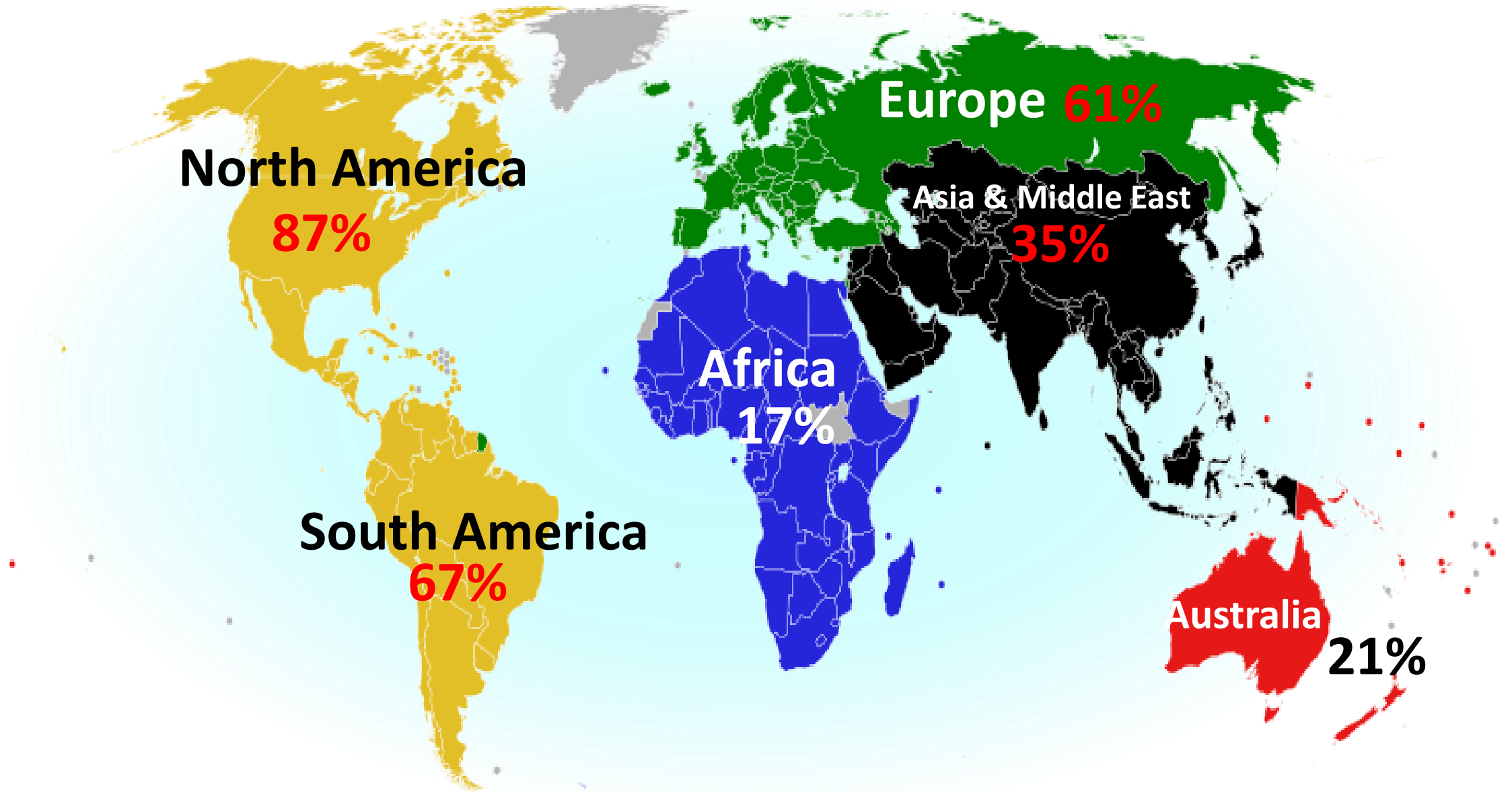


FOOD-BASED DIETARY GUIDELINES (FBDG):
A GLOBAL SNAPSHOT,
AN EVALUATION OF ADHERENCE TO DIETARY
RECOMMENDATIONS IN THE US AND
NEW OPPORTUNITIES FOR THE RD

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University of Southern Indiana



AIM of the Food-Based Dietary Guidelines



Nutrition Education



Policies

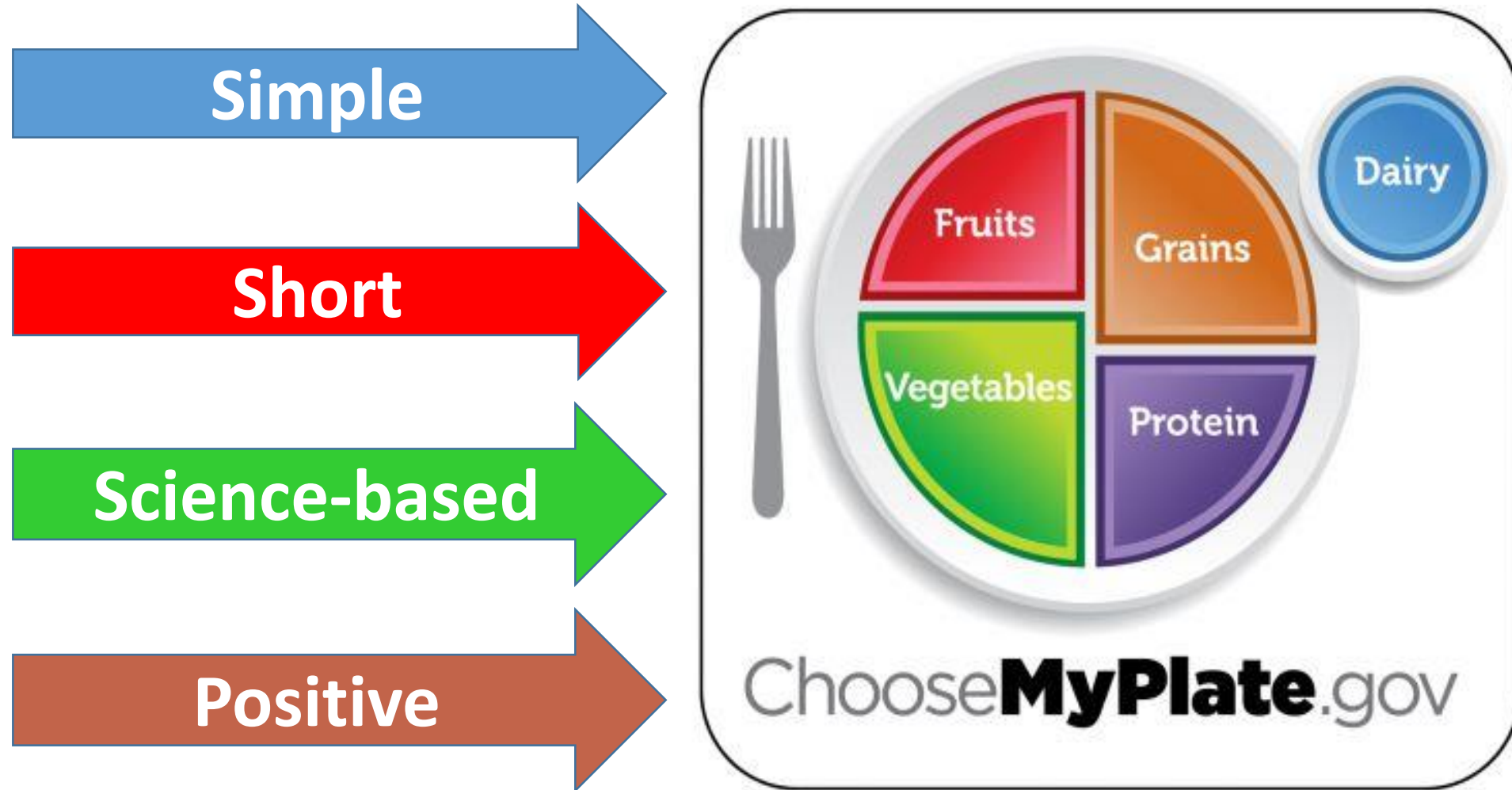


Programs

Development of FBDG are Country-Specific



FBDG Message Guidelines



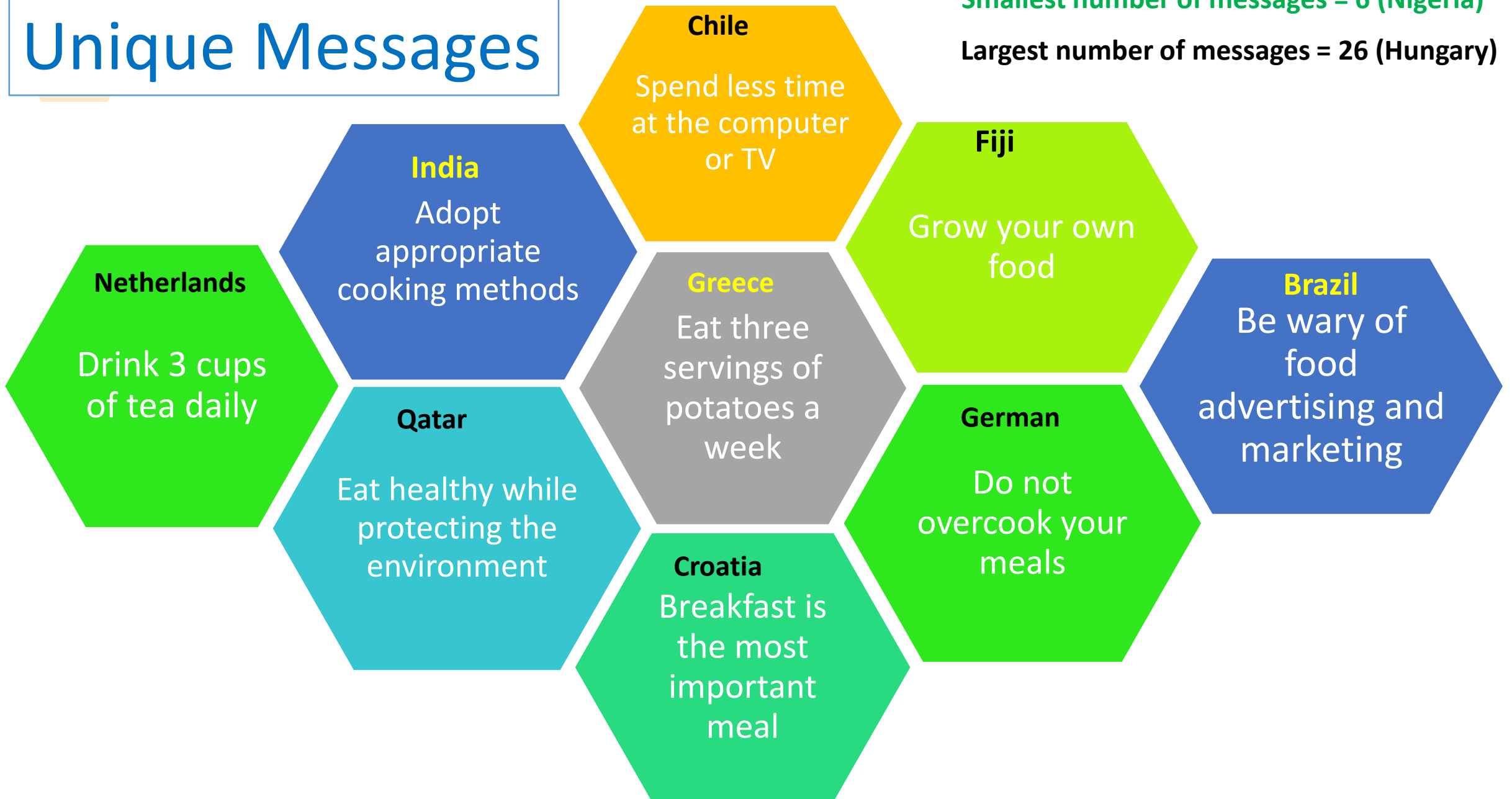
UNNIVERSAL MESSAGES



Unique Messages

Smallest number of messages = 6 (Nigeria)

Largest number of messages = 26 (Hungary)



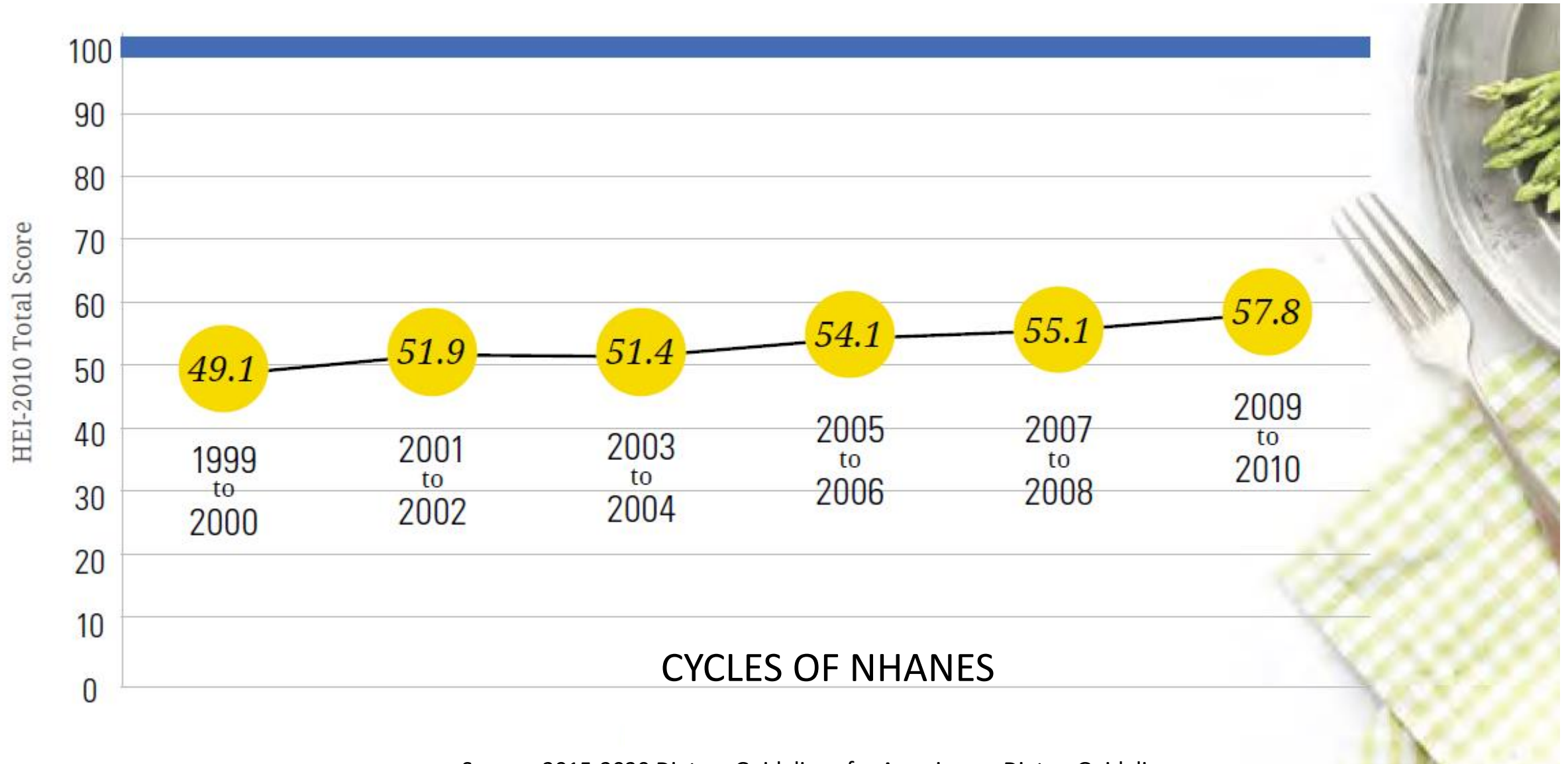
A global Snapshot of FBDG: Slide Show



Evaluation of Adherence to Dietary Recommendations in the United States.



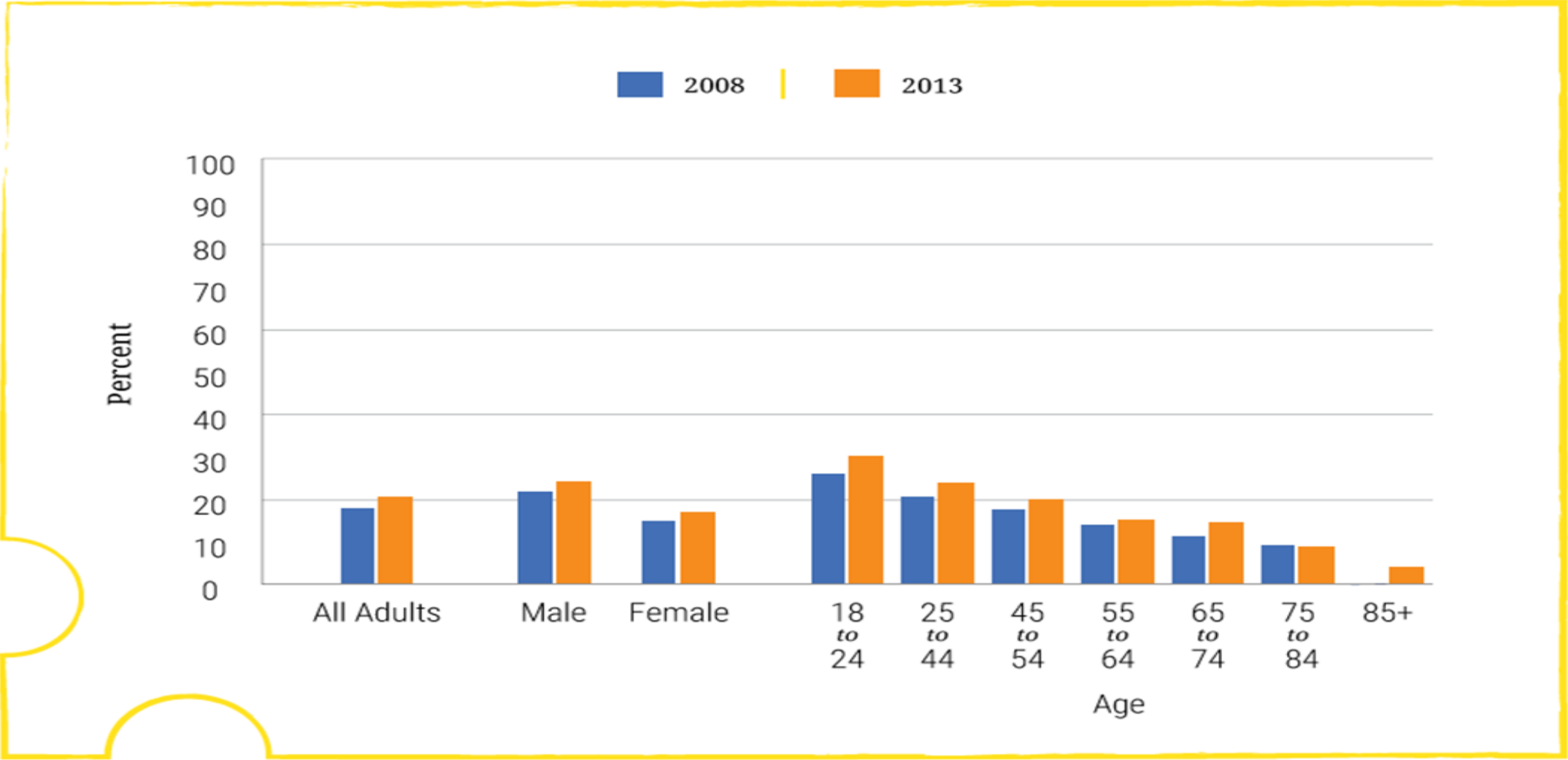
Adherence to the 2010 Dietary Guidelines



Source: 2015-2020 Dietary Guidelines for Americans. DietaryGuidelines.gov

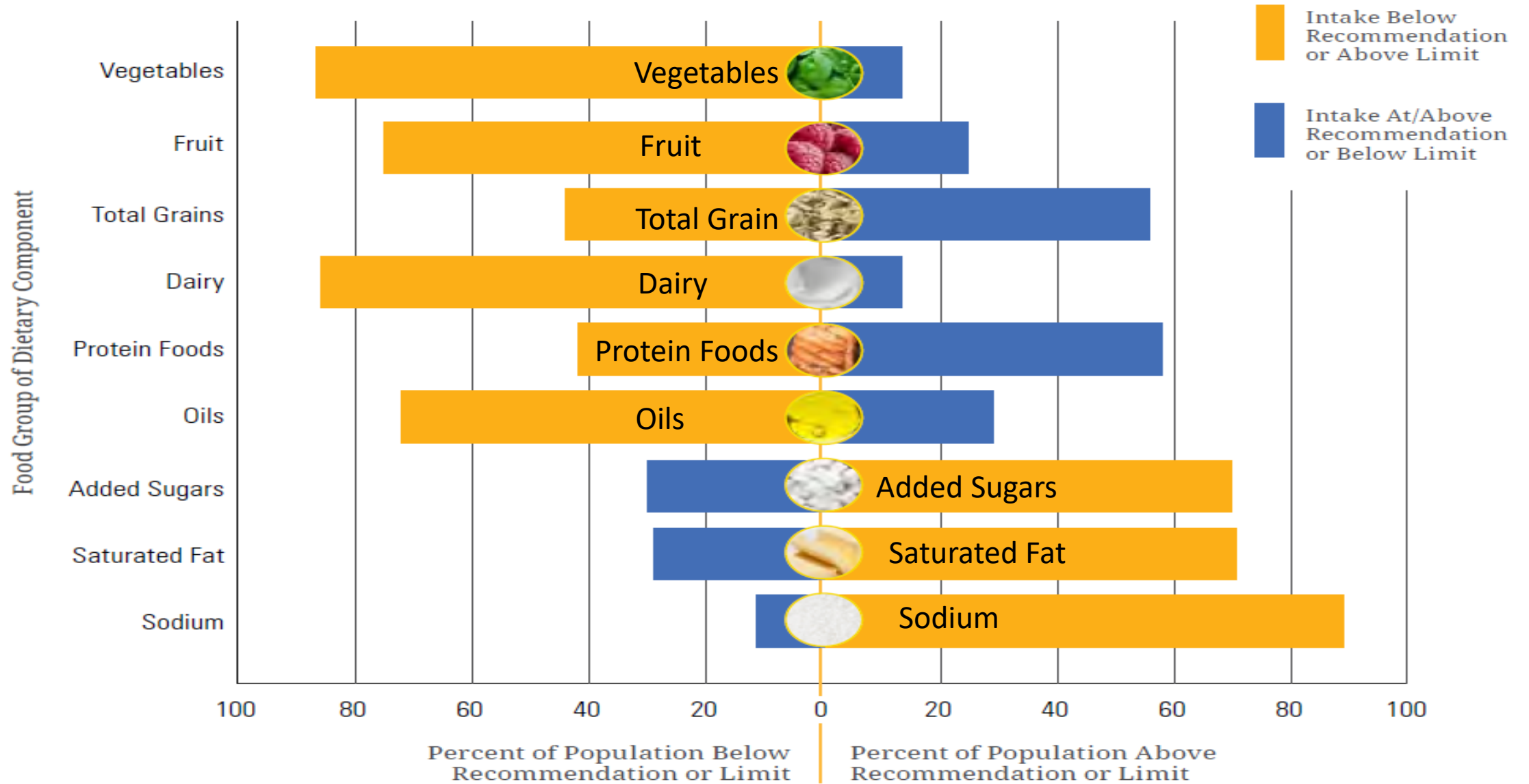
Adherence to the Physical Activity Guidelines

Percentage of Adults Meeting the Aerobic and Muscle-Strengthening Recommendations



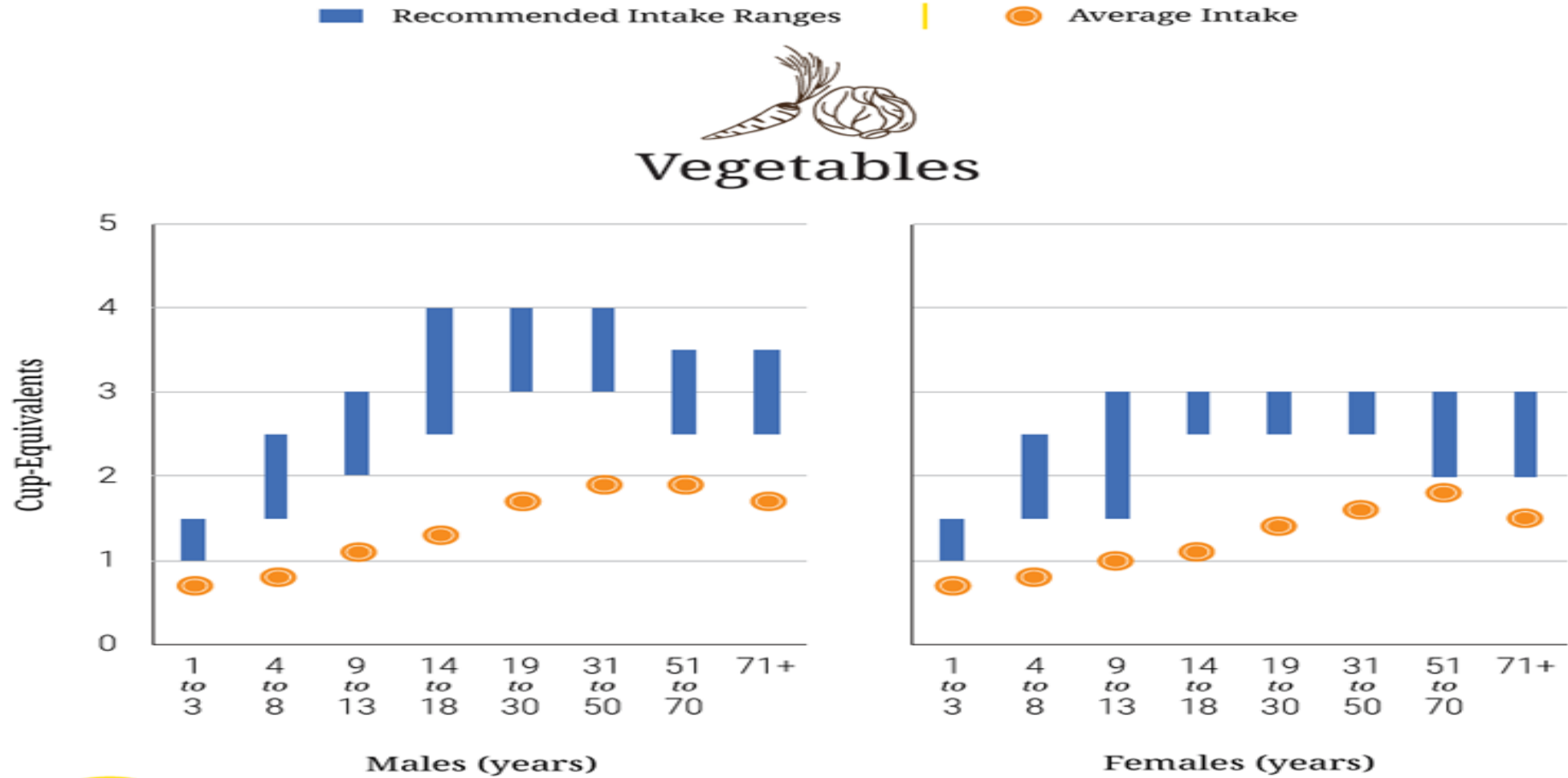
Source: 2015-2020 Dietary Guidelines for Americans. DietaryGuidelines.gov

Dietary Intakes Compared to Recommendations.

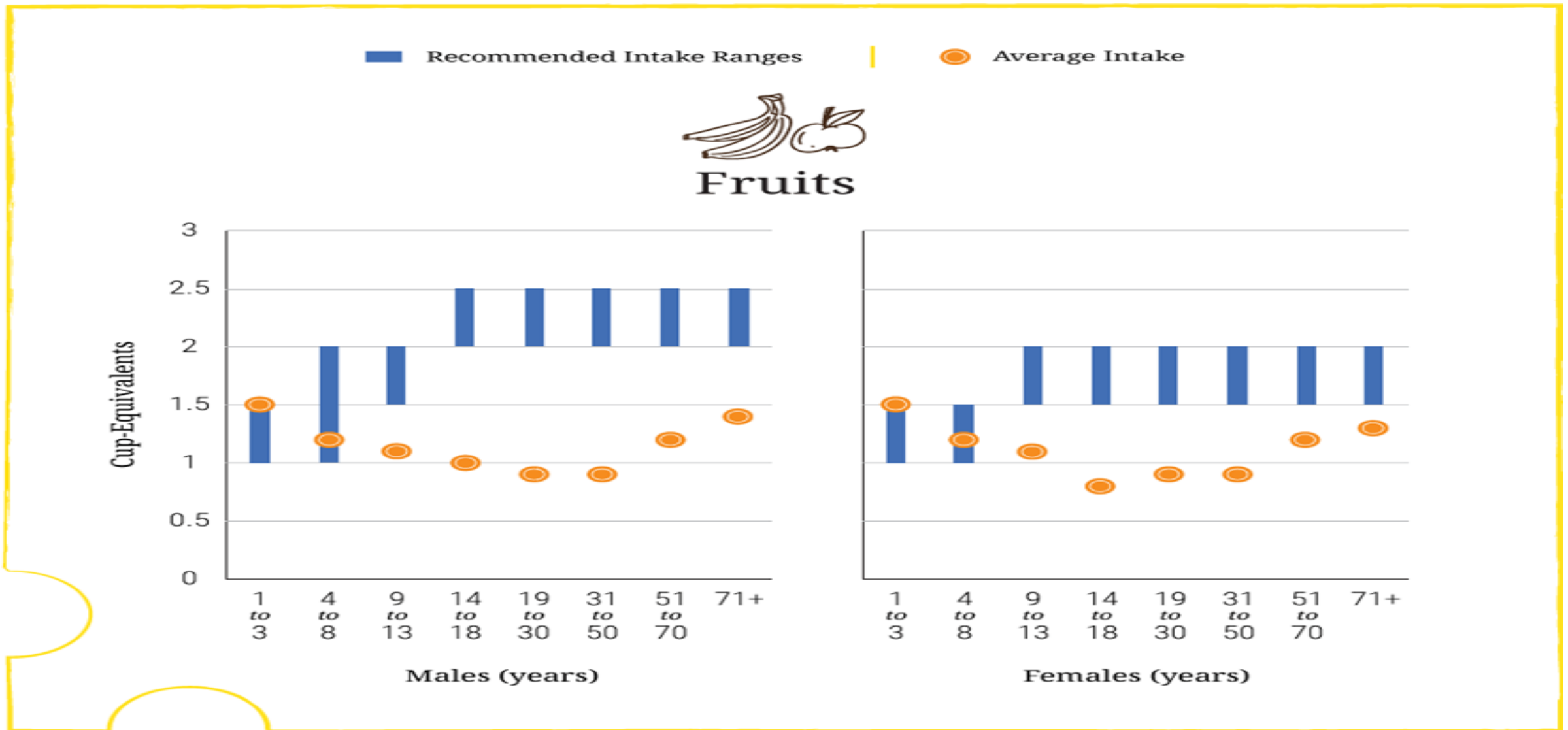


Source: 2015-2020 Dietary Guidelines for Americans. [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

Average Daily Vegetable Intake Versus Recommended



Average Daily Fruit Intake Versus Recommended

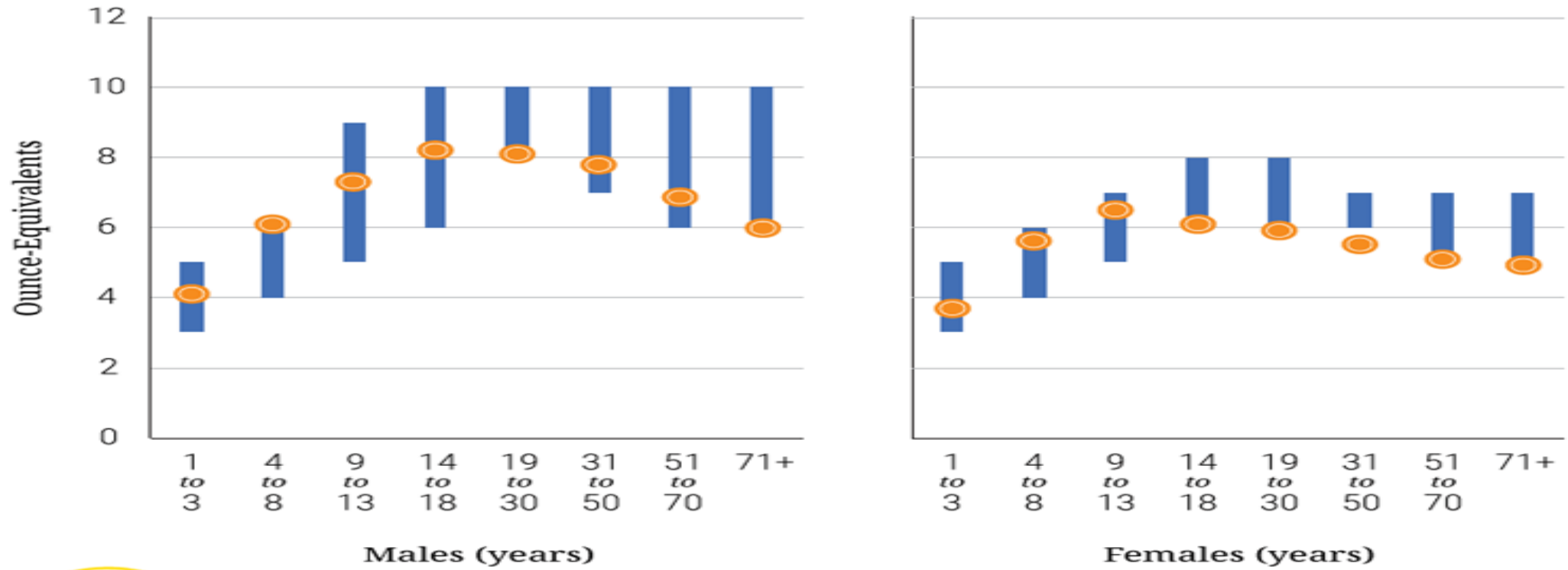


Average Daily Total Grain Intake Versus Recommended

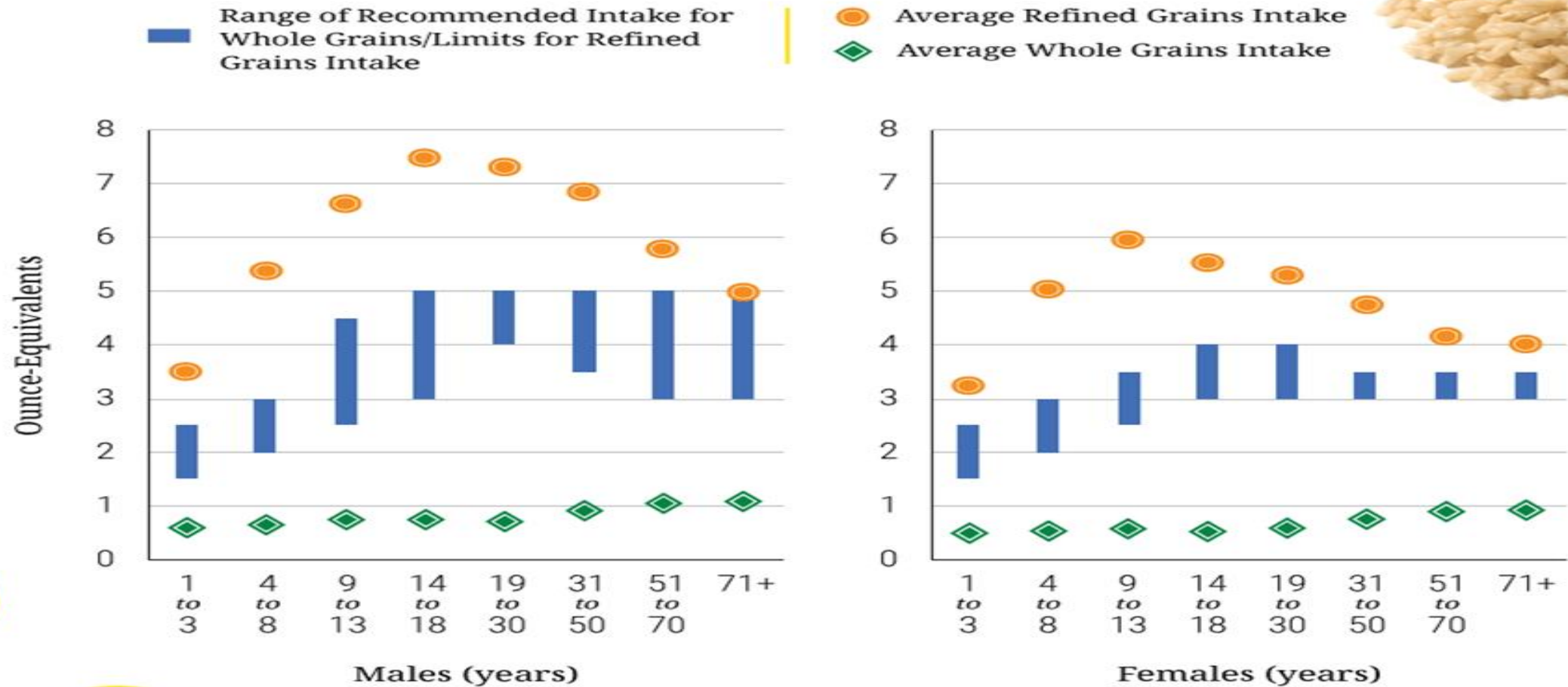
Recommended Intake Ranges | Average Intake



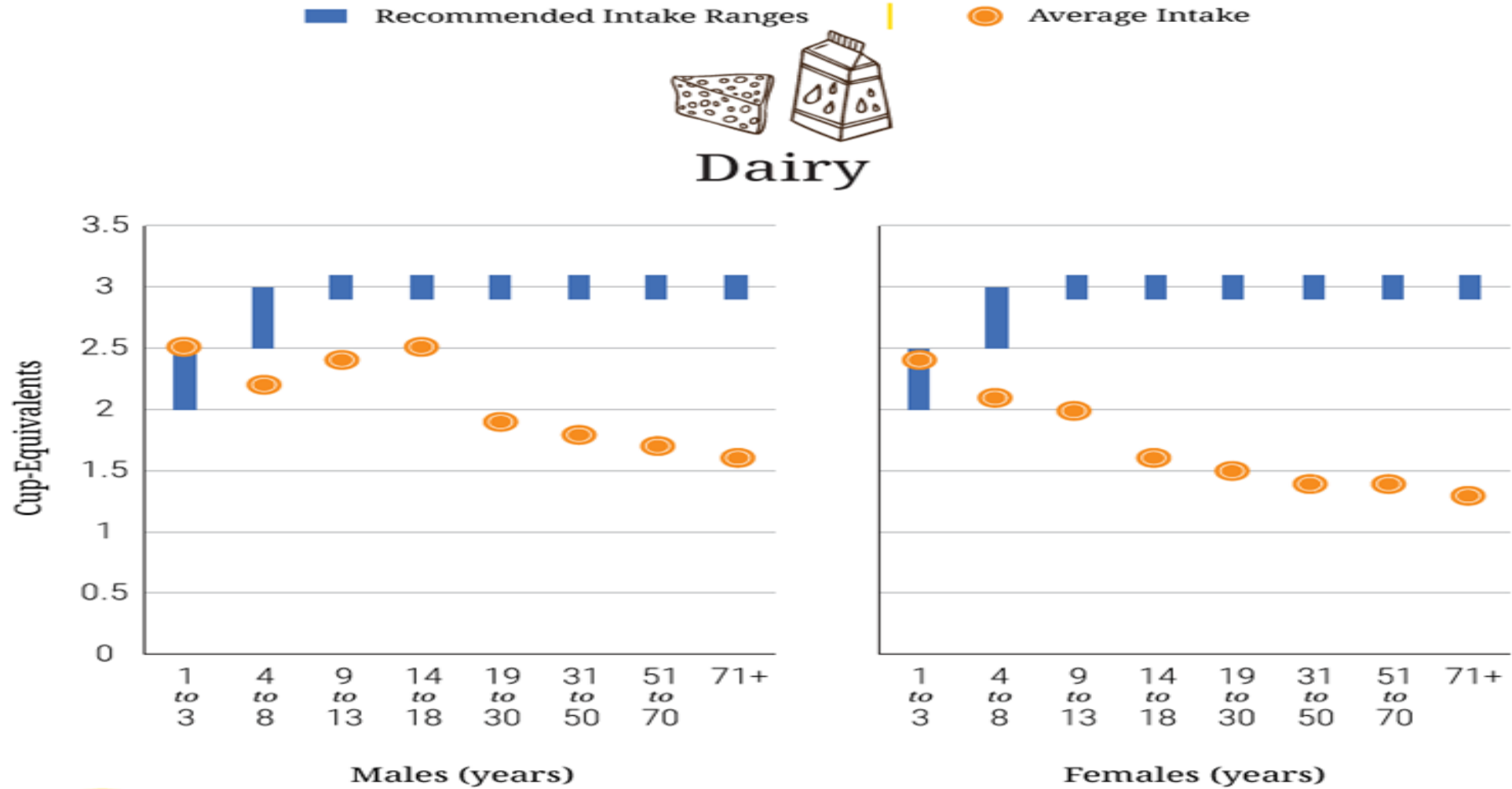
Total Grains



Average Daily Refined and whole Grain Intake Versus Recommended

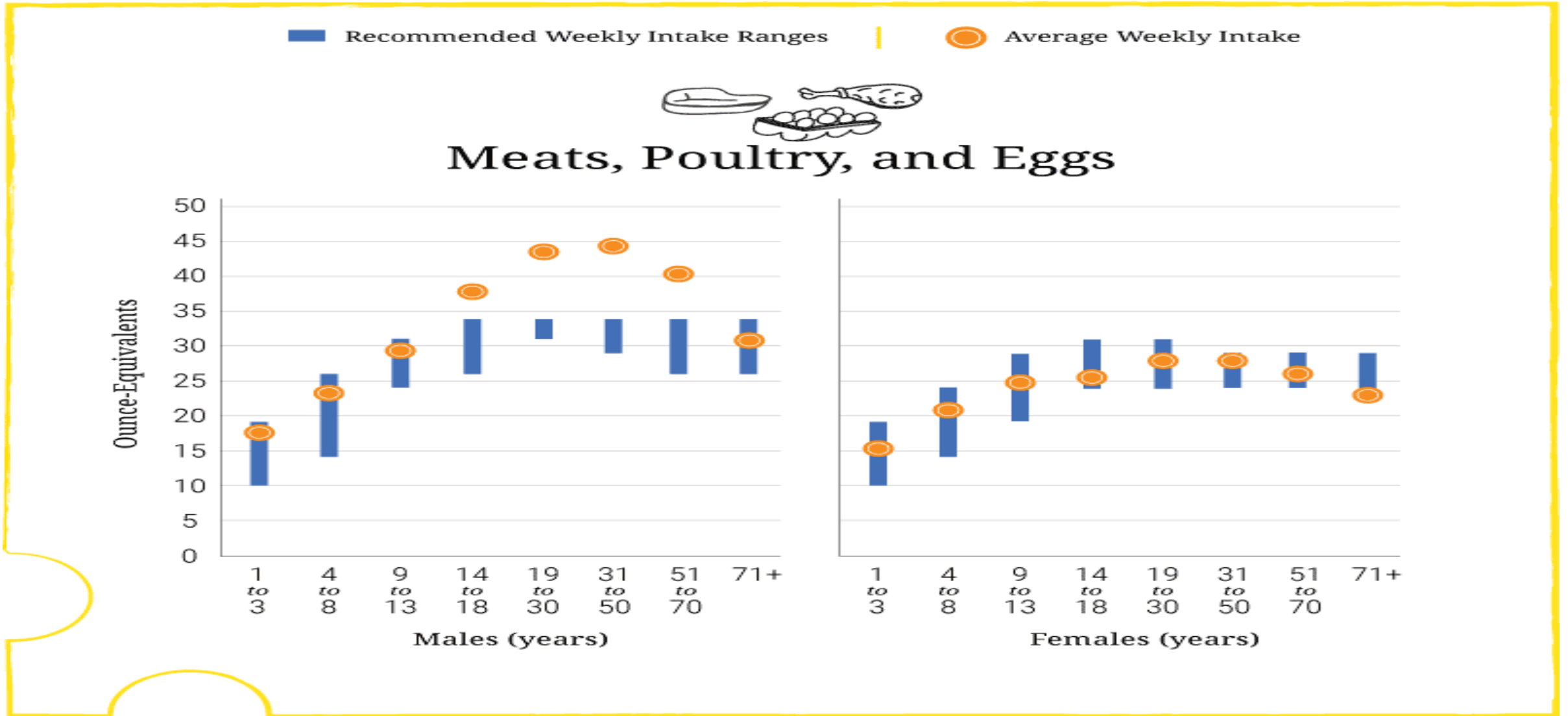


Average Dairy Intake Versus Recommended



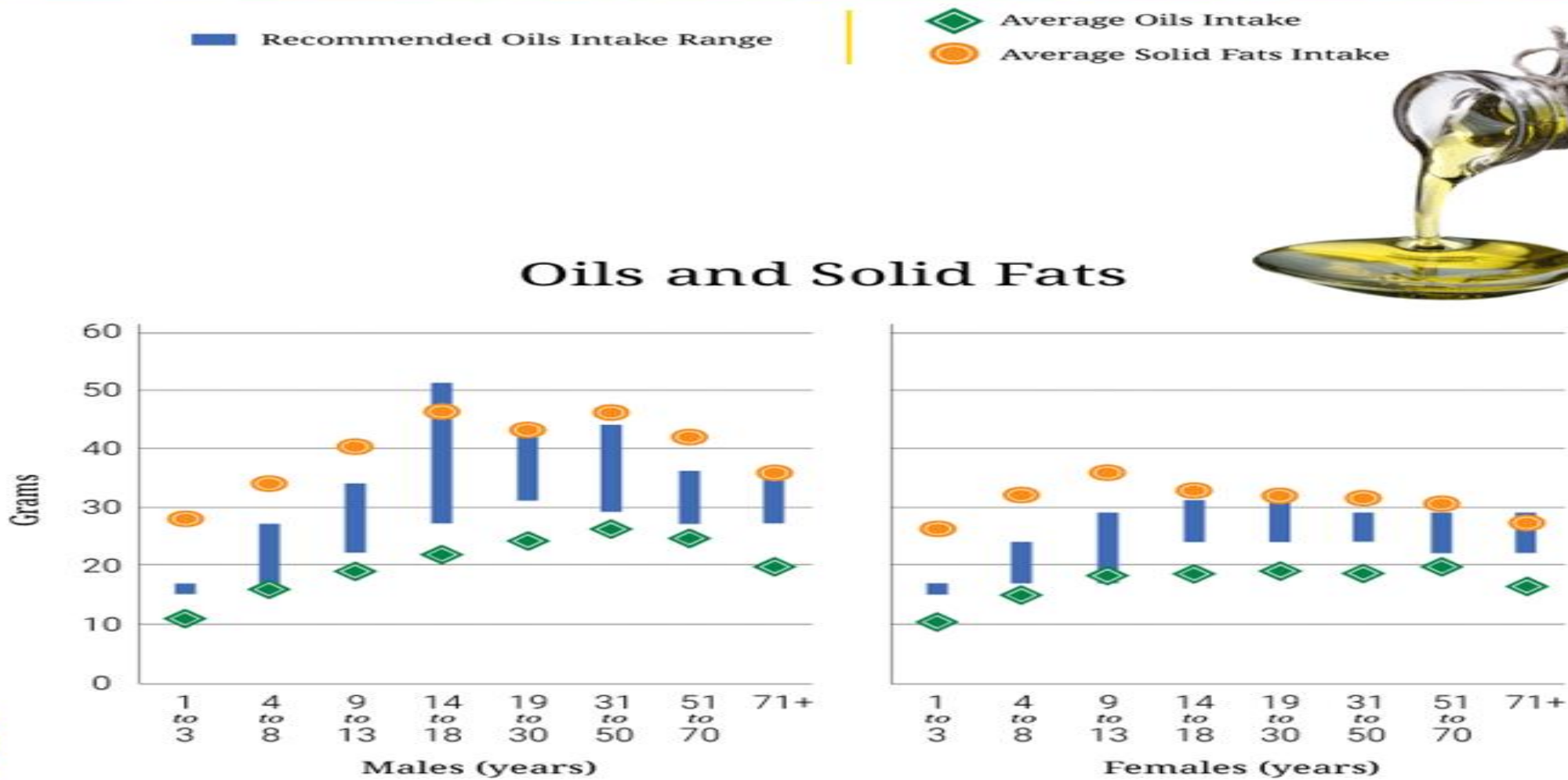
Meat, Poultry, and Eggs

Average Weekly Intakes



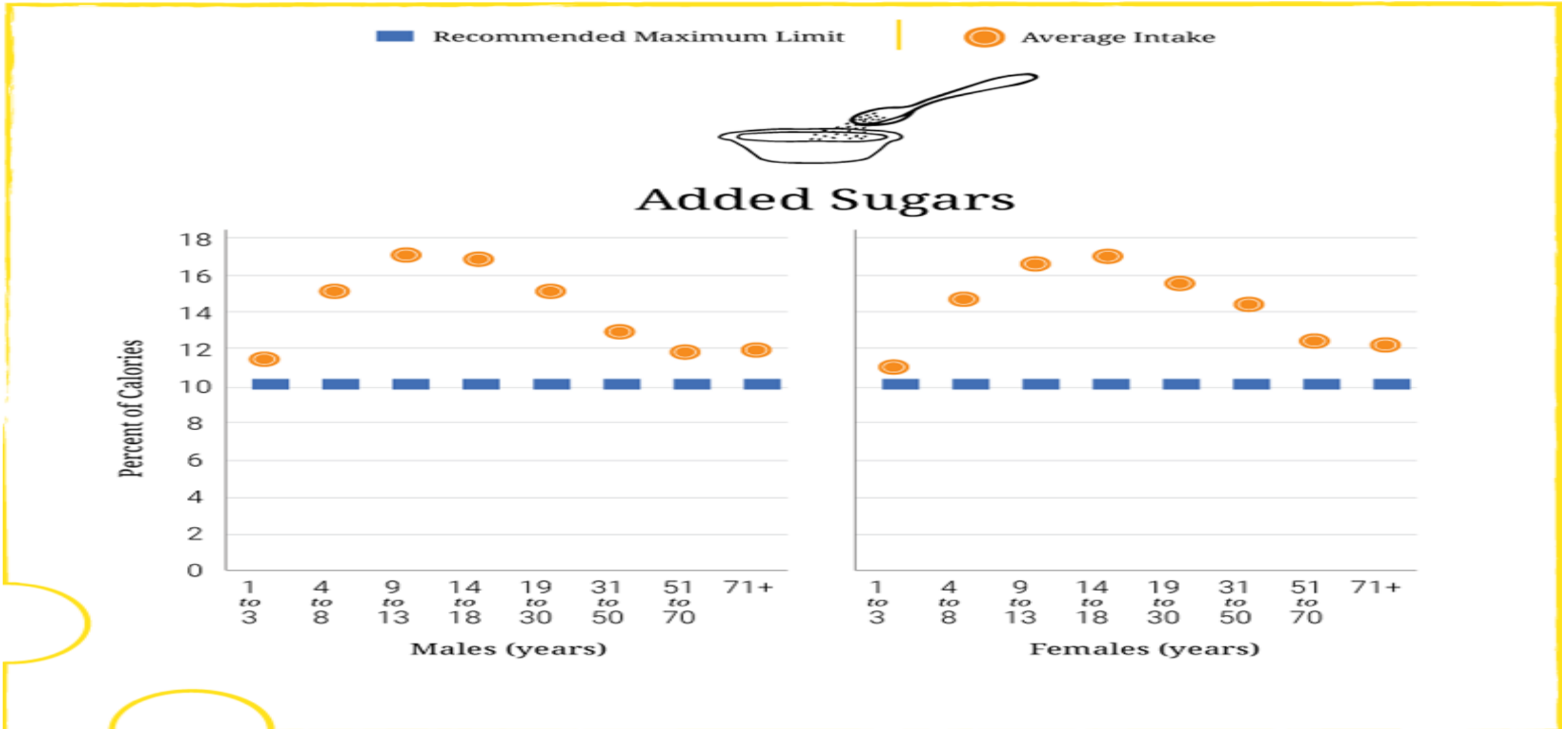
Oils and Solid Fats

Average Intakes in Grams per Day



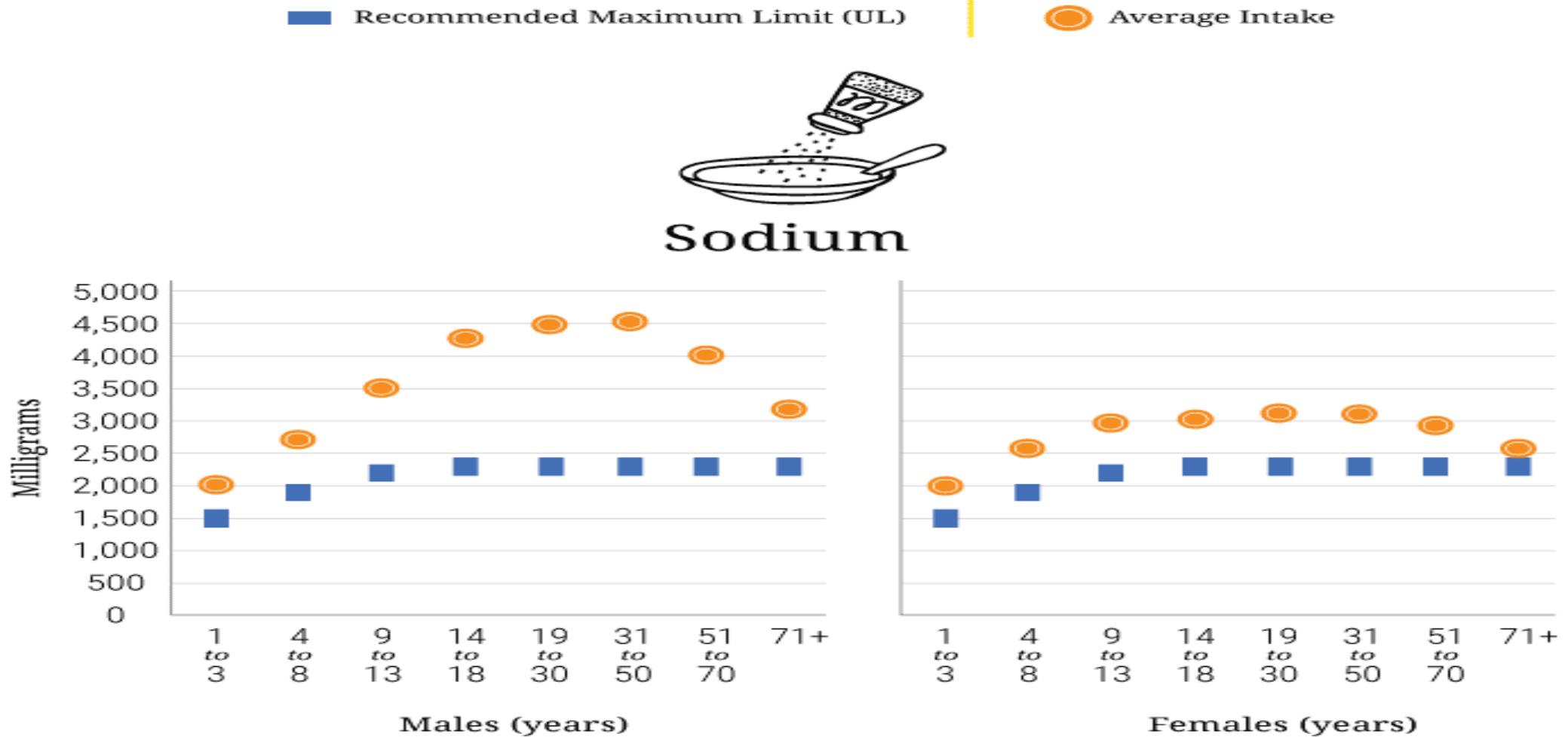
Added Sugars: Intakes and Limit

Average Intakes as a Percent of Calories per Day



Oils and Solid Fats

Average Intakes in Grams per Day



New Opportunities for the RD, New Resources to Communicate the Guidelines



Coming Together to Communicate the 2015-2020 Dietary Guidelines for Americans

THE RECENTLY RELEASED 2015-2020 Dietary Guidelines for Americans (DGA)¹ serves as our nation's nutrition policy backbone and an essential resource for health and nutrition professionals. Registered dietitian nutritionists (RDNs) rely on the evidence-based recommendations to help the public they serve make informed food and beverage choices. Now in its eighth edition, the DGA functions as a roadmap to guide Americans ages 2 years and older in preventing diet-related health conditions like obesity, type 2 diabetes, heart disease, and some cancers. The DGA is also used in developing federal food, nutrition, and health policies and programs and serve as the basis for federal nutrition education materials for the public. Produced by the US Department of Agriculture (USDA) and US Department of Health and Human Services (HHS), the DGA is updated every 5 years to reflect advancements in scientific knowledge and to translate the current science into food-based guidance to promote health in the United States.

Developing the DGA is a multi-year, multi-stage process that involves many steps both within and outside of the federal government. From reviewing the scientific evidence to developing the

DGA to implementing the DGA through various programs, RDNs play an important role in each of these stages. RDNs conduct research that continues to advance our knowledge and understanding of the relationship between diet and health. This research is reviewed by an external federal advisory committee, the Dietary Guidelines Advisory Committee (DGAC), whose review helped inform revisions to the DGA. Members of the DGAC included RDNs, and RDNs employed by the federal government supported the DGAC throughout its work, including assisting with systematic reviews of the scientific literature, food pattern modeling, and data analyses. In addition, RDNs within the federal government were involved in writing and reviewing the 2015-2020 DGA and will assist with implementing the DGA through various federal programs and education initiatives. We also want to acknowledge the important contributions of all RDNs who took the time to provide written or oral comments throughout the process. More than 29,000 public comments were received on the *Scientific Report of the 2015 Dietary Guidelines Advisory Committee* and were considered in the development of the 2015-2020 DGA.

RECOMMENDATIONS THROUGHOUT THE EIGHT EDITIONS

In 1980, the first DGA was released to advise the public on diet and health. The next edition was released in 1985, and at that time it became widely used and accepted as a framework for nutrition education messages. Each edition of the DGA reflects the latest body of science and has provided relatively consistent advice about healthy eating. Key topics such as eating a variety of foods such as fruits and vegetables, grains, dairy products, and protein foods have been included, along with recommendations to choose foods

and beverages to lower intake of saturated fats, sodium, and added sugars. Guidance about maintaining a healthy weight has also remained consistent, as well as advice about moderating alcohol consumption for adults of legal drinking age. Although science continues to evolve, many aspects of the previous DGA still ring true today.

HELPING PEOPLE MEET DIETARY GUIDANCE RECOMMENDATIONS REMAINS A CHALLENGE

About half of all American adults, 117 million individuals, have one or more preventable chronic disease, many of which are related to poor quality eating patterns and physical inactivity. Concurrent with these high rates of diet-related chronic disease, trends in food intake over time show that, at the population level, Americans are not following the recommendations of the DGA (see Figure 1). For example, Healthy Eating Index (HEI) scores, a measure of how food choices align with the DGA, and physical activity levels have remained low, while the prevalence of overweight and obesity has risen and remained high for the past 25 years. Conversely, diets with higher HEI scores have been associated with a 15% to 22% reduction in the risk for both onset of and death from cardiovascular disease, cancer, and type 2 diabetes.²

Helping Americans meet DGA recommendations at the population level will require broad coordination and collaboration at all levels of society. This collective action is needed to create a new paradigm in which healthy lifestyle choices at home, school, work, and in the community are easy, accessible, affordable, and normative.

MAIN THEMES FROM THE 2015-2020 DGA

A focus of the 2015-2020 DGA is healthy eating patterns. Eating patterns are the combinations of foods and

RDNs can develop their own resources based on the DGA and adopt MyPlate consumer messages.

Over the next 5 years, there will be numerous opportunities for RDNs to empower consumers with implementing healthy eating behaviors.

This article was written by Angie Tagtow, MS, RD, LD, executive director; Elizabeth Rahavi, RD, nutritionist; Sasha Bard, MS, RD, nutritionist; and deputy director; Eve Essery Stoady, PhD, lead nutritionist; all at the US Department of Agriculture's Center for Nutrition Policy and Promotion in Alexandria, VA; and Kellie Casavale, PhD, RD, nutrition advisor; and Amber Mosher, MPH, RD, senior fellow, both at the US Department of Health and Human Services, Office of Disease Prevention and Health Promotion, Rockville, MD.

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Toolkit for Professionals

Tips, messages, and materials that will help you share information from the Dietary Guidelines with your patients, clients, and peers.

- Talk to your patients about healthy eating patterns
- Shift to healthier food and beverage choices
- Cut down on added sugars
- Cut down on sodium
- Cut down on saturated fat



Ice Cream

Homemade Smoothie

Potato Chips

Unsalted Nuts

Toolkit for Professionals: Responsive graphics

- Share graphics from the 2015-2020 Dietary Guidelines for Americans.
 - Cup and ounce equivalents
 - Hidden components in eating patterns
 - Empower people to make healthy choices
 - Typical versus nutrient-dense food and beverages
 - Strategies to align settings with the 2015-2020 Dietary Guidelines for Americans



MyPlate Consumer Resources

- MyPlate
- Healthy Eating Styles
- MyPlate MyWins
- SuperTracker
- USDA Mixing Bowl
- SuperTracker Groups
- SuperTracker Challenge



My Plate MyWins

- Videos topics
 - MyPlate
 - MyWins video series
 - Healthy eating and physical activity
 - Fruits and veggies
 - Videos for kids
 - Kitchen timesavers
 - Grains
 - MyPlate songs



Other Resources

- Infographics
- Printable materials – 10 tip series
- Meeting Your MyPlate Goals on a Budget
- Healthy, Tasty, Affordable Spanish Cooking
- Best Practices for Creating Nutrition Education Material





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