

Leading Organizations Support the Recommendations of the 2015 Dietary Guidelines Advisory Committee Report for the 2015 Dietary Guidelines for Americans

In March 2015, the Dietary Guidelines Advisory Committee released its report of recommendations for the 2015 Dietary Guidelines for Americans. The comment period for this report is now open. There has been and continues to be a robust response from the public health community in support of the report's recommendations. Those organizations specifically support the following:

The Dietary Guidelines Advisory Committee Report is based on a rigorous, evidence-based evaluation of the best available science.

"In the best tradition of the nutrition and dietetics profession, the Dietary Guidelines Advisory Committee followed an evidence-based process for evaluating the current science surrounding healthful diets for Americans, including foods and nutrients"

—Academy of Nutrition and Dietetics, Press Release February 19, 2015: "Dietary Guidelines Committee Report Needs to Result in a Healthful Eating Plan That Is Easy for Consumers to Follow, Says Academy of Nutrition and Dietetics"

The Dietary Guidelines should include policy recommendations to encourage action on guideline implementation and drive change in Americans' diets.

"Previous Dietary Guidelines for Americans, and guidelines from the AHA, and other organizations have **long urged** Americans to reduce sodium, saturated fat, and added sugars, but consumption remains too high. Policies and population-based solutions such as encouraging the food industry to reduce the amount of sodium, saturated fat, and added sugars in the food supply, and including added sugars on the Nutrition Facts label are needed."

—American Heart Association, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

"Unless we translate these policies into action we're not going to be able to really help drive change in the health of Americans...We need a complete culture shift so consumers can easily make healthy choices, and that requires all of us working together—government, industry, health and science organizations, and advocates."

—American Heart Association, Press Release February 19, 2015: "Preliminary Report on Dietary Guidelines Reinforces Need for Healthy Eating, Says American Heart Association"

"The Guidelines should include strong **policy recommendations**, as the 2010 and prior editions did. As the Committee recommended, those policies certainly should include adding a line for added sugars on the nutrition label—showing amounts in grams and teaspoons and having a percent-Daily Value; taxing sugar drinks to help prevent obesity; and setting limits on sodium for various categories of food."

—Center for Science in the Public Interest, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“We strongly support the Dietary Guidelines Advisory Committee’s focus on the broad range of factors, including policy and environmental approaches, that influence people’s diet and weight-related behaviors. The final DGA report should continue to reflect these sensible and science-based changes to our food environment and public policies to support and facilitate Americans making healthier food and beverage choices across the lifespan.”

—National Association of County and City Health Officials, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

It is important to highlight healthy dietary patterns to promote overall health.

“We believe the science supports even lower recommendations for sodium, saturated fat, and added sugars than the Committee recommended. Despite this, however, the Committee’s recommendations will move Americans in the right direction—promoting better cardiovascular—and overall—health. Thus, AHA urges the agencies to include the Committee’s recommendations for sodium, saturated fat, and added sugars in the 2015 Dietary Guidelines.”

—American Heart Association, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“We enthusiastically endorse the committee’s focus on healthy dietary patterns and its identification of patterns that align with the overall body of evidence for health and disease prevention. The characteristics mirror a diet that is also shown to be cancer-preventive—a diet that is:

- High in plant-based foods: vegetables, fruits, whole grains, legumes, and nuts;
- low or moderate in alcohol
- lower in red and processed meat; and
- low in sugar-sweetened foods and drinks and refined grains.”

—American Institute for Cancer Research, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

Sodium reduction is a crucial recommendation for the 2015 Dietary Guidelines to include.

“Excess sodium is associated with the development and worsening of high blood pressure, an increased risk for stroke and heart failure, and other organ damage. But reducing sodium to less than 2,300 mg/day as the Committee recommends can help control blood pressure and reduce cardiovascular risk.”

—American Heart Association, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“Reducing excessive salt in our diets is critical to cutting our cardiovascular risk, and the association is pleased that the committee emphasizes this in their Recommendations...We urge the food industry to give Americans a better chance to achieve this goal, by decreasing sodium in packaged and restaurant foods – the source of nearly 80 percent of the salt we eat daily.”

—American Heart Association, Press Release February 19, 2015: “Preliminary Report on Dietary Guidelines Reinforces Need for Healthy Eating, Says American Heart Association”

“Too much salt in our children’s diets will make this situation worse and put future generations on the road to heart disease and stroke. There’s no question that we should continue to strive to reduce the sodium in the foods our kids eat.”

—American Heart Association, Press Release February 19, 2015: “Preliminary Report on Dietary Guidelines Reinforces Need for Healthy Eating, Says American Heart Association”

“Excess **sodium** is killing more Americans than anything else in food...We urge that the 2015 Guidelines mirrors the protective advice in the 2010 Guidelines: 2,300 milligrams a day, except 1,500 for people with hypertension or who are middle-aged and older, and all African Americans.”

—Center for Science in the Public Interest, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“The Committee should strongly recommend reducing daily sodium intake to 2,300 milligrams (mg) per day for the general population and to 1,500 mg per day for at-risk subgroups.”

—National Association of County and City Health Officials, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

Saturated fat should be limited and replaced with healthier fats to reduce the risk of cardiovascular disease.

“Limiting saturated fat and replacing it with polyunsaturated fats can also reduce the risk of cardiovascular disease, because of saturated fat’s effect on LDL or the “bad” cholesterol.”

—American Heart Association, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

Added sugar consumption is harming Americans’ health, and should be reduced considerably.

“Added sugars—especially sugar-sweetened beverages—are linked to excess weight gain, shortfalls in essential nutrients, and adverse health outcomes. Also, consumption of sugar-sweetened beverages is associated with high blood pressure.”

—American Heart Association, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“AICR recommends avoiding sugary drinks and limiting calorie-dense foods that are high in sugar. This is because added sugars are a source of excess calories that have been linked to obesity, itself a cause of nine different cancers, according to AICR: colorectal, esophageal, post-menopausal breast, endometrial, kidney, pancreatic, ovarian, gallbladder, and advanced prostate cancer. AICR estimates that excess body fat alone is a cause of approximately 112,000 U.S. cancer cases every year.”

—American Institute for Cancer Research, AICR Cancer Research Update March 4, 2015: “How New Dietary Guidelines Report Aligns with Cancer Prevention”

“A growing number of studies establish: first, that Americans’ single largest source of added sugars is sugar-sweetened beverages, or SSBs; second, that SSBs are a top source of calories for children and teens; and third, that added sugars are linked to myriad adverse health outcomes. So we should discourage SSB consumption.”

—Center for Science in the Public Interest, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“Excess **added sugars** are making Americans sick – with obesity, type 2 diabetes, heart disease, and dental caries. The Dietary Guidelines should state a maximum daily intake—such as 10 percent of calories—or 50 grams, 12 teaspoons, for a 2,000-calorie diet, as the Committee recommended. The World Health Organization recently issued a similar recommendation.”

—Center for Science in the Public Interest, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“We support the Committee’s recommendations on added sugars as a step forward for public health. The Committee strongly backs up its conclusion that individuals should keep their added sugars intake to no more than 10% of daily calories. In addition, it endorses policies that Consumers Union has supported in comments to FDA, namely that the Nutrition Facts Panel should include added sugars, and do so in both grams *and* teaspoons and also include a percent daily value. Lastly, it encourages public education campaigns to increase the public’s awareness of the health effects of added sugars and to help them reduce their intake.”

—Consumers Union, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“We support the Committee’s recommendations to reduce consumption of added sugars, including the need for a line on added sugars on the Nutrition Facts label that includes a percentage of a Daily Value based on 10 percent of calories or less in a 2,000-calorie diet, and for amounts expressed in teaspoons as well as grams to maximize consumer understanding.”

—National Association of County and City Health Officials, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

Consumption of red and processed meats should be limited.

“Clear and convincing and up to date evidence shows that diets with high amounts of red and processed meat increase risk for colorectal cancer. Advising Americans to limit red and processed meat could lead to many fewer cases of colorectal cancer in the US every year.”

—American Institute for Cancer Research, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“The Committee said that our diet should be “**lower in red and processed meats**” and that we should choose lean meats when we do eat it. That’s sound advice, because eating red and processed meats is associated with an increased risk of heart disease and certain cancers. The public will be watching to see if the new Guidelines reflect solid science...or self-serving pressure from the meat industry.”

—Center for Science in the Public Interest, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

Whole grain consumption should be encouraged as part of a healthful diet.

“We support the report’s emphasis on whole grains as part of a healthful diet and encourage USDA and HHS to provide clear recommendations to help people translate this advice into healthier consumption patterns.”

—National Association of County and City Health Officials, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

There should be strong physical activity recommendations in the 2015 Dietary Guidelines.

“Compared to less active people, physically active adults have a healthier body weight and body composition, along with improved bone health and numerous other health benefits. Higher amounts of physical activity are linked to lower rates of two cancers specifically—colon cancer and breast cancer—along with lower all-cause mortality and many other chronic diseases, such as coronary heart disease and type 2 diabetes.”

—American Institute for Cancer Research, AICR Cancer Research Update March 4, 2015: “How New Dietary Guidelines Report Aligns with Cancer Prevention”

Plain water should be promoted as the primary beverage of choice.

“The 2015 Dietary Guidelines can and should give real prominence to the recommendations to promote drinking water. First, we recommend that HHS and USDA employ strong language in the 2015 Dietary Guidelines to promote plain drinking water as the primary beverage of choice. Second, the National Policy Institute recommends that a symbol for water be added to MyPlate. The 2015 scientific report said, “Strategies are needed to encourage the U.S. population to drink water when they are thirsty.” MyPlate, the powerful and ubiquitous teaching tool, is the ideal platform from which to encourage water consumption. The addition of a water symbol would enable MyPlate to promote water as ‘First for Thirst’ along with its other strong messages about a healthy diet.”

—Center for Science in the Public Interest and the Nutrition Policy Institute, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“We support the development of policies, as the Committee recommends, to promote water as the primary beverage of choice. We also support public education and policy changes to encourage access to clean water, including a symbol for water as part of the graphics for MyPlate.”

—National Association of County and City Health Officials, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

It is important to focus on the sustainability of our food system along with health and dietary guidance to ensure long-term food security.

“The Committee concluded that ‘linking health, dietary guidance, and the environment will promote human health and the sustainability of natural resources and ensure current and long-term food security.’ We agree.”

—Consumers Union, Oral Testimony at Dietary Guidelines Meeting March 24, 2015

“We urge the USDA and the HHS to follow the expert recommendations in the report and put our health and that of the planet above the profits of factory farming interests. Our military bases, hospitals and universities need sound advice to make healthy, humane and sustainable choices for the people they serve. Our school lunch programs need backing to create healthier menus that, in turn, will create healthier children.”

—Humane Society, The Hill Op-Ed February 27, 2015: “Dietary guidelines should be based on science, not politics”