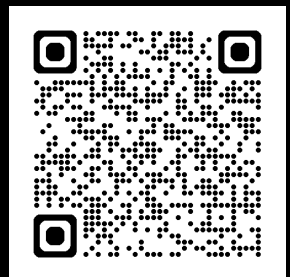
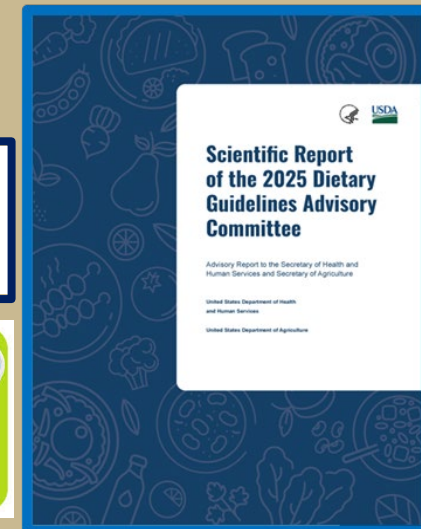
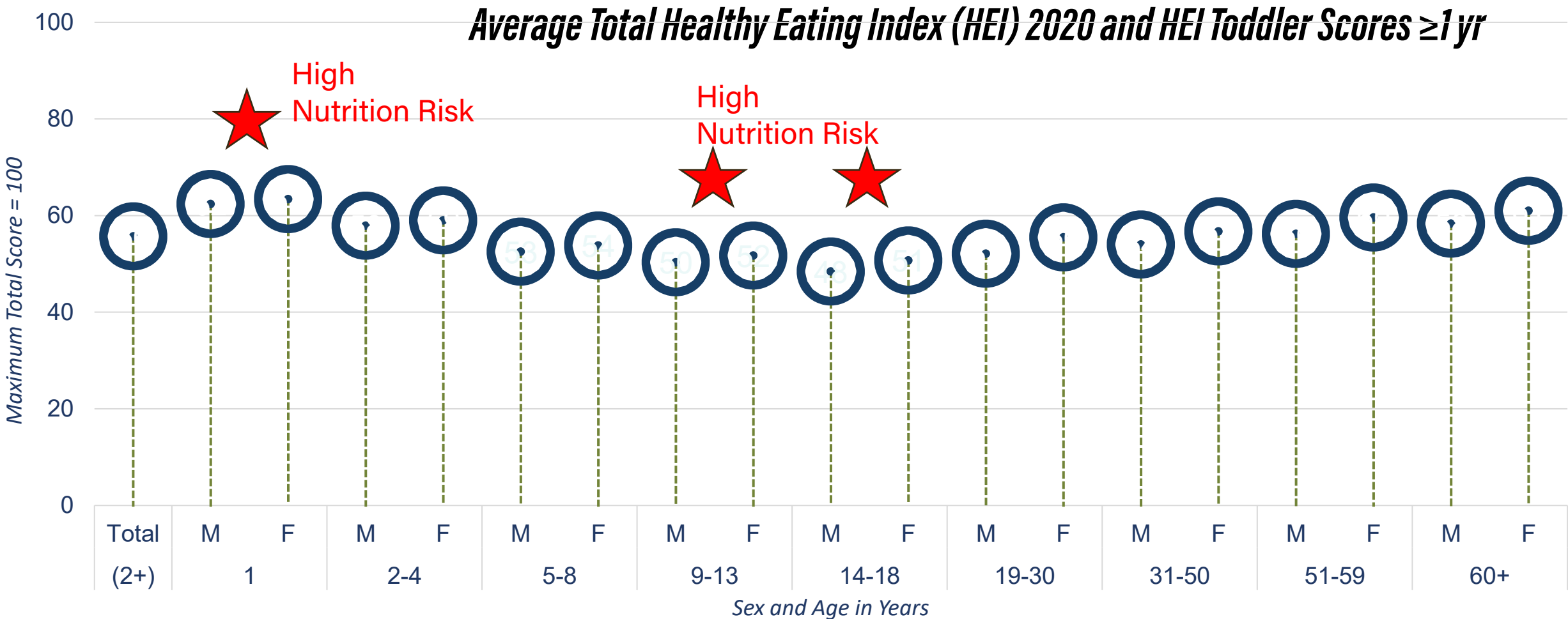


HIGHLIGHTS FROM THE 2025-2030 DIETARY GUIDELINES FOR AMERICANS SCIENTIFIC ADVISORY COMMITTEE

Heather A. Eicher-Miller, Professor, Nutrition Science



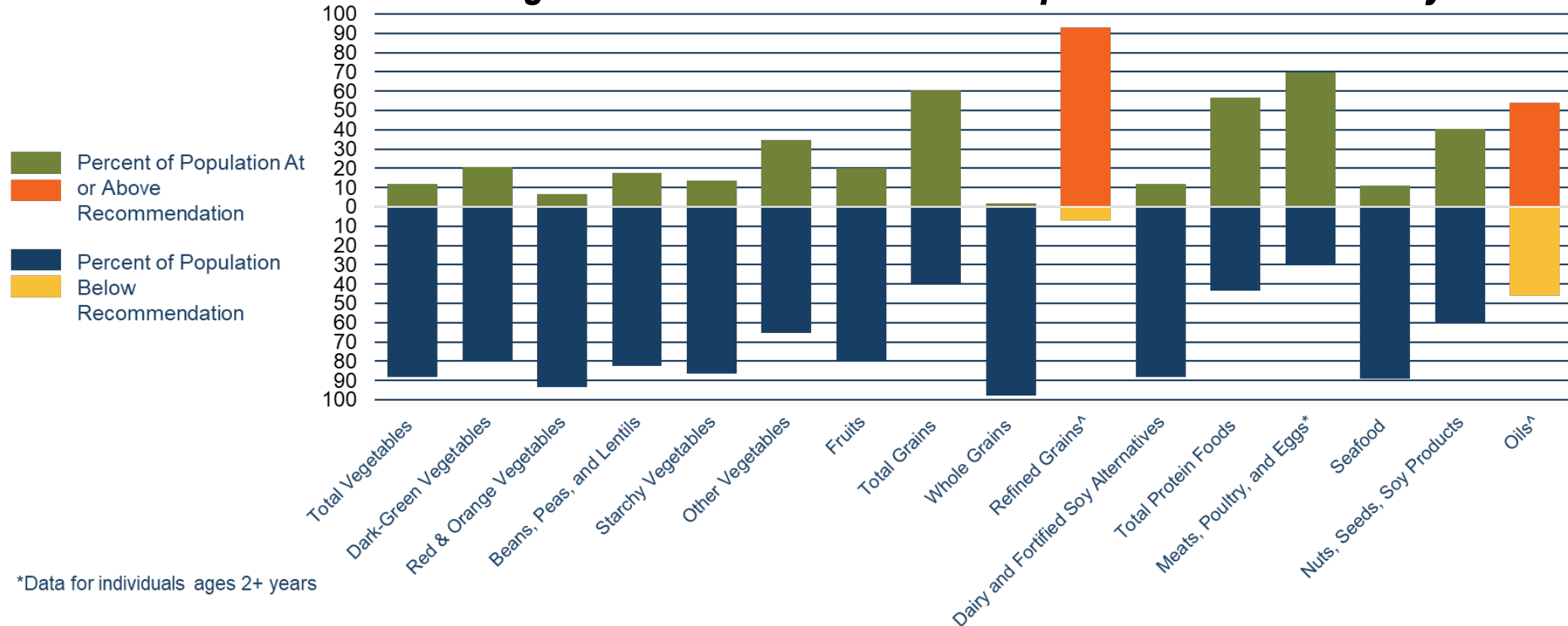
Dietary Quality in the U.S. is Generally Poor



* The Healthy Eating Index-Toddlers-2020 is used for ages 12 through 23 months, and the Healthy Eating Index-2020 is used for ages 2 years and older
Data Source: Analysis of What We Eat in America, NHANES 2011-2018, ages 1 year and older, 2 days dietary intake data, weighted.
M: Male | F: Female

Veg, Fruit, W Grains, Dairy, Plant Proteins & Seafood are Under consumed

Percentage Below or At/Above Food Group Recommendations ≥ 1 yr



*Data for individuals ages 2+ years

[^]Refined Grains and Oils have limits for intake, while other food groups and subgroups do not. For example, Refined Grains should be no more than half of total Grains intake. Thus, intakes for Refined Grains and Oils are described using different colors (orange and yellow)

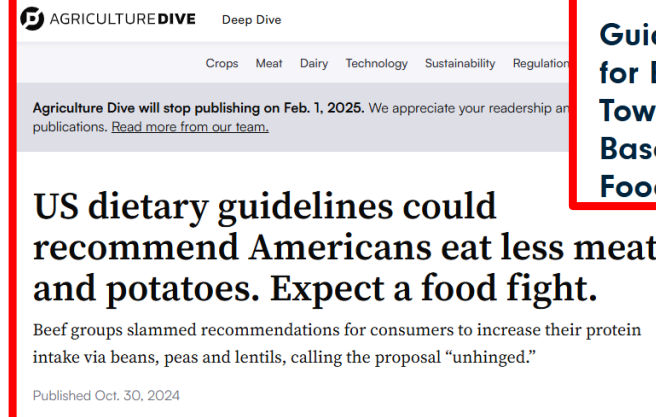
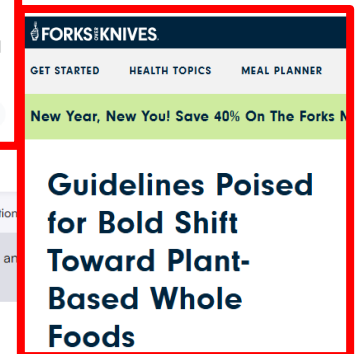
Note: The 2020-2025 Healthy U.S. Style-Dietary Patterns are used for this comparison. The Dietary Patterns also include a limit on calories for other uses, which is not included on this slide

Source: *Dietary Intakes: What We Eat in America, NHANES 2011-2018*, 2 days dietary intake data, weighted. *Recommended Intake Ranges: Healthy U.S.-Style Dietary Pattern, Dietary Guidelines for Americans, 2020-2025.*

Overarching Advice: Increase Fruits, Vegetables, Whole Grains, Plant-Based Proteins

- Emphasize intakes of beans, peas, and lentils and reduce intakes of red and processed meats
- Remove “Limits on Calories for Other Uses”
- Develop a single, inclusive dietary pattern that offers flexibilities for individual needs/preferences — the *Eat Healthy Your Way* Dietary Pattern

Results VS. Headlines



Healthy U.S. Style Dietary Pattern (HUSS)											
Food Group or Subgroup	Calorie Level										
	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000
Vegetables (cup eq/day)	1.0	1.5	1.5	2.0	2.5	2.5	3.0	3.0	3.5	3.5	4.0
Dark-Green Vegetables (cup eq/week)	0.5	1.0	1.0	1.5	1.5	1.5	2.0	2.0	2.5	2.5	2.5
Red and Orange Vegetables (cup eq/week)	2.5	3.0	3.0	4.0	5.5	5.5	6.0	6.0	7.0	7.5	7.5
Beans, Peas, and Lentils (cup eq/week)	1.0*	1.0*	1.5*	2.0*	2.5*	2.5*	3.0*	3.0*	3.0*	3.0*	3.0
Starchy Vegetables (cup eq/week)	1/2	1/2	1/2	1	1 1/2	1 1/2	2	2	2 1/2	2 1/2	3
Other Vegetables (cup eq/week)	1.5*	3.0*	2.5*	3.0*	4.0*	4.0*	5.0*	5.0*	6.5*	6.5*	8.0
Protein Foods (ounce eq/day)	2	3 1/2	3 1/2	4	5	5	6	6	7	7	8
Fruits (cup eq/day)	1.0	1.0	1.5	1.5	2.0	2.0	2.0	2.0	2.5	2.5	2.5
Grains (ounce eq/day)	3.0	4.0	5.0	5.0	6.0	6.0	7.0	8.0	9.0	10.0	10.0
Whole Grains (ounce eq/day)	1.5	2.0	2.5	3.0	3.0	3.0	3.5	4.0	4.5	5.0	5.0
Refined Grains (ounce eq/day)	1.5	2.0	2.5	2.0	3.0	3.0	3.5	4.0	4.5	5.0	5.0
Dairy and Fortified Soy Alternatives (cup eq/day)	2.0	2.5	2.5	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0
Protein Foods (ounce eq/day)	2.0	3.0	4.0	5.0	5.0	5.5	5.5*	6.0*	6.0*	6.5*	6.5*
Meats, Poultry, and Eggs (ounce eq/week)	10.0	14.0	19.0	23.0	23.0	26.0	24.5*	27.0*	27.0*	29.0*	29.0*
Seafood (ounce eq/week)	2.0-3.0	4.0	6.0	8.0	8.0	8.0	9.0	10.0	10.0	10.0	10.0
Nuts, Seeds, and Soy Products (ounce eq/week)	2.0	2.0	3.0	4.0	4.0	5.0	5.0	5.0	6.0	6.0	6.0
Oils (grams/day)	15.0	17.0	17.0	22.0	24.0	27.0	29.0	31.0	34.0	36.0	44.0

Recommended Change: Starting from prior DGA Patterns, slightly **increase** Beans, Peas and Lentils, slightly **decrease** Starchy vegetables, and slightly **decrease** meat, poultry and eggs

THANK YOU