Dietary Guidelines for Americans Committee: Process and Updates

Carol J Boushey, PhD, MPH, RDN

Member, 2020 Dietary Guidelines for Americans
Scientific Advisory Committee

The Dietary Guidelines

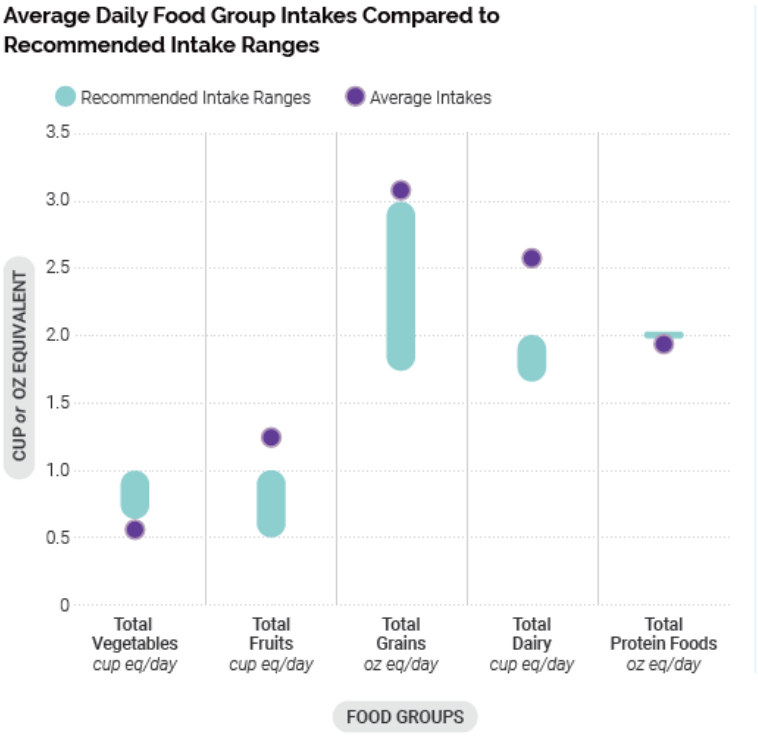
- Nutrients and foods are not consumed in isolation. Rather, people consume them in various combinations over time—a dietary pattern—and these foods and beverages act synergistically to affect health.
- The *Dietary Guidelines for Americans, 2015-2020* puts this understanding into action by focusing its recommendations on consuming a healthy dietary pattern.
- The *2020-2025 Dietary Guidelines* carries forward this emphasis on the importance of a healthy dietary pattern as a whole— rather than on individual nutrients, foods, or food groups in isolation.
- For the first time since the 1985 edition, the 2020-2025 Dietary Guidelines include recommendations for healthy dietary patterns for infants and toddlers.

Infants

- **Follow a healthy dietary pattern at every life stage.** At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.
- **For about the first 6 months of life,** exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable. Provide infants with supplemental vitamin D beginning soon after birth.
- **At about 6 months,** introduce infants to nutrient-dense complementary foods. Introduce infants to potentially allergenic foods along with other complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk.

DGA I Dietary Guidelines for Americans 2020-2025

Current intakes: Ages 12 through 23 months



DGA I Dietary Guidelines for Americans 2020-2025

Current intakes: Ages 12 through 23 months

Average Intakes of Added Sugars, Saturated Fat, and Sodium

Added Sugars	Saturated Fat	Sodium
Limit: **Avoid**	Limit: **N/A**	Limit: **1,200 mg**
Average Intakes	Average Intakes	Average Intakes
104 kcals	**167 kcals**	**1,586 mg**

Dietary Guidelines for Americans 2020 - 2025

Figure 1-3

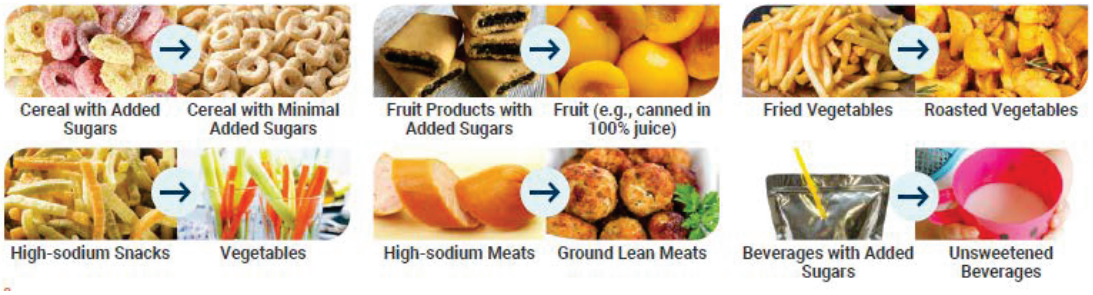
The Science Underlying the *Dietary Guidelines* Demonstrates That Healthy Eating Across the Lifespan Can Promote Health and Reduce Risk of Chronic Disease

Toddler's Healthy Dietary Pattern

- **For the second year of life, toddlers** consume less human milk, energy and nutrients should be met using a healthy dietary pattern of age-appropriate foods and beverages.

Make Healthy Shifts To Empower Toddlers To Eat Nutrient-Dense Foods in Dietary Patterns

Science shows that early food preferences influence later food choices. Make the first choice the healthiest choices that set the toddlers on a path of making nutrient-dense choices in the years to come. Examples of shifts in common choices to healthier, more nutrient-dense food choices include:



DGA | Dietary Guidelines for Americans 2020-2025

Healthy U.S.-Style Dietary Pattern for Toddlers Ages 12 Through 23 Months Who Are No Longer Receiving Human Milk or Infant Formula, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

CALORIE LEVEL OF PATTERN[a]	700	800	900	1,000
FOOD GROUP OR SUBGROUP[b,c]	Daily Amount of Food From Each Group[d] (Vegetable and protein foods subgroup amounts are per week.)			
Vegetables (cup eq/day)	⅔	¾	1	1
	Vegetable Subgroups in Weekly Amounts			
Dark-Green Vegetables (cup eq/wk)	1	⅓	½	½
Red and Orange Vegetables (cup eq/wk)	1	1 ¾	2 ½	2 ½
Beans, Peas, Lentils (cup eq/wk)	¾	⅓	½	½
Starchy Vegetables (cup eq/wk)	1	1 ½	2	2
Other Vegetables (cup eq/wk)	¾	1 ¼	1 ½	1 ½
Fruits (cup eq/day)	½	¾	1	1
Grains (ounce eq/day)	1 ¾	2 ¼	2 ½	3
Whole Grains (ounce eq/day)	1 ½	2	2	2
Refined Grains (ounce eq/day)	¼	¼	½	1
Dairy (cup eq/day)	1 ⅔	1 ¾	2	2
Protein Foods (ounce eq/day)	2	2	2	2
	Protein Foods Subgroups in Weekly Amounts			
Meats, Poultry (ounce eq/wk)	8 ¾	7	7	7 ¾
Eggs (ounce eq/wk)	2	2 ¾	2 ½	2 ½
Seafood (ounce eq/wk)[e]	2-3	2-3	2-3	2-3
Nuts, Seeds, Soy Products (ounce eq/wk)	1	1	1 ¼	1 ¼
Oils (grams/day)	9	9	8	13

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Dietary Pattern Terms

- **Dietary pattern:** It is the combination of foods and beverages that constitutes an individual's complete dietary intake over time.
- This may be a description of a customary way of eating or a description of a combination of foods recommended for consumption.
- Customary: Foods usually eaten
- Foods recommended: Healthy US style Dietary Pattern
- Diet-quality indexes, e.g., The Healthy Eating Index, the DASH diet, the Mediterranean Diet

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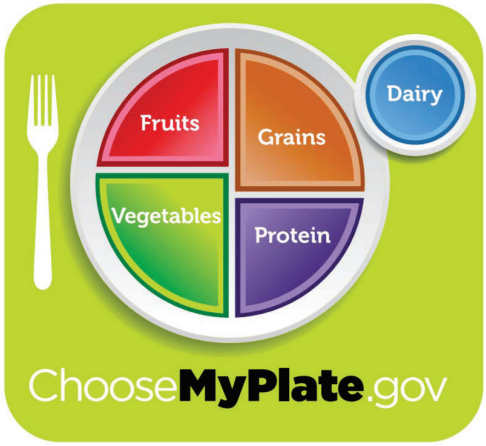
Transition to total diet



MyPlateGraphicsStandards.pdf

Dietary patterns

- " . . . the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed"

Nutrition Evidence Library. A Series of Systematic Reviews on the Relationship Between Dietary Patterns and Health Outcomes. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Commonly applied methods to identify dietary patterns

Theoretically or index driven

- Healthy Eating Index (HEI)
- DASH Score

Reasons to consider dietary patterns

- Complexity of diet
  - People eat foods (and meals), not nutrients
- Correlation among dietary constituents
  - Analysis of single nutrients may be confounded by the effect of dietary patterns
- Clinical trials show positive health outcomes with changes in "total diet"
  - Dietary Approaches to Stop Hypertension (DASH)
  - Lyon Diet Heart Study (Mediterranean style diet)
- Relevance for policy and guidance

Slide adapted from Jill Reedy, PhD, RD; NIH/NCI

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Healthy Eating Index-2015 components, point values, and standards for scoring

Component	Maximum points	Standard for maximum score	Standard for minimum score of zero
Adequacy			
Total Fruits	5	≥0.8 c equivalents/1,000 kcal	No fruit
Whole Fruits	5	≥0.4 c equivalents/1,000 kcal	No whole fruit
Total Vegetables	5	≥1.1 c equivalents/1,000 kcal	No vegetables
Greens and Beans	5	≥0.2 c equivalents/1,000 kcal	No dark green vegetables or beans and peas
Whole Grains	10	≥1.5 oz equivalents/1,000 kcal	No whole grains
Dairy	10	≥1.3 c equivalents/1,000 kcal	No dairy
Total Protein Foods	5	≥2.5 oz equivalents/1,000 kcal	No protein foods
Seafood and Plant Proteins	5	≥0.8 c equivalents/1,000 kcal	No seafood or plant proteins
Fatty Acids	10	(PUFAs[a]+MUFAs[b])/SFAs[c] ≥2.5	(PUFAs+MUFAs)/SFAs ≤1.2
Moderation			
Refined Grains	10	≤1.8 oz equivalents/1,000 kcal	≥4.3 oz equivalents/1,000 kcal
Sodium	10	≤1.1 g/1,000 kcal	≥2.0 g/1,000 kcal
Added Sugars	10	≤6.5% of energy	≥26% of energy
Saturated Fats	10	≤8% of energy	≥16% of energy

Krebs-Smith SM, et al. Update of the Healthy Eating Index: HEI-2015. J Acad Nutr Diet 2018

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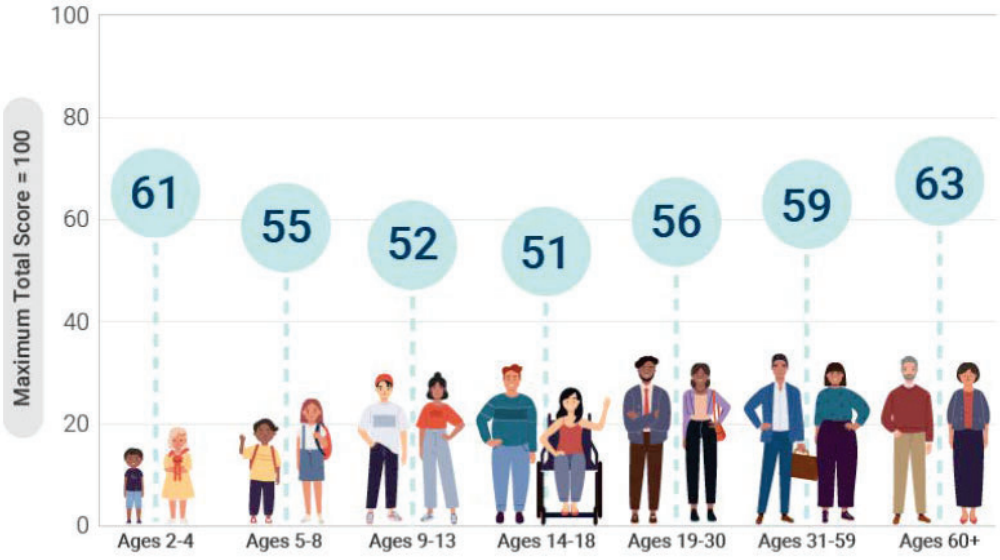
Figure 1-4

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.

Healthy Eating Index – 2015

Total and component scores of HEI-2015 at baseline and 10-year follow-up among the Multiethnic Cohort Study			
Diet quality index	Baseline	Follow-up	*P*
HEI-2015			
MEN (n=27,001)			
Total score	65.6 ± 10.3	68.8 ± 10.6	<0.0001
Whole grains	4.5 ± 3.2	5.2 ± 3.2	<0.0001
Added sugars	8.7 ± 1.9	9.2 ± 1.5	<0.0001
WOMEN (n=36,254)			
Total score	69.4 ± 10.3	72.3 ± 10.6	<0.0001
Whole grains	5.5 ± 3.2	5.9 ± 3.1	<0.0001
Added sugars	8.8 ± 1.8	9.1 ± 1.5	<0.0001

Song-Yi Park, Yurii B Shvetsov, Minji Kang, Veronica Wendy Setiawan, Lynne R Wilkens, Loïc Le Marchand, Carol J Boushey.
The Journal of Nutrition, July 2020

What may be on the horizon?

- Will a unique HEI be developed exclusively for the children 12-23 months?
- Maybe 1-3 years?
- How would a Dietary Pattern work for infants given breast feeding exclusively for 6 months which is the current recommendation?

How might important milestones be incorporated into an index?

- Timing of food introduction?
- Feeding practices?
- Human milk vs infant formula or mixed feeding?

Are there any diet quality index scores for the 6-23 months old age group ?

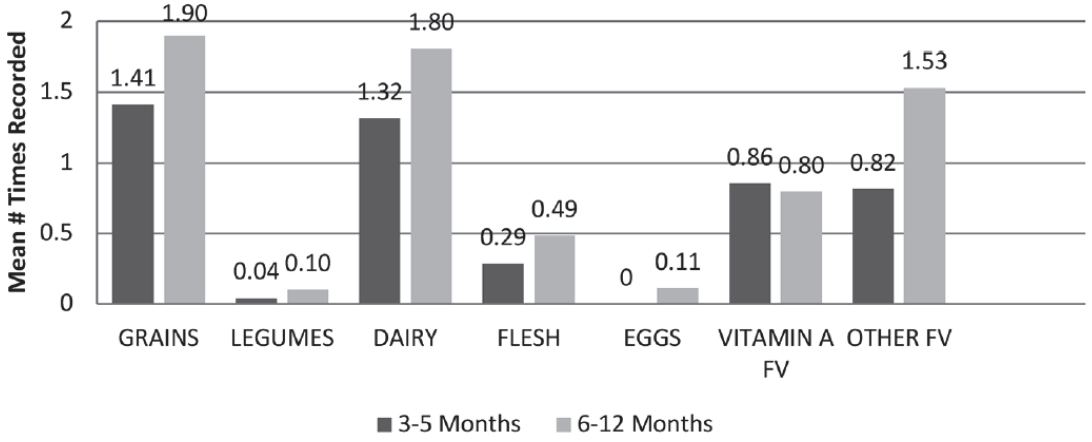
- The World Health Organization (WHO) developed the Minimum Dietary Diversity (MDD) score
- The WHO MDD has rarely been used in developed countries
- Solids and liquids are categorized into 8 food groups.

WHO minimum dietary diversity score (MDD) for children 6-23 months old.

	Minimum Dietary Diversity score
1.	Breast milk
2.	Grains, roots, and tubers
3.	Legumes and nuts
4.	Dairy products
5.	Flesh foods
6.	Eggs
7.	Vitamin A rich fruits and vegetables
8.	Other fruits and vegetables

Examine dietary diversity among Native Hawaiian, Pacific Islanders, and Filipinos (NHPIF) living in Hawaii (Oahu)

Figure 1a. Solids and Liquids Combined



Fialkowski MK, et al, Hawaii Journal of Health & Social Welfare, May 2020, Vol 79, No 5 Supplement 1

Visit DietaryGuidelines.gov to access online-only supporting materials

Professional Presentation

@ 'Professional Resources' page

- 1 extensive, adaptable slide deck
- Covers broad overview and specific life stage recommendations, as well as implementation resources
- Downloadable PowerPoint slides

Printable Resources

@ 'Professional Resources' page

- 1 resource (more to come!)
- Reference resource dedicated to helping meet people where they are.
- Showcases diverse, nutrient-dense food/beverages in each food group
- Printable & Shareable (PDF)

Graphics

@ 'Downloadable Graphics' page

- 5 infographics (PDF); 3 graphics (png)
- Infographics covering topics on guidelines development through implementation
- Graphics covering the guidelines and population Healthy Eating Index Scores
- Printable & Shareable (PDF/png)

Web Resources

@ 'Food Sources of Select Nutrients' page

- 10 reference tables (2 per nutrient)
- Reference resource dedicated to improving intake of dietary components of public health concern
- Showcases diverse, nutrient-dense food/beverages highest in Calcium, Potassium, Dietary Fiber, Vitamin D, & Iron
- Dedicated web pages

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Questions?