

2020-2025 Dietary Guidelines for Americans

Make Every Bite Count With the *Dietary Guidelines*

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Objectives

- Increase knowledge surrounding health promotion and prevention of diet-related diseases.
- Learn about the most recent changes to the Dietary Guidelines.
- Identify the characteristics of healthy dietary patterns for older adults.
- Learn about the resources available to promote health and prevent diet-related diseases.

DGA – What It Is and What It Is Not

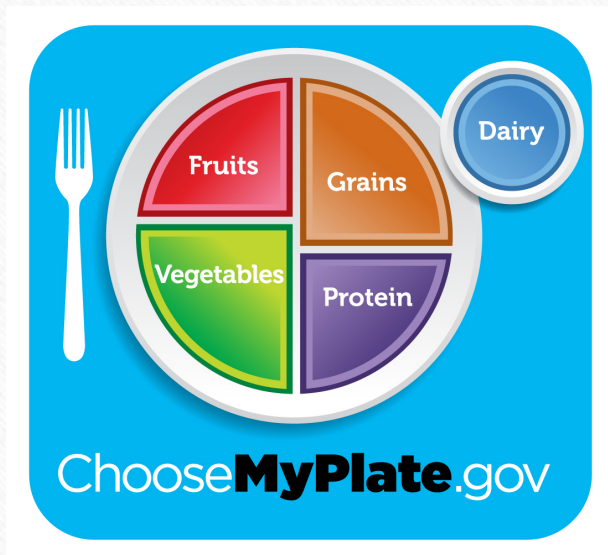
❖ Dietary Guidelines for Americans (DGA)

- Translation of current science on health and diet into guidance to help individuals distinguish healthy and enjoyable food and beverage choices that make up a healthy dietary pattern.
- Provides information on “what” and “how much” of these foods/beverages that should be consumed to achieve optimal health, meet nutrient needs, and decrease the risk for diet-related chronic diseases.

❖ Dietary Reference Intakes (DRIs)

- Nutrient requirements established and updated by the National Academies of Sciences, Engineering, and Medicine.
- These requirements/limits are set for nutrients, including protein, carbohydrates, fats, vitamins, minerals and other food components.

DGA – What It Is and What It Is Not



- ❖ Foods and beverages provide a variety of nutrients and other beneficial health promoting components, therefore nutritional needs should be met primarily through foods rather than focusing on specific nutrients.
- ❖ *Dietary Guidelines* translates the Academies' nutrient requirements into food and beverage recommendations. The focus is on health promotion, not disease treatment.

4 Overarching Guidelines



- **Follow a healthy dietary pattern at every life stage.**
- From infancy to older adulthood—it is never too early or too late to eat healthfully.



4 Overarching Guidelines



- **Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.**



4 Overarching Guidelines



- **Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.**



4 Overarching Guidelines

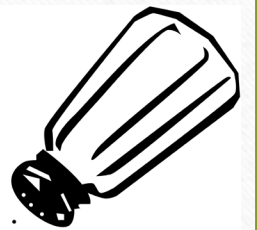


- **The core elements that make up a healthy dietary pattern include:**
- **Vegetables of all types**—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- **Fruits**, especially whole fruit
- **Grains**, at least half of which are whole grain
- **Dairy**, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- **Protein foods**, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- **Oils**, including vegetable oils and oils in food, such as seafood and nuts

4 Overarching Guidelines



- **Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.**
- At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person’s daily calorie needs and sodium limits.
- A healthy dietary pattern doesn’t have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages.



4 Overarching Guidelines



Limits are:

- **Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- **Saturated fat**—Less than 10 percent of calories per day starting at age 2.
- **Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- **Alcoholic beverages**—Adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed.

Make Every Bite Count With the 2020-2025 *Dietary Guidelines for Americans (DGA)*

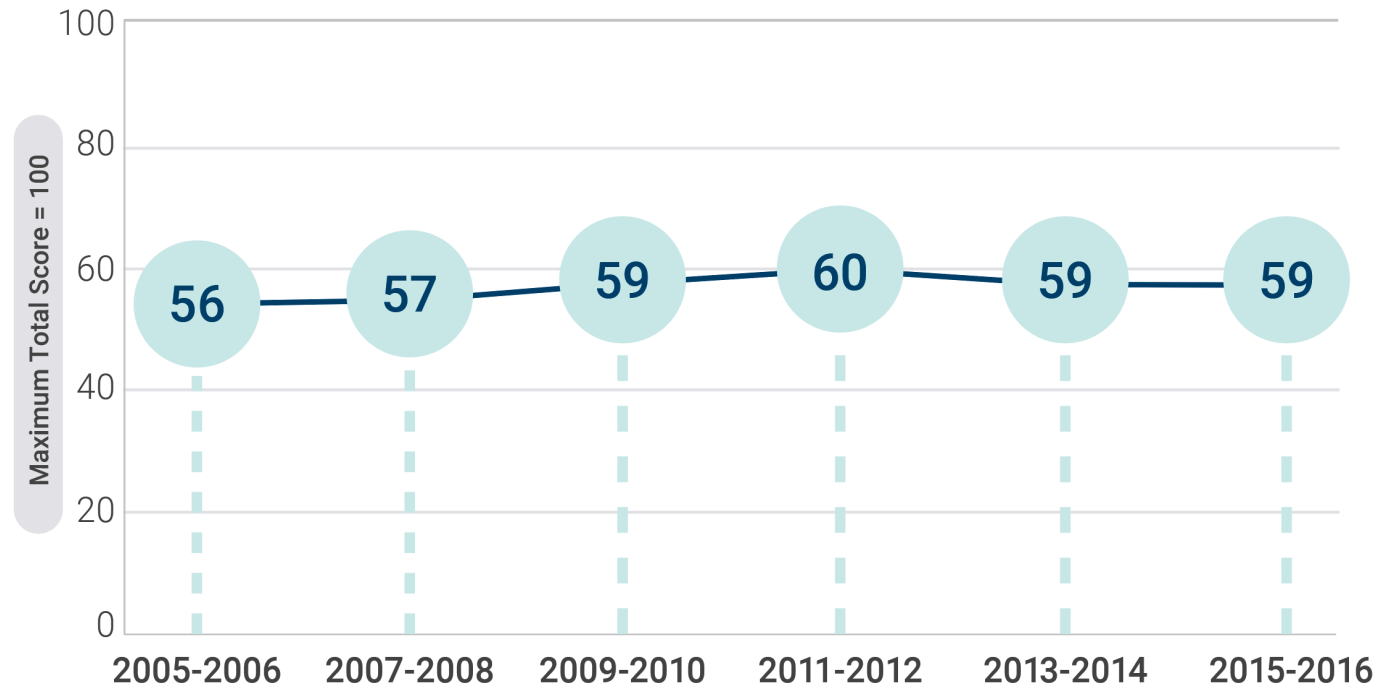


<https://www.youtube.com/watch?v=CsUMzYUMNig&feature=youtu.be>

Over time, eating patterns in the U.S. have remained far below the *Dietary Guidelines* recommendations...

Figure I-1

Adherence of the U.S. Population to the *Dietary Guidelines* Over Time, as Measured by the Average Total Healthy Eating Index-2015 Scores



NOTE: HEI-2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

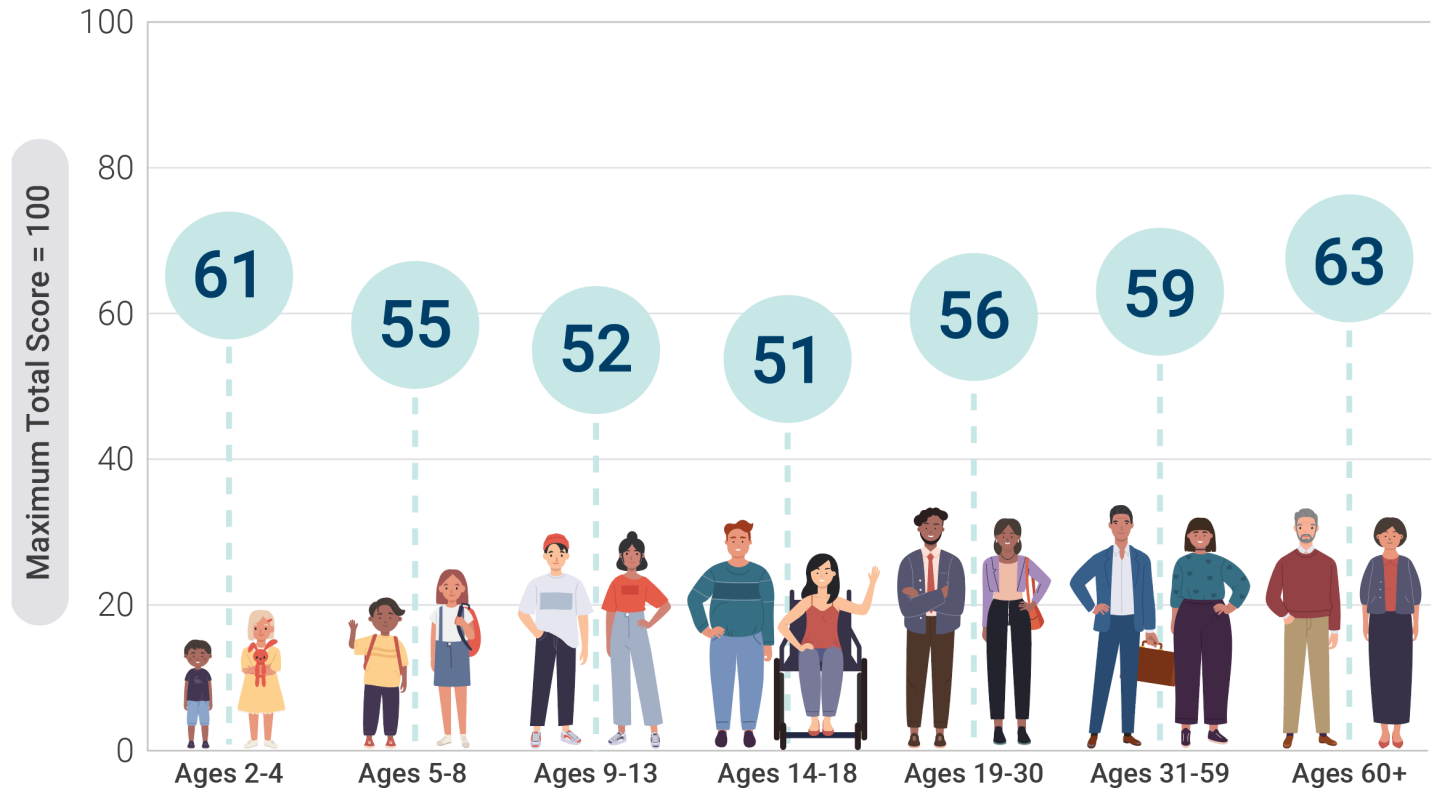
Data Source: Analysis of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 2005-2006 through 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.



The typical dietary patterns currently consumed by many in the U.S. do not align with the *Dietary Guidelines*.

Figure 1-4

Adherence of the U.S. Population to the *Dietary Guidelines* Across Life Stages, as Measured by Average Total Healthy Eating Index-2015 Scores



NOTE: HEI-2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

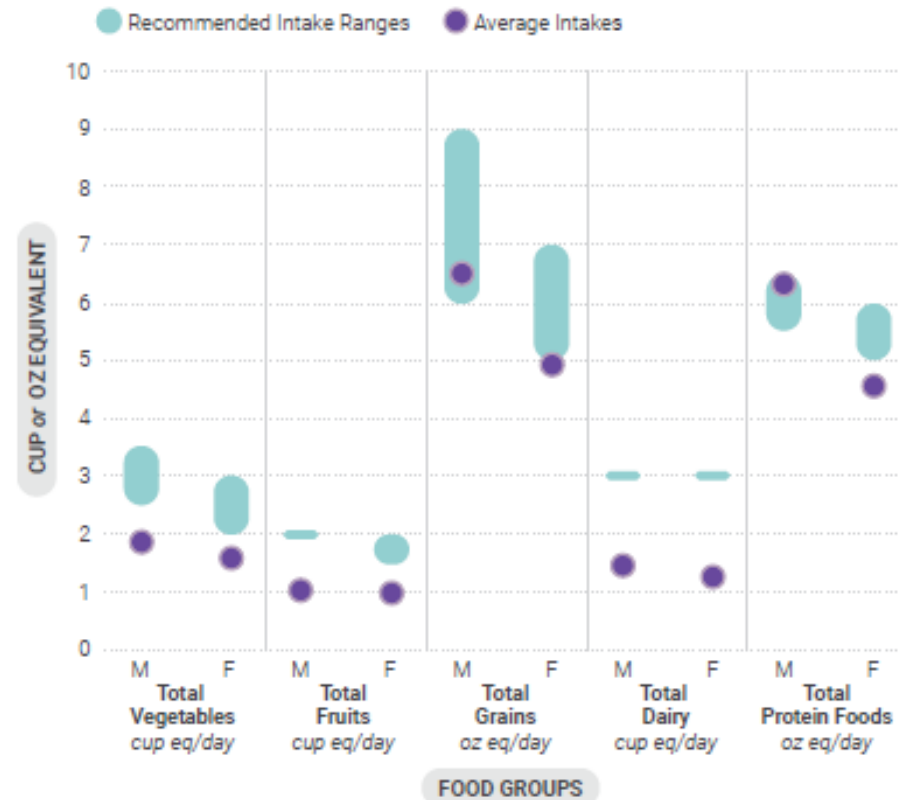
Data Source: Analysis of What We Eat in America, NHANES 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.

Older Adult Males and Females Average Daily Intake of Fruits, Vegetables, and Dairy Food Groups Fall Short of the Recommended Amounts.

Figure 6-1

Current Intakes: Ages 60 and Older

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



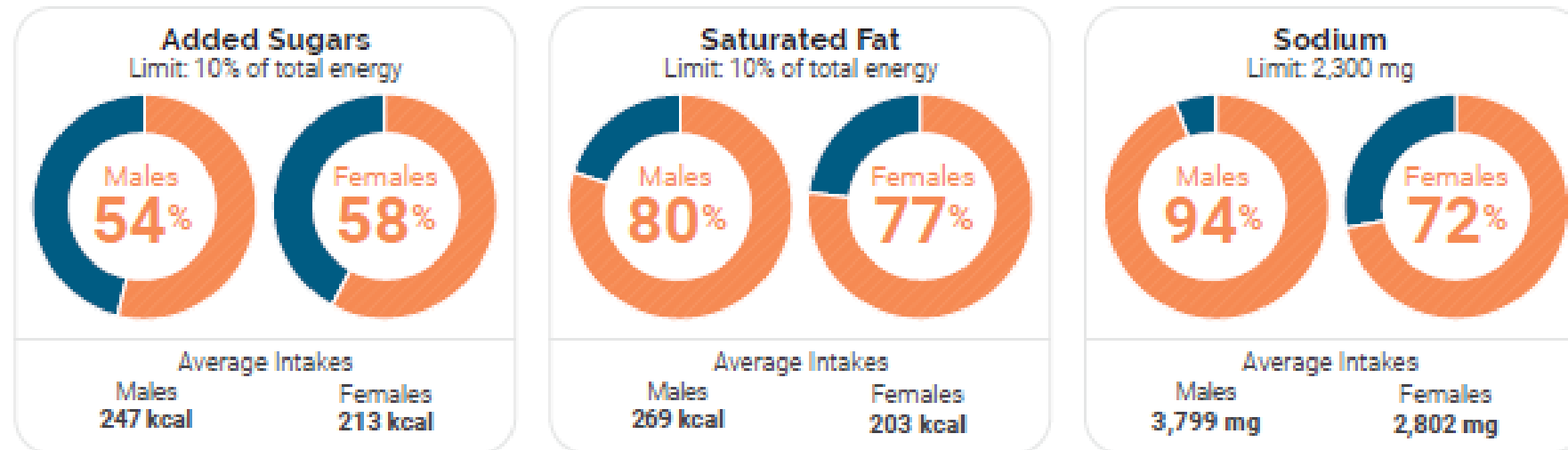
Healthy Eating Index Score
(on a scale of 0-100)



Older Adults Are Exceeding Recommended Limits for Sugars, Saturated Fats, and Sodium.

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

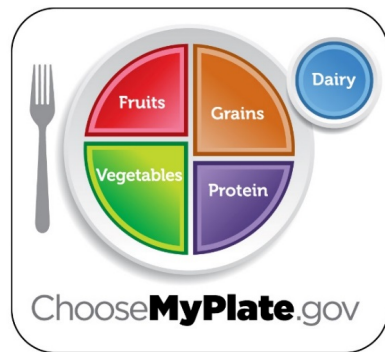
● Exceeding Limit ● Within Recommended Limit



Data Sources: Average Intakes and HEI-2015 Scores: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see [Appendix 3](#)). Percent Exceeding Limits: What We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted.

Dietary Guidelines for Americans (DGA)

Healthy U.S. Style Eating Pattern Recommendations for Seniors



Calorie Level of Pattern	1,600	1,800	2,000
Food Group	Daily Amount of Food from each group (Vegetable & protein foods subgroup amounts are per week)		
Vegetables	2 c-eq	2 ½ c-eq	2 ½ c-eq
Dark-green vegetables (c-eq/wk)	1 ½	1 ½	1 ½
Red & Orange vegetables (c-eq/wk)	4	5 ½	5 ½
Beans, Peas, Lentils (c-eq/wk)	1	1 ½	1 ½
Starchy vegetables (c-eq/wk)	4	5	5
Other vegetables (c-eq/wk)	3 ½	4	4
Fruits	1 ½ c-eq	1 ½ c-eq	2
Grains	5 oz-eq	6 oz-eq	6 oz-eq
Whole grains (oz-eq/day)	3	3	3
Refined grains (oz-eq/day)	2	3	3
Dairy	3 c-eq	3 c-eq	3 c-eq
Protein Foods	5 oz-eq	5 oz-eq	5 ½ oz-eq
Seafood (oz-eq/wk)	8	8	9
Meats, poultry, eggs (oz-eq/wk)	23	23	26
Nuts, seeds, soy products (oz-eq/wk)	4	4	5
Oils	22 gm	24 gm	27 gm

Dietary Components of Public Health Concern for Underconsumption

- **Calcium** – inadequate intakes can lead to osteoporosis.
- **Potassium** – diets high in sodium and inadequate in fruits and vegetables → High Blood Pressure.
- **Dietary Fiber** – constipation is common in older adults, certain medications and inadequate intake are also contributors.
- **Vitamin D** – loss of mobility/weakness, poor absorption with age.

Additional Dietary Components of Concern for Older Adults

- **Protein** – prevents loss of lean muscle mass/sarcopenia.
- **Vitamin B12** – decreased absorption in older adults and with certain medications.
- **Fluids/Beverages** – decline in sense of thirst with age, increased risk for dehydration, and impaired digestion.



The Nutrition Facts Label

- The Nutrition Facts label on packaged foods and beverages is a tool for making informed and healthy food choices.
- The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label for the first time in over 20 years.

Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- The serving size now appears in larger, bold font and some serving sizes have been updated.
- Calories are now displayed in larger, bolder font.
- Daily Values have been updated.
- Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

10 Things to Know About the 2020-2025 DGA

- The *Dietary Guidelines* is developed to help all Americans.
- Based on scientific evidence on health-promoting diets in people who represent the general U.S. population, including:
 - Healthy individuals.
 - Individuals at risk for diet-related diseases.
 - Individuals living with diet-related diseases.



10 Things to Know About the 2020-2025 DGA

1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



10 Things to Know About the 2020-2025 DGA

Key recommendations supporting the 4 Guidelines, including quantitative recommendations on limits are:

- Limiting added sugars* to less than 10% of calories per day for ages 2 and older and to avoid added sugars for infants and toddlers;
- Limiting saturated fat to less than 10% of calories per day starting at age 2;
- Limiting sodium intake to less than 2,300mg per day (or even less if younger than 14);
- Limiting alcoholic beverages* (if consumed) to 2 drinks or less a day for men and 1 drink or less a day for women.

* The Dietary Guidelines for Americans, 2020-2025 recommend limiting intakes of added sugars and alcoholic beverages, but do not include changes to quantitative recommendations from the 2015-2020 Dietary Guidelines for these two topics, because the new evidence reviewed since the 2015-2020 edition is not substantial enough to support changes to the quantitative recommendations for either added sugars or alcohol.



10 Things to Know About the 2020-2025 DGA

- This is the first time the *Dietary Guidelines* has provided guidance by stage of life, from birth to older adulthood, including pregnancy and lactation.



10 Things to Know About the 2020-2025 DGA

- This edition has a call to action:
“Make Every Bite Count with the *Dietary Guidelines*.”
- The *Dietary Guidelines* focuses on choosing healthy foods and beverages rich in nutrients and staying within your calorie limit.



10 Things to Know About the 2020-2025 DGA

Making choices rich in nutrients should be the first choice.

- There is very little room for extra calories coming from:
 - Added sugars
 - Saturated fats
 - Alcohol (if consumed)
- Most of the calories an individual eats each day (~85%) are needed for foods rich in nutrients to help the person meet food group recommendations.
- Only a small amount of calories (~15%) are left for added sugars, saturated fat, and (if consumed) alcohol.



10 Things to Know About the 2020-2025 DGA

- **It's about the pattern of eating**, not just healthy choices here and there.
- The 2020-2025 *Dietary Guidelines* focuses on the combination of foods and beverages that make up an individual's whole diet over time, rather than single foods or eating occasions in isolation.



10 Things to Know About the 2020-2025 DGA

Most Americans still do not follow the *Dietary Guidelines*.

- The average American diet scores a 59 out of 100 on the Healthy Eating Index (HEI), which measures how closely a diet aligns with the *Dietary Guidelines*.



10 Things to Know About the 2020-2025 DGA

- **There are 3 Key Dietary Principles** that can help people achieve the *Dietary Guidelines*:
 1. Meet nutritional needs primarily from foods and beverages.
 2. Choose a variety of options from each food group.
 3. Pay attention to portion size.

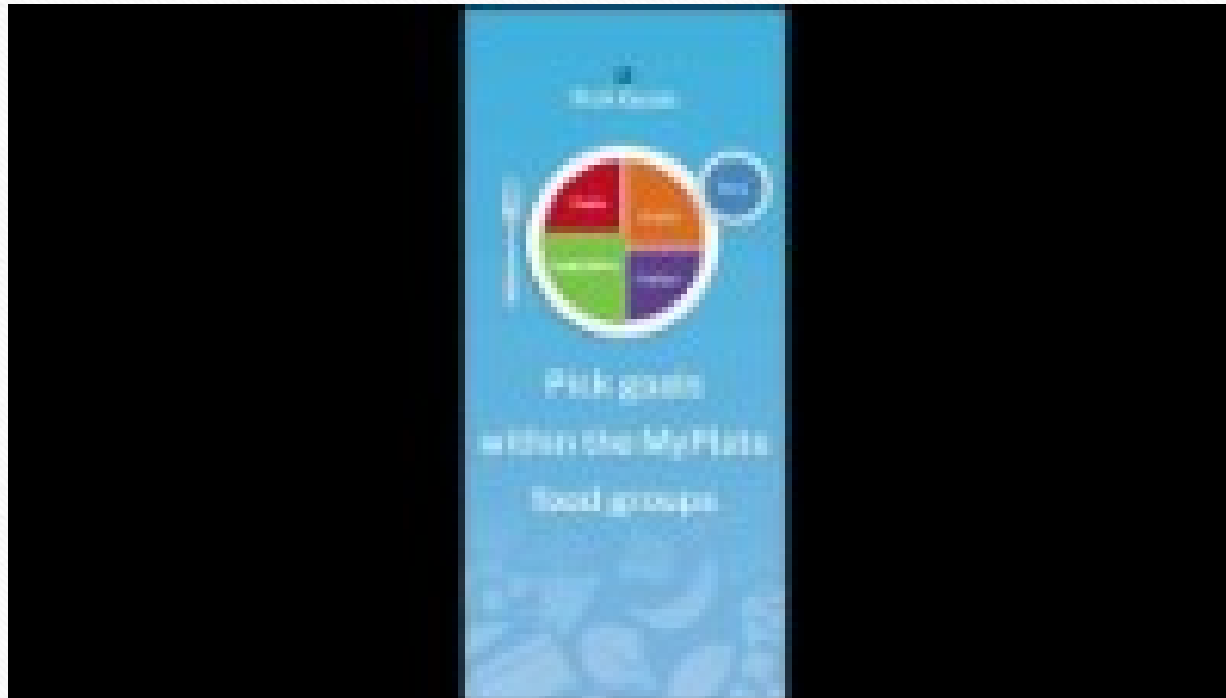


10 Things to Know About the 2020-2025 DGA

- The *Dietary Guidelines* is meant to be adaptable to personal preferences, cultural foodways and budgetary considerations.
- The DGA framework purposely provides recommendations by food groups and subgroups rather than specific foods and beverages—to avoid being prescriptive.



Start Simple with MyPlate App



<https://www.youtube.com/watch?v=57H3DrD8koI&feature=youtu.be>

References & Resources

References:

- Dietary Guidelines for Americans
 - <https://www.dietaryguidelines.gov/>
- Top 10 Things You Need to Know About the *Dietary Guidelines for Americans, 2020-2025*
 - <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/top-10-things-you-need-know-about-dietary>
- What's New With the Nutrition Facts Label
 - <https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>

Resources:

- Make Every Bite Count with The Dietary Guidelines for Americans, 2020-2025 (YouTube video)
 - <https://www.youtube.com/watch?v=CsUMzYUMNig&feature=youtu.be>
- Start Simple with MyPlate App (YouTube video)
 - <https://www.youtube.com/watch?v=57H3DrD8koI&feature=youtu.be>
- Food Sources of Select Nutrients (Calcium, Iron, Vitamin D, Potassium, & Dietary Fiber)
 - <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients>

References & Resources

- The Dietary Guidelines for Americans Can Help You Eat Healthy to Be Healthy (PDF)
- Make every bite count with the *Dietary Guidelines for Americans* (PDF)
- Customizing the *Dietary Guidelines* Framework (PDF)
- The Guidelines (Png. Image)



Any Questions?
