduce the risk of heart disease. Good sources of fiber include whole grains, fruits and vegetables, as opposed to refined grains such as white bread.

Turning attention to exercise, the committee said adults should do 30 minutes to 60 minutes of moderate or

vigorous physical activity on most days. The advisers also said that 20 minutes can promote health and fitness and help maintain weight.

Researchers also have found that young people should be moderately or vigorously active for at least an hour a day to help them grow strong and fit. The advisers endorsed that guidance.

They also suggested that everyone get off the couch, especially children and adolescents.

People who are active can consume more of discretionary calories, such as sugary or fatty foods or alcohol, the committee said.

Before the recommendations become final, the secretaries of Agriculture and Health and Human Services must accept them.