



# Approaches for Examining the Evidence

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**Dietary**  
**Guidelines**  
**for Americans**

# Examining the Evidence

*The best approach to answer a question depends on the nature of the question and the type of information needed to answer the question.*



# Approaches to Examining the Evidence

## NESR Systematic Reviews

New, original systematic reviews conducted by Nutrition Evidence Systematic Review (NESR) and the 2020 Dietary Guidelines Advisory Committee, and existing NESR systematic reviews relevant to the topics and questions.

## Food Pattern Modeling

Analysis that uses national data to help us understand how changes to dietary recommendations might impact meeting nutrient needs across the U.S. population.

## Data Analysis

A collection of analyses that uses national data sets to help us understand the current health and dietary intakes of Americans.

