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We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

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- This activity is **pending CDR review and approval for 1 CPEU.**

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## **Requirements for Completion:**

- **Attend the session in its entirety**

The background of the slide is a dark blue color with a repeating pattern of white line-art icons representing various food items such as fruits, vegetables, and grains. The icons are scattered across the entire background.

# **The 2025-2030 Dietary Guidelines for Americans: Insights, Updates, and Real-World Application**

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**Deanna M. Hoelscher, PhD, RDN, LD**

March 31, 2026

# Questions for Today

- Why do we need Dietary Guidelines?
- What was the Dietary Guidelines Advisory Committee report?
- How are the 2025-2030 Dietary Guidelines different from the 2020-2025 version?
- How can we implement the 2025-2030 Dietary Guidelines?
- What are the challenges in implementing the new Guidelines?



# Quiz Time!

- How many of you read the 2025 Dietary Guidelines Advisory Committee (DGAC) report?
- How many of you have seen the new 2025-2030 Dietary Guidelines for Americans (DGAs)?
- How many of you have read the Scientific Foundation for the DGAs?
- How many of you will be using the 2025-2030 DGAs in your work?



# Why Dietary Guidelines Matter

- Federal food programs
- Nutrition education
  - Pre-school children
  - Students in grades K-12
- Non-dietitian health professionals (physicians, nurses, physician assistants, etc.)
- Food policies
- Researchers
- Advertising



Source: Freedhoff, February 4, 2026. Medscape. <https://www.medscape.com/viewarticle/why-diet-guidelines-matter-even-if-zero-people-follow-them> 2026a10002s6?ecd=WNL\_trdalrt\_pos1\_260207\_etid8088864&uac=61913FG&impID=8088864; DGAC report 2025

# About the *Dietary Guidelines for Americans*

- Provides food-based recommendations to meet nutrient needs, promote health, and help prevent chronic disease
- Serves as the cornerstone of federal nutrition programs and policies
- Mandated by the National Nutrition Monitoring and Related Research Act of 1990 to:
  - Reflect the preponderance of scientific evidence
  - Be published jointly by the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA) every 5 years
- Written for a professional audience and includes dietary recommendations for the U.S. population across the entire lifespan, including pregnancy and lactation
- Builds upon the previous edition, with the Dietary Guidelines Advisory Committee's (Committee's) Scientific Report serving as a key resource for scientific justification for changes, along with input from federal agencies and the public

# How is the Committee's Scientific Report different from the *Dietary Guidelines for Americans*?

## Scientific Report

A report on the current state of nutrition science that includes the Committee's independent, evidence-based advice to HHS and USDA

The Dietary Guidelines Advisory Committee, an independent group of nutrition science experts

HHS and USDA

Informs HHS and USDA as the Departments develop the Dietary Guidelines for Americans

**What is it?**

**Who develops it?**

**Who is it for?**

**How is it used?**

## *Dietary Guidelines*

Advice on combinations of food and drinks that promote health and prevent diet-related disease, from birth to older adulthood

HHS and USDA

Federal agencies, nutrition policymakers, and health professionals

Provides the basis for federal nutrition policies and programs; adapted by health professionals to meet specific needs; informs nutrition resources for the general public, and much more



# Process to Develop the *Dietary Guidelines*



Updating the *Dietary Guidelines for Americans* (Dietary Guidelines) is a scientifically rigorous, multi-year process.

# Dietary Guidelines for Americans, 2025-2030 Timeline



**Legend**

 Opportunity for public input



# 2025 Dietary Guidelines Advisory Committee



**Sarah Booth, PhD**  
Tufts University  
*Chair*



**Angela Odoms-Young, PhD, MS**  
Cornell University  
*Vice-Chair*



**Steven Abrams, MD**  
University of Texas  
at Austin



**Cheryl Anderson, PhD, MPH, MS**  
University of California  
San Diego



**Aline Andres, PhD, RD**  
University of Arkansas  
for Medical Sciences



**Carol Byrd-Bredbenner, PhD, RD, FAND**  
Rutgers, The State University of  
New Jersey



**Andrea Deierlein, PhD, MPH, MS**  
New York University



**Heather Eicher-Miller, PhD**  
Purdue University



**Teresa Fung, ScD, RD**  
Simmons University



**Christopher Gardner, PhD**  
Stanford University



**Edward Giovannucci, MD, ScD**  
Harvard University



**Deanna Hoelscher, PhD, RDN, LD, CNS, FISBPA**  
The University of Texas  
at Austin



**Valarie Blue Bird Jernigan, DrPH, MPH**  
Oklahoma State University



**Jennifer Orlet Fisher, PhD**  
Temple University



**Christina Palacios, PhD, MSc**  
Florida International University



**Hollie Raynor, PhD, RD, LDN**  
University of Tennessee  
Knoxville



**Fatima Cody Stanford, MD, MPH, MPA, MBA, FAAP, FACP, FAHA, FAMWA, FTOS**  
Harvard University



**Sameera Talegawkar, PhD**  
The George Washington  
University



**Chris Taylor, PhD, RDN, LD, FAND**  
The Ohio State University



**Deirdre Tobias, ScD**  
Harvard University

# Conflict of Interest Review and Disclosure

- All members of the Committee were in compliance with the federal ethics laws and regulations governing conflicts of interest
- HHS conducted background checks on all members, including a review of financial, ethical, legal and criminal conflicts of interest
- Each member submitted a confidential financial disclosure form and completed ethics training annually
- For the first time, the Committee also voluntarily disclosed any relationships, activities, and interests that may potentially be related to the content of the Committee's scientific review

# The Committee's Work Across the 3 Approaches



## Data Analysis

- Reviewed and synthesized analytic results from 45 existing data publications, over 450 pages of staff-led data analysis reports, over 5,000 pages of new data tables, and 1 evidence scan on dietary intakes during COVID-19
- Developed conclusion statements for 4 data analysis questions



## Systematic Reviews

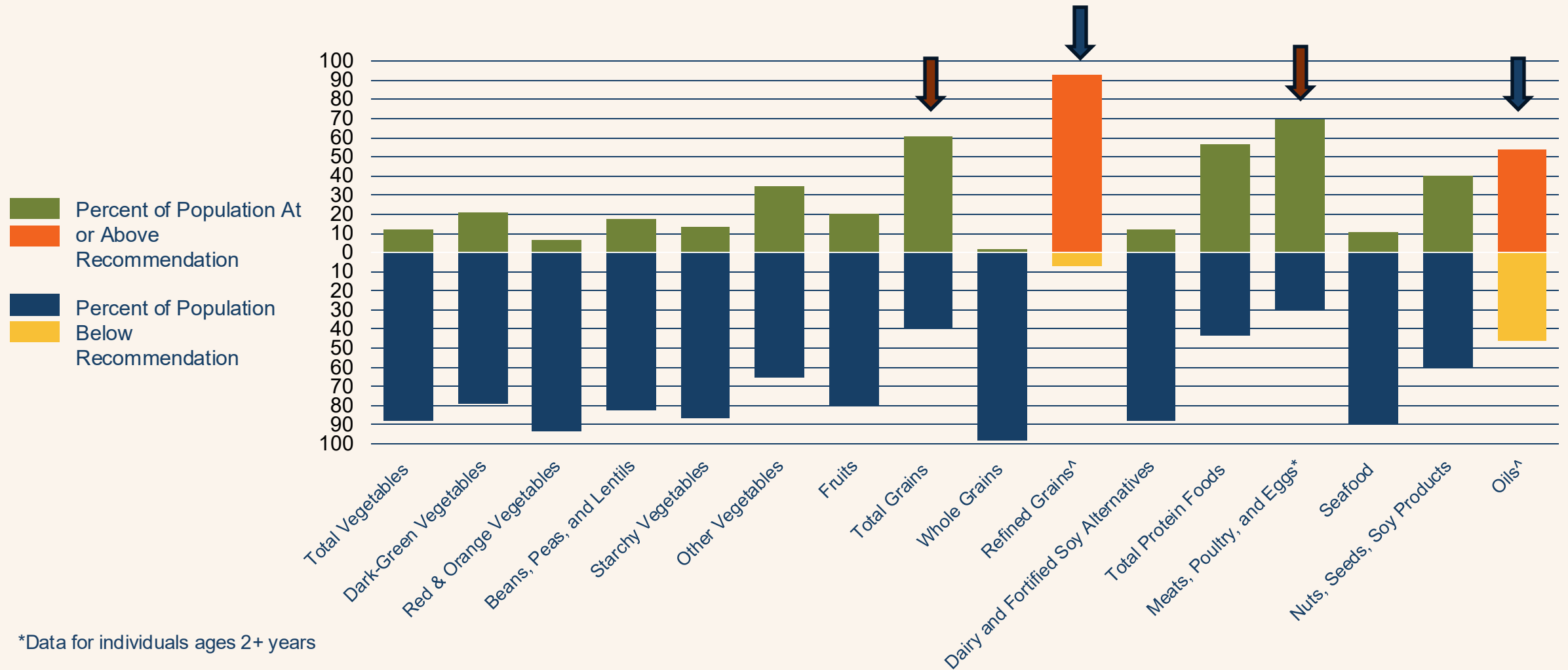
- Completed 28 systematic review questions and 1 evidence scan documented in nearly 6,000 pages of reports
- Reviewed almost 2,000 new references, building on extensive evidence reviewed by previous Committees



## Food Pattern Modeling

- Analyzed millions of data points to examine objectives from 9 protocols to answer overarching question, along with 2 exploratory analyses
- Conducted novel diet simulations to test the nutritional adequacy of a broad range of dietary intakes, including a pilot simulation of foods consumed by select AI and AN populations

# Percentage Below or At/Above Food Group and Subgroup Recommendations (Ages 1 Year and Older)



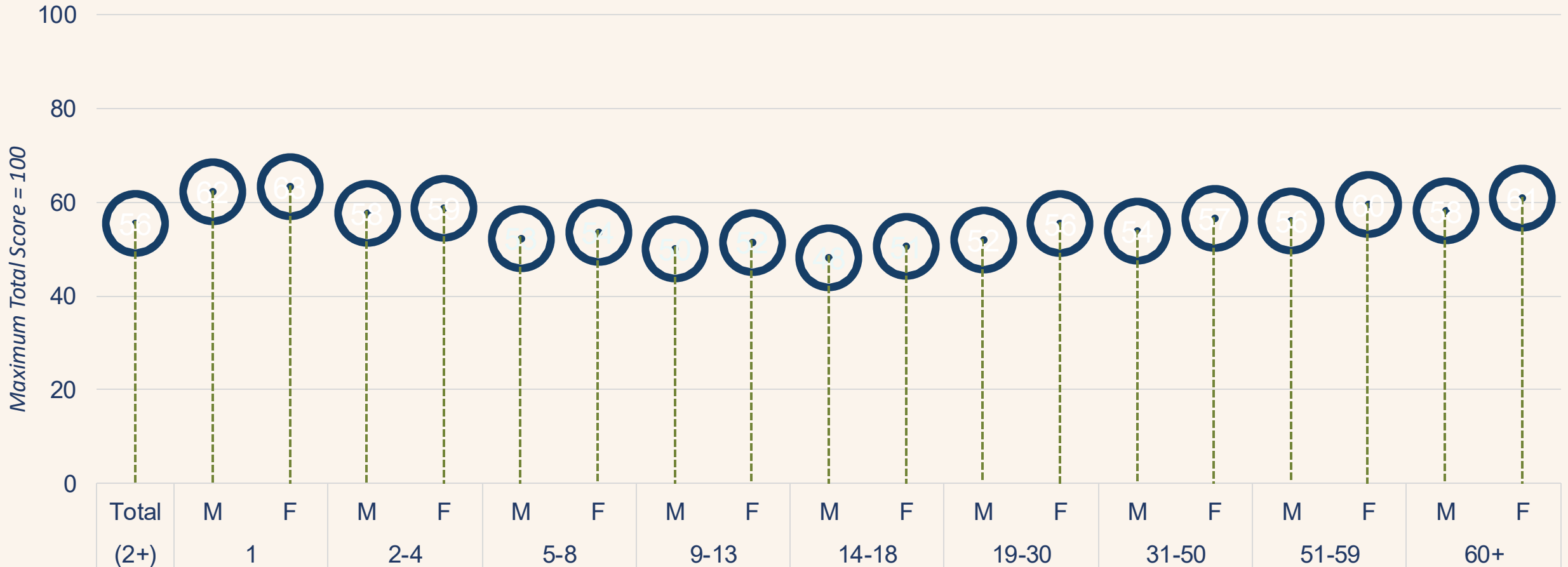
\*Data for individuals ages 2+ years

<sup>^</sup>Refined Grains and Oils have limits for intake, while other food groups and subgroups do not. For example, Refined Grains should be no more than half of total Grains intake. Thus, intakes for Refined Grains and Oils are described using different colors (orange and yellow)

Note: The 2020-2025 Healthy U.S. Style-Dietary Patterns are used for this comparison. The Dietary Patterns also include a limit on calories for other uses, which is not included on this slide

Source: *Dietary Intakes: What We Eat in America, NHANES 2011-2018, 2 days dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Pattern, Dietary Guidelines for Americans, 2020-2025.*

# Average Total Healthy Eating Index-2020 and Healthy Eating Index-Toddlers-2020 Scores\* Across the Lifespan (Ages 1 Year and Older)



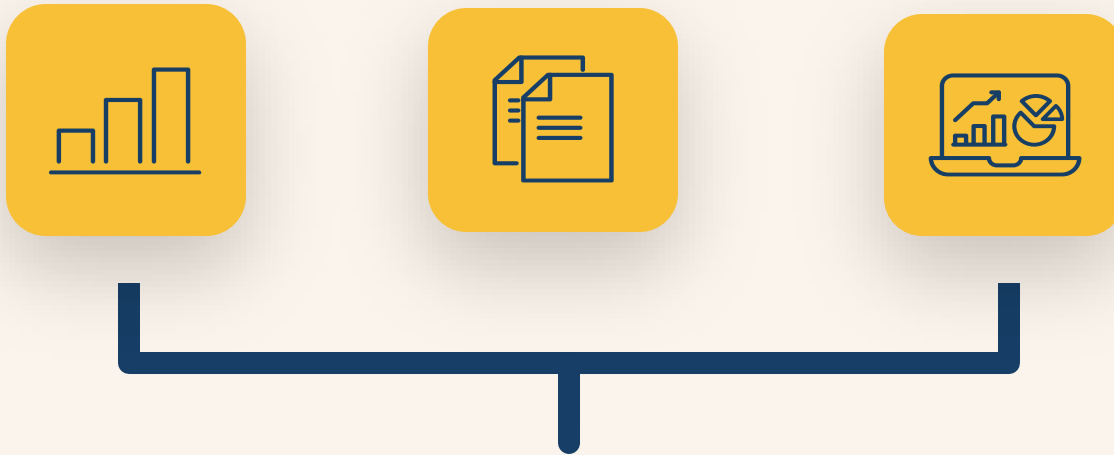
\* The Healthy Eating Index-Toddlers-2020 is used for ages 12 through 23 months, and the Healthy Eating Index-2020 is used for ages 2 years and older

Sex and Age in Years

M: Male | F: Female

# Overarching Advice: Proposed Dietary Pattern

Based on synthesis across all 3 approaches, the Committee proposed modifying the current USDA Dietary Patterns to:



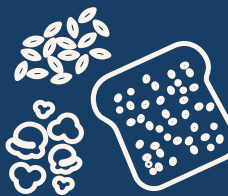
- Emphasize intakes of beans, peas, and lentils and reduce intakes of red and processed meats
- • Remove “Limits on Calories for Other Uses”
- Develop a single, inclusive dietary pattern that offers flexibilities to support individual needs and preferences — the *Eat Healthy Your Way* Dietary Pattern

# Overarching Advice: Healthy Dietary Pattern Across Systematic Reviews



A healthy dietary pattern for individuals ages 2 years and older identified across systematic reviews is:

- Higher in vegetables, fruits, legumes, nuts, whole grains, fish/seafood, and vegetable oils higher in unsaturated fat
- Lower in red and processed meats, sugar-sweetened foods and beverages, refined grains, and saturated fat
- May also include fat-free or low-fat dairy and foods lower in sodium
- May include plant-based dietary options



# Committee's Advice: Complementary Feeding Styles & Practices During Childhood

- Emphasize benefits of:
  - Structured feeding practices
  - Repeated exposure on food acceptance for children up to age 6 years including sensory and non-sensory exposure to healthy foods
- Include explicit focus on the importance of providing child-appropriate portion sizes
- Delineate distinctions between feeding styles and feeding practices in recommendations about how to feed



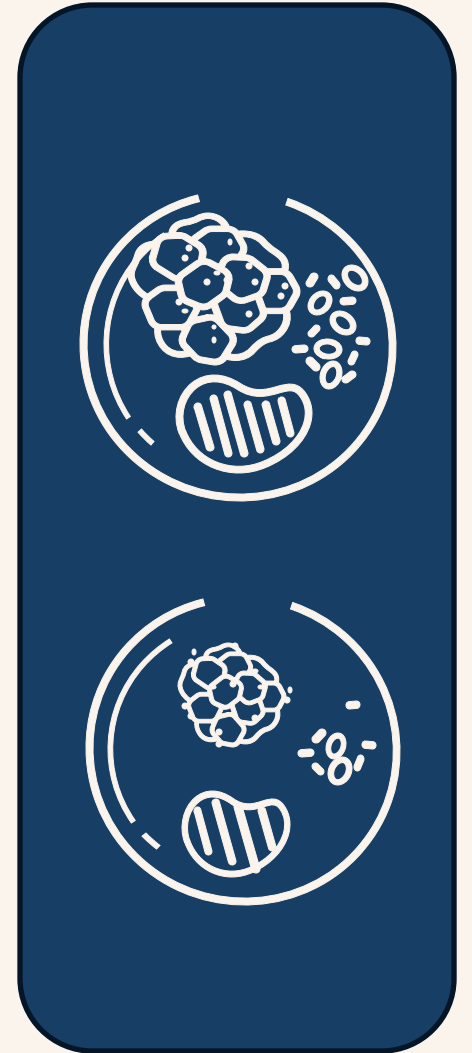
# Committee's Advice: Frequency of Meals and/or Snacking

- Continue to recommend regular breakfast consumption as part of a dietary pattern that is better aligned with the *Dietary Guidelines*, particularly for children and adolescents
- Continue to recommend nutrient-dense snacks as part of a dietary pattern that is better aligned with the *Dietary Guidelines* for children and adolescents
- Incorporate guidance about after dinner/evening snacking in the *Dietary Guidelines*, including strategies to reduce consumption of snacks high in energy density
- Promote diets with a higher number of eating occasions in children, such as dividing nutrient-dense foods into smaller meals/snacks throughout the day



# Committee's Advice: Portion Size






- For children and adults, consume smaller portions of energy-dense foods to stay within energy requirements
- Use portion size strategically to promote children's intake of vegetables and fruits, some of which are sources of some of the nutrients of public health concern (calcium, potassium, and fiber)
- For adults, use pre-portioned foods to help reduce intake of energy-dense foods
- For foods available in retail stores and food service establishments, offer choices so that energy-dense foods can be purchased in smaller, pre-portioned packages





## Dietary Guidelines for Americans, 2025-2030 HHS & USDA Development Process

The U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA) work together to develop the *Dietary Guidelines*, building upon the most recent edition. They follow a rigorous development process that includes the following steps.

- **1 Consider Key Resources**
  - *Dietary Guidelines for Americans, 2020-2025*
  - 2025 Dietary Guidelines Advisory Committee's Scientific Report
  - Existing evidence-based federal reviews and guidance
  - Federal agency input and public comments
- **2 Update the *Dietary Guidelines***
  - HHS & USDA form a federal writing team of nutrition scientists and communication specialists
  - Make updates that represent totality of scientific evidence
  - Follow best practices for developing guidelines
- **3 Submit a Draft for Peer Review**
  - Federal scientific expert review
  - External scientific expert review
- **4 Facilitate HHS & USDA Approval**
  - Federal agency review
  - HHS & USDA Departmental clearance
  - HHS & USDA Secretarial approval
- **5 Release the *Dietary Guidelines***
  - Publish the new edition of the *Dietary Guidelines*
  - Conduct outreach to nutrition and health professionals
  - Work with federal, state, and local partners to implement the *Dietary Guidelines*

November 2024

# HHS and USDA Develop the Dietary Guidelines

- Developing the *Dietary Guidelines* is a step-by-step process that is supported by a team of federal staff from HHS and USDA
- Federal agencies that implement food and nutrition policies and programs across HHS and USDA review a draft of the *Dietary Guidelines*
- To ensure that the next edition meets the needs of various audiences and federal agencies, the writing team also utilizes:
  - Public comments on the Committee's Scientific Report
  - Comments from federal technical experts and external peer reviewers
- After approval by the Secretaries of HHS and USDA, the departments release the *Dietary Guidelines*

# Dietary Guidelines for Americans 2025-2030

Resources

Explore the research, recommendations, and implementation guidance that shape the Dietary Guidelines, including the science, the policy guidance, and the everyday serving framework.

Watch the press release →

Download The Scientific Foundation Appendices

Download The Scientific Foundation for the Dietary Guidelines for Americans

Download The Daily Servings Guide

Download The Dietary Guidelines for Americans



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# Dietary Guidelines for Americans 2025-2030

## Eat Real Food

- Eat the right amount for you.
- Prioritize protein foods at every meal.
- Consume dairy.
- Eat vegetables and fruits throughout the day
- Incorporate healthy fats
- Focus on whole grains
- Limit highly processed foods, added sugars, & refined carbohydrates
- Limit alcoholic beverages



# Dietary Guidelines 2025-2030

## Considerations for Different Ages/Groups

### • Infant feeding

- Similar to current guidelines

### • Middle childhood (5-10 years)

- Avoid caffeine
- No amount of added sugars
- Full-fat dairy
- Cook meals together

### • Adolescence (11-18 years)

- Limit sugary and E drinks and avoid highly processed foods
- Ca and vitamin D for bone mass; iron for girls

### • Pregnant/Lactating women

### • Vegans/vegetarians



# Dietary Guidelines 2025-2030

## •The Good

- Eat real food
- Focus on F/V, WG
- Limiting highly processed foods, added sugars, refined carbohydrates
- Bright & cheerful graphic
- Can be used to eat healthfully



## •What's Missing

- Greater emphasis on plant sources of proteins
- Inclusion of whole grains in the 'eat more' section
- Policy support
- No plate!

## •Challenges

- Need agricultural subsidies for food for people
- School food service
- Nutrition education
- Food availability
- Cost of food



# Comparison of DGA: 2020-2025 versus 2025-2030

Recommendation	2020-2025	2025-2030	Change?
Number of pages	149	10	
Kcal	Measure by weight status	Eat the right amount	Same
Water	Choose	Choose	Same, but stronger
Protein	56 g/2000 kcal (based on 0.8 g/kg)	Prioritize at every meal (84 to 112 g/2000 kcal, based on 1.2-1.6 g/kg)	Increase
Dairy	3 c/day	3 c/day	Same
Fats	27 g/day oils	Healthy	Prioritize animal sources
Saturated fat	<10% kcal	<10% kcal	Same
Grains	6 oz, > 3 whole/day	2-4 servings/day	Decrease, prioritize whole

# Comparison of DGA: 2020-2025 versus 2025-2030

Recommendation	2020-2025	2025-2030	Change?
Processed foods other than meat	Not mentioned	Limit, avoid	Major improvement
Added sugars	Eat less	Limit, avoid	Stronger
Sodium	<2300 mg/d	<2300 mg/d	Same
Alcohol	<2 drinks/d for men; <1 for women	Limit, consume less	Weaker
Eat more	F/V, Legumes, WG, Low or Non-fat Dairy, Lean Meats, Poultry, Seafood, Nuts, Unsaturated vegetable oils	Animal-source foods, full-fat dairy, F/V, healthy fats, butter, beef tallow, WG	More focus on animal products
Eat less	Red & processed meats, sugar-sweetened foods and beverages, refined grains, sodium, alcohol	Added sugars, refined grains, <b>chemical additives</b> , <b>F/V juices</b> , highly processed foods and beverages, sodium, alcohol	Similar



# Why are there differences between the scientific reports for the DGAs?

- Methods – PCS versus RCT
- Greater focus on clinical research, not public health
- Greater focus on single nutrients, not dietary patterns
- Nutritional science evolves over time
- There are controversial areas in nutrition!

# So, How Do You Implement the DGAs?

- **Documented benefit**
  - Fruits, Nuts, Fish, Vegetables, Vegetable Oils, Whole Grains, Beans, Yogurt
- **Can be beneficial/harmful**
  - Cheese, Eggs, Poultry, Milk, Butter, Unprocessed Red Meats
- **Documented harm**
  - Refined Grains, Starches, Sugars, Processed Meats, High Sodium Foods, Industrial Trans Fat



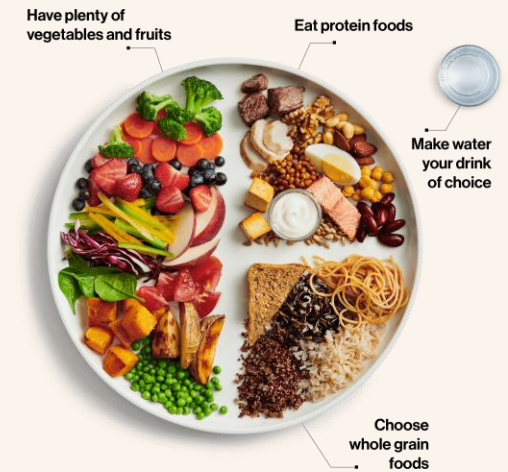
# GO – SLOW – WHOA (GSW) List - CATCH

- A tool to guide children and families toward making healthy food choices
- Overall message: foods fit into a healthy diet, which consists of:  
**GO foods > SLOW foods > WHOA foods**
- **Philosophy/nutrition rationale**:
  - Emphasize whole, unprocessed food for GO category
  - Reflect state-of-the-art nutrition knowledge
  - Focus on **primary prevention** – population-wide recommendations
  - Nutrition for children – considers growth & development



# Implementing the 2025-2030 DGAs

- Focus on increasing fruits and vegetables
- Focus on increasing whole grains
- Decrease/limit highly processed foods
  - Sugary drinks, snacks, desserts, prepared meals
- Encourage dairy consumption, but monitor consumption of whole fat dairy
- Focus on fresh meat, not processed meats, and include plant-based sources of protein
- Use alternative teaching tools – Harvard plate, Canada's plate
- Encourage culinary nutrition, gardens



# Challenges in Implementing the 2025-2030 DGAs

- Monitoring the saturated fat content of foods
- Adaptations to cultural diets
- Encouraging a wide variety of protein sources
  - Beans, peas, lentils, nuts
- Working to change the food environment



# Final Thoughts

- Eat Real Foods.
- Focus on areas of agreement.
- To meet the DGAs, the food system and food environments need to change.

Eat foods. Not too much. Mostly plants.

-Michael Pollan





# Thank you!

**Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA**

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**UTHealth** | The University of Texas Health Science Center at Houston  
School of Public Health in Austin  
Michael & Susan Dell Center for Healthy Living

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**The Dietary Guidelines Advisory Committee (DGAC) Report:**  
[https://www.dietaryguidelines.gov/  
2025-advisory-committee-report](https://www.dietaryguidelines.gov/2025-advisory-committee-report)



**Nutrition Evidence Systematic Review (NESR):**  
[https://nesr.usda.gov/2025-dietary-guidelines-advisory-  
committee-systematic-reviews](https://nesr.usda.gov/2025-dietary-guidelines-advisory-committee-systematic-reviews)

# Questions?

**Please post your Questions in  
the Q&A !**

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