

New Dietary Guidelines

Secretary of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) have released updated nutritional guidelines that encourage Americans to adopt a series of science-based recommendations to improve how they eat to reduce obesity and prevent chronic diseases like Type 2 diabetes, hypertension and heart disease. The Dietary Guidelines provide science-based recommendations on food and nutrition so people can make decisions that may help keep their weight under control, and prevent chronic conditions, like Type 2 diabetes, hypertension, and heart disease.

It recognizes the importance of focusing not on individual nutrients or foods in isolation, but on the variety of what people eat and drink—healthy eating patterns as a whole—to bring about lasting improvements in individual and population health.

The new guidelines include updated guidance on topics such as added sugars, sodium and cholesterol, as well as new information on caffeine. For example, the 2015-2020 Dietary Guidelines is the first edition to recommend a quantitative limit to consume less than 10 percent of calories from added sugars. They also reaffirm guidance about the core building blocks of a healthy lifestyle that have remained consistent over the past several.

Although supplements are never a replacement for food, given the number of under consumed nutrients in our population, dietary supplements are recommended to fill in the nutrient gaps. For more information, visit www.dietaryguidelines.gov.

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