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

- **DGA**
  - 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

- **DGA**
  - 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)

- **DGA**
  - Nutrition policymakers and health professionals

HOW IS IT USED?

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

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

December 2020