



# **Dietary Guidelines for Americans**

**#DietaryGuidelines**





# Call to Order

*Eve Stody, PhD*

**Designated Federal Officer**

2020 Dietary Guidelines Advisory Committee

[DietaryGuidelines.gov](https://www.dietaryguidelines.gov)





# Opening Remarks

*Brandon Lipps*

**Deputy Under Secretary**

Food, Nutrition, and Consumer Services

U.S. Department of Agriculture

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# Opening Remarks

*Scott Hutchins, PhD*

**Deputy Under Secretary**

Research, Education, and Economics

U.S. Department of Agriculture

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# Introduction

*Eve Stody, PhD*

**Designated Federal Officer**

2020 Dietary Guidelines Advisory Committee

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# 2020 Dietary Guidelines Advisory Committee

## Members in Attendance

- Barbara Schneeman, PhD

### ***Chair***

- Ronald Kleinman, MD

### ***Vice Chair***

- Jamy Ard, MD
- Regan Bailey, PhD, MPH, RD
- Lydia Bazzano, MD, PhD
- Carol Boushey, PhD, MPH, RD
- Teresa Davis, PhD
- Kathryn Dewey, PhD
- Sharon Donovan, PhD, RD

- Steven Heymsfield, MD
- Heather Leidy, PhD
- Richard Mattes, PhD, MPH, RD
- Elizabeth Mayer-Davis, PhD, RD
- Timothy Naimi, MD, MPH
- Rachel Novotny, PhD, RDN, LD
- Joan Sabaté, MD, DrPH
- Linda Snetselaar, PhD, RD
- Jamie Stang, PhD, MPH, RDN
- Linda Van Horn, PhD, RDN, LD

**Not in attendance:** Elsie Taveras, MD, MPH

# 2020 Dietary Guidelines Advisory Committee

- Established to conduct an independent review of current research on nutrition and health to be considered by USDA and HHS in the development of the *2020-2025 Dietary Guidelines for Americans*.

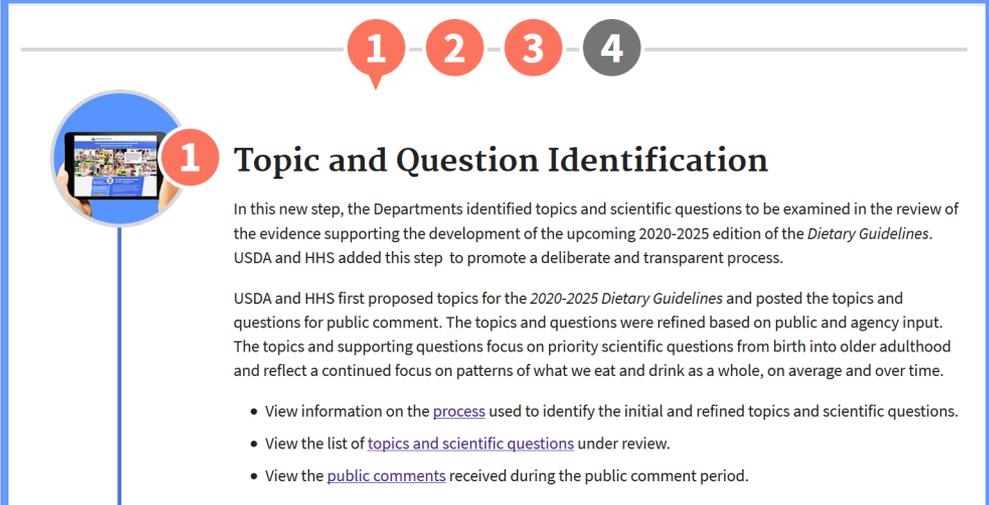


# Charge to the 2020 Dietary Guidelines Advisory Committee

- Examine the evidence on specific topics and scientific questions identified by the Departments
- Develop a report that outlines its science-based review and recommendations to the Departments with rationale; and
- Submit its report to the Secretaries of USDA and HHS for consideration as the Departments develop the *2020-2025 Dietary Guidelines for Americans*.

# Topics and Scientific Questions

- USDA and HHS added the step of identifying the topics and questions to be examined by the Committee to promote a deliberate and transparent process
  - Involved input from scientists across multiple Federal agencies and thousands of public comments
  - Prioritized using four criteria:
    - Relevance
    - Importance
    - Potential Federal impact
    - Avoiding duplication



The infographic features a horizontal timeline with four numbered steps. Step 1 is highlighted with a red circle and a callout box. To the left of the callout box is a circular image of a tablet displaying a website. The text in the callout box describes the first step: Topic and Question Identification. It explains that USDA and HHS identified topics and scientific questions for review, based on public and agency input. It also provides links to view the process, the list of topics and scientific questions, and the public comments received during the comment period.

**1** **2** **3** **4**

**1** **Topic and Question Identification**

In this new step, the Departments identified topics and scientific questions to be examined in the review of the evidence supporting the development of the upcoming 2020-2025 edition of the *Dietary Guidelines*. USDA and HHS added this step to promote a deliberate and transparent process.

USDA and HHS first proposed topics for the 2020-2025 *Dietary Guidelines* and posted the topics and questions for public comment. The topics and questions were refined based on public and agency input. The topics and supporting questions focus on priority scientific questions from birth into older adulthood and reflect a continued focus on patterns of what we eat and drink as a whole, on average and over time.

- View information on the [process](#) used to identify the initial and refined topics and scientific questions.
- View the list of [topics and scientific questions](#) under review.
- View the [public comments](#) received during the public comment period.

# Meetings of the 2020 Committee

- ✓ Meeting 1: March 28-29, 2019 (Washington, DC)
- ✓ Meeting 2: July 10-11, 2019 (Washington, DC)\*
- Meeting 3: October 24-25, 2019 (Washington, DC)
- Meeting 4: January 23-24, 2020 (Houston, TX)\*
- Meeting 5: March 12-13, 2020 (Washington, DC)

\* ***Oral comments to the Committee from the public***





# 2020 Dietary Guidelines Advisory Committee *Meeting 3*

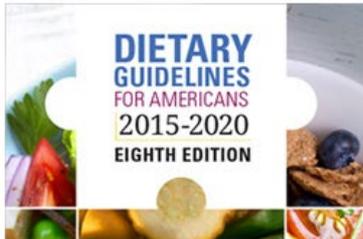
Thursday, October 24, 2019 (9:00am – 4:30pm)  
Friday, October 25, 2019 (9:00am-4:30pm)

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## Current Dietary Guidelines



[View Current Edition](#)

### View the Question Protocols

The 2020 Dietary Guidelines Advisory Committee currently is developing and implementing protocols for each question. These protocols – or plans – outline how the Committee will answer each of the scientific topics and questions it is examining.

[View Protocols](#)



# DietaryGuidelines.gov

Dietary Patterns <sup>1</sup> Subcommittee	
Still to Come <input type="checkbox"/> Developing the Plan <input checked="" type="checkbox"/> Implementing the Plan <input checked="" type="checkbox"/> Draft Conclusion <input checked="" type="checkbox"/>	
Status	Question
<input checked="" type="checkbox"/>	<a href="#">What is the relationship between dietary patterns consumed and growth, size, body composition, and risk of overweight and obesity?</a> Up to date as of 9/19/2019
<input checked="" type="checkbox"/>	<a href="#">What is the relationship between dietary patterns consumed and risk of cardiovascular disease?</a> Up to date as of 9/19/2019
<input checked="" type="checkbox"/>	<a href="#">What is the relationship between dietary patterns consumed and risk of type 2 diabetes?</a> Up to date as of 9/19/2019
<input checked="" type="checkbox"/> New	<a href="#">What is the relationship between dietary patterns consumed and risk of certain types of cancer?</a> Up to date as of 9/19/2019
<input checked="" type="checkbox"/> New	<a href="#">What is the relationship between dietary patterns consumed and bone health?</a> Up to date as of 9/19/2019
<input checked="" type="checkbox"/>	<a href="#">What is the relationship between dietary patterns consumed and neurocognitive health?</a> Up to date as of 9/19/2019
<input checked="" type="checkbox"/>	<a href="#">What is the relationship between dietary patterns consumed and iron deficiency anemia?</a> Up to date as of 9/19/2019
<input checked="" type="checkbox"/>	<a href="#">What is the relationship between dietary patterns consumed and all-cause mortality?</a> Up to date as of 9/19/2019

An official website of the United States government [Here's how you know](#)

**DGA** Dietary Guidelines for Americans

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## Work Under Way

Home | [Work Under Way](#) | [Review of the Science](#) | [Topics and Questions to be Examined by the Committee](#) | Dietary Patterns and Cancer

Back to the Topics and Questions

### Question

What is the relationship between dietary patterns consumed and risk of certain types of cancer?

**Approach to Answering the Question**  
Update to Existing NESR Systematic Review

**Subcommittee**  
Dietary Patterns Subcommittee

**Systematic Review Protocol**  
Developed for each scientific question being examined, the protocol describes the plan for how the systematic review will be conducted. The protocol provides the:

- Analytic framework,
- Literature search and screening plan, and
- Literature search and screening results.

For this question, dietary patterns is defined as the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed. In addition, the outcomes include breast, colorectal, prostate, lung, liver, pancreatic, and endometrial cancers as well as childhood leukemia.

For additional details, see the [full protocol](#) for the question, what is the relationship between dietary patterns consumed and risk of certain types of cancer? This protocol is up-to-date as of: 09/19/2019.

[View Full Protocol](#)