



Nutrition Policies and Guidelines – Advancing the Field

Alice H. Lichtenstein, D.Sc.
Gershoff Professor of Nutrition Science and Policy
Director and Senior Scientist, Cardiovascular Nutrition Laboratory

JEAN MAYER
USDA
HUMAN
NUTRITION
RESEARCH
CENTER ON
AGING

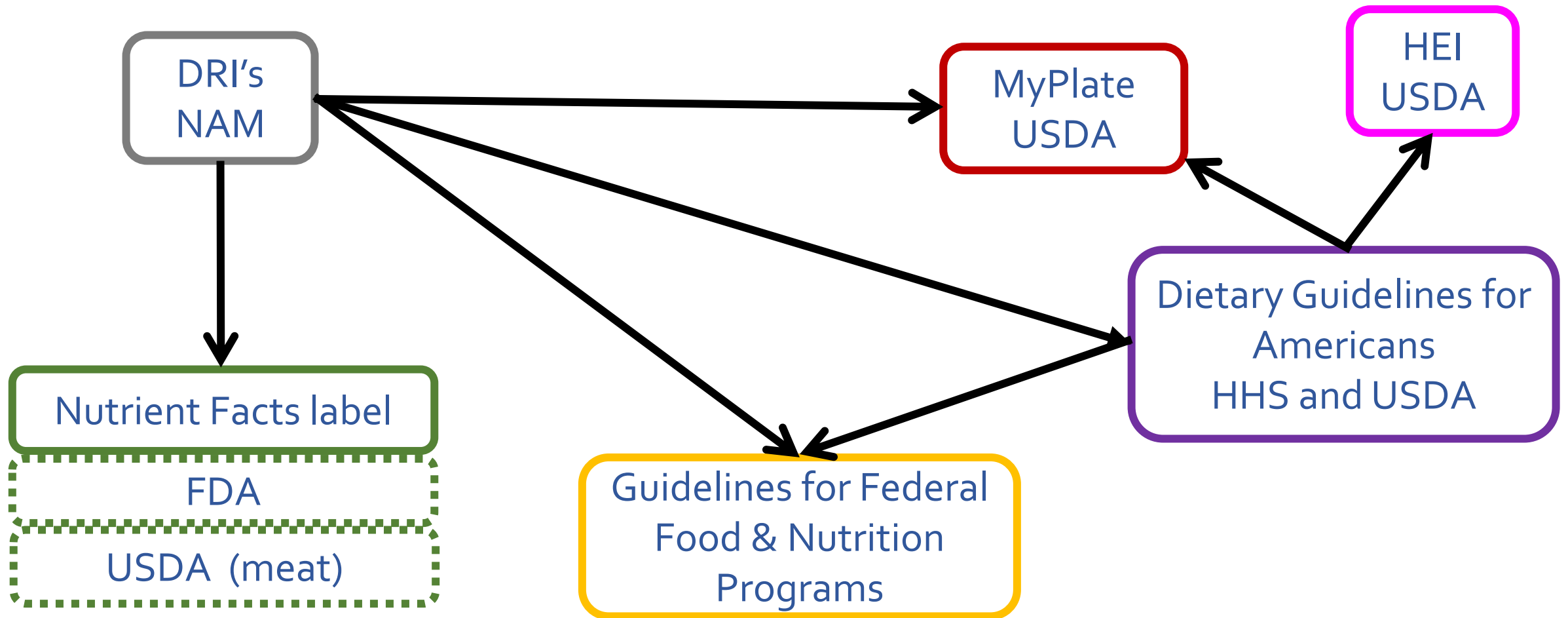


Tufts
UNIVERSITY

Disclosures

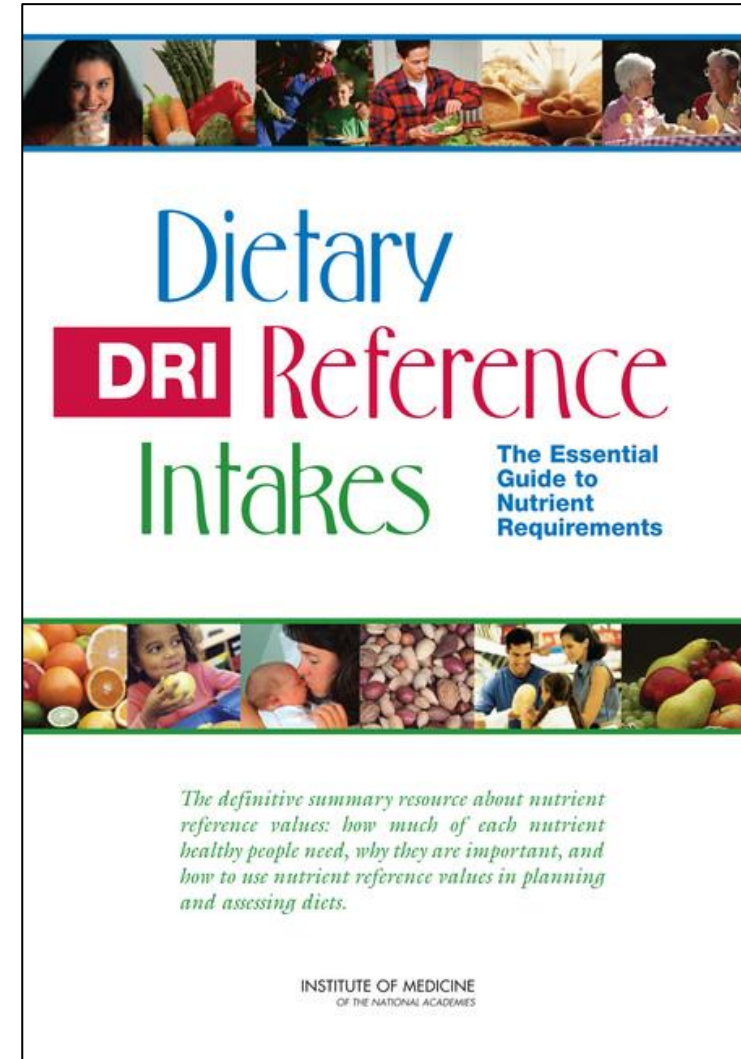
- Member, Standing Committee on for the Review of the Dietary Reference Intakes Framework, National Academy of Medicine

Types of U.S. Nutrient/Diet Policies and Guidance

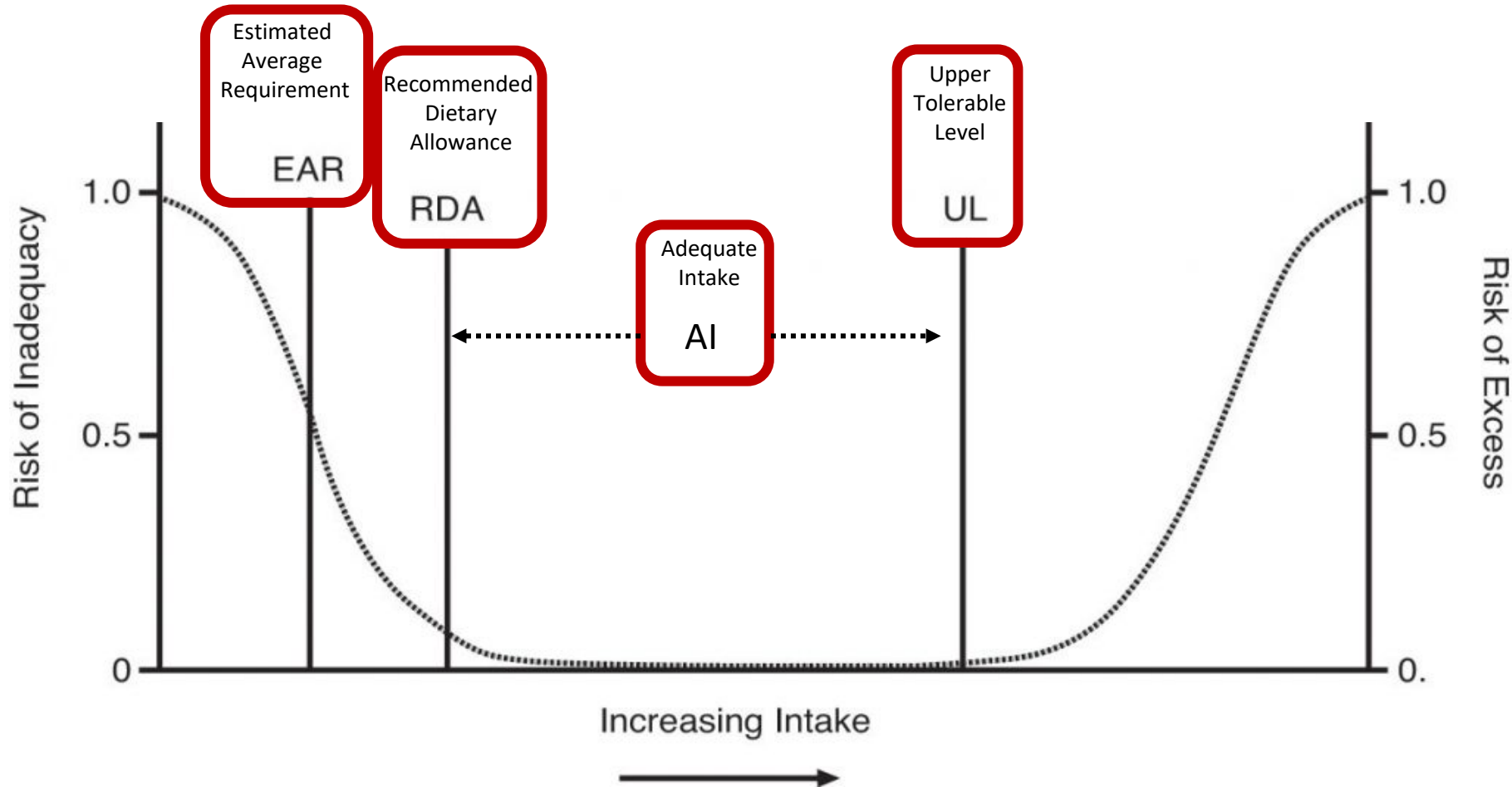


Dietary Reference Intakes (DRIs)

- National Academy of Medicine
- System revised in 1997
 - Dietary Reference Intakes (DRIs)
 - U.S. and Canada
- Nutrient specific



Dietary Reference Intakes (DRIs)



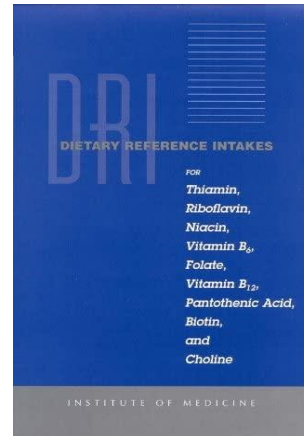
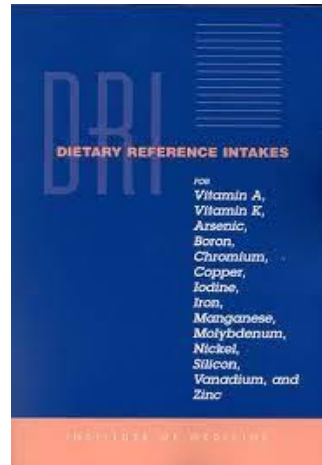
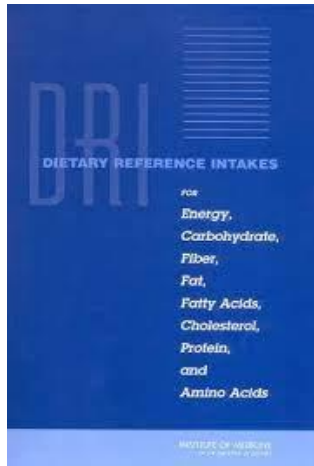
AMDR

Acceptable
Macronutrient
Distribution
Range

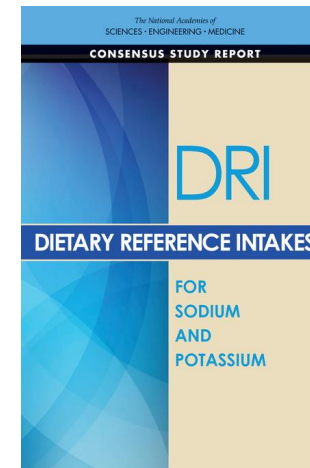
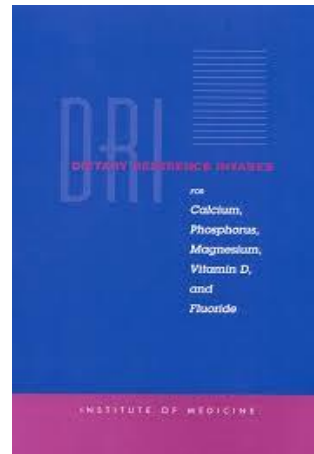
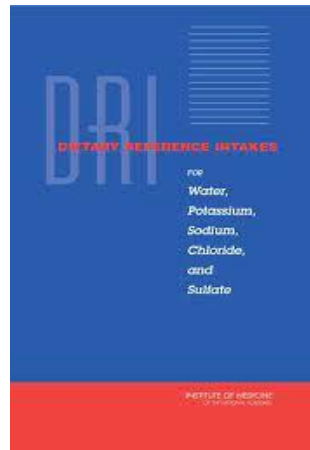
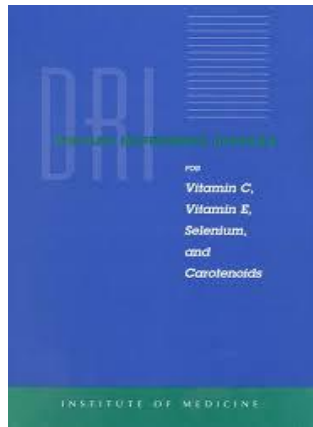
CDRR

Chronic Disease
Risk Reduction
(lowest level for
evidence of
chronic disease
risk reduction)

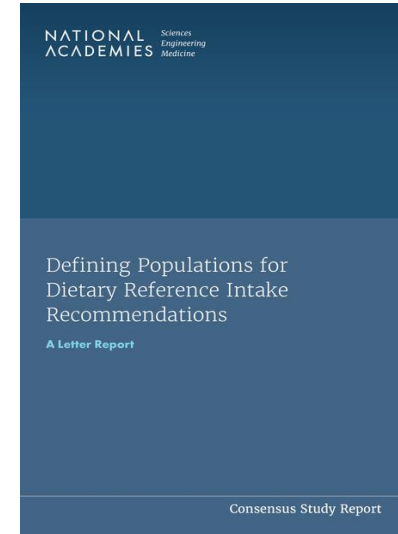
Dietary Reference Intakes (DRIs)



2011



2019



2023

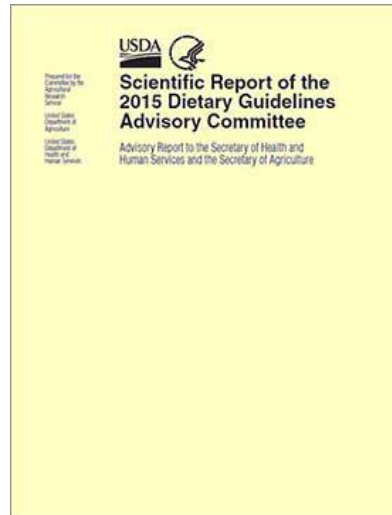
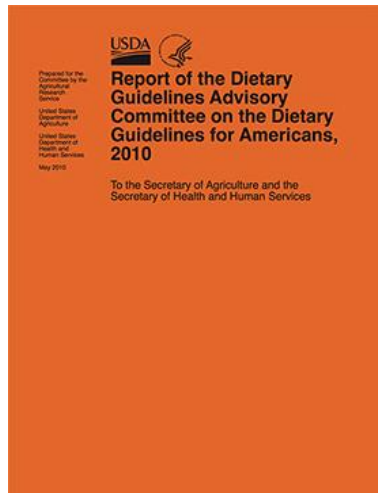
Dietary Guidelines for Americans

- USDA and DHHS
- Federally mandated update every 5 years.
- Food based
- DGAC charged with evaluating scientific evidence, reviewing current intakes, addressing questions, and submitting report to the secretaries.
- Secretaries USDA and DHHS issue the DGA.



Dietary Guidelines for Americans

Dietary Guidelines Advisory Committee (DGAC) report

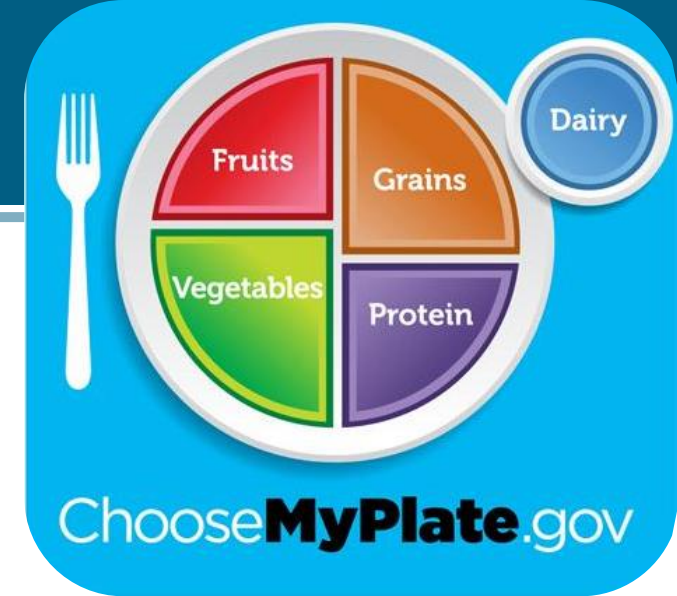


Dietary Guidelines for Americans (DGA)



MyPlate (USDA)

- Consistent with DGA and DRIs
- Food based

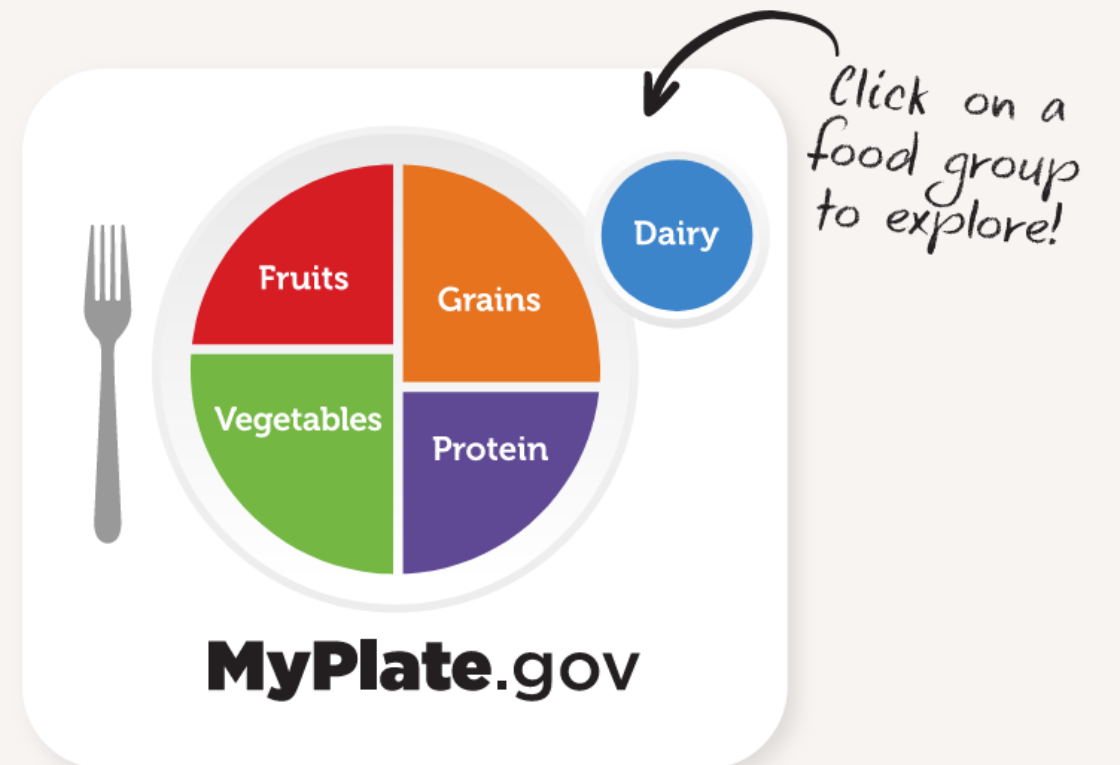


Learn how to eat healthy with MyPlate

Remember the food pyramid? Meet MyPlate, the official symbol of the five food groups. Learn how to make MyPlate work for you.

Explore MyPlate

<https://www.myplate.gov/>



Healthy Eating Index (HEI)

USDA *Healthy Eating Index* (HEI)



- Based on DGA
- Updated to reflect specific DGA edition

USDA Healthy Eating Index

**HEALTHY EATING
INDEX 2020**

UPDATE

**HEALTHY EATING
INDEX—TODDLERS 2020**

NEW

*National Collaborative on Childhood Obesity Research

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 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.

Food and Drug Administration (FDA)

Food (but not meat)



Dietary supplements



Bottled water



Seafood



Wild game ("exotic" meat)



Eggs in the shell



Federally Funded Food & Nutrition Programs



Summer Food Service Program



National School Lunch Program



Team Nutrition



Fresh Fruit and Vegetable Program



Special Milk Program



School Breakfast Program



Farm to School Program



Child and Adult Care Food Program

- Child Nutrition Programs (e.g., school breakfast and lunch)
- Military Food Service, Meals on Wheels
- Supplemental Nutrition Assistance Program (SNAP)
- Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Educational programs

Advancing the Field

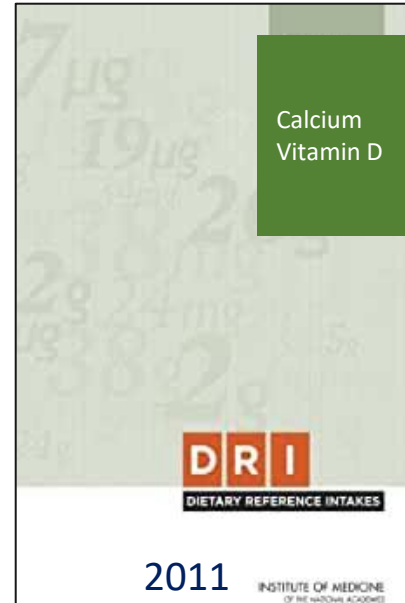


DGA Dietary Guidelines for Americans
2020 - 2025

Make Every Bite Count With the *Dietary Guidelines*

USDA
DietaryGuidelines.gov

The graphic features several circular images: a baby being breastfed, a young child eating with a spoon, a man and child in a kitchen, a woman and child eating at a table, and a pregnant woman holding a glass of milk. It also includes icons for a fish, a carrot, a milk carton, an apple, and a bowl of fruit.

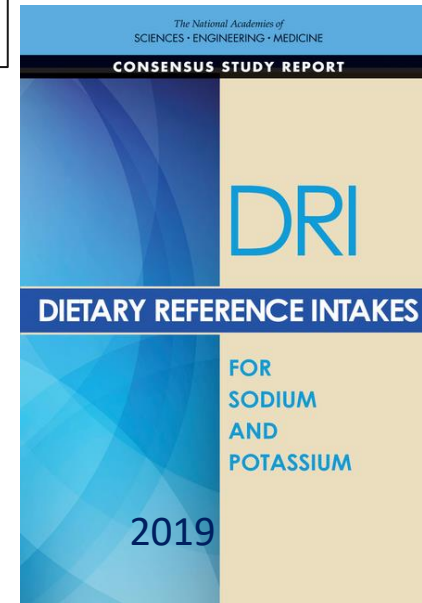


Calcium
Vitamin D

DRI
DIETARY REFERENCE INTAKES

2011 INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

The cover features a background of faint mathematical formulas and numbers on a chalkboard.



The National Academies of
SCIENCES • ENGINEERING • MEDICINE

CONSENSUS STUDY REPORT

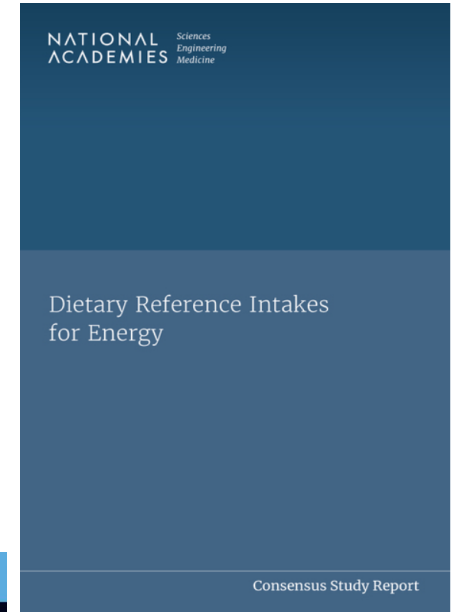
DRI

DIETARY REFERENCE INTAKES

FOR
SODIUM
AND
POTASSIUM

2019

The cover has a blue and tan geometric design.



NATIONAL ACADEMIES
Sciences
Engineering
Medicine

Dietary Reference Intakes
for Energy

Consensus Study Report

The cover is a solid dark blue color.

2023

Advancing the Field



2%
Reduced fat

Nutrition Facts

8.0 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

Calories 120

	% Daily value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 105mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugar 12g	
Added Sugar 0g	
Protein 8g	16%
Calcium 290mg	25%
Iron 0mg	0%
Potassium 380mg	8%
Vitamin A 150mcg	15%
Vitamin D 2.5mcg	10%

*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.

Advancing the Field



Expose kids to basic food and nutrition concepts K-12 to enable them to make informed choices.



Provide tools to interpret and put into context information as it evolves.

Hunting and Gathering in the 21st Century

Advancing the Field



Summary

