Dietary Guidelines for Americans 2015-2020
Report Briefing

Speakers

Michael F. Jacobson, PhD
President, Center for Science in the Public Interest

Acting Assistant Secretary for Health, HHS

Bonnie Liebman, MS
Director of Nutrition, Center for Science in the Public Interest

For technical questions, please contact Angela Amico at aamico@cspinet.org
TODAY’S SPEAKERS


Acting Assistant Secretary for Health, HHS
Adherence of the U.S. Population Ages 2 Years and Older to the 2010 Dietary Guidelines, as Measured by Average Total Healthy Eating Index-2010 (HEI-2010) Scores (Figure I-1)

Data Source: Analyses of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 1999-2000 through 2009-2010. Note: HEI-2010 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.
PURPOSE OF THE DIETARY GUIDELINES

- Provide evidence-based recommendations about the components of a healthy and nutritionally adequate diet
- Focus on disease prevention rather than disease treatment
- Inform Federal food, nutrition, and health policies and programs
1. **Review the Science**

   First, an external Advisory Committee creates the Advisory Report and submits it to the Secretaries of HHS and USDA.

   This report is informed by:
   
   - Original systematic reviews
   - Review of existing systematic reviews, meta-analyses, and reports by Federal agencies or leading scientific organizations
   - Data analyses
   - Food pattern modeling analyses

2. **Develop the Dietary Guidelines**

3. **Implement the Dietary Guidelines**
SCIENCE, POLICY, IMPLEMENTATION:
Developing the 2015-2020 Dietary Guidelines for Americans (Figure I-3)

1. Review the Science

2. Develop the Dietary Guidelines

Using the previous edition of the Dietary Guidelines, the Advisory Report, and consideration of public and Federal agency comments, HHS and USDA develop a new edition of the Dietary Guidelines. The 2015-2020 Dietary Guidelines for Americans includes:

Five Guidelines + Key Recommendations that support the Guidelines = Science-based nutrition guidance for both professionals and organizations working to improve our nation's health.

3. Implement the Dietary Guidelines
<p>| | | | |</p>
<table>
<thead>
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<tbody>
<tr>
<td>1</td>
<td>Review the Science</td>
<td>+</td>
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<td>2</td>
<td>Develop the Dietary Guidelines</td>
<td>+</td>
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<td>3</td>
<td>Implement the Dietary Guidelines</td>
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</table>

Federal programs apply the *Dietary Guidelines* to meet the needs of Americans through food, nutrition, and health policies and programs—and in nutrition education materials for the public.
HEALTHY EATING PATTERNS

- Consist of all foods and beverages that a person consumes over time
- Are more than the sum of their parts
- May be more predictive of overall health and disease risk than individual foods or nutrients
- Are adaptable to a person’s taste preferences, culture, traditions, and budget

### Healthy U.S.-Style Eating Pattern at the 2,000-Calorie Level

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Amount in the 2,000-Calorie-Level Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>2½ c-eq/day</td>
</tr>
<tr>
<td>Dark green</td>
<td>1½ c-eq/wk</td>
</tr>
<tr>
<td>Red and orange</td>
<td>5½ c-eq/wk</td>
</tr>
<tr>
<td>Legumes (beans and peas)</td>
<td>1½ c-eq/wk</td>
</tr>
<tr>
<td>Starchy</td>
<td>5 c-eq/wk</td>
</tr>
<tr>
<td>Other</td>
<td>4 c-eq/wk</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 c-eq/day</td>
</tr>
<tr>
<td>Grains</td>
<td>6 oz-eq/day</td>
</tr>
<tr>
<td>Whole grains</td>
<td>≥ 3 oz-eq/day</td>
</tr>
<tr>
<td>Refined grains</td>
<td>≤ 3 oz-eq/day</td>
</tr>
<tr>
<td>Dairy</td>
<td>3 c-eq/day</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>5½ oz-eq/day</td>
</tr>
<tr>
<td>Seafood</td>
<td>8 oz-eq/wk</td>
</tr>
<tr>
<td>Meats, poultry, eggs</td>
<td>26 oz-eq/wk</td>
</tr>
<tr>
<td>Nuts, seeds, soy products</td>
<td>4 oz-eq/wk</td>
</tr>
<tr>
<td>Oils</td>
<td>27 g/day</td>
</tr>
<tr>
<td>Limit on Calories for Other Uses (% of calories)</td>
<td>270 kcal/day (14%)</td>
</tr>
</tbody>
</table>
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.
CHAPTER 1
Key Elements of Healthy Eating Patterns

Key Recommendations

The Dietary Guidelines' Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship that each dietary component can have with others.

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and trans fats, added sugars, and sodium
Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars\(^2\)
- Consume less than 10 percent of calories per day from saturated fats\(^3\)
- Consume less than 2,300 milligrams (mg) per day of sodium\(^4\)
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.\(^5\)

- Meet the *Physical Activity Guidelines for Americans*.\(^6\)
INFORMATION ON OTHER DIETARY COMPONENTS

• **Cholesterol**
  
  o Individuals should eat as little dietary cholesterol as possible while consuming a healthy eating pattern
  
  o The Healthy U.S.-Style Eating Pattern contains approximately 100 to 300 mg of cholesterol across the 12 calorie levels

• **Caffeine**
  
  o Much of the available evidence on caffeine focuses on coffee intake
  
  o Three to five 8-oz cups of coffee per day can be incorporated into healthy eating patterns
  
  o Individuals who do not consume caffeinated coffee or other caffeinated beverages are not encouraged to incorporate them into their eating pattern
2015-2020 DIETARY GUIDELINES FOR AMERICANS

• What’s Consistent With Previous Editions
  o Basic building blocks of a healthy lifestyle

• What’s New and Updated
  o Science behind healthy eating patterns and health outcomes
  o Updated guidance on added sugars, sodium, and cholesterol
  o New information about caffeine
DIETARY INTAKES COMPARED TO RECOMMENDATIONS

Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit (Figure 2-1)

Note: The center (0) line is the goal or limit. For most, those represented by the orange sections of the bars, shifting toward the center line will improve their eating pattern.

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

[Bar chart showing the percent of the U.S. population ages 1 year and older who are below, at, or above each dietary goal or limit for different food groups, including vegetables, fruit, total grains, dairy, protein foods, oils, added sugars, saturated fats, and sodium.]
EMPOWER PEOPLE TO MAKE HEALTHY SHIFTS
STRATEGIES FOR THE 2015-2020 DIETARY GUIDELINES
MAIN TAKEAWAYS

• Eat for health and for the long run
• Start with small changes
• Support healthy choices for everyone
Dietary Guidelines for Americans 2015-2020
Report Briefing

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Behind the Headlines:
Dietary Guidelines for Americans 2015-2020

Bonnie Liebman, MS
Director of Nutrition
Center for Science in the Public Interest
### Dietary Guidelines for Americans

**Evolution over time**

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Fruits &amp; Vegetables</strong></td>
<td>Eat a variety of foods, including fruits and vegetables</td>
<td>Eat 2-4 servings of fruit and 3-5 servings of vegetables daily</td>
<td>Eat 2 cups of fruit and 2½ cups of vegetables daily</td>
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<tr>
<td><strong>Grains</strong></td>
<td>Eat a variety of foods, including whole-grain and enriched breads, cereals, and grain products</td>
<td>Eat 6+ servings of breads, cereals, rice, and pasta per day. Have several servings of whole-grain breads and cereals daily. One serving is about ½ cup of cooked pasta or rice, 1 slice of bread, or 1 oz of dry cereal</td>
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**Note:** Recommendations based on a 2,000-calorie diet.
## Dietary Guidelines for Americans: Evolution Over Time

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<tbody>
<tr>
<td><strong>Protein Foods</strong></td>
<td>To avoid too much fat, saturated fat, and cholesterol, choose lean meat, fish, poultry, dry beans, and peas as protein sources</td>
<td>Eat about 6 oz of meats, poultry, fish, dry beans and peas, eggs, and nuts per day. Trim fat from meat</td>
<td>Eat about 6 oz of fish, shellfish, lean poultry, other lean meats, beans, or nuts daily. Limit intake of high-fat processed meats</td>
<td>Eat 5.5 oz of protein foods, including lean meats, poultry, fish, eggs, nuts, or dry beans daily</td>
<td>Teen boys and men should eat less of meat, poultry, and eggs</td>
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</tbody>
</table>

Note: recommendations based on a 2,000-calorie diet.
## Dietary Guidelines for Americans

### Evolution over Time

<table>
<thead>
<tr>
<th>Year</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>Avoid too much saturated fat</td>
<td>Avoid too much cholesterol</td>
</tr>
<tr>
<td>1985</td>
<td>Choose a diet low in saturated fat</td>
<td></td>
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<tr>
<td>1990</td>
<td></td>
<td>Choose a diet low in cholesterol</td>
</tr>
<tr>
<td>1995</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2000</td>
<td></td>
<td>Consume &lt;300 mg of cholesterol per day</td>
</tr>
<tr>
<td>2005</td>
<td></td>
<td>Eat as little as possible</td>
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<tr>
<td>2010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>Consume &lt;10% of calories from saturated fatty acids</td>
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</tr>
<tr>
<td></td>
<td>Replace with monounsaturated fatty acids</td>
<td></td>
</tr>
<tr>
<td>Year</td>
<td>Sodium</td>
<td>Added Sugars</td>
</tr>
<tr>
<td>------</td>
<td>---------------------------------------------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>1980</td>
<td>Avoid too much sodium</td>
<td>Avoid too much sugar</td>
</tr>
<tr>
<td>1985</td>
<td>Choose a diet low in sodium</td>
<td></td>
</tr>
<tr>
<td>1990</td>
<td>Choose and prepare foods with less salt</td>
<td>Choose a diet moderate in sugars</td>
</tr>
<tr>
<td>1995</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2000</td>
<td></td>
<td>Choose and prepare foods and beverages with little added sugars or caloric sweeteners</td>
</tr>
<tr>
<td>2005</td>
<td></td>
<td>Reduce intake of added sugars</td>
</tr>
<tr>
<td>2010</td>
<td></td>
<td>Consume &lt;10% of calories from added sugars</td>
</tr>
<tr>
<td>2015</td>
<td></td>
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</tbody>
</table>
Meat

“Strong evidence from mostly prospective cohort studies but also randomized controlled trials has shown that eating patterns that include lower intake of meats as well as processed meats and processed poultry are associated with reduced risk of CVD in adults. Moderate evidence indicates that these eating patterns are associated with reduced risk of obesity, type 2 diabetes, and some types of cancer in adults.”

“Some individuals, especially teen boys and adult men, also need to reduce overall intake of protein foods by decreasing intakes of meats, poultry, and eggs and increasing amounts of vegetables or other underconsumed food groups.”
Figure 2-6.
Average Protein Foods Subgroup Intakes in Ounce-Equivalents per Week by Age-Sex Groups, Compared to Ranges of Recommended Intake
Added Sugars

“Strong evidence from mostly prospective cohort studies but also randomized controlled trials has shown that eating patterns that include lower intake of sources of added sugars are associated with reduced risk of CVD in adults, and moderate evidence indicates that these eating patterns are associated with reduced risk of obesity, type 2 diabetes, and some types of cancer in adults.”
Food Category Sources of Added Sugars in the U.S. Population Ages 2 Years and Older

- Beverages (not milk or 100% fruit juice) 47%
- Sugar-Sweetened Beverages 39%
- Soft Drinks 25%
- Fruit Drinks 11%
- Sport & Energy Drinks 3%
- Coffee & Tea 7%
- Alcoholic Beverages 1%
- Snacks & Sweets 31%
- Grains 8%
- Dairy 4%
- Mixed Dishes 6%
- Condiments, Gravies, Spreads, Salad Dressings 2%
- Vegetables 1%
- Fruits & Fruit Juice 1%
- Protein Foods 0%
Cholesterol

“The Key Recommendation from the 2010 Dietary Guidelines to limit consumption of dietary cholesterol to 300 mg per day is not included in the 2015 edition, but this change does not suggest that dietary cholesterol is no longer important to consider when building healthy eating patterns. As recommended by the IOM, individuals should eat as little dietary cholesterol as possible while consuming a healthy eating pattern.”

“For example, the Healthy U.S.-Style Eating Pattern contains approximately 100 to 300 mg of cholesterol across the 12 calorie levels. Current average intake of dietary cholesterol among those 1 year and older in the United States is approximately 270 mg per day.”
Behind the Headlines:
Key Excerpts from the Dietary Guidelines for Americans 2015-2020

Sodium

“The recommendation for adults and children ages 14 years and older to limit sodium intake to less than 2,300 mg per day is based on evidence showing a linear dose response relationship between increased sodium intake and increased blood pressure in adults.”

“Adults with prehypertension and hypertension would particularly benefit from blood pressure lowering. For these individuals, further reduction to 1,500 mg per day can result in even greater blood pressure reduction.”
Behind the Headlines:
Key Excerpts from the Dietary Guidelines for Americans 2015-2020

**Saturated Fat**

“Intake of saturated fats should be limited to less than 10 percent of calories per day by replacing them with unsaturated fats and while keeping total dietary fats within the age-appropriate AMDR.”

“Strong and consistent evidence shows that replacing saturated fats with polyunsaturated fats is associated with a reduced risk of CVD events (heart attacks) and CVD-related deaths.”

“The main sources of saturated fats in the U.S. diet include mixed dishes containing cheese, meat, or both, such as burgers, sandwiches, and tacos; pizza; rice, pasta, and grain dishes; and meat, poultry, and seafood dishes.”
Saturated Fats

Recommended Maximum Limit

Average Intake

Percent of Calories

Males (years)

Females (years)
Food Category Sources of Saturated Fats in the U.S. Population Ages 2 Years and Older

- Mixed Dishes: 35%
- Snacks & Sweets: 18%
- Protein Foods: 15%
- Dairy: 13%
- Grains: 4%
- Vegetables: 7%
- Beverages (not milk or 100% fruit juice): 7%
- Condiments, Gravies, Spreads, Salad Dressings: 1%
- Fruits & Fruit Juice: 0%
Figure 2-1. Dietary Intakes Compared to Recommendations

Percent of the US population ages 1 year and older who are below, at, or above each dietary goal or limit
In 2014, the top 25 food industry advertisers spent $14.9 billion advertising* their products.
Selling Happiness, Not Health
At Chipotle, How Many Calories Do People Really Eat?

By KEVIN QUEALY, AMANDA COX and JOSH KATZ  FEB. 17, 2015

Most meals have more than 1,000 calories and almost a full day’s worth of sodium.

Distribution of calories per meal

Recommended dietary allowance
2,000 calories
California Pizza Kitchen = 1,000 calories

Margherita Thin Crust:
1,330 calories

California Club with Whole Wheat Original Crust:
1,460 calories
Cheesecake Factory Louisiana Chicken Pasta: 2,370 calories
Average calories per entrée: 1,327

American  Thai  Indian
Mexican  Greek  Vietnamese
Chinese  Italian
Smoothie King (40 oz)  
760 calories

Starbucks (Venti)  
560 calories

Cinnabon  
880 calories

Five Guys  
950 calories

Regal Popcorn  
1,200 calories
A Day’s Worth of Food

The diets used in the DASH and OmniHeart studies trim blood pressure and LDL (“bad”) cholesterol. Here’s a hybrid of the two OmniHeart diets—one higher in protein and one higher in unsaturated fat—that also lowered triglycerides. We used the *Wild Card* (see below) for protein (the salmon), but you can use it for more oil or carbs if you prefer.

This version is for someone who needs only 2,100 calories a day. We added a few extra servings of fruits and vegetables. Extra salad greens can’t hurt!

### BREAKFAST

<table>
<thead>
<tr>
<th>Fruit</th>
<th>2 servings</th>
<th>1 banana, 1 melon wedge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-fat Dairy</td>
<td>1</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>Grains</td>
<td>2</td>
<td>1 cup bran cereal</td>
</tr>
</tbody>
</table>

### LUNCH & AFTERNOON SNACK

<table>
<thead>
<tr>
<th>Fish, Poultry, &amp; Meat</th>
<th>1 serving</th>
<th>4 oz. chicken</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>6</td>
<td>4 cups greens, 1 cup raw veggies</td>
</tr>
<tr>
<td>Oils &amp; Fats</td>
<td>1</td>
<td>1 Tbs. oil (in 2 Tbs. salad dressing)</td>
</tr>
<tr>
<td>Fruit</td>
<td>2</td>
<td>1 orange, ¼ cup dried fruit</td>
</tr>
<tr>
<td>Legumes &amp; Nuts</td>
<td>1</td>
<td>¼ cup almonds</td>
</tr>
<tr>
<td>Grains</td>
<td>2</td>
<td>2 oz. baguette</td>
</tr>
</tbody>
</table>

### DINNER & EVENING SNACK

<table>
<thead>
<tr>
<th>Fish, Poultry, &amp; Meat</th>
<th>1 serving</th>
<th>4 oz. salmon—<em>Wild Card</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>3</td>
<td>1 cup broccoli, ½ cup carrots</td>
</tr>
<tr>
<td>Legumes &amp; Nuts</td>
<td>1</td>
<td>½ cup bean salad</td>
</tr>
<tr>
<td>Oils &amp; Fats</td>
<td>1</td>
<td>½ Tbs. oil (in bean salad), ½ Tbs. oil (in broccoli &amp; carrots)</td>
</tr>
<tr>
<td>Low-fat Dairy</td>
<td>1</td>
<td>1 cup plain yogurt</td>
</tr>
<tr>
<td>Fruit</td>
<td>1</td>
<td>½ cup berries</td>
</tr>
<tr>
<td>Desserts &amp; Sweets</td>
<td>2</td>
<td>2 small cookies</td>
</tr>
</tbody>
</table>
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Please type your questions using the webinar function.

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