



Dietary  
Guidelines  
for Americans

2020 - 2025

Make Every  
Bite Count With  
the *Dietary  
Guidelines*





# Presentation Objectives

- Provide an overview of the development process for *the Dietary Guidelines for Americans*





# About the *Dietary Guidelines for Americans*

- The *Dietary Guidelines* provides science-based advice on what to eat and drink to promote health, help reduce risk of chronic disease, and meet nutrient needs.
- Serves as the cornerstone of federal nutrition programs and policies.
- Mandated to reflect the preponderance of scientific evidence and published jointly by HHS and USDA every five years.
- Written for a professional audience, including policymakers, healthcare professionals, nutrition educators, and federal nutrition program operators.



Office of the  
Assistant Secretary  
for Health

Office of Disease Prevention and Health Promotion



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

Center for Nutrition Policy and Promotion



Dietary  
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# Impact of the *Dietary Guidelines*

## Informs Federal Nutrition Policies and Programs:

- Special Supplemental Nutrition Program for Women, Infants, Children (WIC)
- Child Nutrition Programs (National School Breakfast/Lunch Programs, Child and Adult Care Feeding Program)
- USDA Food Plans (e.g., Thrifty Food Plan)
- Older Americans Act Nutrition Programs
  - » Congregate Nutrition Program
  - » Home-Delivered Nutrition Program
- Public health programs including disease prevention





## Developing the *Dietary Guidelines for Americans*



- Advisory Committee Report
- Previous *Dietary Guidelines*
- Existing federal guidance



1 Identify the Scientific Questions



2 Appoint the Advisory Committee



3 Review of the Evidence by the Advisory Committee



4 Develop the Dietary Guidelines



5 Implement the Dietary Guidelines



# 1

## Identify the Scientific Questions



### HHS & USDA

- Propose Dietary Guidelines for Americans, 2025-2030 scientific questions based on relevance, importance, potential federal impact, and avoiding duplication
- Post questions for public comments for 30 days
- Consider public comments and research availability in prioritizing the questions to be reviewed by the 2025 Dietary Guidelines Advisory Committee



# 2

## Appoint the Advisory Committee

### HHS & USDA

- Post scientific topics that inform the expertise needed on the Committee
- Request Committee nominations from the public for 30 days
- Select a balanced Committee based on education, experience, demonstrated scientific expertise, and desire for a diverse membership
- Secretaries jointly appoint Committee members



# 3

## Advisory Committee Reviews Scientific Evidence

### 2025 Dietary Guidelines Advisory Committee

- Reviews the scientific evidence on nutrition and health across the lifespan
- Discusses its review of the evidence during public meetings
- Considers public comments as it reviews evidence and develops its scientific report
- Submits its scientific report to the Secretaries of HHS and USDA







# Evidence Review



## Scientific Topics

- Dietary patterns
- Ultra-processed foods
- Beverages
- Added sugars
- Saturated fat
- Behavioral strategies
- Weight management



## Health Outcomes

- Overweight and obesity
- Cardiovascular disease
- Type 2 diabetes
- Cancer
- Neurocognitive health
- Sarcopenia
- Bone health
- All-cause mortality
- Pregnancy and infant health outcomes



## Approaches

- Systematic reviews
- Data analysis
- Food pattern modeling



## Health Equity

- The Committee will incorporate health equity principles and use a life stage approach across its review



# Scientific Approaches



## NESR Systematic Review

A gold-standard evidence synthesis project that answers a nutrition question of public health importance using systematic, transparent, rigorous, and protocol-driven methods to search for, evaluate, synthesize, and grade the strength of the eligible body of evidence.



## Data Analysis

A collection of analyses that uses national data sets to describe the current health and dietary intakes of Americans. These data help make the *Dietary Guidelines* practical, relevant, and achievable.



## Food Pattern Modeling

Analyses that illustrates how changes to the amounts or types of foods and beverages in a dietary pattern might affect meeting nutrient needs across the U.S. population.



# 2025 Dietary Guidelines Advisory Committee



## Dietary Guidelines for Americans, 2025-2030 Timeline

**2022**

April 15 – May 16

- Scientific questions for public comment

June 15 – July 15

- 2025 Dietary Guidelines Advisory Committee nominations

**2023**

Advisory Committee Meetings

- Meeting 1 (February 9–10)
- Meeting 2 (May 10)
- Meeting 3 (September 12-13)

**2024**

Advisory Committee Meetings

- Meeting 4 (January 19)
- Meeting 5 (May 30)
- Meeting 6 (September 26)

Release Scientific Report



**2025**

Release *Dietary Guidelines for Americans, 2025-2030*



Step 1: Identify Scientific Questions

Step 2: Appoint the Committee

Step 3: Advisory Committee Reviews Scientific Evidence

Step 4: Develop the Dietary Guidelines

Legend



Opportunity for public input



# 4

## Develop the *Dietary Guidelines for Americans, 2025-2030*

### HHS & USDA

- Form a federal writing team to update the *Dietary Guidelines*
- Develop the *Dietary Guidelines* using the Committee's scientific report, federal resources, and input from federal agencies and the public
- Consider peer review by federal and non-federal scientists
- Facilitate the approval process through both Departments
- Secretaries release the *Dietary Guidelines*



1 Identify the Scientific Questions



2 Appoint the Advisory Committee



3 Advisory Committee Reviews Scientific Evidence



4 **Develop the *Dietary Guidelines for Americans, 2025-2030***



5 Implement the *Dietary Guidelines for Americans, 2025-2030*



# 5

## Implement the *Dietary Guidelines for Americans, 2025-2030*

### Dietary Guidelines for Americans

- Informs federal programs such as food assistance and meal programs, research, nutrition education efforts, and national health objectives
- Provides structure for state and local public health initiatives
- Offers nutrition guidance for policymakers, healthcare providers, and nutrition educators
- Is implemented through MyPlate, the federal nutrition symbol to help Americans put the *Dietary Guidelines* into action.

1

Identify the Scientific Questions



2

Appoint the Advisory Committee



3

Advisory Committee Reviews Scientific Evidence



4

Develop the *Dietary Guidelines for Americans, 2025-2030*



5

Implement the *Dietary Guidelines for Americans, 2025-2030*





# Now available: CPE credits available for reading the *Dietary Guidelines*

- Earn up to **7 FREE CPEs**
- Each chapter is offered as a separate self-study activity
- Modules will strengthen knowledge of the science base that makes the *Dietary Guidelines* relevant across all life stages

