What's the difference between the Dietary Guidelines Advisory Committee Report & the Dietary Guidelines for Americans?

**COMMITTEE REPORT VS DIETARY GUIDELINES**

**WHAT IS IT?**

Committee Report

- An overview of the latest available science on a variety of nutrition topics

Dietary Guidelines

- Recommendations on what the average American should eat and drink to promote health and prevent chronic disease

**WHO WRITES IT?**

Committee Report

- The Dietary Guidelines Advisory Committee, a balanced group of nutrition science experts

Dietary Guidelines

- U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)

**WHO IS THE AUDIENCE?**

Committee Report

- U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)

Dietary Guidelines

- Nutrition policymakers and health professionals

**HOW IS IT USED?**

Committee Report

- Informs USDA and HHS as they develop the Dietary Guidelines for Americans

Dietary Guidelines

- Used as the basis for federal nutrition policy; built on by medical professionals to meet specific needs; developed into nutrition resources for the general public; and much more