

# March Wellness:

## Recap of New Dietary Guidelines for Americans



Every 5 years, Dietary Guidelines for Americans are updated. One noticeable difference between the guidelines is that *Dietary Guidelines for Americans 2020 - 2025* was 164 pages long, and the new *Dietary Guidelines for Americans 2025-2030* is 10 pages long. These guidelines can be found here:

[Dietary Guidelines for Americans 2020-2025](#)   [Dietary Guidelines for Americans 2025-2030](#)

Along with the length of the guidelines, there are some differences within the actual guidelines given to Americans. Here is a recap from the Harvard T.H. Chan School of Public Health:

### 1) Positive Progress on Added Sugar and Highly Processed Foods:

The tagline, “eat real food”, helps display the emphasis on limiting added sugars and highly processed foods. The guidelines indicate that sugar-sweetened beverages, salty or sweet packaged snacks, and ready-to-eat foods such be avoided.

Additional guidelines on sugar state “no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet.” The recommendation is to consume less than 10 grams of added sugar per meal.

There is also a recommended age change (from age 2 to age 10) on when children should avoid added sugars.

The guidelines also encourage whole, fiber-rich options, and suggest a reduction in highly processed, refined carbohydrates.

### 2) Confusion on Saturated Fat Intake:

The graphic has switched from the MyPlate version (displaying an actual plate), back to the pyramid-type look. This time, the pyramid is upside down, with foods such as steak, full-fat milk and butter looking prioritized on top of the pyramid.

The way the pyramid is situated, the impression is given that consuming saturated fats is not limited. However, within the guidelines, it does give the same limited guideline of saturated fat intake limited to less than 10% of total daily caloric intake.

### 3) Significantly Increased Protein Intake Recommendations:

The new recommendation for protein intake (1.2-1.6 grams of protein/kilogram of body weight/day) is 50 - 100 % higher than previously recommended. The quality of protein, and the possible health consequences of too much protein, needs to be considered with this increase. The guidelines do not give clear indications on the type or quality of protein to increase. It is best to talk with your healthcare provider or registered dietitian before implementing increased amounts of protein.

### 4) Additional Thoughts on the New Guidelines:

The recommendations on consumption of alcohol is loose, just stating “less” alcohol.

Consideration of environmental and/or socioeconomic impacts are not taken into account.

To reach the article, click here: [Dietary Guidelines for Americans 2025-2030 Recap](#)