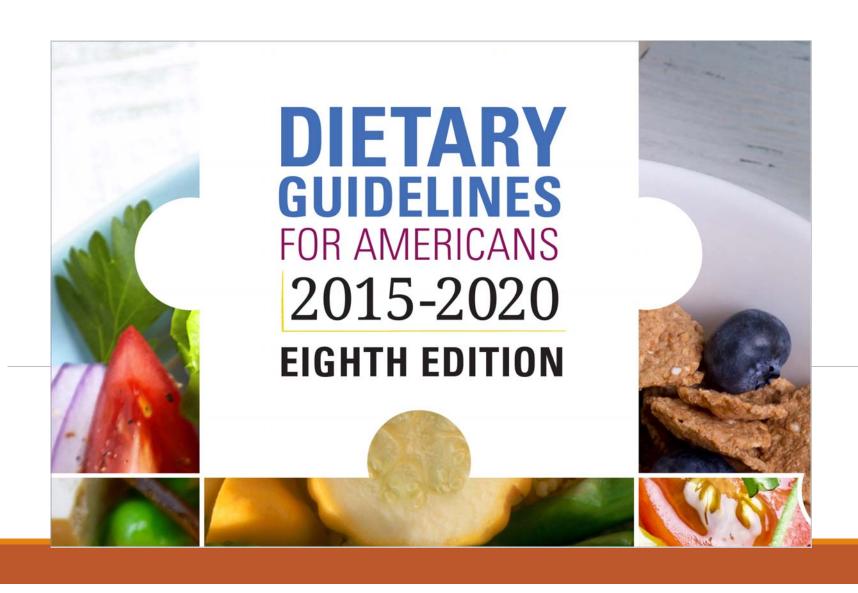
Dietary Guidelines 2015

Process, Overview & Controversies

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Review the Science

First, an external Advisory Committee creates the Advisory Report and submits it to the Secretaries of HHS and USDA.

This report is informed by:

- · Original systematic reviews
- Review of existing systematic reviews, meta-analyses, and reports by federal agencies or leading scientific organizations
- Data analyses
- Food pattern modeling analyses



Develop the Dietary Guidelines

Using the previous edition of the *Dietary Guidelines*, the Advisory Report, and consideration of public and federal agency comments, HHS and USDA develop a new edition of the *Dietary Guidelines*. The 2015-2020 Dietary Guidelines for Americans includes:

Five Guidelines

Key Recommendations that support the Guidelines Science-based nutrition guidance for both professionals and organizations working to improve our nation's health. 3



Implement the Dietary Guidelines

Federal programs apply the Dietary Guidelines to meet the needs of Americans through food, nutrition, and health policies and programs—and in nutrition education materials for the public.

The Guidelines

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- 1. Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- 2. Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 4. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- 5. Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

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- 5 Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease. A healthy eating pattern includes: Vegetables **Fruits** Protein Dairy Grains Oils A healthy eating pattern limits: Saturated Added Sodium fats and sugars trans fats

Key Recommendations

The *Dietary Guidelines*' Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship that each dietary component can have with others.

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:[1]

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- · Fruits, especially whole fruits
- · Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

· Saturated fats and trans fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars[2]
- Consume less than 10 percent of calories per day from saturated fats^[3]
- Consume less than 2,300 milligrams (mg) per day of sodium^[4]
- If alcohol is consumed, it should be consumed in moderation—up to one drink
 per day for women and up to two drinks per day for men—and only by adults of
 legal drinking age.

In tandem with the recommendations above, Americans of all ages—children, adolescents, adults, and older adults—should meet the *Physical Activity Guidelines* for Americans to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the *Dietary Guidelines* includes a Key Recommendation to

Meet the Physical Activity Guidelines for Americans.

What's similar, what's changed From 2010-2015:

Cholesterol- 300 mg limit dropped

Sodium- 2,300 mg kept; 1,500 mg limit changed to only those with hypertension

Added sugar- General messaging similar; specific recommendation of <10% of calories is new

Protein- Messaging changed to include food sources of lean proteins.

Saturated and trans fat-similar

Refined grains and dietary fiber- not mentioned in key recommendations but messaging is similar

http://www.eatrightpro.org/resource/news-center/in-practice/research-reports-and-studies/dgas-then-and-now (source with more detail from the American Academy of Nutrition and Dietetics)