

The Dietary Guidelines for Americans A Quick Guide





WHAT

are the dietary guidelines?

A resource for all Americans on how to follow a healthy eating pattern to promote health and prevent chronic disease.¹

These guidelines provide practical dietary tips as part of a customizable framework that can be adapted for various individuals depending on their needs, preferences, life stage, and other individual factors.¹





WHY

do we have the dietary guidelines?

What we eat and drink have a significant impact on our health, with a large amount of strong evidence showing eating a healthy dietary pattern can help achieve and maintain positive health outcomes, including reducing the risk of chronic diseases.¹⁻³

Six in ten U.S. adults have at least one chronic disease that may be related to poor diets and lifestyles.²

However, diets that align with the Dietary Guidelines have been associated with lower risk of heart disease, type 2 diabetes, cancer, obesity, and hip fracture.²





WHO

determines the dietary guidelines?

The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) work together to develop and release the final guidelines.¹

They do this using expert input from the dietary guidelines advisory committee's scientific report, select federal agencies, and public comments.¹





WHEN

are the dietary guidelines reviewed and updated?

Every five years as required by law⁴

Each new version builds on the previous edition to accurately reflect the current body of nutrition science.¹

The Dietary Guidelines for Americans, 2020-2025 is the current edition.





WHERE

does the information provided in the dietary guidelines come from?

As a government produced reference, the Dietary Guidelines are required by law to be based on the majority conclusions of current scientific and medical knowledge.⁴

The science used to inform the Dietary Guidelines focuses on the relationship between diet and health among both healthy individuals and individuals who have or are at risk for diet-related chronic disease.^{1,2}

The scientific evidence also aims to reflect the diversity of Americans – including a variety of ages, life stages, genders, racial and ethnic backgrounds, and socioeconomic statuses, among other factors – which improves the relevancy of the recommendations for all Americans.^{1,2}





HOW

are the dietary guidelines used?

While the Dietary Guidelines are intended to provide advice for the general public, they are written for use by a professional audience, including:

- Policymakers and Federal nutrition program operators to develop, implement, and evaluate government nutrition policies & programs
- Healthcare providers and nutrition educators to develop education materials, programs, and other communications for the general public



For more information

visit www.dietaryguidelines.gov

References

1. United States Department of Agriculture (USDA). Purpose of the Dietary Guidelines. Updated 2024. Accessed Nov 20, 2024. <https://www.dietaryguidelines.gov/about-dietary-guidelines/purpose-dietary-guidelines>.
2. United States Department of Agriculture (USDA). The Dietary Guidelines For Americans Can Help You Eat Healthy to Be Healthy. Created Dec 2020. Accessed Nov 21, 2024. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Infographic_Eat_Healthy_Be_Healthy.pdf
3. United States Department of Agriculture (USDA). Dietary Guidelines for Americans, 2020-2025 – Executive Summary. Accessed Nov 21, 2024. https://www.dietaryguidelines.gov/sites/default/files/2021-03/DGA_2020-2025_ExecutiveSummary_English.pdf
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