

Look back at 2015 DGAs: Look ahead to 2020 DGAs

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From the Science to Me



The Purpose of the Dietary Guidelines for Americans

"Designed for professionals to help all individuals ages 2 years and older ... consume a healthy, adequate diet."

"Develop food, nutrition and health policies and programs."









The Science Behind the Guidelines

Dietary Guidelines Advisory Committee considers:

- Original systematic scientific reviews
- Existing systematic reviews, metaanalyses and scientific reports
- Dietary data analyses
- Food pattern modeling analyses

Issues technical report with nutrition and health recommendations

DHHS/USDA uses technical report and comments to develop updated Dietary Guidelines • Scientific rationale based on <u>various</u> research methods:





What's Happening with future *Dietary Guidelines for Americans (DGA)*?

• 2015-2020 DGA were controversial

- Suggestions of the 2015-2020 DGA committee including sustainability and taxation policies were considered outside their scope and resulted in congressional hearings on the DGA process
- USDA/HHS holding listening sessions to respond to congressional request to only make dietary recommendations when the relationship between dietary exposure and health outcome is strong
- National Academy of Medicine, (formerly IOM), committee to discuss issues with the DGA process and the composition of the DGA committee
- 2020-2025 DGAs will include from birth 24 months new challenges

2015-2020 DGA: A Snapshot

Provides 5 Overarching Guidelines:

- 1. Follow a healthy eating pattern across the lifespan.
- Focus on variety, nutrient density, and amount.
 Limit calories from added sugars and saturated
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.
- 4. Shift to healthier food and beverage choices.
- 5. Support healthy eating patterns for all.

A healthy pattern includes:

- A variety of vegetables
- Fruits, especially whole fruits
- Grains, at least half of which are WG
- Fat-free /low-fat dairy, including milk & yogurt
- A variety of protein foods
- Oils

A healthy pattern limits:

- Sat fat: <10% of calories/day
- Trans fat: keep as low as possible
- Added sugars: <10% of calories/day

DIETARY

GUIDELINES

FOR AMERICANS

2015-2020

EIGHTH EDITION

• Sodium: < 2,300 mg of sodium/day

Shift from Individual Foods and Ingredients to Healthy Eating Patterns!



2015 Dietary Guidelines for Americans



A Healthy Eating Pattern Includes:



A Healthy Pattern Includes: Vegetables & Fruits

- What's the recommendation?
 - 2½ cups vegetables; 2 cups fruits daily
 - Intakes remain significantly below recommended amounts
 - Vegetables: 87% have intakes below goal
 - Fruits: 75% have intakes below goal
 - What's changed since 2010?
 - Similar to 2010 recommendations:
 - Vegetables: A variety of vegetables from all subgroups dark green, red and orange, legume, starchy and other
 - Fruit: especially whole fruit





A Healthy Pattern Includes: Grains

- What's the recommendation?
 - At least half of grain intake should be whole grain
 - Continued imbalance of intake between refined grain and whole grain
 - Enriched/fortified grain recognized as important source of folic acid
 - Recommendation for most adults: 6 ounce equivalents of Grain foods per day
 - At least 3 should be whole grain
 - What's changed since 2010?
 - Similar to 2010 recommendations:
 - At least half of grain intake should be whole grain
 - Differences from 2010 recommendations:
 - 16g whole grain = 1 whole grain ounce-equivalent
 - Acknowledgement that whole grains vary in fiber content
 - What's the scientific basis?
 - Systematic Reviews, Modeling





A Healthy Pattern Includes: Dairy

- What's the recommendation?
 - 3 cups for ages 9+
 - Choose fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages
 - Almost everyone falls short!
- What's changed since 2010?
 - Similar to 2010 recommendations:
 - 2 cups for ages 2-3 years, 2.5 cups for ages 4-8 years, 3 cups for ages 9+
 - Choose fat-free or low-fat dairy foods
 - Differences from 2010 recommendations:
 - Choose fat-free and low-fat dairy options with little to no added sugars
 - Choose milk and yogurt over cheese to reduce saturated fat and sodium
- What's the scientific basis?
 - Systematic Reviews, Modeling





A Healthy Pattern Includes: Protein

- What's the recommendation?
 - 5½ ounce-equivalents/day from a variety of plant and animal sources
 - Vary the source: seafood, lean meats, poultry, eggs, legumes, nuts, seeds, soy
 - Average intakes are close to recommended amounts
 - Protein food intakes do decline in adults older than 71: 30% of women and 50% of men meet the recommended intake level of protein foods.
 - Intakes of the nutrient protein are adequate across the population and protein is not a shortfall nutrient
 - What's changed since 2010?
 - Similar to 2010 recommendations:
 - 5½ ounce-equivalents per day from a variety of plant and animal sources
 - Differences from 2010 recommendations:
 - Lower intake of processed meats/poultry should fit within overall recommendations for calories, sat fat, sodium & added sugars
- What's the scientific basis?
 - DRIs, Modeling





Shift the Source of Protein

Recommendation recap

- Overall intakes adequate; 5 ½ ounce-equivalents/day
- Emphasize lean meats, plant-based sources

• How to apply it?

Small shifts:

- Sub-in seafood favorites
- Have fun with plant-based protein
- Processed meats should fit within overall recommendations for calories, sat fat, sodium & added sugars
- Softer, easier to chew meats and protein sources
 - Dairy sources can be a good option





A Healthy Pattern Includes: Oils

- What's the recommendation?
 - ~ 5 teaspoons/day (27 g) for a 2000-cal diet
 - Shift from solid fats to liquid oils
 - Not a food group; food sources recognized as important sources of healthy oils (e.g., nuts, fatty fish)
 - Part of healthy eating pattern as a major source of essential fatty acids, vitamin E
 - Intakes remain below recommendations for almost every age group
- What's changed since 2010?
 - Similar recommendation to 2010
 - ~ 5 teaspoons/day (27 g) for a 2000-cal diet



A Healthy Eating Pattern Limits:

A Healthy Pattern <u>Limits</u>: Saturated, trans, Solid Fats & Cholesterol

Saturated fats and trans fats...

- Consume less than 10% of calories/day from saturated fats
 - Current intakes ~11%
- Keep trans fat intake as low as possible

What about Cholesterol?

 Recommendation for 300 mg limit <u>not</u> carried forward—BUT individuals should eat as little as possible

Why it's important...

- Reduction strategies impact all food groups
- Natural sources of trans fats do not need to be eliminated but lowfat dairy and lean meats are encouraged to reduce intake
- While there's a high consumer interest, coconut oil is still considered a solid fat



A Healthy Pattern Limits: Added Sugars

• What's the recommendation?

- Less than 10% calories per day from added sugar
 - Current intakes average >13% of calories, ~270 calories/day
 - Nutrient-dense foods with added sugars OK within limits (e.g. fat-free yogurt and whole grain breakfast cereals)

• What's changed since 2010?

- Similar to 2010 recommendations:
 - Reduce added sugar consumption
- Differences from 2010 recommendations:
 - First-time quantitative number
- What's the scientific basis?
 - World Health Organization Systematic Review, Modeling
 - Acknowledgement that evidence is still developing





A Healthy Pattern Limits: Sodium

- What's the recommendation?
 - <2,300 mg/day ages 14+</p>
 - Current average intake = 3,440 mg/day
 - Based on relationship between \uparrow sodium and \uparrow BP
- What's changed since 2010?
 - Same overall recommendation
 - <2,300 mg/day ages 14+



- Differences from 2010 recommendations:
 - 1,500 mg/day for adults with prehypertension/hypertension

 No longer recommended for subgroups: 51+, African Americans, those with diabetes/chronic kidney disease

- What's the scientific basis?
 - DRIs, Systematic Reviews

Nutrients of Concern & Role of Fortified Foods

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What you need to know

- Nutrients of public health concern: Calcium, Potassium, Fiber, Vit. D
 - For kids, women capable of becoming/pregnant: iron
 - Women capable of becoming/pregnant: folate
- Nutrients under-consumed: Potassium, Fiber, Choline, Magnesium, Calcium, Vitamins A, C, D, and E

Change from 2010 recommendations:

• Shift to eating more vegetables, fruits, whole grains, and dairy to increase intake of nutrients of concern

Why it's important?

- <u>Fortified breakfast cereals and yogurt</u> were identified as key foods that provide nutrients of concern
- Fortified foods and supplements are useful in providing nutrients with inadequate intakes





2015 Healthy Eating Patterns

• US-Style

Vegetarian

Mediterranean





2015 Dietary Patterns

Food Group	Healthy U.S style	Healthy Vegetarian Style	Healthy Mediterranean- style*
Vegetables (cup-eq/day)	2.5	2.5	2.5
Fruits (cup-eq/day)	2	2	2.5
Grains (oz-eq/day)	6	6.5	6
Dairy (cup-eq/day)	3	3	2
Protein Foods (oz-eq/day)	5.5	3.5	6.5
Oils (g/day)	27 g	27 g	27 g



Why all the excitement

- The 2015 DGAC suggested that taxes be used to discourage consumption of sugary drinks and that the effects of diet on the environment be considered when making dietary decisions
- Critics argued these ideas were outside the scope of the DGAC and charged that politics, not science, were driving the panels' recommendations

Next steps

 Congressional hearing on the advisory panels' methods and passage of legislation that threatened to deny funding for the next edition of the guidelines unless the secretaries of agriculture and health and human services ensured that any revisions were "based on significant scientific agreement" and were "limited in scope to nutritional and dietary information"

Next steps

- Secretary of Agriculture must engage the National Academy of Medicine to conduct a "comprehensive study of the entire process" used to establish the advisory panel, the Dietary Guidelines Advisory Committee
- USDA is conducting listening session currently to engage the broad nutrition community in this effort

Food advice: Evolution of USDA's Food Guidance – Moderation and Variety

MyPlate.gov (6/2/11)

Conclusions

- Dietary Guidelines for Americans (DGAs) are supported by on an evidence-based review process that is updated every 5 years
- DGAs affect nutrition policy in the United States Nutrition Facts panel, feeding programs, etc.
- The 2020 DGAs will include from birth to 24 months, which provide more challenges for the DGAC to review new information
- The scope of the DGAs is currently being challenged; does it just include dietary recommendations for disease prevention or can it include sustainability, taxation, and other areas that were not included in the original mandate for the DGAs