

2020 Dietary Guidelines Advisory Committee



Outline of the Committee's Report *Barbara Schneeman, PhD*

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

Scientific Report of the 2020 Dietary Guidelines Advisory Committee

PART A: EXECUTIVE SUMMARY

PART B: SETTING THE STAGE AND INTEGRATING THE EVIDENCE*

PART C: METHODOLOGY

PART D: EVIDENCE ON DIET AND HEALTH*

PART E: FUTURE DIRECTIONS

PART F: APPENDICES

***Focus of today's discussion**

PART D: EVIDENCE ON DIET AND HEALTH

Current Dietary Intakes Through the Life Course

Chapter 1: Current Intakes of Foods, Beverages, and Nutrients

Diet and Health Relationships: Pregnancy and Lactation

Chapter 2: Food, Beverage, and Nutrient Consumption During Pregnancy

Chapter 3: Food, Beverage, and Nutrient Consumption During Lactation

Diet and Health Relationships: Birth to Age 24 Months

Chapter 4: Duration, Frequency, and Volume of Exclusive Human Milk and/or Infant Formula Feeding

Chapter 5: Food and Beverages Consumed During Infancy and Toddlerhood

Chapter 6: Nutrients from Dietary Supplements During Infancy and Toddlerhood

Chapter 7: USDA Food Patterns for Children Younger than Age 24 Months

Diet and Health Relationships: Individuals Ages Two Years and Older

Chapter 8: Dietary Patterns

Chapter 9: Dietary Fats and Seafood

Chapter 10: Beverages

Chapter 11: Alcoholic Beverages

Chapter 12: Added Sugars

Chapter 13: Frequency of Eating

Chapter 14: USDA Food Patterns for Individuals 2 Years and Older

PART D: CHAPTER TEMPLATE

INTRODUCTION

LIST OF QUESTIONS

METHODOLOGY

REVIEW OF THE SCIENCE

DISCUSSION

SUMMARY



*Committee's Evidence-Based
Advice to the Departments*

REFERENCES

From Conclusion Statements to Advice



The Committee looks across *all* of the conclusion statements – the totality of our scientific review – to develop overarching advice for USDA and HHS to consider as the Departments develop the *2020-2025 Dietary Guidelines*.

Today's Discussion

Times are Tentative

Current Dietary Intakes Through the Life Course Pregnancy and Lactation

1:00-1:30 pm ET - Break

Birth to 24 Months

3:00-3:30 pm ET - Break (3:30 pm ET – New webcast link)

Two Years and Older

**Integrating the Evidence and Future Directions
Next Steps and Closing Remarks**

7:00 pm ET - Adjourn