

# **Dietary Guidelines for Americans 2015-2020:**

**What Are The Guidelines and Their Scientific Basis,  
When and Why Do They Change, and  
How Do They Affect Public Health?**

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**May 11, 2018**



Centers for Disease Control and Prevention  
DNPAO, DHDSP, DPH

## Nutrition and Health Are Closely Related

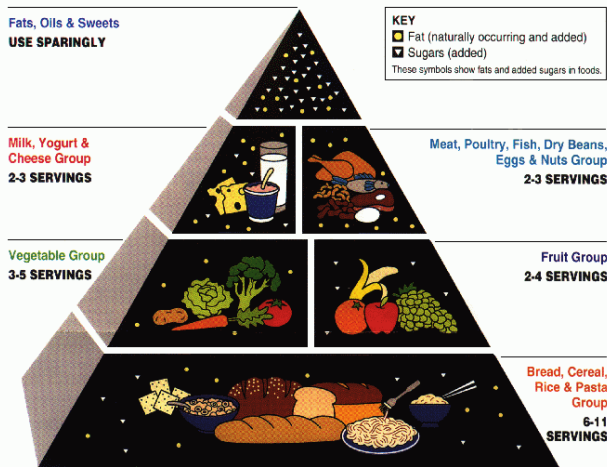
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“About half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor eating and physical activity patterns.”



# The *Dietary Guidelines for Americans:* What It Is Not

- The USDA Dietary Guidelines for Americans
- Chronic Disease Treatment Guidelines
- For the public directly



# The *Dietary Guidelines for Americans*: What It Is

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- Provide evidence-based recommendations about the components of a healthy and nutritionally adequate diet for Americans 2 years and older\*
- Focus on disease *prevention*
- Inform Federal food, nutrition, and health policies and programs
- Updated every 5 years by law based on new scientific evidence

# Developing the *Dietary Guidelines for Americans* (Figure I-3)

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1



## 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

2



## Develop the Dietary Guidelines



3

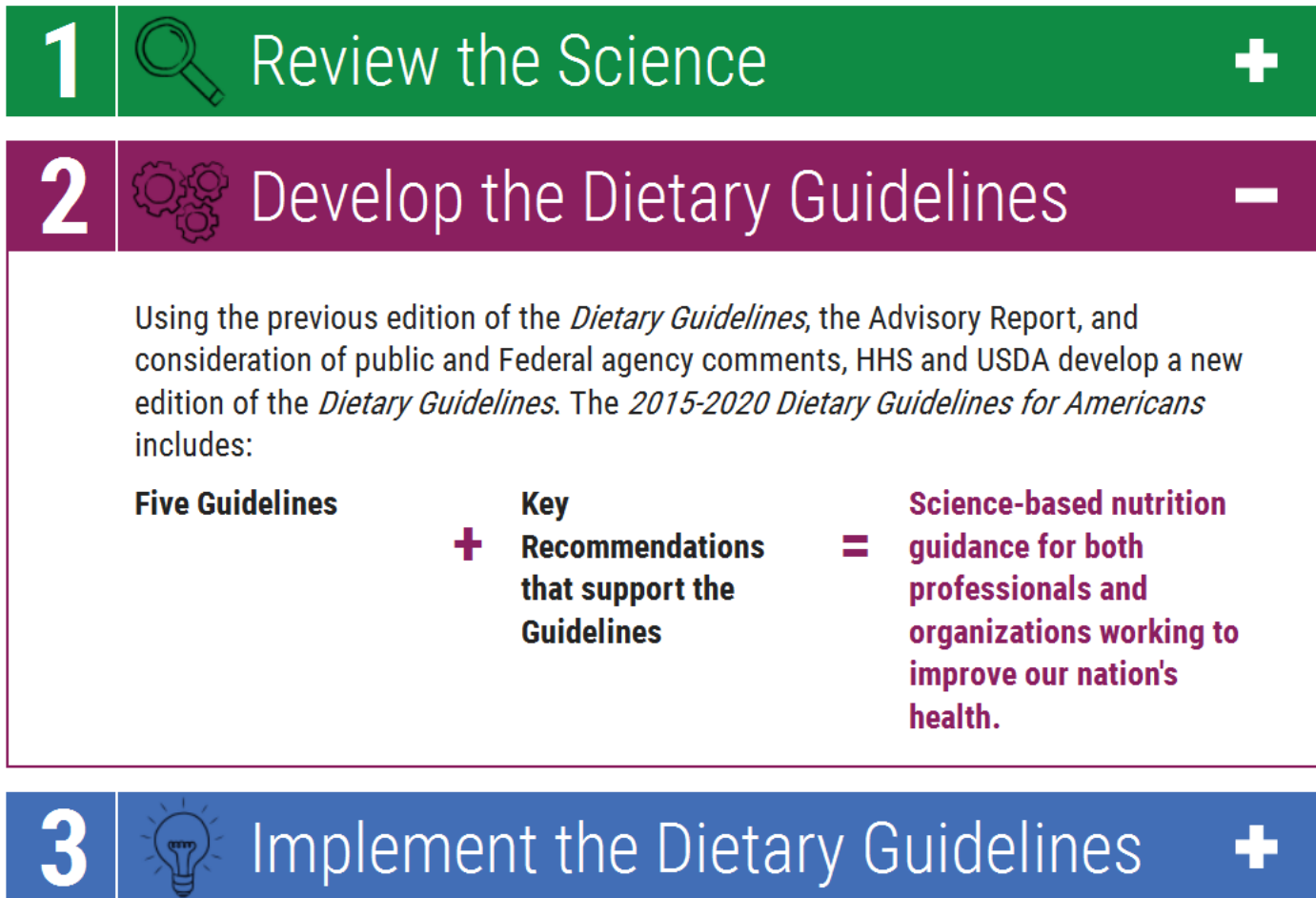


## Implement the Dietary Guidelines



# Developing the *Dietary Guidelines for Americans*

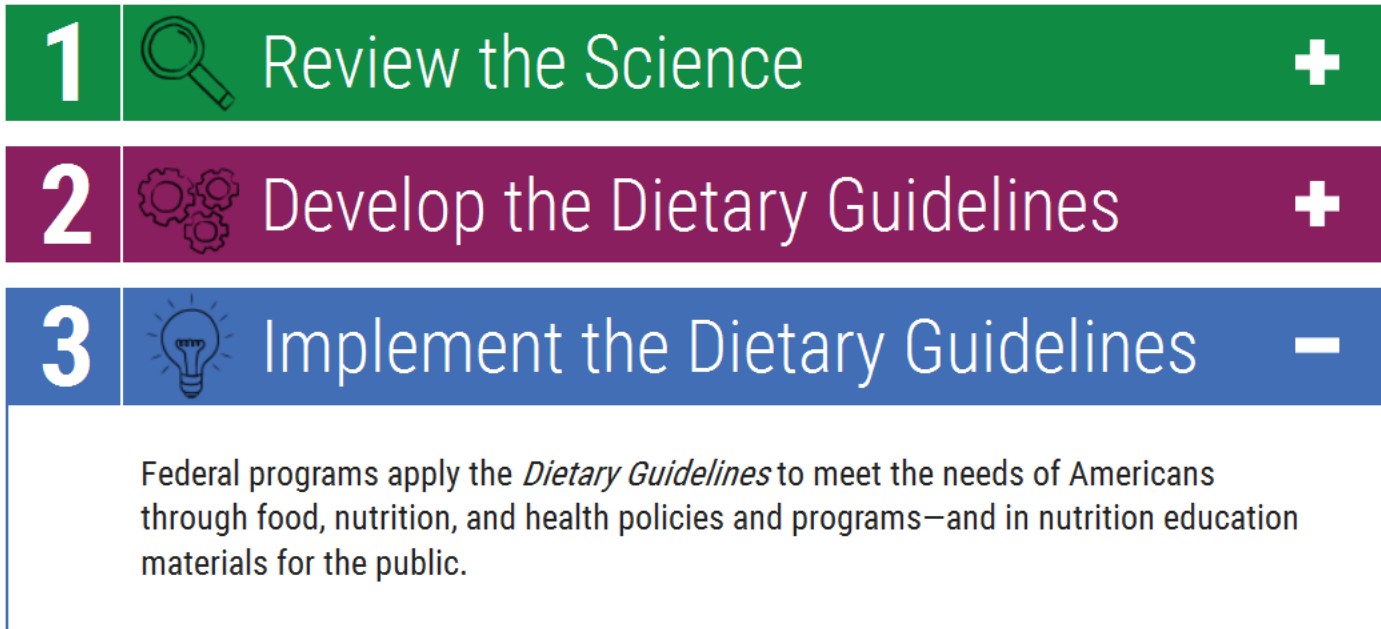
(Figure I-3)



# Developing the *Dietary Guidelines for Americans*

(Figure I-3)

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# The *Dietary Guidelines for Americans:* 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. 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.*





CHAPTER

**1**

# Key Elements of Healthy Eating Patterns

# The *Dietary Guidelines for Americans*: Key Recommendations

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- A healthy eating pattern includes:
  - 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 and trans fats
  - Added sugars
  - Sodium

# **The *Dietary Guidelines for Americans*: Key Recommendations, quantitative**

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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
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium
- 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.
- Meet the Physical Activity Guidelines for Americans



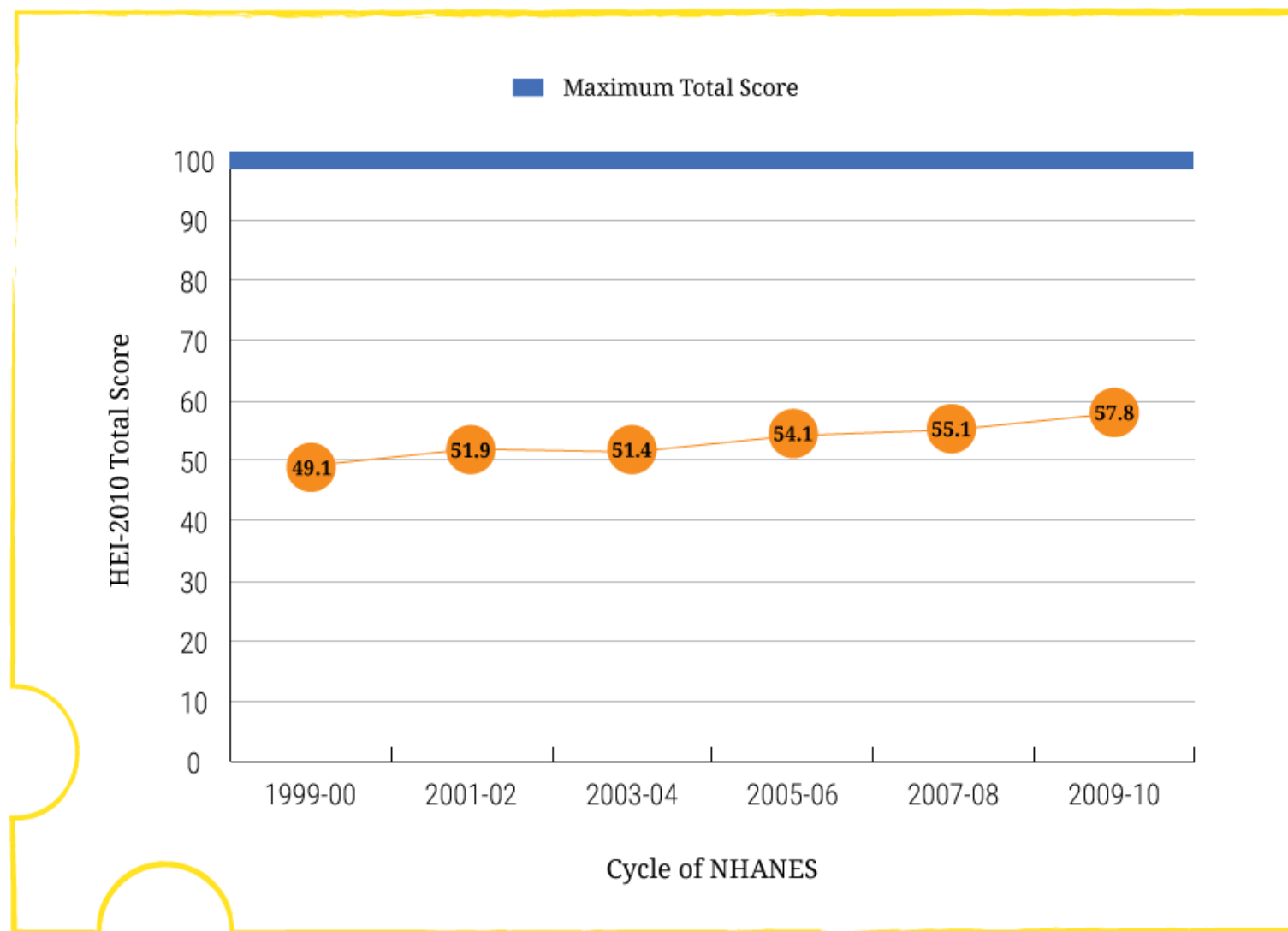
CHAPTER

# 2

## Shifts Needed To Align With Healthy Eating Patterns

# Adherence to the 2010 Dietary Guidelines

Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores of the U.S. Population Ages 2 Years and Older(Figure I-1)

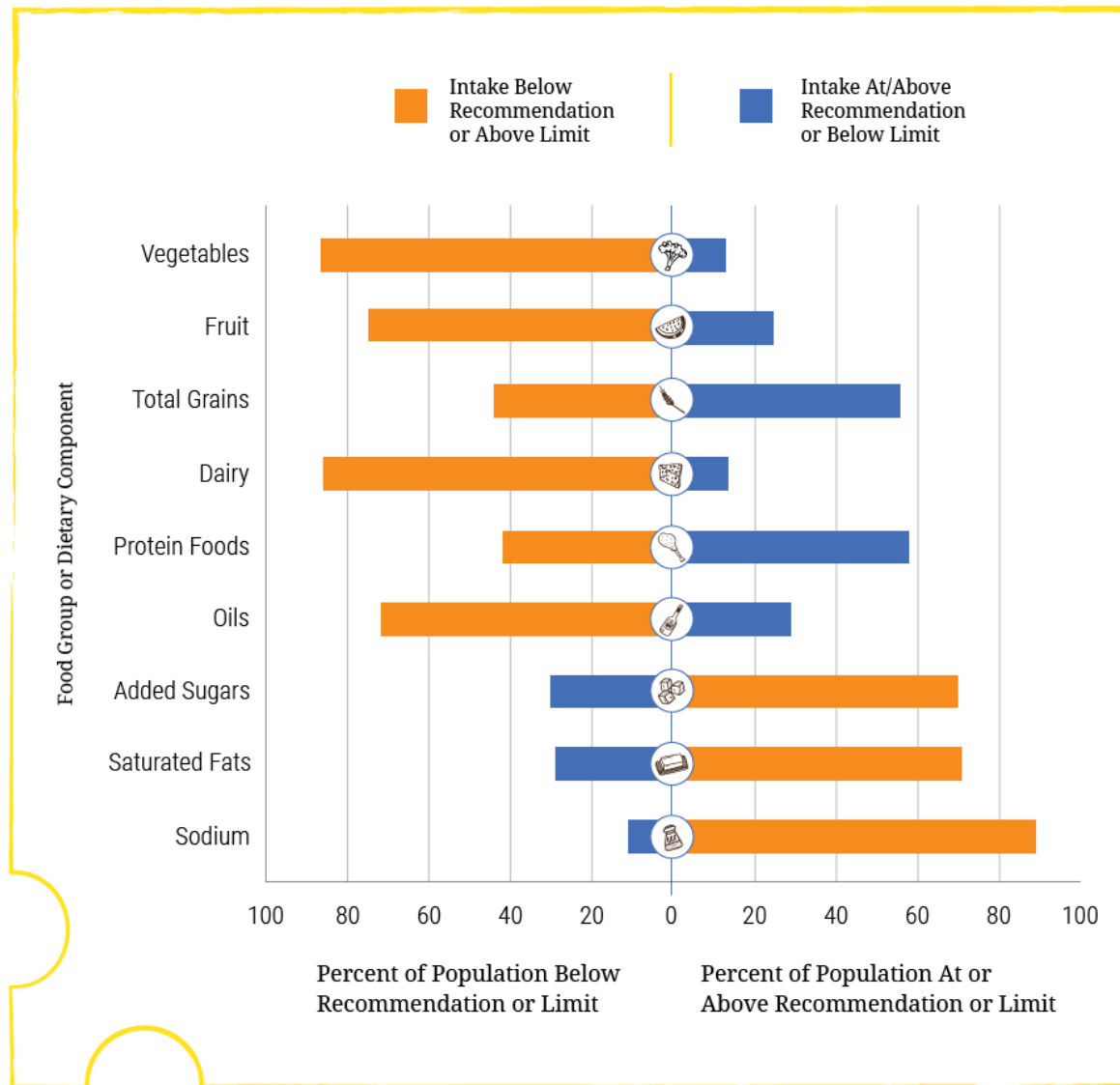


Data Source:  
Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010.

Note: HEI-2010 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

# Current Eating Patterns in the United States

## Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit (Figure 2-1)

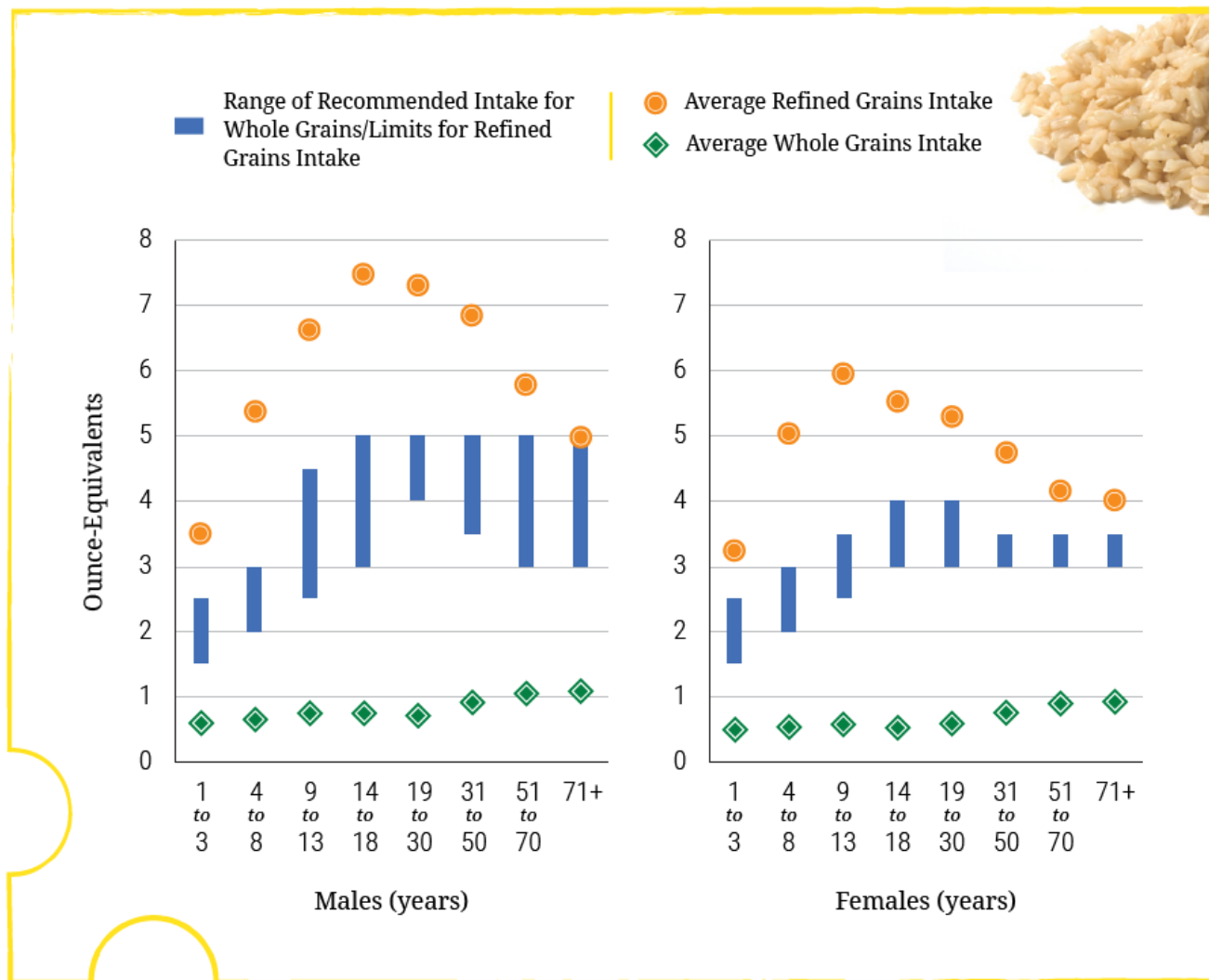


Note: The center (0) line is the goal or limit. For most, those represented by the orange sections of the bars, shifting toward the center line will improve their eating pattern.

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

# Whole and Refined Grains: Intakes and Recommendations

## Average Intakes by Age-Sex Groups, Compared to Ranges of Recommended Daily Intake for Whole Grains and Limits for Refined Grains (Figure 2-5)

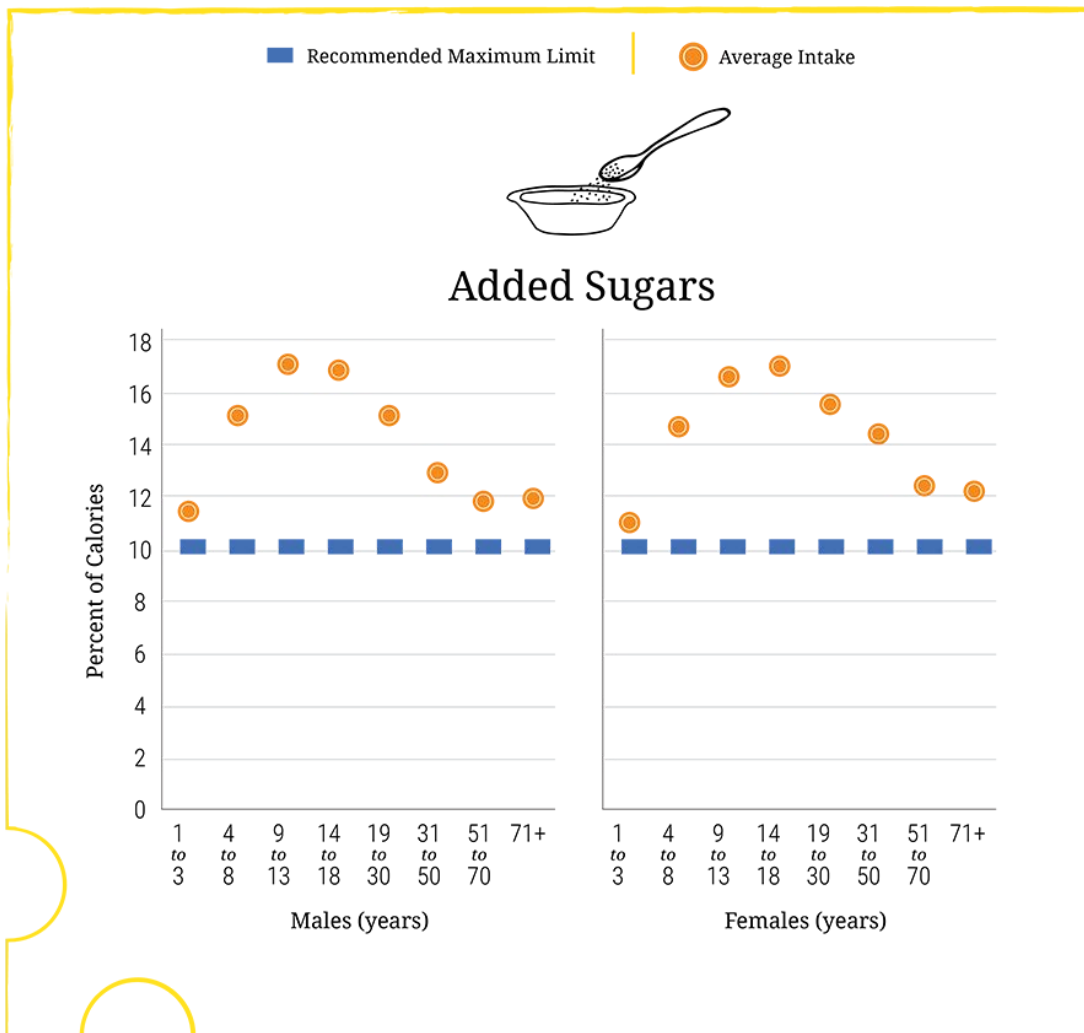


Note: Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption. The blue vertical bars on this graph represent one half of the total grain recommendations for each age-sex group, and therefore indicate recommendations for the minimum amounts to consume of whole grains or maximum amounts of refined grains. To meet recommendations, whole grain intake should be within or above the blue bars and refined grain intake within or below the bars.

Data Sources: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

# Added Sugars: Intakes and Limit

Average Intakes as a Percent of Calories per Day by Age-Sex Group, in Comparison to the *Dietary Guidelines* Maximum Limit of Less than 10 Percent of Calories (Figure 2-9)



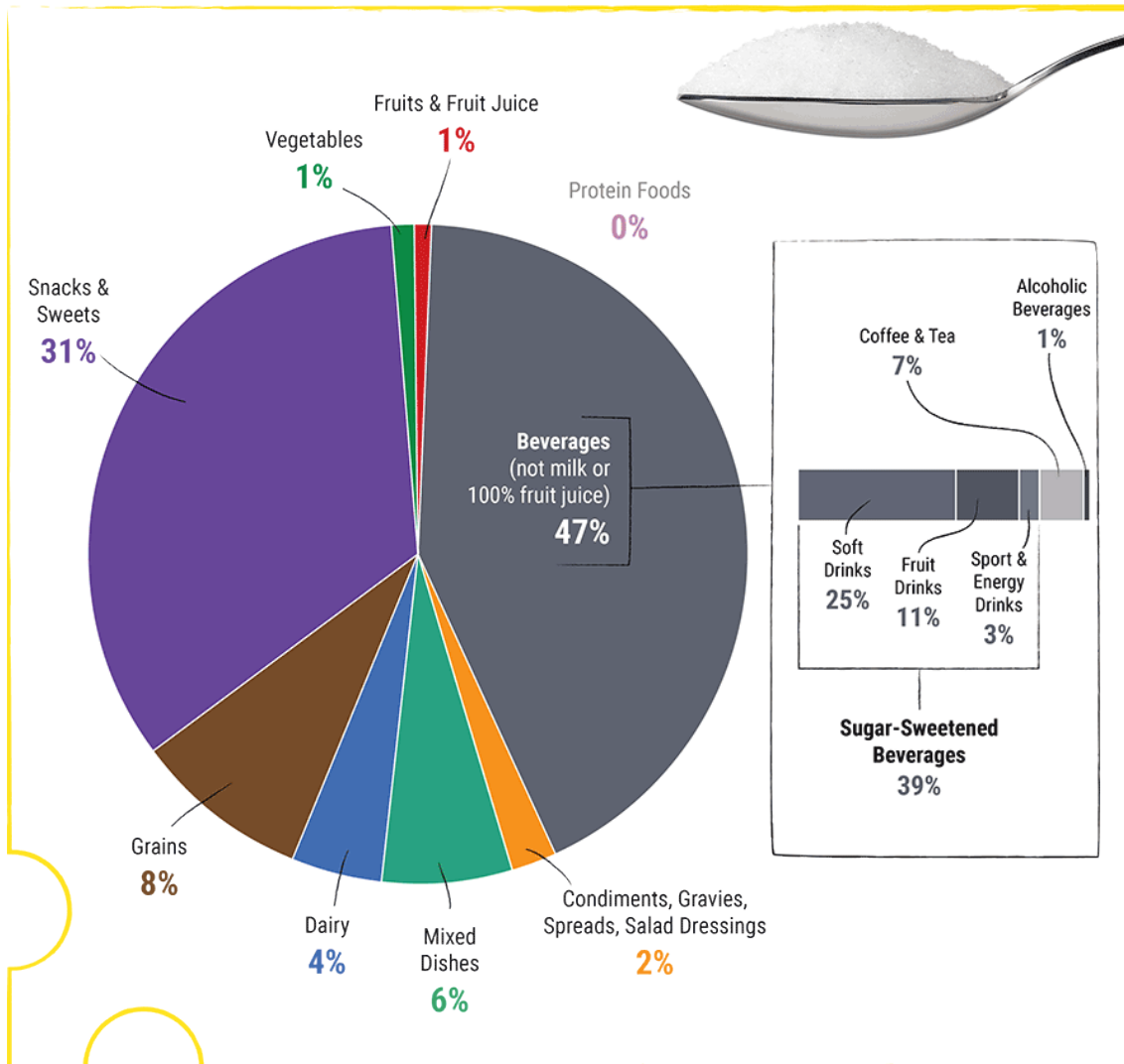
Note: The maximum amount of added sugars allowable in a Healthy U.S.-Style Eating Pattern at the 1,200-to-1,800 calorie levels is less than the *Dietary Guidelines* limit of 10 percent of calories. Patterns at these calorie levels are appropriate for many children and older women who are not physically active.

Data Sources: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group.



# Food Sources of Added Sugars

## Food Category Sources of Added Sugars in the U.S. Population Ages 2 Years and Older (Figure 2-10)



Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

## Added Sugars:

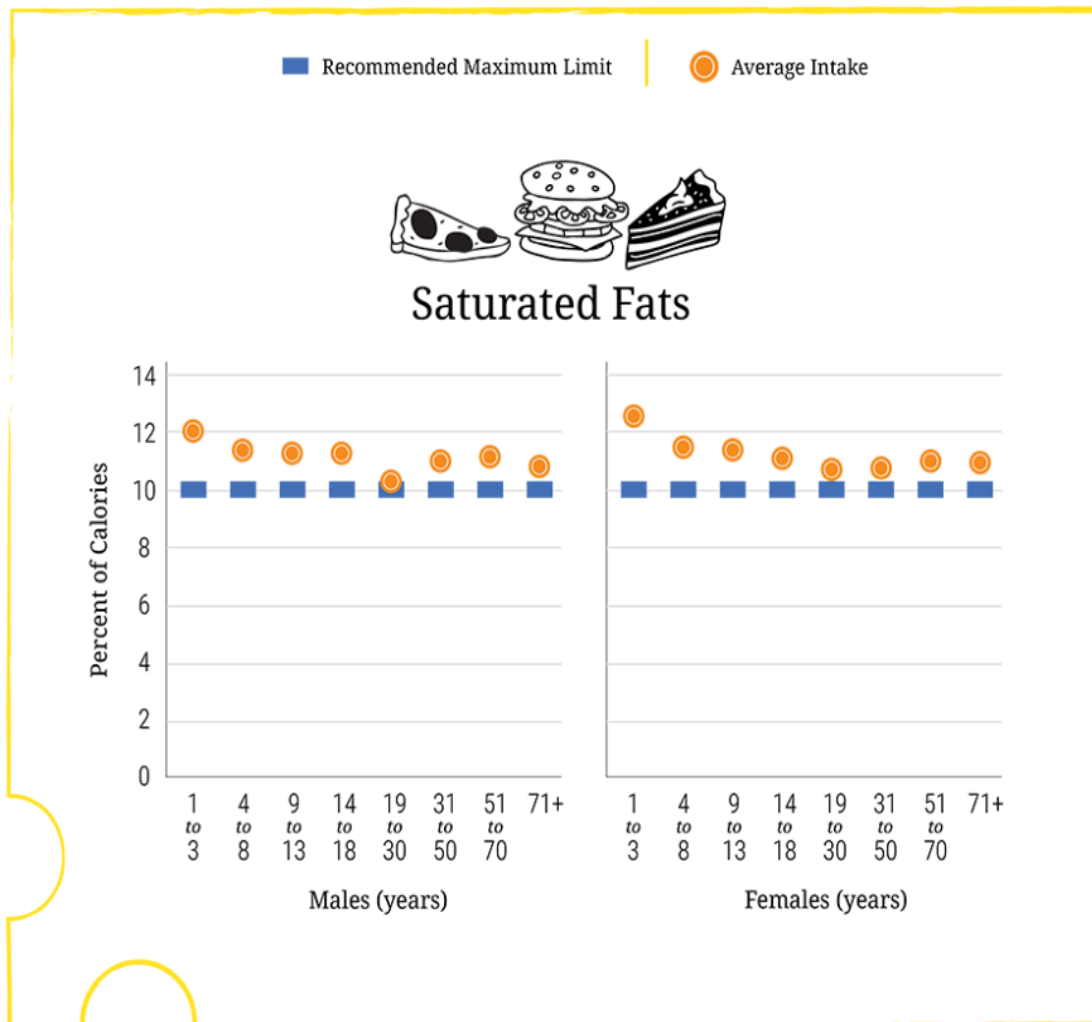
DGAC Table D6.1 Added Sugars Available in the USDA Food Patterns by Percent of Total Calories Per Day

Calorie Level	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000
Healthy US	7%	4%	4%	3%	4%	6%	6%	7%	7%	6%	7%
Healthy Med	6%	4%	4%	5%	4%	6%	6%	6%	6%	6%	6%
Healthy Veg	8%	6%	6%	5%	5%	7%	6%	7%	6%	6%	6%
Average	7%	5%	4%	5%	4%	6%	6%	6%	6%	6%	7%

# Saturated Fats: Intakes and Limit

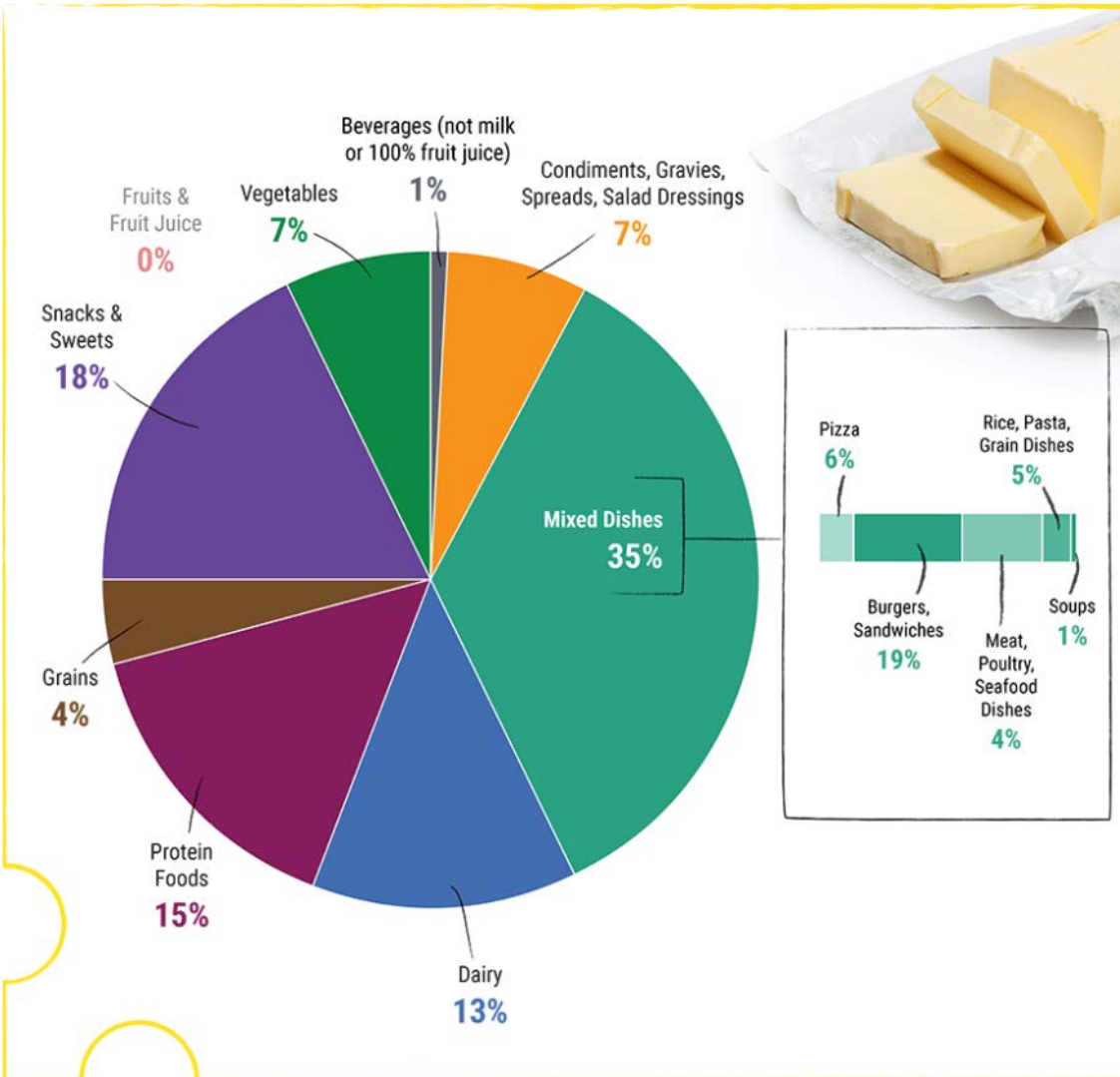
Average Intakes as a Percent of Calories per Day by Age-Sex Group, in Comparison to the *Dietary Guidelines* Maximum Limit of Less than 10 Percent of Calories (Figure 2-11)

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group



# Food Sources of Saturated Fats

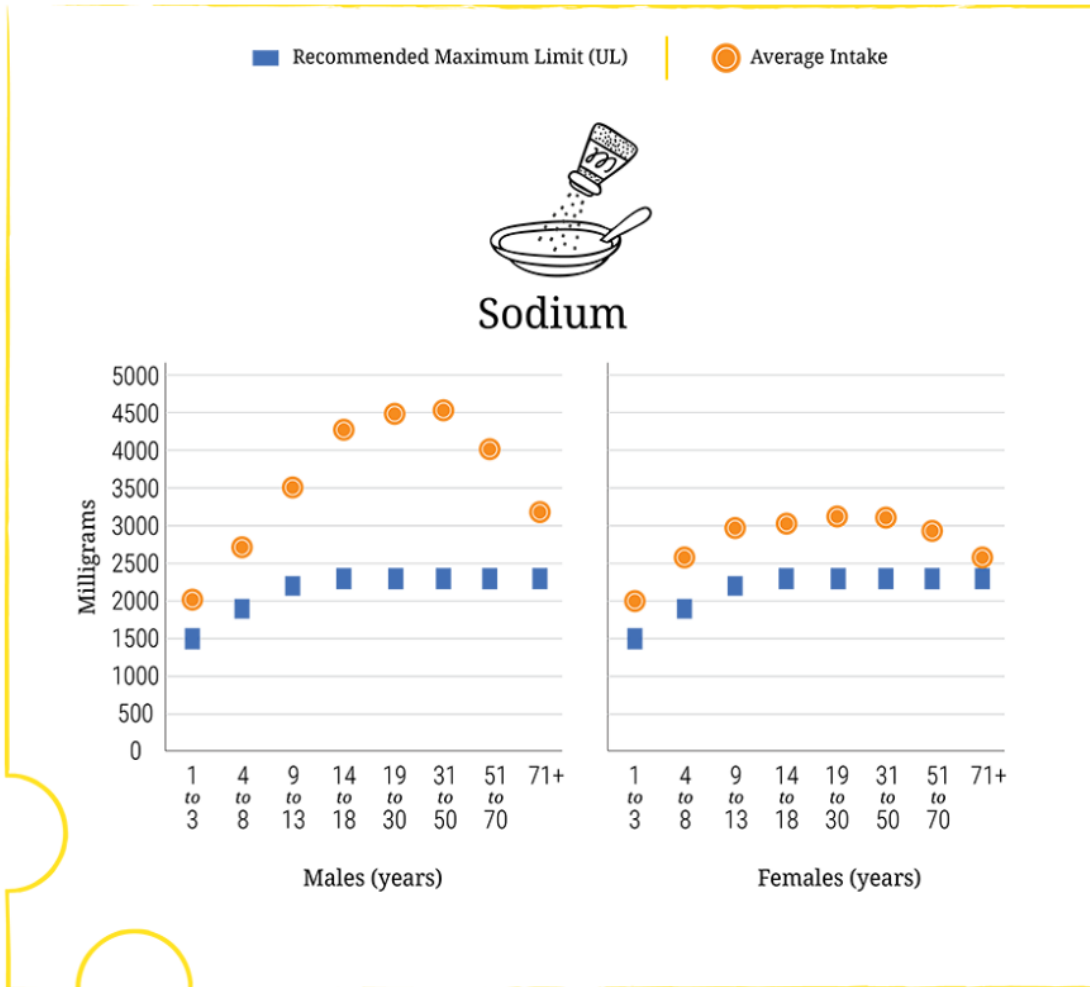
## Food Category Sources of Saturated Fats in the U.S. Population Ages 2 Years and Older (Figure 2-12)



Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

# Sodium: Intakes and Limits

## Average Intake of Sodium in Milligrams per Day by Age-Sex Groups, Compared to Tolerable Upper Intake Levels (UL) (Figure 2-13)

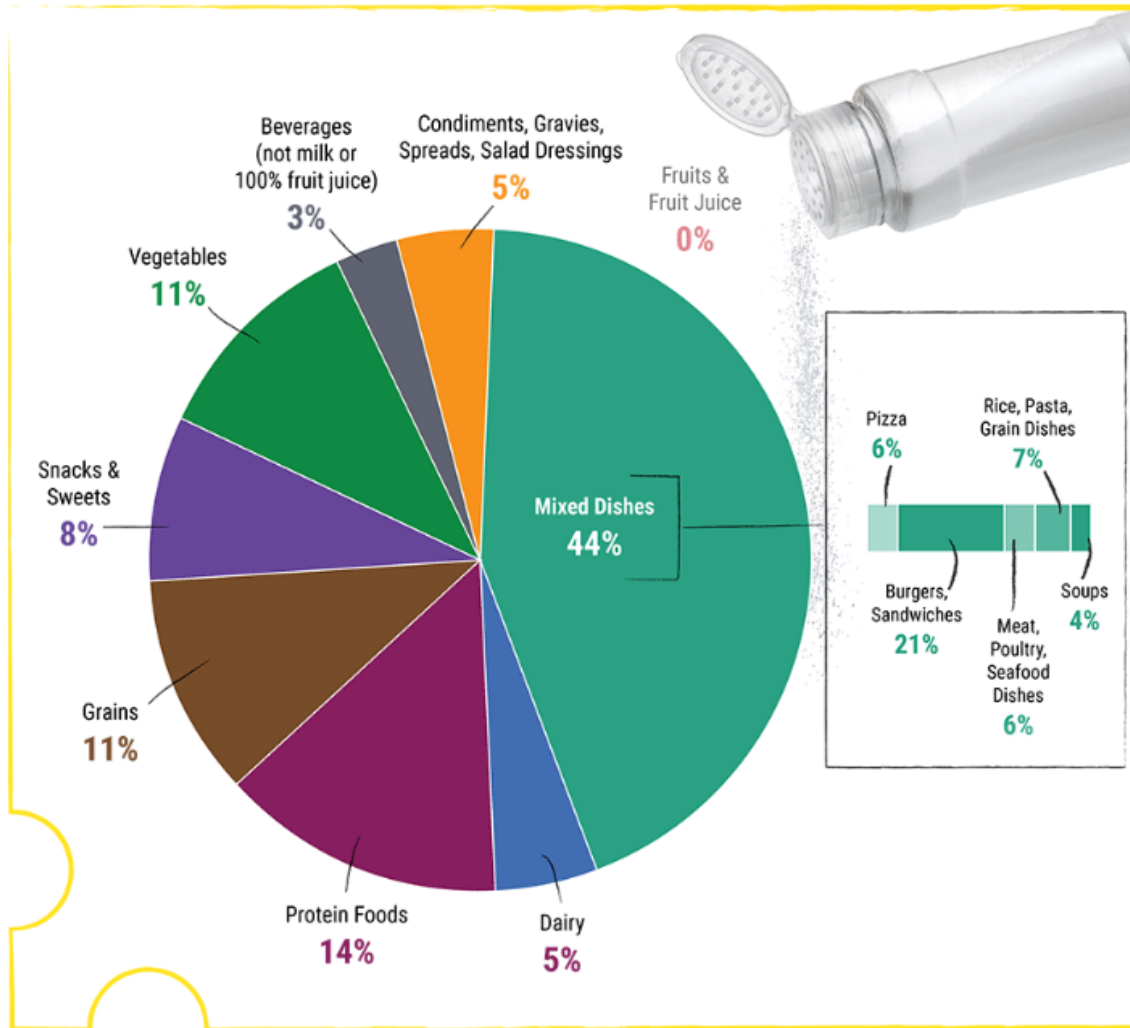


Data Sources:

What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Institute of Medicine Dietary Reference Intakes for Tolerable Upper Intake Levels (UL).

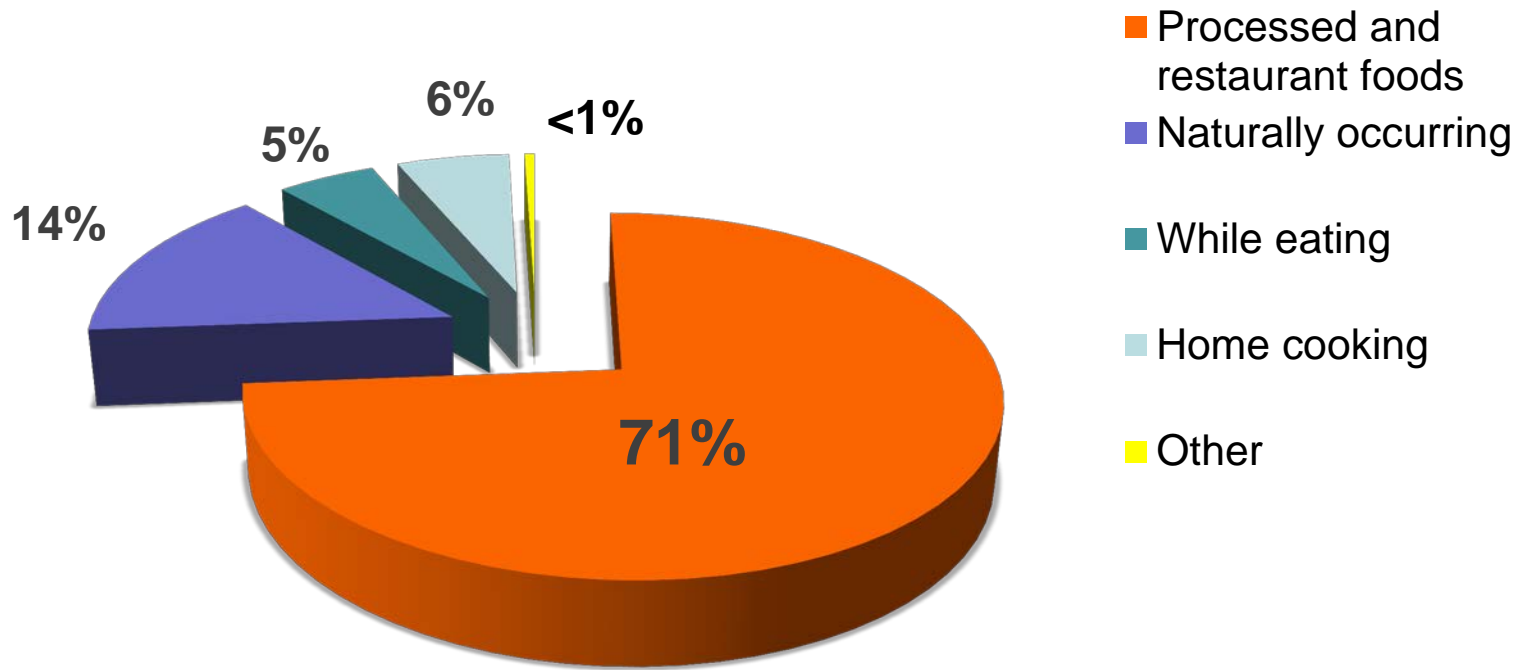
# Food Sources of Sodium

## Food Category Sources of Sodium in the U.S. Population Ages 2 Years and Older (Figure 2-14)



Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

# Most of the Sodium We Eat Comes from Processed and Restaurant Foods



**Average sodium intake, 3,501 mg/d; 2,480 mg/d from processed and restaurant foods**

Harnack, Steffen et al., 450 adults, 20-74 years, Submitted, Unpublished data, Salt Sources Study, 2015

# The *Dietary Guidelines for Americans:* Alcohol

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**IF YOU CHOOSE TO DRINK,  
DO SO IN MODERATION**



**NO ONE** SHOULD BEGIN DRINKING OR  
DRINK MORE FREQUENTLY BASED ON  
POTENTIAL HEALTH BENEFITS

UP TO **1** DRINK A  
DAY FOR WOMEN



UP TO **2** DRINKS  
A DAY FOR MEN



**DON'T DRINK AT ALL** IF YOU ARE **UNDER AGE 21,**  
**PREGNANT OR MAY BE PREGNANT,** OR  
**HAVE HEALTH PROBLEMS** THAT COULD BE  
MADE WORSE BY DRINKING



# The *Dietary Guidelines for Americans*: Standard Drinks and Alcohol Concentration

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**Note: A U.S. Standard Drink Contains 14 grams (0.6 ozs) of Pure Alcohol**



CHAPTER

# 3

## Everyone Has a Role in Supporting Healthy Eating Patterns

# Creating and Supporting Healthy Choices

## (Figure 3-1)

The Social-Ecological Model can help health professionals understand how layers of influence intersect to shape a person's food and physical activity choices. The model below shows how various factors influence food and beverage intake, physical activity patterns, and ultimately health outcomes.



Data Source: Adapted from:  
(1) Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. National Center for Chronic Disease Prevention and Health Promotion. Addressing Obesity Disparities: Social Ecological Model. Available at: [http://www.cdc.gov/obesity/health\\_equity/addressingtheissue.html](http://www.cdc.gov/obesity/health_equity/addressingtheissue.html). Accessed October 19, 2015. (2) Institute of Medicine. Preventing Childhood Obesity: Health in the Balance, Washington (DC): The National Academies Press; 2005, page 85. (3) Story M, Kaphingst KM, Robinson-O'Brien R, Glanz K. Creating healthy food and eating environments: Policy and environmental approaches. *Annu Rev Public Health* 2008; 29:253-272.

# Strategies for Action

(Figure 3-3)

- HOME
- SCHOOL
- WORKSITE
- COMMUNITY
- FOOD RETAIL

Example:





**FDA**

Center for Food  
Safety and  
Applied  
Nutrition

**Trans Fat GRAS Revocation**

**Voluntary Sodium Reduction**

**Front of Package Labeling**

**Qualified Health Claims**

	Calories meal**	Platters
Hot Cakes	450	Hot Cakes
Hot Cakes with Egg	600	Hot Cakes
Hot Cakes with Swiss Biscuit	580	Big Breakfast
Hot Cakes with Egg	660	Deluxe Breakfast
Hot Cakes with Swiss Biscuit	560	Breakfast
Hot Cakes with Swiss Biscuit	570	

# Menu Labeling

## CALORIES

*Now on the Menu*

 In November 2011, FDA announced the final menu labeling regulations that will give information to consumers to help them make choices about the food they eat away from home.

WHAT PERCENT OF CALORIES DO PEOPLE CONSUME AWAY FROM HOME?	<b>33% NOW</b> <b>18% BY 2018</b>
RESTAURANTS AND RETAIL ESTABLISHMENTS ARE COVERED ONLY IF THEY HAVE HOW MANY LOCATIONS?	<b>20 OR MORE</b>

*Where Will I See Calories?*





- MENU LABELING BY-STATE REQUIREMENT
- FOOD PACKAGING BY STATE-TRIGGERING EVENTS
- TAKE-OUT FOOD AND DRINK
- FOODS, DRINKS & TREATMENTS SERVED FROM A MANUFACTURED SOURCE AT A RESTAURANT
- FOODS THAT BECOME SEPARATELY PACKAGED OR NOT PROVIDED AT A RESTAURANT OR RETAIL STORE
- A MENU OR DISPLAY AT A STAND OR KIOSK/BOOTH
- PACKAGED/PORTABLE AT A WORK STATION AT A RESTAURANT
- A COPY OF THE MENU WILL HAVE TO BE MADE AVAILABLE TO ALL FOOD SERVICE EMPLOYEES
- CERTAIN ALCOHOL BEVERAGES AT A RESTAURANT
- OTHER REQUIREMENTS



REGULATIONS ANNOUNCED BY FDA AND U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

FOR MORE INFORMATION, VISIT [www.fda.gov/oc/ohrt](http://www.fda.gov/oc/ohrt) OR CALL 1-800-368-7088

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# Nutrition Facts Label Update

<b>Nutrition Facts</b>			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
<b>Amount Per Serving</b>			
<b>Calories</b> 230	Calories from Fat 72		
<b>% Daily Value*</b>			
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 37g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 1g			
<b>Protein</b> 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# USDA

Food and  
Nutrition Service  
&

Center for  
Nutrition Policy  
and Promotion



## Retail Standards



## WIC Foods



# Implementing the Guidelines through MyPlate

(Figure 3-2)

## MyPlate, MyWins



Find your healthy eating style and maintain it for a lifetime. This means:

Everything you eat and drink over time matters.

The right mix can help you be healthier now and in the future.



Start with small changes to make healthier choices you can enjoy.

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more tips, tools, and information.



Click Here to Download  
**Wellness  
Policy**

Lessons from the Lunchroom  
**SCHOOL LUNCHES**  
can be a powerful tool to improve the diets of **30 million+ children** who eat them.

On average, U.S. children eat **only 1/3 of recommended fruits and vegetables** every day.



Students receiving **free or reduced price (FRP) school meals** between 2004 and 2007 **ate more fruits and vegetables** than non-FRP students.

**SMART  
SNACKS  
in  
SCHOOL**

Most children consume more than half their daily calories at school, so it is important that schools offer choices that support good nutrition.



CDC

Division of  
Nutrition,  
Physical Activity,  
and Obesity

Early Child Nutrition

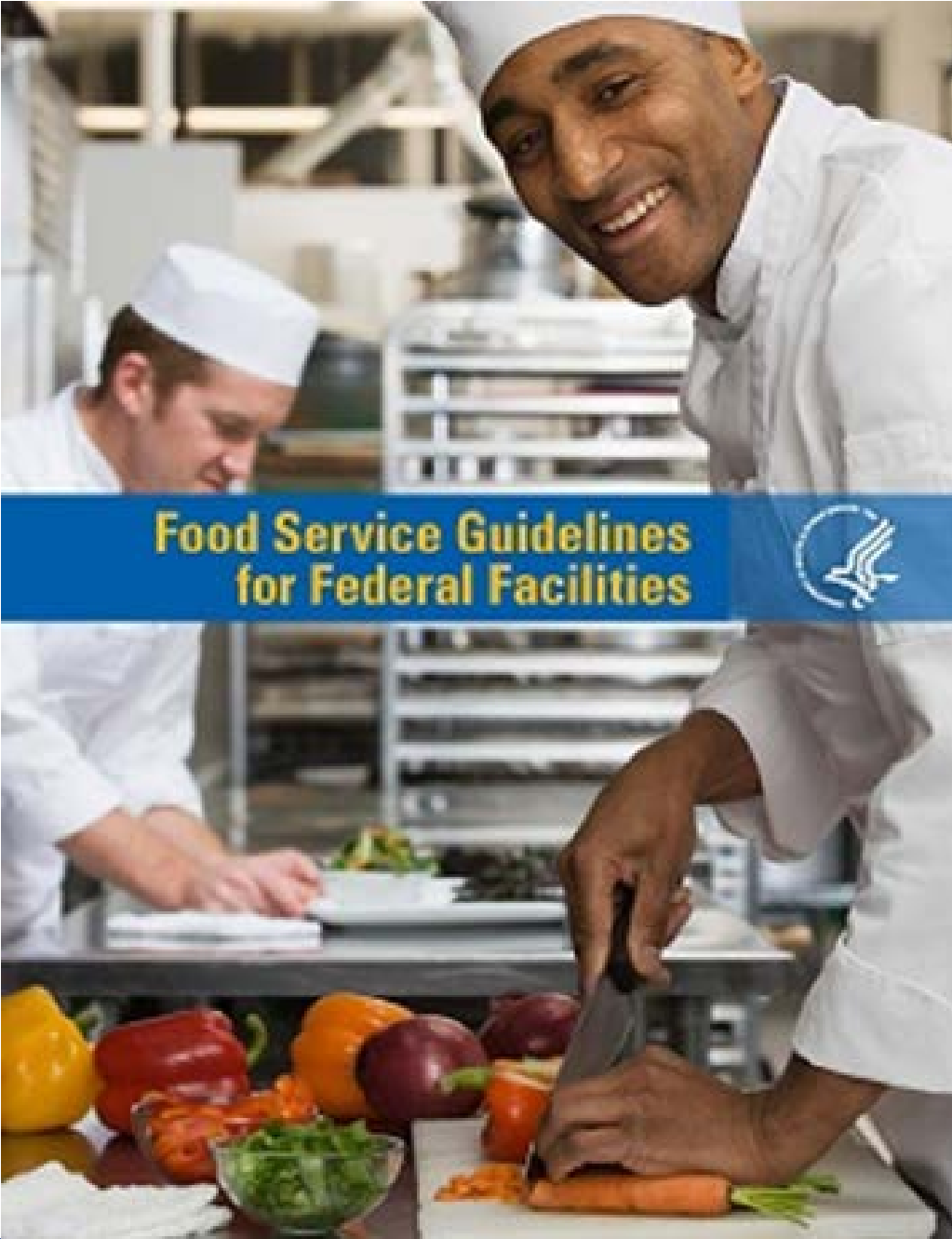
Early Care and Education

Healthy Food Environment

Healthy Healthcare

# Spectrum of Opportunities for Obesity Prevention in ECE





**Developed by:**  
60 representatives  
from 9 federal  
departments or  
agencies

The Food Service Guideline  
represents a set of  
**voluntary** best business  
practices

A tool developed  
by ChangeLab  
Solutions

# Exceed Web Tool



[www.ExceedTool.com](http://www.ExceedTool.com)

 **Exceed** | The Tool for Using Healthy Food Service Guidelines



OVERVIEW

**Why healthy food  
service guidelines?**



1

GET STARTED

With healthy  
food service  
guidelines



2

USE CLEAR  
LANGUAGE

In contracts,  
RFPs, and  
agreements



3

LEARN MORE

Browse the  
resource library





- Fitwel is a building certification system supporting healthy and productive buildings.
- Accessible to all (cost-effective), currently adding a module for low income housing

After 12 weeks of operation Fitwel is exceeding expectations: ...

**165,000+**

Total Employees Impacted

**159**

Total Projects Pre-Certified & Certified

**12**

Countries Reached

**200+**

Certified Fitwel Ambassadors

**600+**

Planned Projects through 2018

**FAST COMPANY** Named one of FastCompany's 2017 Top 10 Most Innovative Companies in Social Good!

01 Chobani

03 Zipline

05 Unilever

07 Qlik

09 Yazda

02 GoFundMe

04 Nike

06 Patagonia

08 Fitwel

10 Alphabet

## Major Messages from Chapter 3

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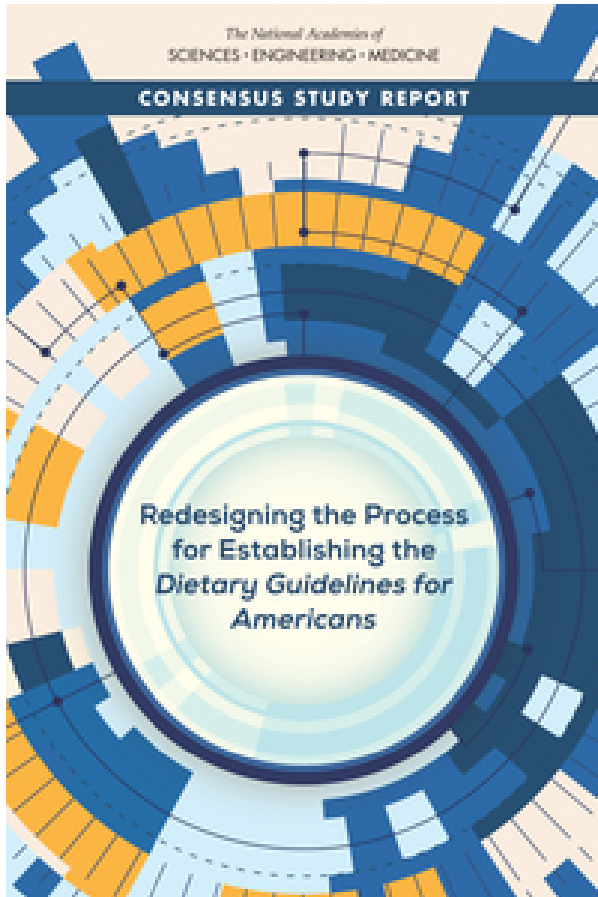
- Concerted efforts among all segments of society are needed to support healthy lifestyle choices that align with the *Dietary Guidelines*.
- Professionals have an important role in leading disease-prevention efforts.
- Collaborative efforts can have a meaningful impact on the health of current and future generations.





# The *Dietary Guidelines for Americans 2020-2025*: What Is Coming?

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- Major changes to the process
  - More public input
  - More agency input
- Major changes to the scientific committee
  - More diversity of background
  - More complete vetting
- Major changes to the content
  - Addition of pregnancy guidelines
  - Addition of guidelines for infants and toddlers from birth to 24 months of age

Questions?