

# The Science Underlying the *Dietary Guidelines* Demonstrates That Healthy Eating Across the Lifespan Can Promote Health and Reduce Risk of Chronic Disease

## Birth Through 23 Months

- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma



## Children and Adolescents

- Lower adiposity
- Lower total and low-density lipoprotein (LDL) cholesterol

## Women Who Are Pregnant or Lactating

- Favorable cognitive development in the child
- Favorable folate status in women during pregnancy and lactation



## Adults, Including Older Adults

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease
- Lower risk of cardiovascular disease mortality
- Lower total and LDL cholesterol
- Lower blood pressure
- Lower risk of obesity
- Lower body mass index, waist circumference, and body fat
- Lower risk of type 2 diabetes
- Lower risk of cancers of the breast, colon, and rectum
- Favorable bone health, including lower risk of hip fracture

**NOTE:** The 2020 Dietary Guidelines Advisory Committee examined the evidence on diet and health across the lifespan. Evidence is not available for all combinations of exposures and outcomes for the population subgroups presented in this figure. The Committee rated the evidence on diet and health as Strong, Moderate, Limited, or Grade Not Assignable. Only outcomes with Strong or Moderate evidence are included in this table.

See the [Committee's Report](#) for specific graded conclusion statements.

