Dietary Guidelines 2015

What Changed & What Stayed the Same

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IFIC
To communicate science-based information on food safety and nutrition to health and nutrition professionals, educators, journalists, government officials and others providing information to consumers.

IFIC FOUNDATION
To effectively communicate science-based information on health, nutrition, and food safety for the public good.

*Primarily supported by the broad-based food, beverage and agricultural industries.
*Significant government grants (e.g., USDA, FDA) also help us carry out our work.
Dietary Guidelines for Americans

1977/1979

1980

1985

1990

1995

2000

2005

2010

2015

1977

McGovern Report - Dietary Goals (6)

1979

Surgeon General’s Report on Health Promotion

1980

Dietary Guidelines for Americans (USDA/HHS)

1985

Dietary Guidelines for Americans (USDA/HHS)

1990

Dietary Guidelines for Americans (HHS/USDA)

1995

Dietary Guidelines for Americans (HHS/USDA)

2000

Dietary Guidelines for Americans (HHS/USDA)

2005

Dietary Guidelines for Americans (HHS/USDA)

2010

Dietary Guidelines for Americans (HHS/USDA)

2015

Dietary Guidelines for Americans (HHS/USDA)

Source: Roger Clemens, DrPH, CFS, CNS, FACN, FIFT, FIAFST & 2010 DGAC Member
Dietary Guidelines for Americans
DGAC Deliberations Focused

- DGAC member nominations (Dec ‘12)
- Oral and written comments
  1. #117 (Behavior/Food Environment)
  2. #118 (Carbohydrates)
  3. #119 (Eating Patterns-Diets & Micronutrients)
  4. #121 (Energy Balance)
  5. #122 (Fats)
  6. #123 (Food Groups)
  7. #125 (Food Safety)
  8. #126 (Protein)
  9. #392 (Food Sustainability)
  10. #393 (Food Safety)
  11. #861 (NFP Added Sugars Labeling)
  12. #27915 (Final DGAC Report)

Social and Traditional Media Focused

- DGA Blog Post: “What Changed & What Stayed the Same”
- Dietary Guidelines Infographic
- DGA Resource Page
- DGA Q&A
- DGAC Report Release Media Call

IFIC FOUNDATION & THE 2015 DGA
2015-2020 DGA: 7 Sections of Interest

Sugars
Low-Calorie Sweeteners
Dietary Fat
Cholesterol
Lean, Red, and Processed Meat
Sodium
Caffeine (Coffee)
Meats: Old Topic, Similar Advice

2010 DGA

Advice encourages us to “Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.”

Stated, “moderate evidence suggests an association between the increased intake of processed meats (e.g., franks, sausage, and bacon) and increased risk of colorectal cancer and cardiovascular disease.”
Meats: Old Topic, Similar Advice

2015 DGAC

• “The overall body of evidence examined by the 2015 DGAC identifies that a healthy dietary pattern is... lower in red and processed meat...”

• “For conclusions with moderate to strong evidence, higher intake of red and processed meats was identified as detrimental compared to lower intake.”

• “Thus, the U.S. population should be encouraged and guided to consume dietary patterns that are... lower in red and processed meat...”

Important footnote:

“As lean meats were not consistently defined or handled similarly between studies, they were not identified as a common characteristic across the reviews. However, as demonstrated in the food pattern modeling of the Healthy U.S.-style and Healthy Mediterranean-style patterns, lean meats can be a part of a healthy dietary pattern.”
Meats: Old Topic, Similar Advice

2015-2020 DGA

“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.”

“The recommendation for the meats, poultry, and eggs subgroup in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 26 ounce-equivalents per week. This is the same as the amount that was in the primary USDA Food Patterns of the 2010 Dietary Guidelines.”

Important note:

“average intakes of meats, poultry, and eggs for teen boys and adult men are above recommendations in the Healthy U.S.-Style Eating Pattern.”
Questions on Meat?
Sugars: Old Topic, New Recommendation

2010 DGA: 5-15% of calories from Solid Fats & Added Sugars

• 2010 intake data = 35%
• 2015 intake data = 25-30%
• 2015 DGAC says intake should be 8-19%
Sugars: Old Topic, New Recommendation

2015 DGAC

• 10% of calories from Added Sugars
• Label “Added Sugars” on food labels

The 2015 DGAC supported this proposal in their scientific report:

“The Nutrition Facts label should include added sugars (in grams and teaspoons) and include percent daily value, to assist consumers in identifying the amount of added sugars in foods and beverages and making informed dietary decisions.”
Sugars: Old Topic, New Recommendation

2015-2020 DGA

• 10% of calories from Added Sugars
  • Currently, we get 13-17% of our calories from added sugars
  • Did not mention support of 2015 DGAC support for Added Sugars labeling

2015-2020 DGA Caveat

The 2015-2020 DGA notes that this recommendation “is a target based on food pattern modeling and national data on intakes of calories from added sugars that demonstrate the public health need to limit calories from added sugars to meet food group and nutrient needs within calorie limits. The limit on calories from added sugars is not a Tolerable Upper Intake Level (UL) set by the Institute of Medicine (IOM).”

• 10% recommendation is not based on cause and negative health effects research.
• 10% level of intake is thought to give consumers sufficient room in their diet to include key nutrients while keeping overall calorie intake at appropriate levels.
Questions on Sugars?
LCS: New Topic, Consistent Message

2010 DGA

• *No review of Aspartame, but did state:*
  “Replacing added sugars with non-caloric sweeteners may reduce calorie intake in the short-term, yet questions remain about their effectiveness as a weight management strategy.”

2015 DGAC

• The 2015 DGAC concluded that, “aspartame in amounts commonly consumed is safe and poses minimal health risk for healthy individuals without phenylketonuria (PKU).”
• “added sugars should be reduced in the diet and not replaced with low-calorie sweeteners, but rather with healthy options, such as water in place of sugar-sweetened beverages.”
LCS: New Topic, Consistent Message

2015-2020 DGA

- LCS are safe for use

“It should be noted that replacing added sugars with high-intensity sweeteners may reduce calorie intake in the short-term, yet questions remain about their effectiveness as a long-term weight management strategy,”

- Concurs with leading global authorities (e.g., EFSA and FDA)
- 2015-2020 DGA advice on low-calorie sweeteners doesn’t differ much from that given in 2010.
Questions on Low-Calorie Sweeteners?
Dietary Fat: Old Topic, Similar Advice

2010 DGA

• 20-35% of calories from Total Fat
• 10% or less of calories from Saturated Fat
• Less than 300 mg cholesterol
Dietary Fat: Old Topic, Similar Advice

2015 DGAC

• **No limit on Total Fat intake**
  “Therefore, dietary advice should put the emphasis on optimizing types of dietary fat and not reducing total fat.”

• 10% or less of calories from Saturated Fat

• **No cholesterol recommendation**
Dietary Fat: Old Topic, Similar Advice

2015-2020 DGA:

• **20-35% of calories from Total Fat**
  • Emphasizes type of fatty acid (i.e. replace saturated with MUFA/PUFA)

• Limit saturated fat intake to [less than 10% of total calories.](#)
  • Saturated Fat Working Group

• No recommendation to limit cholesterol
Dietary Fat: Old Topic, Similar Advice

2015-2020 DGA:

• 20-35% of calories from Total Fat
  • Emphasizes type of fatty acid (i.e. replace saturated with MUFA/PUFA)

• Limit saturated fat intake to **less than 10% of total calories**.

• **No recommendation to limit cholesterol**

  “Adequate evidence is not available for a quantitative limit for dietary cholesterol specific to the Dietary Guidelines.”
Questions on Dietary Fats?
Sodium: Old Topic, Modified Recommendation

2010 DGA

The 2010 DGA recommended Americans to “Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.”
Sodium: Old Topic, Modified Recommendation

2015 DGAC

“Consume no more than **2,400 mg of sodium/day**”

“Further reduction of sodium intake to 1,500 mg/d can result in even greater reduction in blood pressure

“Even without achieving these goals, **reducing sodium intake by at least 1,000 mg/d** lowers blood pressure.”

*DGAC Evidence Grade: Moderate*
Sodium: Old Topic, Modified Recommendation

2015-2020 DGA

Consume less than **2300 milligrams per day**

**Nuance from 2010:**

“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.”
Questions on Sodium?
Coffee and Caffeine: New Topic

2010 DGA
No recommendation

2015 DGAC
“strong evidence shows that consumption of coffee within the moderate range (3 to 5 cups per day or up to 400 mg/d caffeine) is not associated with increased long-term health risks among healthy individuals. In fact, consistent evidence indicates that coffee consumption is associated with reduced risk of type 2 diabetes and cardiovascular disease in adults. Moreover, moderate evidence shows a protective association between caffeine intake and risk of Parkinson’s disease.”
Coffee and Caffeine: New Topic

2015-2020 DGA

Because most of the existing evidence on caffeine intake is derived from coffee consumption, the 2015-2020 DGA states:

“Moderate coffee consumption (three to five 8-oz cups/day or providing up to 400 mg/day of caffeine) can be incorporated into healthy eating patterns.”

Important caveat

People who do not currently consume caffeine (in various forms) are not encouraged to begin.
Questions on Coffee and Caffeine?
General DGA Questions?
Additional IFIC and Foundation Resources

http://www.foodinsight.org/facts-beef-red_meat-healthy

http://www.foodinsight.org/red-meat-nutrition-health-vitamins-protein
Thank You!

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