



What You Need to Know About the NEW Dietary Guidelines for Americans 2020

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OUTLINE

- What are the Dietary Guidelines for Americans?
- Key nutrition concepts for every age: from infancy to older adults
- Focusing on dietary patterns versus single nutrients or foods
- How to build a healthy eating pattern
- Review of the food groups and how much you should be consuming
- Recommendations on saturated fat, sodium, and added sugar intake
- Review of 4 key nutrients most Americans aren't getting enough of



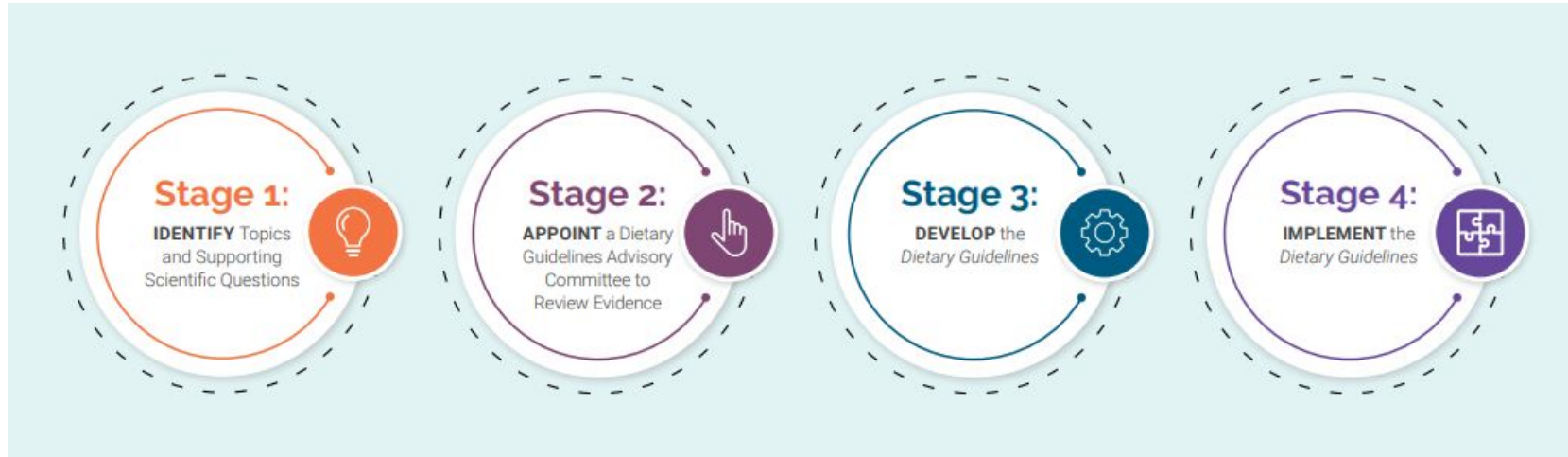


What are the DGAs?

- The Dietary Guidelines for Americans (DGA) provide science-based advice on what to eat and drink to promote health, reduce risk of chronic disease, and meet nutrient needs.
- They have been in existence since 1980.
- As stipulated by law, USDA and HHS must update the Dietary Guidelines at least every 5 years. The Guidelines must be grounded in the body of scientific and medical knowledge available at that time, not in individual studies or individual expert opinion.



Steps to Develop the DGAs



Stage 1:

Public and Federal Agencies pose nutrition questions to online forum

Stage 2:

20 Nationally recognized scientific experts (Practitioners, epidemiologists, scientists, clinical trialists)

Stage 3:

Built off the previous DGA

Stage 4:

Sent out to National, State, and Local Agencies for implementation



But WHY?



Table I-1

Facts About Nutrition-Related Health Conditions in the United States

HEALTH CONDITIONS	STATISTICS
Overweight and Obesity	<ul style="list-style-type: none">• About 74% of adults are overweight or have obesity.• Adults ages 40 to 59 have the highest rate of obesity (43%) of any age group with adults 60 years and older having a 41% rate of obesity.• About 40% of children and adolescents are overweight or have obesity; the rate of obesity increases throughout childhood and teen years.
Cardiovascular Disease (CVD) and Risk Factors: <ul style="list-style-type: none">• Coronary artery disease• Hypertension• High LDL and total blood cholesterol• Stroke	<ul style="list-style-type: none">• Heart disease is the leading cause of death.• About 18.2 million adults have coronary artery disease, the most common type of heart disease.• Stroke is the fifth leading cause of death.• Hypertension, high LDL cholesterol, and high total cholesterol are major risk factors in heart disease and stroke.• Rates of hypertension and high total cholesterol are higher in adults with obesity than those who are at a healthy weight.• About 45% of adults have hypertension.^a• More Black adults (54%) than White adults (46%) have hypertension.• More adults ages 60 and older (75%) than adults ages 40 to 59 (55%) have hypertension.• Nearly 4% of adolescents have hypertension.^b• More than 11% of adults have high total cholesterol, ≥ 240 mg/dL.• More women (12%) than men (10%) have high total cholesterol, ≥ 240 mg/dL.• 7% of children and adolescents have high total cholesterol, ≥ 200 mg/dL.



Diabetes	<ul style="list-style-type: none">▪ Almost 11% of Americans have type 1 or type 2 diabetes.▪ Almost 35% of American adults have prediabetes, and people 65 years and older have the highest rate (48%) compared to other age groups.▪ Almost 90% of adults with diabetes also are overweight or have obesity.▪ About 210,000 children and adolescents have diabetes, including 187,000 with type 1 diabetes.▪ About 6-9% of pregnant women develop gestational diabetes.
Cancer^c <ul style="list-style-type: none">▪ Breast Cancer▪ Colorectal Cancer	<ul style="list-style-type: none">▪ Colorectal cancer in men and breast cancer in women are among the most common types of cancer.▪ About 250,520 women will be diagnosed with breast cancer this year.▪ Close to 5% of men and women will be diagnosed with colorectal cancer at some point during their lifetime.▪ More than 1.3 million people are living with colorectal cancer.▪ The incidence and mortality rates are highest among those ages 65 and older for every cancer type.
Bone Health and Muscle Strength	<ul style="list-style-type: none">▪ More women (17%) than men (5%) have osteoporosis.▪ 20% of older adults have reduced muscle strength.▪ Adults over 80 years, non-Hispanic Asians, and women are at the highest risk for reduced bone mass and muscle strength.

^a For adults, hypertension is defined as systolic blood pressure (SBP) >130 mm Hg and/or a diastolic blood pressure (DBP) >90 mm Hg.

^b For children, hypertension was defined using the 2017 American Academy of Pediatrics (AAP) Clinical Practice Guideline.

^c The types of cancer included here are not a complete list of all diet- and physical activity-related cancers.



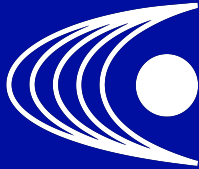
Figure I-1

Adherence of the U.S. Population to the *Dietary Guidelines* Over Time, as Measured by the 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, National Health and Nutrition Examination Survey (NHANES) data from 2005-2006 through 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.



Nutrition and Health Across the Lifespan:

The Guidelines and Key
Recommendations



Key Guideline #1

Follow a Healthy Diet Pattern at
Every Stage of Life



Key Guideline #1

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.

From 12 months through older adulthood, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.



Key Guideline #1: Infants and Toddlers

- 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.
- Avoid foods and beverages with added sugars.
 - This includes artificial sweeteners, Stevia, sugar alcohols, etc.
- Limit foods and beverages higher in sodium.



Key Guideline #1: Infants and Toddlers

Fluid Recommendations:

- Cow's milk and milk alternatives should not be given prior to 12 months
 - Does not contain proper ratio of nutrients
 - Fortified soy milk is only equivalent to cow's milk
- Juice, even 100%, is not recommended or necessary. Whole fruits should be preferred.
 - If providing juice, wait until after 12 months and limit to 4 oz. per day
- Sports drinks, flavored waters, and soda are not recommended
- Caffeine should be avoided
 - Soda, tea (iced and hot), and sports drinks often contain caffeine

As infants wean from human milk or infant formula, transition to a healthy dietary pattern.



Key Guideline #1: Older Adults

Older Adults include those who are 60 years of age or older.

Compared to younger adults, older adults are at greater risk of chronic diseases, such as cardiovascular disease and cancer, as well as health conditions related to changes in bone and muscle mass, such as osteoporosis and sarcopenia, respectively.

An increasing number of older adults start this life stage with excess body weight.

Preventing additional weight gain and achieving a healthy weight by following a healthy dietary pattern and adopting an active lifestyle can support healthy aging.



Key Guideline #1: Older Adults

Special Considerations:

- **Protein**
 - 50% of women and 30% of men fall short of protein over age 71
 - Food Sources: Meat, eggs, dairy, seafood, legumes, nuts/seeds
- **Vitamin B12**
 - Absorption decreases with age
 - Food Sources: protein foods
 - Supplementation often necessary
- **Fluid Intake**
 - Most older adults do not drink enough fluids
 - Mainly due to less water intake



Key Guideline #2

Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.



Key Guideline #2

- A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status.
- The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.



Key Guideline #3

Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.



Key Recommendation #3

An underlying premise of the *Dietary Guidelines* is that nutritional needs should be met primarily from **foods and beverages**—specifically, nutrient-dense foods and beverages.

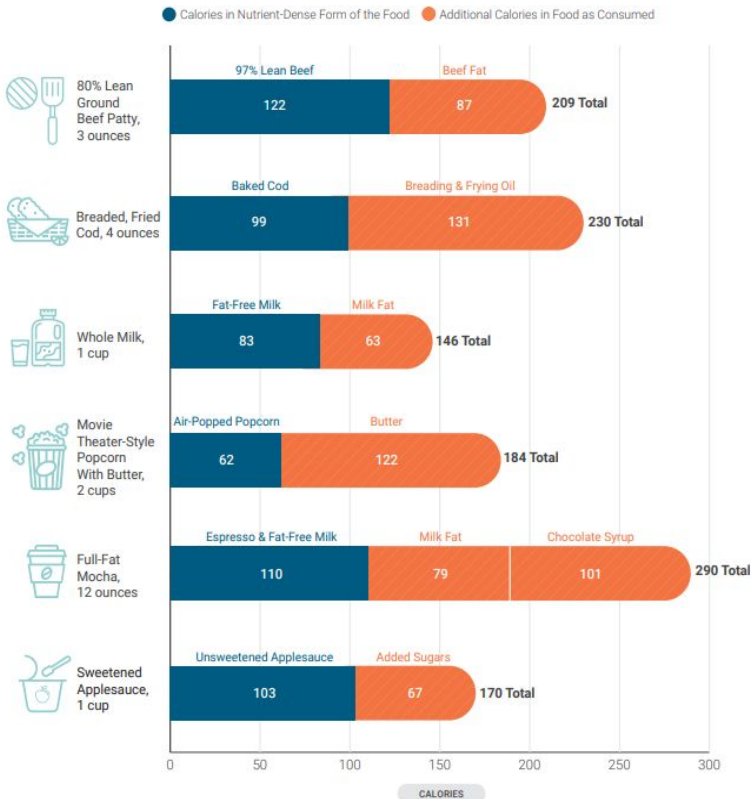
Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.

A **healthy dietary pattern** consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.



Figure 1-1

Examples of Calories in Food Choices That Are Not Nutrient Dense and Calories in Nutrient-Dense Forms of These Foods





Key Guideline #3

What does dietary pattern mean?

A dietary pattern represents the totality of what individuals habitually eat and drink, and the parts of the pattern act synergistically to affect health.

As a result, the dietary pattern may better predict overall health status and disease risk than individual foods or nutrients.



Key Guideline #3

The core elements that make up a healthy dietary pattern include:

- **Vegetables of all types**—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- **Fruits**, especially whole fruit
- **Grains**, at least half of which are whole grain
- **Dairy**, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- **Protein foods**, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- **Oils**, including vegetable oils and oils in food, such as seafood and nuts



Table 1-1

Healthy U.S.-Style Dietary Pattern at the 2,000-Calorie Level, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

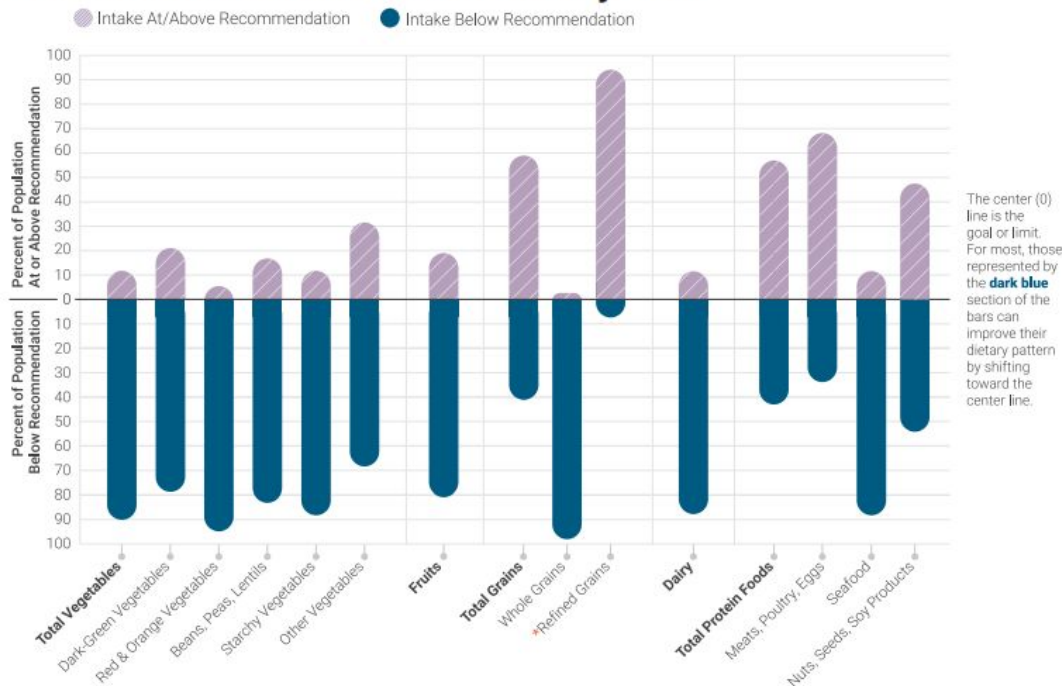


FOOD GROUP OR SUBGROUP ^a	Daily Amount ^b of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)
Vegetables (cup eq/day)	2 ½
	Vegetable Subgroups in Weekly Amounts
Dark-Green Vegetables (cup eq/wk)	1 ½
Red and Orange Vegetables (cup eq/wk)	5 ½
Beans, Peas, Lentils (cup eq/wk)	1 ½
Starchy Vegetables (cup eq/wk)	5
Other Vegetables (cup eq/wk)	4
Fruits (cup eq/day)	2
Grains (ounce eq/day)	6
Whole Grains (ounce eq/day)	≥ 3
Refined Grains (ounce eq/day)	< 3
Dairy (cup eq/day)	3
Protein Foods (ounce eq/day)	5 ½
	Protein Foods Subgroups in Weekly Amounts
Meats, Poultry, Eggs (ounce eq/wk)	26
Seafood (ounce eq/wk)	8
Nuts, Seeds, Soy Products (ounce eq/wk)	5
Oils (grams/day)	27
Limit on Calories for Other Uses (kcal/day)^c	240
Limit on Calories for Other Uses (%/day)	12%



Figure 1-6

Dietary Intakes Compared to Recommendations: Percent of the U.S. Population Ages 1 and Older Who Are Below and At or Above Each Dietary Goal



*NOTE: Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see [Appendix 3](#)).



Typical Burrito Bowl Total Calories = 1,120	
	White rice (1 ½ cups)
	Black beans (½ cup)
	Chicken cooked with sauce (2 ounces)
	No grilled vegetables
	Guacamole (½ cup)
	Jarred salsa (¼ cup)
	Sour cream (¼ cup)
	Cheese (½ cup)
	Jalapeño (5 slices)
	Iced tea with sugar (16 ounces)



Nutrient-Dense Burrito Bowl Total Calories = 715	
	Brown rice (1 cup) + Romaine lettuce (½ cup)
	Black beans, reduced sodium (½ cup)
	Grilled chicken with spice rub (2 ounces)
	Added grilled vegetables (½ cup)
	Sliced avocado (5 slices)
	Fresh salsa/pico de gallo (¼ cup)
	No sour cream
	Reduced-fat cheese (½ cup)
	Jalapeño (5 slices)
	Iced tea, no sugar (16 ounces)



BREAKFAST

Total calories: 375

- **Banana-Walnut Overnight Oats (350 calories):**

- » Oats ($\frac{1}{2}$ cup raw)
- » Low-fat, plain Greek yogurt ($\frac{1}{4}$ cup)
- » Fat-free milk ($\frac{1}{4}$ cup)
- » Banana ($\frac{1}{2}$ banana)
- » Walnuts (4 nuts)
- » Honey (1 tsp)

- **Coffee (25 calories):**

- » Coffee (1 cup)
- » Fat-free milk ($\frac{1}{4}$ cup)



LUNCH

Total calories: 715

- **Chicken Burrito Bowl (710 calories)**

- » Brown rice (1 cup)
- » Romaine lettuce ($\frac{1}{2}$ cup)
- » Black beans, low sodium ($\frac{1}{2}$ cup)
- » Grilled chicken with spice rub (2 ounces)
- » Grilled vegetables ($\frac{1}{2}$ cup)
- » Sliced avocado (5 slices)
- » Fresh salsa/pico de gallo ($\frac{1}{4}$ cup)
- » Reduced-fat cheese ($\frac{1}{2}$ cup)
- » Jalapeño (5 slices)

- **Iced Tea, No Sugar (16 ounces) (5 calories)**



DINNER

Total calories: 585

- **Oven-Roasted Tilapia and Vegetables With Pasta (510 calories)**

- » Tilapia (4 ounces)
- » Broccoli (½ cup)
- » Carrots (½ cup)
- » Summer squash (½ cup)
- » Pasta (¾ cup cooked)
- » Garlic-herb oil (1 Tbsp)

- **Orange (1 medium) (75 calories)**

- **Sparkling Water (8 ounces) (0 calories)**



SNACKS

Total calories: 300

- **Air-Popped Popcorn (2 cups) (60 calories)**

- **Yogurt and Peaches (240 calories)**

- » Plain, low-fat Greek yogurt (1 cup yogurt)
- » Canned peaches packed in 100% juice (½ cup)



**TOTAL CALORIES
FOR THE DAY:
2,000**



Key Guideline #4

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages



Key Guideline #4

At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person’s daily calorie needs and sodium limits.

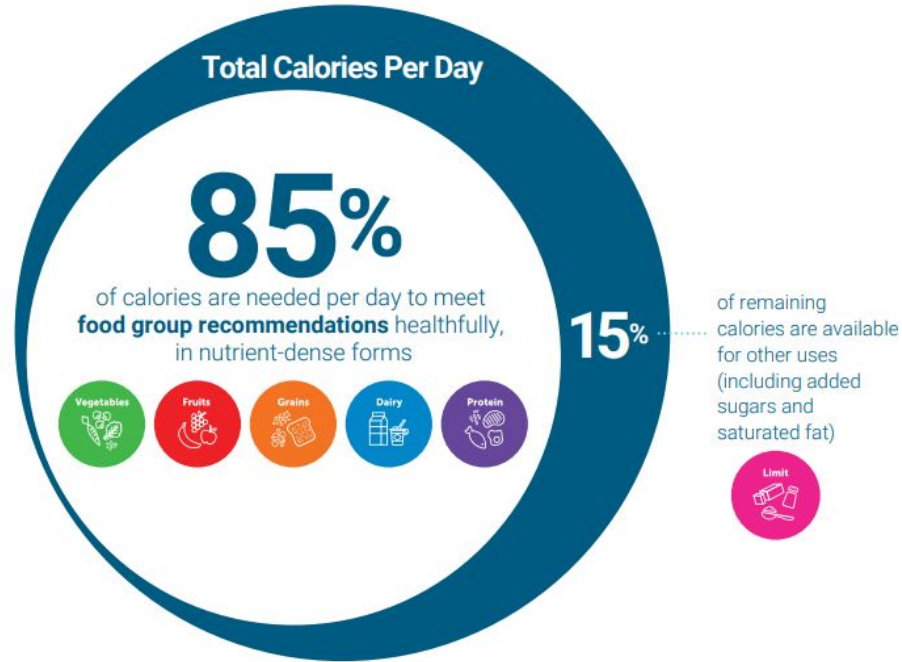
A healthy dietary pattern doesn’t have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages.

A **small amount of added sugars, saturated fat, or sodium** can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited.



Figure 1-7

The 85-15 Guide: Percentage of Calories Needed To Meet Food Group Needs With Nutrient-Dense Choices and Percentage Left for Other Uses





Key Guideline #4

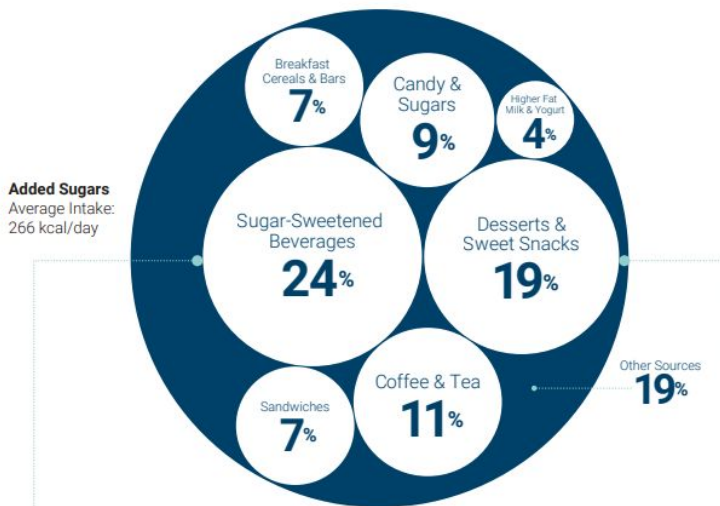
Limits are:

- **Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- **Saturated fat**—Less than 10 percent of calories per day starting at age 2.
- **Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- **Alcoholic beverages**—Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.



Figure 1-10

Top Sources and Average Intakes of Added Sugars: U.S. Population Ages 1 and Older



Data Source: Analysis of What We Eat in America, NHANES, 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.



Drink (12-ounce serving)	Total Calories	Added Sugars (Grams)	Added Sugars (Tea- spoons)
Plain Water	0	0	0
Unsweetened Tea	0	0	0
Sports Drinks	97	20	5
Cafe Mocha	290	21	5
Chai Tea Latte	180	23	5 ½
Sweetened Tea	115	29	7
Regular Soda	156	37	9
Lemonade	171	43	10
Fruit Drinks	238	59	14

Data Source: U.S. Department of Agriculture, Agricultural Research Service. 2020. *USDA Food and Nutrient Database for Dietary Studies and USDA Food Patterns Equivalents Database 2017-2018*. Food Surveys Research Group Home Page, ars.usda.gov/nea/bhnrc/fsrg.



Figure 1-11

Top Sources and Average Intakes of Saturated Fat: U.S. Population Ages 1 and Older

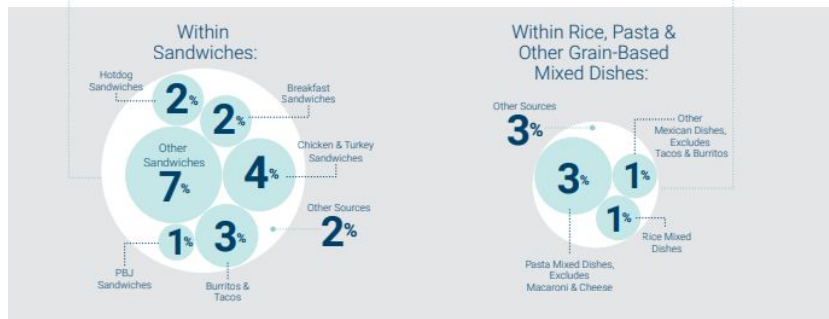


Data Source: Analysis of What We Eat in America, NHANES, 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.



Figure 1-12

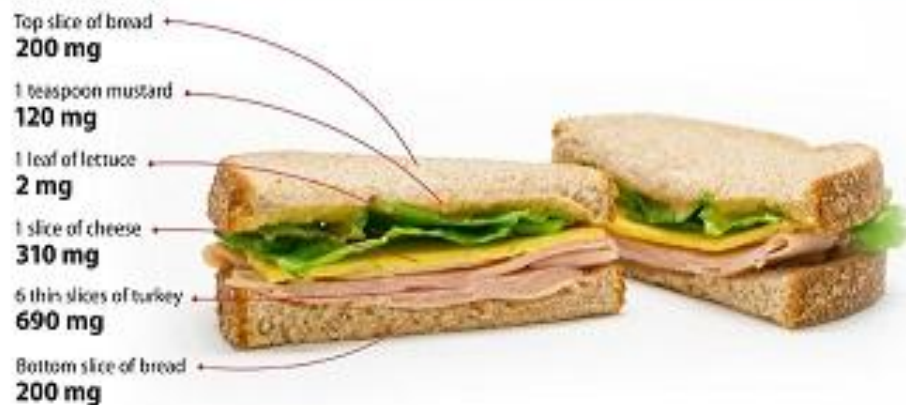
Top Sources and Average Intakes of Sodium: U.S. Population Ages 1 and Older



Data Source: Analysis of What We Eat in America, NHANES, 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.



How does your sandwich stack up on sodium?



Total = 1,522 mg
per whole sandwich



Calories in Alcoholic Beverages

Alcoholic beverages supply calories but few nutrients, and calories from alcoholic beverages should be accounted for to keep total calorie intake at an appropriate level. Alcoholic beverages may contain calories from both alcohol and other ingredients, such as soda, juice, and added sugars. It is important to consider ingredients and portion size. The range of calories in cocktails varies widely depending on serving size and ingredients. Examples of calories contained in alcoholic beverages include:

12 fluid ounces of regular beer (5% alcohol):
about 150 calories



5 fluid ounces of wine (12% alcohol):
about 120 calories



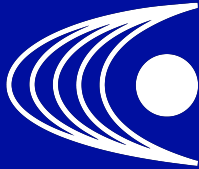
1.5 fluid ounces of 80 proof distilled spirits (40% alcohol): about 100 calories



7 fluid ounces of a rum (40% alcohol) and cola: about 190 calories



More information on calories in alcoholic beverages is available at rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/calorie-calculator.aspx.



Benefits of Following a Healthy Diet Pattern



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

Birth Through 23 Months

- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma



Women Who Are Pregnant or Lactating

- Favorable cognitive development in the child
- Favorable folate status in women during pregnancy and lactation



Children and Adolescents

- Lower adiposity
- Lower total and low-density lipoprotein (LDL) cholesterol

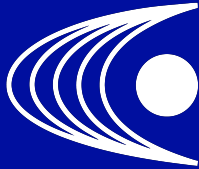


Adults, Including Older Adults

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease
- Lower risk of cardiovascular disease mortality
- Lower total and LDL cholesterol
- Lower blood pressure
- Lower risk of obesity
- Lower body mass index, waist circumference, and body fat
- Lower risk of type 2 diabetes
- Lower risk of cancers of the breast, colon, and rectum
- Favorable bone health, including lower risk of hip fracture



NOTE: The 2020 Dietary Guidelines Advisory Committee examined the evidence on diet and health across the lifespan. Evidence is not available for all combinations of exposures and outcomes for the population subgroups presented in this figure. The Committee rated the evidence on diet and health as Strong, Moderate, Limited, or Grade Not Assignable. Only outcomes with Strong or Moderate evidence are included in this table. See the [Committee's Report](#) for specific graded conclusion statements.



Nutrients of Concern



Nutrients of Concern

The following nutrients are typically low in Americans diets and should be consumed in higher amounts:

- Calcium
 - Minimum of 1000 mg per day
- Potassium
 - Female Adults: 2600 mg
 - Male Adults: 3400 mg
- Fiber
 - Female Adults: 25 grams
 - Male Adults: 34 grams
- Vitamin D
 - At least 600 IUs
 - Often, supplementation is recommended



The Guidelines

Make every bite count
with the *Dietary Guidelines for Americans*. Here's how:





Make Every
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Guidelines*



Dietary
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2020 - 2025



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