

The Honorable Xavier Becerra  
Secretary of Health and Human Services  
200 Independence Avenue, SW  
Washington, DC 20201

The Honorable Thomas Vilsack  
Secretary of Agriculture  
1400 Independence Avenue, SW  
Washington, DC 20250

Dear Secretaries Becerra and Vilsack,

On behalf of the 2025 Dietary Guidelines Advisory Committee, it is our privilege to submit the final report to inform the development of the *Dietary Guidelines for Americans, 2025–2030*. We are truly honored by this prestigious appointment and deeply appreciative for the trust and confidence you have placed in the Committee. During the past 22 months, we have engaged in extensive Committee deliberations, conducted rigorous reviews of data and scientific literature, and collaborated closely to prepare this report, gaining valuable insights from one another throughout the process. We had the privilege of working with the outstanding staff at HHS and USDA and were continually inspired by members of the public who submitted their thoughtful comments. It is our sincere hope that this report provides similar inspiration to the public whom this Committee was asked to serve.

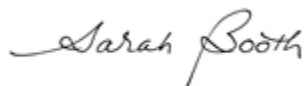
In alignment with the Federal Advisory Committee Act and the Committee’s charter, we were tasked with reviewing the current body of nutrition science on specific topics and questions and developing a scientific report that includes our independent, science-based advice for HHS and USDA to consider. In 2017, the National Academies of Sciences, Engineering, and Medicine (NASEM) issued the report, *Redesigning the Process for Establishing the Dietary Guidelines* and in 2023, issued the report, *Evaluating the Process to Develop the Dietary Guidelines for Americans, 2020–2025*. We implemented many of the recommendations from these NASEM reports. Such improvements have enabled the 2025 Dietary Guidelines Advisory Committee to include new scientific evidence in developing its conclusions. As we reflect on the evolution of the *Dietary Guidelines* process, we appreciate how NASEM has provided guidance to meet the highest standards for scientific rigor and integrity.

The Committee considered questions that examined relationships between diet and health across the lifespan through a health equity lens. We believe that emphasizing health equity throughout our report can inform the development of the *Dietary Guidelines for Americans, 2025–2030*, which will support U.S. individuals in meeting their dietary goals. Additionally, we encourage federal agencies and fellow researchers to consider the research priorities we identified during our deliberations. These priorities not only aim to deepen our understanding of what the American public eats and how it is linked to health outcomes, but also to expand the inquiry into why and how dietary patterns are shaped.

In his 2000 Dietary Guidelines Advisory Committee letter to the Secretaries of HHS and USDA, Dr. Cutberto Garza stated, “Although the committee reviewed the evidence objectively, no doubt some voices will question our collective and individual objectivity. Recognizing this inevitability, I hope that the rationally based controversy will stimulate scientific research.” We could not have expressed this better. We cannot stress enough that every member of this Committee has worked collaboratively and tirelessly, upholding the highest standards of integrity throughout the preparation of this report. The Committee considered public comments and responded to outstanding peer review. Differences in interpretation were discussed and debated with mutual respect, and for each decision, consensus was reached. Like Dr. Garza, we hope that the criticisms based on merit will stimulate new research that will benefit the American public. This process is only as strong as the data available for the Committee's review, and further research will strengthen the foundation on which future guidelines are built.

We look forward to seeing the contributions of our Committee incorporated in the *Dietary Guidelines for Americans, 2025–2030*.

Sincerely,



**Sarah L. Booth, PhD**  
*Chair*



**Angela Odoms-Young, PhD**  
*Vice Chair*