

Introduction: Dietary Guidelines for Americans

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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..
- The mandate is established by the National Nutrition Monitoring and Related Research Act of 1990 (NNMRRA) under Title III of this act (Public Law 101-445).
- Congress legally mandated the USDA and HHS to jointly publish the Dietary Guidelines for Americans jointly every five years to reflect the preponderance of scientific evidence
- Written for a professional audience, including policymakers, healthcare professionals, nutrition educators, and federal nutrition program operators

Dietary Guidelines for Americans, 2025-2030

- Released by USDA and HHS on January 7
- Accepted 14/56 DGAC recommendations; another 12 accepted partially
- Scientific Foundation developed
- Inverted food pyramid unveiled



How do the 2025 DGA and DGAC process compare?

DGAC

- HHS & USDA call for input on scientific questions
- HHS & USDA call for nominations of nutrition expert
- Established Nutrition Evidence Systematic Review (NESR) methodology used for scientific reviews
- Public comment periods, open meetings, and all documentation publicly available

2025 DGAs

- Nutrition experts are appointed by government
- Questions are developed by nutrition experts
- Limited to no transparency on methodology for scientific reviews
- No public comment opportunity on nutrition experts, scientific questions, or evidence

How do the 2025 DGAs and DGAC report compare?

Differences

- Higher protein recommendation than DRIs
- Emphasis on processed foods
 - Limit highly processed foods
 - Totally removed refined grains
 - Advice related to food dyes
- Foods highlighted contradict saturated fat limit
 - Full fat dairy, red meat, butter, beef tallow

Similarities

- One dietary pattern with wide variety
 - Includes variety of protein sources
- Encourage nutrient dense foods and whole grains
- Limit added sugar and maintained saturated fat li



Comparison of 2020 DGAs, 2025 Dietary Guidelines Advisory Committee Recommendations, 2025 Dietary Guidelines for a 2000 Calorie Diet

Food Groups and Subgroups	2020 Dietary Guidelines (US Healthy Dietary Pattern)	DGAC Recommended Pattern (Eat Healthy Your Way) ^a
Vegetables (cups/day)	2 ½	2 ¼
Dark-Green Vegetables (cup eq/week)	1 ½	1 ½
Red and Orange Vegetables (cup eq/week)	5 ½	5 ½
Beans, Peas, and Lentils (cup eq/week)	1 ½	(See protein foods)
Starchy Vegetables (cup eq/week)	5	4
Other Vegetables (cup eq/week)	2 ½	4
Fruits (cups/day)	2	2
Grains (oz equivalents/day)	6	6
Whole Grains	≥ 3	≥ 3
Refined Grains	< 3	< 3
Dairy and Fortified Soy Alternatives (cup eq/day)	3	3

Comparison of 2020 DGAs, 2025 Dietary Guidelines Advisory Committee Recommendations, 2025 Dietary Guidelines for a 2000 Calorie Diet

Food Groups and Subgroups	2020 Dietary Guidelines (US Healthy Dietary Pattern)	DGAC Recommended Pattern (Eat Healthy Your Way) ^a
Protein Foods (ounce eq/day)	5 ½	7
Meats, Poultry, and Eggs (ounce eq/week)	26	26
Beans, Peas, and Lentils (ounce eq/week) ^b	(See Vegetables)	10
Nuts, Seeds, and Soy Products (ounce eq/week)	5	4 ½
Seafood (ounce eq/week)	8	8
Oils (grams/day)	27	27
Limit on Calories for Other Uses (kcal per day)	240	0
Limit on Calories for Other Uses (Percentage of Calories per Day)	12%	0

^a Table E.1.2 presents the modeled values that have been rounded for public use. Due to rounding, the daily quantities for Vegetables and Protein Foods may not align with the weekly quantities listed for each subgroup.

^b When Beans, Peas, and Lentils are counted within Vegetables, they are quantified using cup eq. To convert to ounce eq for counting in Protein Foods, the Vegetables quantities can be multiplied by 4 (i.e., 1 cup eq Beans, Peas, and Lentils equals 4 ounce equivalents).

Real Food vs. USDA MyPlate

Food Group	Serving Size	Real Food (2000 Calories)	USDA MyPlate (2000 Calories)
Protein Foods	3 oz cooked meat, poultry, or seafood; 1 egg; ½ cup beans, peas, or lentils; 1 oz nuts or seeds; 2 tbsp nut or seed butter; 3 oz soy	3–4 servings	5 ½ oz/eq
Dairy	1 cup milk; ¾ cup yogurt; 1 oz cheese	3 servings	3 cups
Vegetables	1 cup raw or cooked; 2 cups leafy greens	3 servings	2 ½ cups
Fruits	1 cup raw; ½ cup dried	2 servings	2 cups
Whole Grains	½ cup cooked oats, brown rice, barley, quinoa, or buckwheat; 1 slice bread; 1 tortilla	2–4 servings	6 oz/eq (includes Half grains should be whole)
Healthy Fats	1 tsp olive oil or butter	4 ½ servings	N/A

Critiques of the 2025 DGAs

- **Lack of transparency in methodology; process**
- **Conflicts of interest for authors of the Scientific Foundation**
- **Inconsistent with established evidence**
- **Introduces contradictory messaging**
- **Undermines confidence and trust**



Why Evidence-Based Nutrition Policy is Essential

- Policy and regulatory decisions
 - School meals
 - Patient care, including nutrition advice from health professionals
 - Food assistance programs like SNAP and WIC
 - Food labels
- Product reformulation
- Dietary guidelines
- Food guides
- Dietary assessment
- Growth charts
- Research priorities

