

Tom Brenna,
University of Texas at Austin & Cornell University



Monday, June 8th at 10:45 am for 1
hour, Campus Center Auditorium,
panel

Resources

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Explore the research, recommendations, and implementation guidance that shape the Dietary Guidelines, including the science, the policy guidance, and the everyday serving framework.

Watch the press release →

[Download The Scientific Foundation Appendices](#)



[Download The Scientific Foundation for the Dietary Guidelines for Americans](#)



[Download The Daily Servings Guide](#)



[Download The Dietary Guidelines for Americans](#)



Big things: Protein, Saturated fat, Lower UPF,
Pyramid



Big things

- Pyramid
- Ultraprocessed Food (UPF)
 - Most everyone seems to like this one
- Protein
 - Standards shift from (sub-)minimal to healthy
- Saturated fat
 - Saturated fat <10% maintained *but fluid milk consumed in school doesn't count*
 - 2026 Whole Milk for Healthy Kids Act, passed unanimously

PUBLIC LAW 119-69—JAN. 14, 2026



How did things change on saturated fat?

Core trial control diet fats were rich in hydrogenated fish oil and soy oil, and had uncontrolled control diets

Dayton. "...test a replacement of the saturated animal fats and **hydrogenated** shortenings of the conventional diet by equal quantities of unsaturated fat in the form of vegetable oils in the experimental diet." → a boatload of "trans unsaturated fat"

Oslo. "...daily fat consumption is about 130 g, of which 65 g is margarine, the rest chiefly animal fats. ... Nearly **all marine fat** used for human consumption, **40-50 g per day per head, is hydrogenated and used in the manufacture of margarine.**" → a boatload of "trans unsaturated fat"; Uncontrolled control group

MRC. "...199 men randomly allocated to the experimental group were given a diet low in saturated fats and containing 86 g of soya-bean oil daily; the **194 control patients took their ordinary diet.**" → uncontrolled control diet; European, so undoubtedly a boatload of "trans unsaturated fat"

Finnish. "...**the normal hospital diet served as the control...**" → uncontrolled control diet; European, so undoubtedly a boatload of "trans unsaturated fat"

AHA PRESIDENTIAL ADVISORY

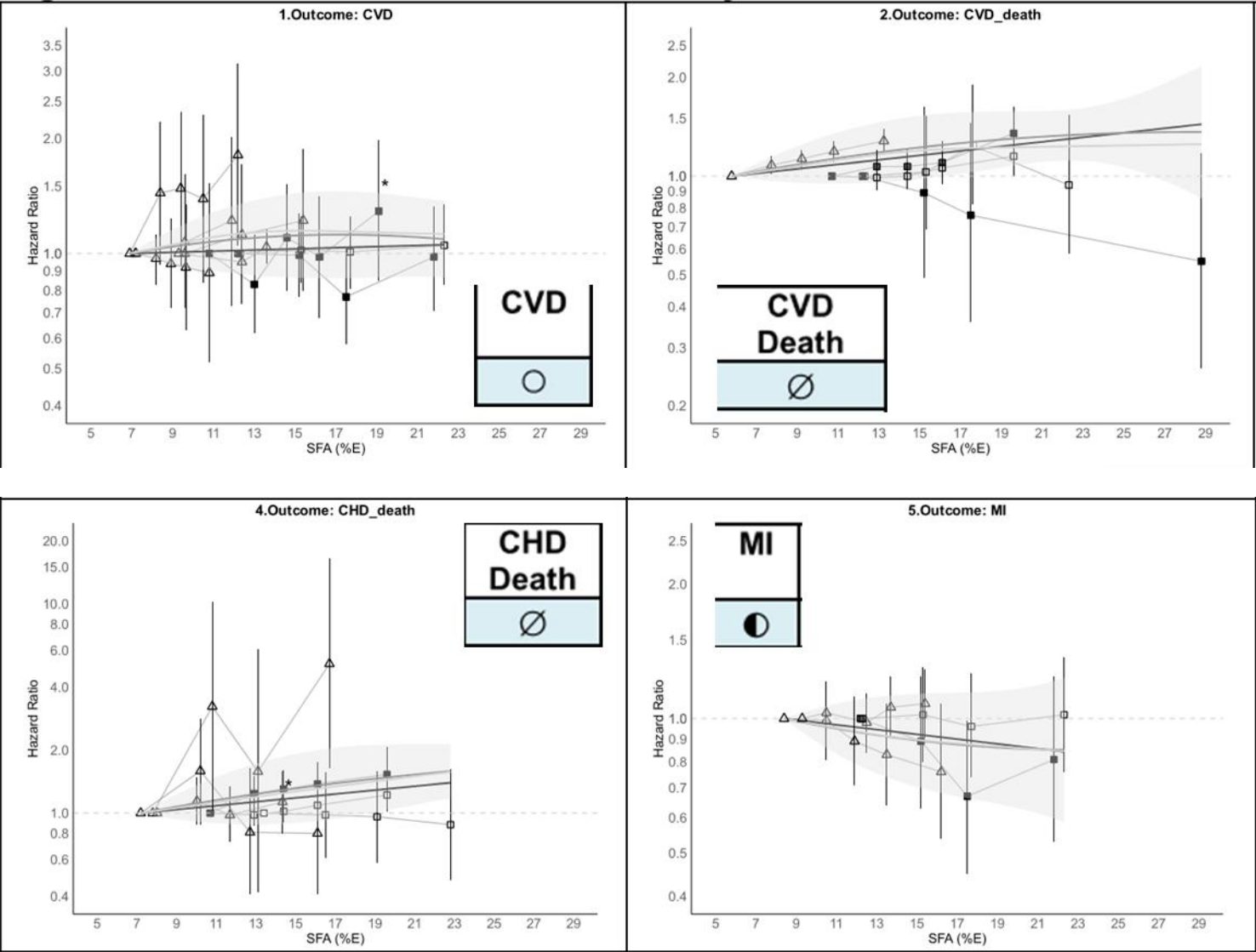
2017

Dietary Fats and Cardiovascular Disease

A Presidential Advisory From the American Heart Association

Figure 7. Associations between dietary SFA and cardiovascular events: Observational studies

From the AHRQ *Draft*, 2026



No effect of SFA intake found for

- CVD
 - CVD death
 - CHD death
 - MI (heart attacks)
-
- ◐ = moderate SoE of *no association / effect*
 - ○ = low SoE of *no association/effect*
 - ∅ = insufficient evidence

Draft Comparative Effectiveness Review
Number [TBD]

Dietary Intake of Saturated Fatty Acids and Serum
Lipoproteins and Cardiovascular Events in the
General Population

Prepared for: [REDACTED]
Agency for Healthcare Research and Quality
U.S. Department of Health and Human Services
5600 Fishers Lane
Rockville, MD 20857
www.ahrq.gov

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