



2020-2025 Dietary Guidelines

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2020-2025 Guidelines released Dec 30th, 2020

- The [2020-2025 Dietary Guidelines for Americans](#) have been released!
- Use the link above to read the full 140 page document

Timeline:

- 1980: First edition of the guidelines were released
- 1985: Updated guidelines (this is the last time there were recommendations for infants and toddlers, until this revision!)
- 1990: The National Nutrition Monitoring and Research Act made them mandatory every 5 years as a collaborative effort between USDA and HHS.
- 1995, 2000, 2005, 2010, 2015, 2020: Revisions!

Who are they for? Who aren't they for?

- Advocacy purposes
- Serve as the evidence to create content for federal nutrition education materials.
- For nutrition experts
- Guidelines are not meant to serve as clinical guidance for treatment of chronic diseases.

Healthy eating pattern throughout all stages of life

- All stages of life
 - Infancy and toddlerhood
 - Childhood and adolescents
 - Adulthood
 - Pregnancy and lactation
 - Older adulthood
 - The components of a healthy eating pattern is consistent across these stages.

Evidence:

- A healthy eating pattern helps maintain good health and reduce risks of chronic diseases.
- Nutrition related chronic diseases such as cardiovascular disease, type 2 diabetes, obesity and some cancers are prevalent in the American population and a major public health issue.
- More than 50% of adults have one or more nutrition related chronic disease.

Key points:

1. The 2020-2025 guidelines are meant for just about anyone, no matter their status, because of the benefit to **shifting food and beverage** choices.
2. There is a strong emphasis on healthy eating patterns as a whole rather than on individual nutrients, foods or food groups in isolation.
3. There is a strong emphasis on healthy eating patterns at every life stage (stages listed above). For the first time since 1985 there are recommendations for infants and toddlers.

Key points (continued):

- Framework that must be individualized based on:
 - Preferences
 - Cultures
 - Race
 - Age
 - Ethnicity
 - Not prescriptive.

Key points (continued):

- Choose a healthy eating pattern with all food groups
- Focus on caloric limits based on goals.
- Added sugars, saturated fats and sodium should be limited to little to none and foods and beverages should be nutrient dense.
 - Definition of nutrient dense: Food or beverage which provides vitamins, minerals and other health-promoting components and have little added sugars, saturated fat and sodium. Veggies, fruit, whole grains, seafood, eggs, beans, peas and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products and lean meats and poultry-when prepared with little added sugars, saturated fat and sodium-are nutrient dense foods.

Specifics:

- **Sugar**

- Infants and toddlers should have no added sugars in food or beverages prior to age 2.
- Less than 10% of calories per day starting at age 2.

- **Saturated fats**

- Less than 10% of calories per day starting at age 2.

- **Sodium**

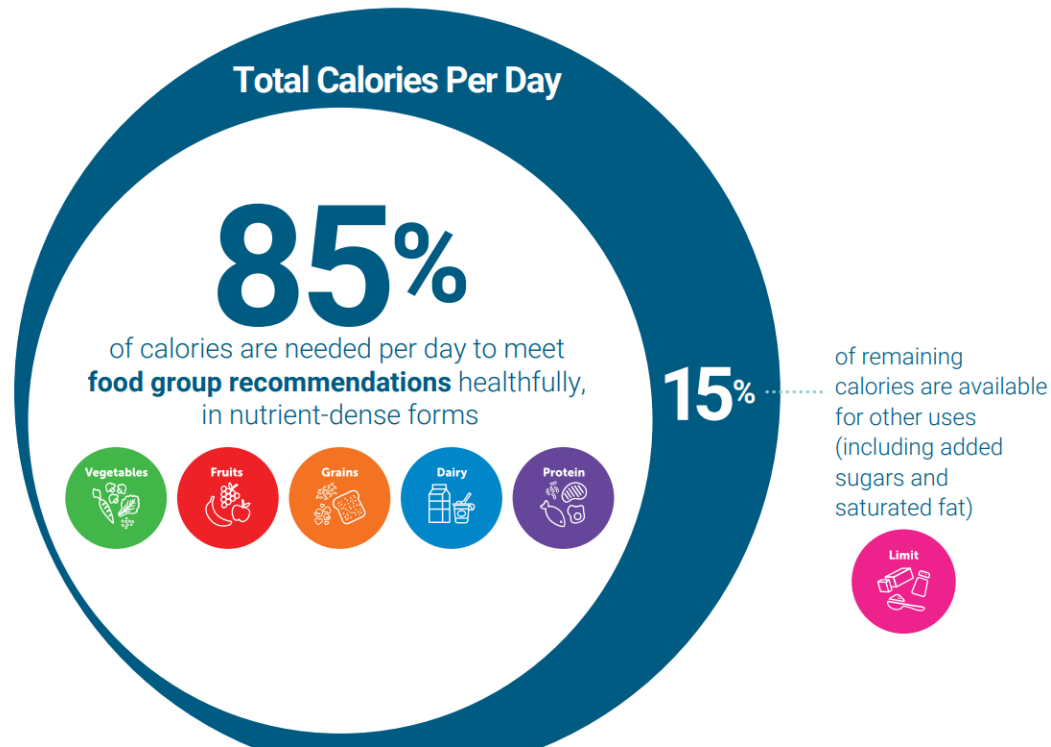
- Less than 2,300mg per day and even less for children younger than 14.

- **Alcoholic beverages**

- Choose not to drink or drink in moderation.
 - Men: 2 drinks or less per day.
 - Women: 1 drink or less per day.
 - Drinking less is better for health than drinking more.

THE 85-15 GUIDE

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



ADDED SUGARS



- Less than 10% of calories per day
- Most meal patters only allow for space for 7%-8% so 10% is even higher than appropriate.

SATURATED FATS



- Less than 10% of calories per day
- Replace with unsaturated fats
- 5% will often naturally be in meats, poultry, etc.
- Decrease desserts, high-fat meats, full-fat dairy, butter

SODIUM

- Chronic Disease Risk Reduction (CDRR) levels
 - 1,200 mg/day for ages 1 through 3
 - 1,500 mg/day for ages 4 through 8
 - 1,800 mg/day for ages 9 through 13
 - 2,300 mg/day for all other age groups

References/Resources

- If you want to learn more about your own habits or encourage your clients to learn more, download the StartSimple with myplate app here: <https://www.choosemyplate.gov/start-simple-myplate>. This will allow the user to take a short quiz which will individualize goals and create messaging based on that person's profile.
- To learn more about the 2020-2025 Dietary Guidelines for Americans, you can view the [full report here](#).
- For additional free resources on healthy eating from ADCES, visit DiabetesEducator.org/HealthyEating.

Questions?



THANK YOU

