

2020 Dietary Guidelines Advisory Committee



Integrating the Evidence and Future Directions



Barbara Schneeman, PhD
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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

PART B: INTEGRATION CHAPTER

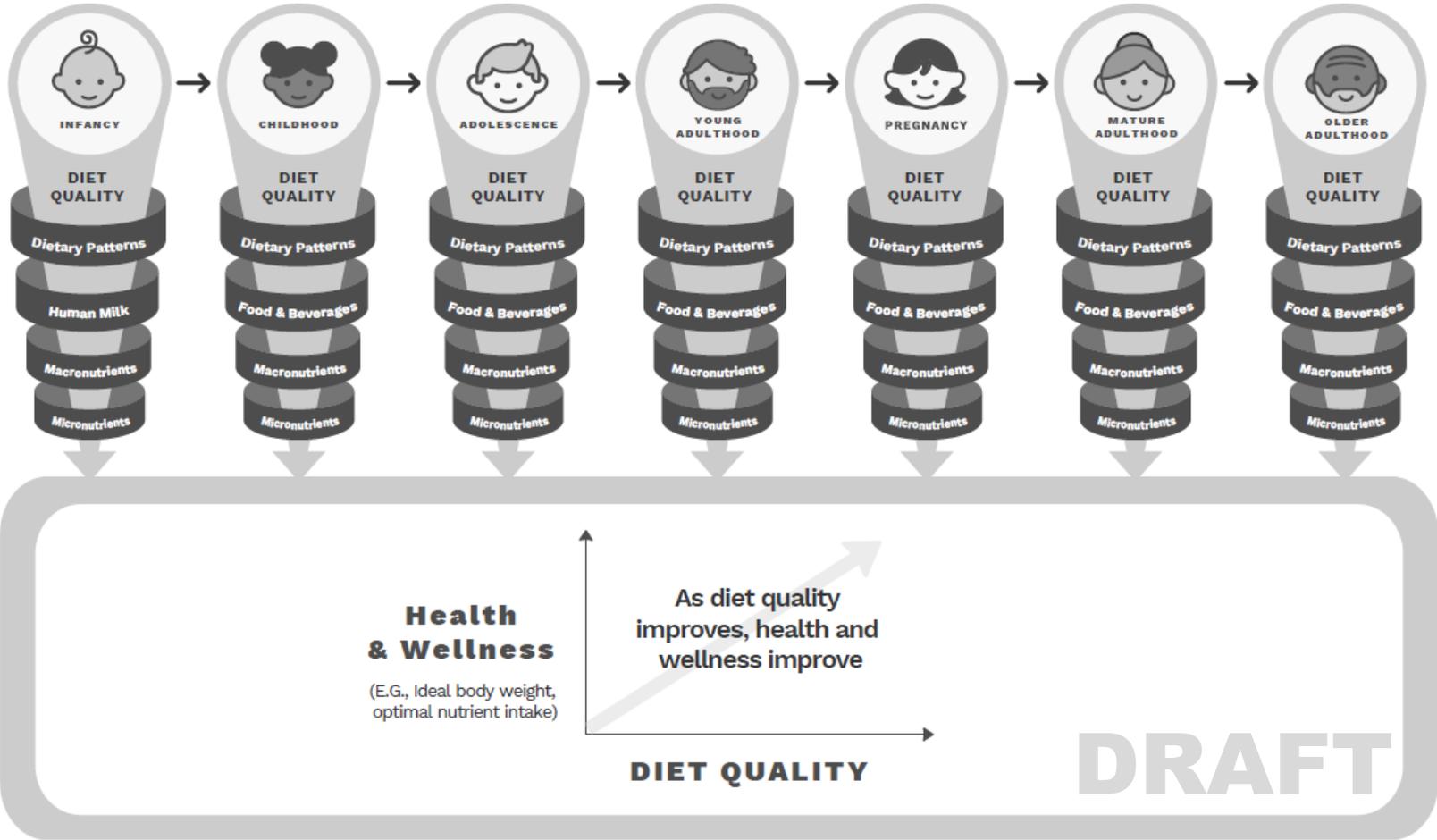
- Purpose:
 - Describes the major themes from the Committee's review of the evidence
 - Provides an overview of our advice to the Departments for the upcoming edition of the *Dietary Guidelines for Americans*
- Process:
 - A working group worked with the chair and vice-chair to draft the chapter
 - Working group members: Jamy Ard, Teresa Davis, Richard Mattes, Jamie Stang, Elsie Taveras, Linda Van Horn
 - Draft discussed within subcommittees and shared for full member review

Major Themes

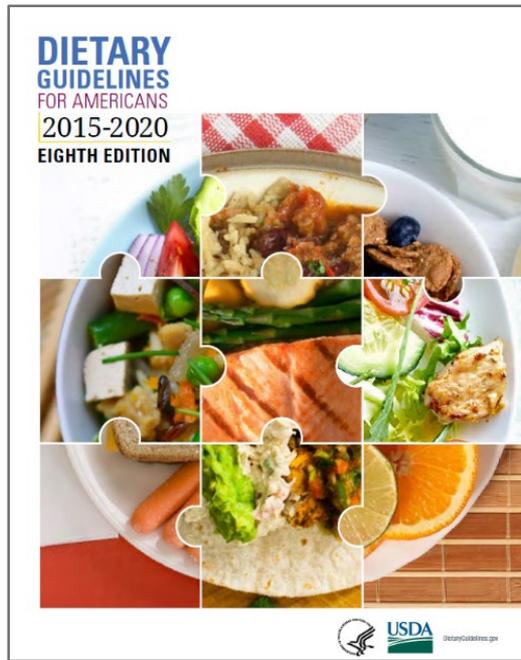
Presented at Meeting 5 and remain the same:

- Public health challenges
- Life stages
- Dietary patterns

A healthy dietary pattern is important at each life stage and can affect health and wellness during the current and future life stages.



Considerations for Updating the Guidelines



The Guidelines



- 1. Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

1. Follow a healthy eating pattern across the lifespan.

- Suggested Update: Concepts that the Committee recommend be included in the overarching guidelines:
 - Initiate a healthful dietary pattern early in life for infants and young children.
 - Follow a healthful dietary pattern appropriate for the nutritional needs of each life stage.
 - Modify the dietary pattern over the lifespan to meet the nutritional needs of each life stage.

2. Focus on variety, nutrient density, and amount.

- Suggested Update: Concepts that the Committee recommend be included in the overarching guidelines:
 - Focus on nutritional quality of food choices, portion size and frequency of eating.
 - For the earliest life stage, focus on breastfeeding and human milk for optimal nutrition and gradual introduction of a variety of nutrient-rich complementary foods during the second half of infancy.

3. Limit calories from added sugars and saturated fats and reduce sodium intake.

- Suggested Update: Concepts that the committee recommend be included in the overarching guidelines:
 - Limit food and beverage choices that are sources of added sugars, saturated fats, alcohol, and salt to reduce intake of excess energy, solid fats, and sodium.
 - Replace foods and beverages that are sources of added sugars, saturated fats, alcohol, and salt with more healthful choices.
 - In the first 2 years, foods such as sugar-sweetened beverages should be avoided.

4. Shift to healthier food and beverage choices.

- Suggested Update: Concepts that the Committee recommend be included in the overarching guidelines:
 - Shift eating patterns to food and beverage choices that have a higher nutrient to energy ratio
 - Shift to higher quality food and beverage choices at every age to achieve a more healthful dietary pattern

5. Support healthy eating patterns for all.

- Suggested Update: Concepts that the Committee recommend be included in the overarching guidelines:
 - Support healthful eating patterns in all food environments for all Americans at all ages.
 - Promote and support breastfeeding.
 - Support healthful eating patterns for all ages where people live, learn, work, play, and gather.

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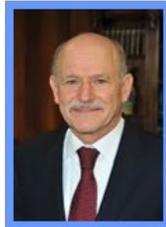
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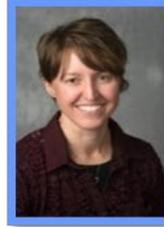
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 Remote attendance

2020 Dietary Guidelines Advisory Committee: Meeting on Draft Report

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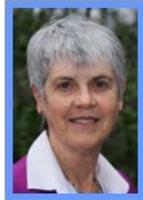
PART E: FUTURE DIRECTIONS

PART F: APPENDICES

PART E: FUTURE DIRECTIONS

- Purpose:
 - Highlight research recommendations, work needed to complement the Dietary Guidelines, topics to be considered in future Dietary Guidelines processes, data needs, and more
- Process:
 - Developed within subcommittees
 - Compiled and collated by staff
 - To be reviewed by the full Committee as we finalize our report
- The Committee hopes this is a useful resource to continue to advance nutrition research and support activities to improve public health.

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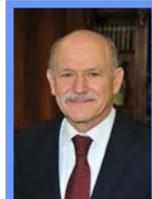
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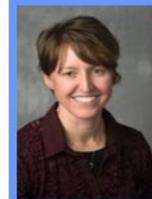
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