



American Meat Science Association

**Remarks by Christi Calhoun, PhD, Scientific Communication Resource Officer
at the
Scientific Report of the 2025 Dietary Guidelines Advisory Committee Public Meeting**

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I am Christi Calhoun, Chief Scientific Officer of American Meat Science Association. AMSA is a professional organization of over 2,100 meat, food, animal, and nutritional scientists representing universities, research institutions, and meat processing companies globally with a mission of advancing the science of meat through research, education and collaboration.

Meat plays a central role in the diets of many Americans as a source of high-quality protein and bioavailable essential micronutrients, which are difficult to obtain in adequate quantities from plant-based sources.

To aid public health guidance, AMSA has provided technical leadership through the peer-reviewed Meat Science Lexicon, which outlines standardized terms. We emphasize the need for precise, consistent definitions for meat. Current guidelines use broad, unclear terminology, leading to confusion among researchers and policymakers. Misclassification of meat types results in inaccurate estimates of lean beef, pork, lamb, and poultry intake, risking stigmatization and discouraging consumption of nutrient-dense foods. Lumping diverse products under one term creates misconceptions about their health impacts, particularly sodium and fat content.

Processed meat innovation has introduced a spectrum of healthier options. Many products are minimally processed, such as grinding or curing, while others are more extensively processed. Additionally, meat production and merchandising have evolved to include leaner, pre-portioned options, meeting consumer and public health needs.

AMSA invites the Secretaries to consider the use of our Meat Science Lexicon to inform a more comprehensive evaluation of meat as they develop the next iteration of the Dietary Guidelines. Challenges in interpreting and synthesizing meat-related evidence have been recognized by each of the past 3 Dietary Guidelines Advisory Committees. Our membership stands ready to serve in current or future efforts. Thank you.