



## **Dietary Guidelines for Americans: A Historical Overview September 2008**

The Dietary Guidelines for Americans, and their forerunner, Dietary Goals for the United States, serve as the basis of Federal nutrition policy and provide guidance to consumers about food choices that promote health and reduce the risk of chronic disease. This publication is a historical compilation of the professional reviews and commentaries on the Dietary Goals for the United States and Dietary Guidelines for Americans documents published between 1977 – 2006 by governmental and non-governmental agencies, scientists, and educators. Abstracts are included when available and are from either [AGRICOLA](#) or [Medline](#). Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture.

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Each item has been placed in one or more of the following sections. They are listed alphabetically by title, except in sections I.A., and I.B., where they appear chronologically.

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## I. Overview and General Information

In February of 1977, the U.S. Senate Select Committee on Nutrition and Human Needs released the *Dietary Goals for the United States*. Amid disagreement and controversy, the Committee released Supplemental Views to the report in November 1977 and a Second edition in December 1977. Prompted by the Senate Committee report, the Departments of Agriculture and of Health, Education, and Welfare (now Health and Human Services) released the first edition of the *Dietary Guidelines for Americans* in 1980. In 1990, Title III of the National Nutrition Monitoring and Related Research Act of 1990 (7 U.S.C. 5341) was passed. This Act requires that the Secretaries of Agriculture and Health and Human Services jointly publish a report entitled *Dietary Guidelines for Americans* every five years. The Act also makes the report official Federal policy on nutrition guidance. Federal nutrition education pieces, such as the [MyPyramid](#), are used to translate this nutrition policy into food choices.

### A. Dietary Goals and Dietary Guidelines, 1977 to 2005 (*listed chronologically*)

**Dietary Goals for the United States [1<sup>st</sup> edition].** U.S. Congress. Senate. Select Committee on Nutrition and Human Needs. Washington : U.S. Govt. Print. Off. 1977.

**NAL Call Number:** TX360.U6U54 1977a

**Description:** Acknowledging that many of the leading causes of death in the U.S. are linked to diet, this congressional report was compiled to provide guidance to the public on dietary choices consistent with prevention of chronic diseases. Six major dietary goals are outlined. Also includes recommendations for government actions related to food labeling, and nutrition education and research.



**Dietary Goals for the United States [1<sup>st</sup> edition], supplemental views.** U.S. Congress. Senate. Select Committee on Nutrition and Human Needs. Washington : U.S. Govt. Print. Off. 1977.

**NAL Call Number:** TX360.U6U54

**Description:** Prompted by food industry requests to express views on the Dietary Goals, this is a compilation of comments from trade associations, nutrition professionals and others. Also contains a number of related surveys and reports.

**Dietary Goals for the United States [2<sup>nd</sup> edition].** U.S. Congress. Senate. Select Committee on Nutrition and Human Needs. Washington, D.C.: U.S. Govt. Print. Off. December 1977.

**NAL Call Number:** TX360.U6U54 1977

**Description:** This report was issued to take into account views expressed since the first edition and includes a rewording of the goals as well as a new goal stressing the importance of balancing total energy intake with energy expenditure.

**Nutrition and Your Health: Dietary Guidelines for Americans.** U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off. 1980.

**NAL Call Number:** TX551.U4

**Web site:**

<http://www.cnpp.usda.gov/DGAsPreviousGuidelines1980Guidelines.htm>

**Description:** Dietary Guidelines based on variety and moderation are recommended in this pamphlet presented by the U.S. Department of Agriculture (USDA) and Health, Education, and Welfare (HEW) which outlines and explains seven basic guidelines of healthy eating.

**Nutrition and Your Health: Dietary Guidelines for Americans. 2d ed., rev. Aug. 1985.** U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., Home and Garden Bulletin No. 232. August 1985.

**NAL Call Number:** 1-AG84HG-no. 232-1985

**Web site:**

<http://www.cnpp.usda.gov/DGAsPreviousGuidelines1985Guidelines.htm>

**Description:** With minor re-wording, this pamphlet promotes the basic tenets presented in the previous version of the Dietary Guidelines.



**Nutrition and Your Health: Dietary Guidelines for Americans. 3d ed., rev. Nov. 1990.** U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., Home and Garden Bulletin No. 232. 1990.

**NAL Call Number:** 1-Ag84Hg-no.232-1990

**Web site:**

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/1990/DG1990pub.pdf> (PDF)

**Description:** With some changes in wording and emphasis, this publication promotes the principles underlying the previous version of the Dietary Guidelines

**Nutrition and Your Health: Dietary Guidelines for Americans. 4th ed., rev. Dec. 1995.** U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., Home and Garden Bulletin No. 232. 1995.

**NAL Call Number:** 1-Ag84Hg-no.232-1995

**Web site:**

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/1995/1995DGCConsumerBrochure.pdf> (PDF)

**Description:** While continuing to promote variety, moderation and balance, the 1995 Dietary Guidelines place added emphasis on the role of physical activity in weight management.

**Nutrition and Your Health: Dietary Guidelines for Americans. 5th ed., rev. 2000.** U.S. Department of Agriculture. Washington, D.C.: U.S. Govt. Print. Off., Home and Garden Bulletin No. 232. 2000.

**NAL Call Number:** 1-Ag84Hg-no.232

**Web site:**

<http://www.health.gov/dietaryguidelines/dga2000/document/frontcover.htm>

**Abstract:** Offers three new guidelines (for a total of ten) including a food safety-oriented message, a separate guideline for fruits and vegetables, and a new guideline for physical activity. The Guidelines are organized under the subheadings of Aim for Fitness, Build a Healthy Base, and Choose Sensibly.

**Dietary Guidelines for Americans. 6<sup>th</sup> ed., rev. 2005.** Department of Health and Human Services, U.S Department of Agriculture.

**Web site:** <http://www.health.gov/dietaryguidelines/dga2005/document/>

**Description:** This edition places stronger emphasis on calorie control and physical activity to keep weight within healthy limits while consuming a balanced eating pattern. Outlines food groups to be encouraged and food components to be limited. Also covers key food safety recommendations for avoiding foodborne illness.



**Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans** (Consumer Brochure). 2005. Department of Health and Human Services, U.S Department of Agriculture.

**NAL Call Number:** 1 Ag84Hg no. 232-cp

**Web site:**

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf>  
(PDF)

**Description:** This brochure for consumers translates the 2005 Dietary Guidelines for Americans into practical tips for making healthy food choices, finding balance between food and physical activity, and reducing risk of foodborne illness.

## **B. Reports of the Dietary Guidelines Advisory Committees: 1985 – 2005** *(listed chronologically)*

Every five years, the Dietary Guidelines Advisory Committee members, composed of nutrition experts from within and outside of government, are charged with reviewing the existing Dietary Guidelines and recommending revisions for the next release, if warranted. This section covers these reports.

**Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1985, to the Secretary of Agriculture and the Secretary of Health and Human Services.** U.S. Dept. of Agriculture, Human Nutrition Information Service. Hyattsville, MD: 1985.

**NAL Call Number:** aTX360.U6R46

**Description:** As the basis for the 1985 edition, proposed revisions to the 1980 USDA-HHS joint publication, "Nutrition and Your Health: Dietary Guidelines for Americans", are given. The rationale for the recommendations is also given.

**Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1990, to the Secretary of Agriculture and the Secretary of Health and Human Services.** U.S. Dept. of Agriculture, Human Nutrition Information Service. Washington, DC: 1990.

**NAL Call Number:** aRA784.R4

**Description:** The Dietary Guidelines Advisory Committee determined that the basic messages in the 1985 edition of the Dietary Guidelines remain sound and are of priority importance to Americans in choosing healthful diets. Suggested modifications for the 1990 edition of the Dietary Guidelines are included along with a discussion of these changes. Recommendations for the promotion, use, interpretation, and implementation of the Guidelines are also provided.



**Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1995, to the Secretary of Agriculture and the Secretary of Health and Human Services.** U.S. Dept. of Agriculture, Human Nutrition Information Service. Springfield, VA: National Technical Information Service [distributor], 1995.

**NAL Call Number:** aRA784.R4-1995

**Web Site:** <http://www.health.gov/DietaryGuidelines/dga95/DGAC95.HTM>

**Description:** In reviewing the 1990 edition of the Dietary Guidelines, the Advisory Committee determined that it contained messages that remain sound and of key importance, however, on the basis of new scientific evidence, some revisions were warranted for the 1995 edition. The recommended changes and their rationale are outlined in this report.

**Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000, to the Secretary of Agriculture and the Secretary of Health and Human Services.** U.S. Dept. of Agriculture, Agricultural Research Service. Washington, DC: 2000.

**NAL Call Number:** aRA784.R4-2000

**Web Site:** [http://www.health.gov/dietaryguidelines/dgac/pdf/dgac\\_ful.pdf](http://www.health.gov/dietaryguidelines/dgac/pdf/dgac_ful.pdf) (PDF)

**Description:** Presents the committee's recommendations for the 2000 Dietary Guidelines for Americans along with the rationale for revisions to the previous edition. Major changes include a new format for the guidelines - the ABCs for good health.

**Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2005, to the Secretary of Health and Human Services and the Secretary of Agriculture.** U.S. Dept. of Agriculture, Agricultural Research Service. Washington, DC: 2004.

**NAL Call Number:** aRA784 .R4 2000

**Web site:** <http://www.health.gov/DietaryGuidelines/dga2005/report/>

**Description:** For this report, which serves as the basis for the 2005 Dietary Guidelines, the committee conducted an extensive review of the scientific evidence related to diet and health and made recommendations for translating the science into dietary guidance. The report includes the science base for the recommendations.



**C. Dietary Guidelines Web Sites** (See also [Section IX, Dietary Guidelines from Around the World](#))

**Dietary Guidelines for Americans, 1980 to 2000**

Department of Health and Human Services

**Web site:** [http://www.health.gov/dietaryguidelines/1980\\_2000\\_chart.pdf](http://www.health.gov/dietaryguidelines/1980_2000_chart.pdf) (PDF)

**Description:** Table comparing 5 editions of the Dietary Guidelines for Americans.

**DietaryGuidelines.gov: Dietary Guidelines for Americans**

Center for Nutrition Policy and Promotion, USDA

**Web site:** <http://www.cnpp.usda.gov/DietaryGuidelines.htm>

**Description:** Provides links to current and past versions of the Dietary Guidelines, press releases, background information and other related topics.

**Dietary Guidelines Web Page**

Food and Nutrition Information Center (FNIC), National Agricultural Library, USDA

**Web site:**

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=256&topic\\_id=1332](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1332)

**Description:** This web page links to current and previous versions of the Dietary Guidelines and provides background information.

**Preparation and Use of Food-based Dietary Guidelines**

The Food and Agriculture Organization (FAO) of the United Nations, Food and Nutrition Division

**Web Site:** <http://www.fao.org/DOCREP/x0243e/x0243e00.htm>

**Description:** This document serves as guidance in the development and implementation of dietary guidelines for improving the dietary practices of populations. It recommends a food-based, rather than a nutrient-based approach, to guide and improve consumption patterns and provides examples of how foods and food groups have been incorporated into the dietary guidelines of a number of countries.



## II. Reviews and Commentaries on the Dietary Goals for the United States, 1<sup>st</sup> and 2<sup>nd</sup> Editions, 1977

**An analysis of dietary goals for the United States.** Kristen W. McNutt. *Journal of Nutrition Education*, 10(2): 61-62. 1978.

**NAL Call Number:** TX341.J6

**Abstract:** A telegraphic description of changes found in the second edition of the Dietary Goals for the United States focuses on additions in the introductory section; content of the sections about the Select Committee and Dietary Goals; and, addition, changes and revisions in the introduction, summary of Goals and bar graphs, and explanation of Goals. The author urges readers to make their own critical analysis of the revised Goals and asserts that the significance of the changes has not been appreciated nor conveyed to the public.

**Dietary Goals for the United States.** Calvin W. Woodruff. *American Journal of Diseases of Children*, 133 (4): 371-372. 1979.

**NAL Call Number:** 448.8-AM38

**Abstract:** The background of the second edition of the Dietary Goals for the United States is reviewed and the modified goals are summarized. The recommendations to Congress to encourage these goals are: 1) fund public education programs; 2) require food labeling; 3) fund studies and pilot programs to reduce risks in processed foods; 4) fund and coordinate nutrition research; and 5) form a committee to consider implications of nutrition and agriculture policy. The author comments that: 1) the development of nutritional goals is political rather than scientific; 2) the process should recognize different viewpoints and allow revision; and 3) professionals with an interest in nutrition should take a leading role in this process.

**Dietary Goals for the United States (second edition).** American Dietetic Association. *Journal of the American Dietetic Association*, 74(5): 529-533. 1979.

**NAL Call Number:** 389.8-AM34

**Abstract:** Dietary goals for men, women, and children should probably be established separately, with consideration for the food consumption patterns and physiologic needs of each group. The Dietary Goals for the United States are not adequately specific in their recommendations, and must be continuously reevaluated as new scientific knowledge emerges. Following the Goals would require alterations in the eating patterns for most of the population; few people's diets are as high in carbohydrate or as low in fat and sugar as recommended. An expanded labeling program which consumers can understand and use must also be provided. Major shifts in food production and processing would be necessary to reduce total fat and cholesterol intakes.



**Dietary Goals for the United States: a commentary.** Gaurth R. Hansen. *Ames: Counsel for Agricultural Science and Technology, Report No. 71.* 1977.

**NAL Call Number:** S22.C6—no. 71

**Description:** Prepared at the request of Senator George McGovern, this commentary on the Dietary Goals for the United States is a consensus statement prepared by 14 scientists with expertise in biochemistry, dietetics, economics, education, food science and technology. In it, the panel expresses support for many of the principles encompassed in the Dietary Goals but also raises concerns about the scientific basis for some of the recommendations and discusses what it sees as omissions in the report.

**Dietary Goals [for the United States] pose serious threat.** Grace T. Howaniec. *Hoard's Dairyman*, 123(4): 225, 242. 1978.

**NAL Call Number:** 44.8-H65

**Description:** The author outlines her concerns with the 1977 Dietary Goals for the United States, specifically about the potential for a decreased intake of meat and dairy products.

**Dietary Goals- a progressive view.** D.M. Hegsted. *American Journal of Clinical Nutrition*, 31(9): 1504-1509. 1978.

**NAL Call Number:** 389.8-J824

**Abstract:** Some current leaders in the nutrition community find the Dietary Goals for the United States either premature or unjustified on the basis of current knowledge. Several adverse comments are reported and countered. It is concluded that evidence related to the major health problems of Americans indicates that a more moderate diet will lessen the impact of certain diseases. There are no reasons to believe that such a diet will impose nutritional risks. The nutrition community should provide positive leadership.

**Food editors explore U.S. Dietary Goals.** Institute of Food Technologists. *Food Technology*, 32(4): 20,22,25,28,31. 1978.

**NAL Call Number:** 389.8-F7398

**Abstract:** The Institute of Food Technologists and the Department of Food Science and Technology of Virginia Polytechnic Institute and State University sponsored a two-day conference on current food issues. The topics are named, and an overview of the presentations regarding controversial aspects of the Dietary Goals of the United States is provided. One talk described what the recommendations of the Goals would look like on the dinner table. A speaker claimed that the Goals are premature and based on inconclusive or inadequate data.



**McGovern releases revised Dietary Goals.** *CNI Weekly Report*, 8(4): 6-7. 1978.

**NAL Call Number:** TX341.C6

**Description:** An announcement of the release of the revised Dietary Goals and a summary of the major changes.

**National Dietary Goals: Are they justified at this time?** William Weil. *American Journal of Diseases of Children*, 133 (4): 368-370. 1979.

**NAL Call Number:** 448.8-AM38

**Description:** Describes the 1977 Dietary Goals and suggests that they do not take into consideration differences in region, sex, age, weight, and lifestyle; that they are untested for safety and lack proven efficacy. Other criticisms include possible disillusionment of the public with major health programs, reduction of individual freedom, and possibility of undiscovered health hazards for some segments of the population. The author believes that the Dietary Goals are not justified at this time.

**NIH deals gingerly with diet-disease link.** William J. Broad. *Science*, 204 (4398): 1175-1178. 1979.

**NAL Call Number:** 470-SCI2

**Web site:** <http://www.sciencemag.org/cgi/reprint/204/4398/1175.pdf> (PDF)

**Description:** This commentary discusses some of the conflicts and questions surrounding the development of the Dietary Goals.

**Sen. McGovern on Dietary Goals [for the United States]: Without nutrition education, "everything else is lost."** E.M. Leeper. *Bioscience*. 28(3): 161-164. 1978.

**NAL Call Number:** 500-AM322A

**Description:** In a question and answer format, Senator McGovern describes the evolution of the Dietary Goals, counters arguments received against them, and describes areas where further government initiatives would be helpful.

**The scientific basis of the "Goals:" what can be done now?**

Artemis P. Simopoulos. *Journal of the American Dietetic Association*, 74(5): 539-542. 1979.

**NAL Call Number:** 389.8-Am34

**Description:** The author offers the opinion that specific dietary guidelines aimed at particular groups may be more successful than universal dietary goals in the promotion of health and the prevention of disease.



**Takin' away me dyin'.** Cortez F. Enrole. *Nutrition Today*, 12(6): 14-15. 1977.

**NAL Call Number:** RA784.N8

**Description:** The author questions the ability of politicians to make sound and scientifically accurate dietary guidance and states that politicians are "overselling" the ability of nutrition to make a change in health outcomes.

**Twenty commentaries.** *Nutrition Today*, 12(6): 10-13, 20-27. 1977.

**NAL Call Number:** RA784.N8

**Abstract:** Twenty correspondents examine the Dietary Goals for the United States as recommended by the Senate Select Committee on Nutrition and Human Needs. Fourteen responses to the letter sent to certain physicians, dentists, and nutritionists are printed. Five responses are included from people identified by the Center for Science in the Public Interest as having signed the petition to President Carter encouraging him to adopt the goals as national policy. A press conference statement concludes the report.

**U.S. Dietary Goals.** *Family Economics Review*. ARS-NE-36: 3-6. Winter-Spring 1978.

**NAL Call Number:** aS21.A75U45

**Description:** Speeches made at the 1978 Food and Agricultural Outlook Conference are presented in full. Speakers include: D. Mark Hegsted, Gilbert Leveille, and Betty Peterkin.

### **III. Reviews and Commentaries on the Dietary Guidelines for Americans, 1st edition, 1980**

**ADA reaction to the "Dietary Guidelines."** American Dietetic Association. *Journal of the American Dietetic Association*, 77(2): 181. 1980.

**NAL Call Number:** 389.8-Am34

**Abstract:** The relationships between food choices and health are the focus of the Dietary Guidelines released by DHEW and USDA, emphasizing the importance of preventive maintenance through improved nutrition. Another step in the right direction would be further clarification of the quantitative guides for fat, starch, fiber, sugar, sodium, and alcohol. Further research is recommended on human metabolism, particularly for different age and sex groups. Eating a variety of foods and maintaining ideal weight are key concepts which could well be supported with more material on dietary planning.



**Commentaries on the Dietary Guidelines.** Alfred E. Harper and Daniel S. Greenberg. *Nutrition Today*, 15(2): 19-22. 1980.

**NAL Call Number:** RA784.N8

**Abstract:** Two critical commentaries on the USDA-HEW Dietary Guidelines for Americans suggest that although the Guidelines demonstrate the public need for nutrition knowledge and are an important step toward providing nutrition advice, they can be improved. A nutritionist criticizes the Guidelines' negative statements concerning the use of fat, sugar, cholesterol and salt; the implication is that Americans are in an unsatisfactory state of health. Recommendations to substitute starches for sugars are misleading. A columnist sees nutrition as a political issue of special interest groups. The government is criticized for taking too long in providing the American public with advice that could have been issued a decade ago on nutritional questions that are likely to generate little controversy. The Guidelines do not acknowledge public concerns over food additives, processed foods and food advertising. Their publication appears to have originated from political rather than nutritional motives in which government departments sought to gain influence over public policy.

**Dietary Guidelines: Where do we go from here?** Mark D. Hegsted. *Journal of Nutrition Education*, 12(2,suppl.1):100-102. 1980.

**NAL Call Number:** TX341.J6

**Abstract:** The evidence presented by the Expert Panel of the American Society of Clinical Nutrition in relation to the typical American diet indicates that the best advice is to moderate consumption of calories, fat, cholesterol, sugar and salt. While data collection and analysis techniques limit the applicability of specific information to any particular individual, enough evidence has accumulated to warrant general dietary instruction to reduce risks of disease. Steps to define "moderate" and to give practical dietary recommendations that consider food habits, food supply, and food preparation methods are the logical continuation of the effort to educate the public, keep abreast of new and changing nutrition information and help consumers make informed decisions about dietary intake.

**Dietary recommendations and policy implications: The U.S. experience.**

Johanna Dwyer, in *Nutrition Update*. Jean Weininger and George M. Briggs, editors. New York, NY: John Wiley, 1983. 315- 355.

**NAL Call Number:** RC620.N83-FandN-B-3712

**Abstract:** There has been progress as well as controversy associated with dietary recommendations. Five basic questions concerning dietary recommendations are: "Are dietary recommendations necessary?" "What should they consist of?" "Who should make them?" "How should they be implemented?" and "Should the US government play a role in disseminating them?" Aspects of policy implications that are considered include rhetoric and programmatic realities, the fragmentation of US policy-making power, the effects on dietary



guidelines, and the larger US nutrition policy issues. The limitations of federal policy on influencing what people eat as it affects the controls of food supply and demand are included in these issues. Nine shortcomings of food and nutrition scientists in dealing with public policy issues are enumerated.

**Eruption reaction.** Lewis A. Barnes, et al. *Nutrition Today*. 15(4): 4-5,7-9. 1980.

**NAL Call Number:** RA784.N8

**Abstract:** Publication of the USDA-HEW "Dietary Guidelines for Americans" and the Food and Nutrition Board response, "Toward Healthful Diets", has sparked a controversy among health professionals concerning the relationship between diet and heart disease. Seven commentaries provide support for either of 2 sides in this issue. Those favoring the diet/heart disease connection recommend lowering fat, saturated fat and cholesterol intakes in a prudent diet to reduce risks of atherosclerosis. These dietary modifications are advised in the interest of public health, despite the fact that a causal linkage cannot be proved. Opponents argue that heart disease has a complex, multivariate etiology; evidence supporting the diet/disease hypothesis is limited or invalid. They doubt whether dietary intervention is efficacious, preventive or safe in reducing risk of heart disease. This viewpoint considers blanket dietary recommendations to the general public unwise.

**Foods and nutrition 1981.** Philip White. *Journal of the American Medical Association*, 245(21): 2239-2241. 1981.

**NAL Call Number:** 448.9-AM37

**Abstract:** Increasing numbers of consumers are asking what foods should be included in the diet. A lack of consensus between nutritionists and physicians on whether dietary recommendations help to prevent degenerative diseases has confused the public. Controversy surrounding the relationship between diet and health sharpened in 1980, when two nutrition policy reports were published: USDA-HEW "Dietary Guidelines" and NAS/NRC "Toward Healthful Diets." In contrast to the USDA position, the NRC report stressed variables other than diet, and deemphasized the importance of dietary cholesterol and fats as major risk factors for healthy individuals. Policy makers should recognize that diet cannot compensate for physical inactivity, and that impractical recommendations to eat more or less of specific nutrients assume that Americans consume "unsafe" levels. Better methods of dietary assessment of the American population are needed in order to clarify diet-disease relationships and to justify qualitative or quantitative dietary changes.



## IV. Reviews and Commentaries on the Dietary Guidelines for Americans, 2<sup>nd</sup> edition, 1985

**Scientific and public health rationale for the Dietary Guidelines for Americans.** Sanford A. Miller and Marilyn G. Stephenson. *American Journal of Clinical Nutrition*, 42(4): 739-745. 1985.

**NAL Call Number:** 389.8-J824

**Abstract:** The Dietary Guidelines for Americans, published by DHHS and USDA in 1980, have recently been reviewed by an expert committee that has recommended only minimal changes to scientifically update them. Initial efforts to develop dietary guidelines for prevention of diseases were fraught with controversy, some of which has continued. This controversy exemplifies a larger issue concerning the role that contemporary science, and specifically government, has in assuring and maintaining public health. Two broad questions need to be asked: what is the government's role in facilitating application of contemporary nutrition knowledge to public health, and what standard of scientific surety should be the basis for its application? Government's role in assuring public health and safety indirectly through information is well established. In deciding when the data are sufficient to inform the public, public health scientists must, at some point, make the leap of faith, even though some doubts may remain.

### **Summary of dietary recommendations for healthy Americans.**

Frances J. Cronin and Anne M. Shaw. *Nutrition Today*, 23(6): 26-34. 1988.

**NAL Call Number:** RA784.N8

**Abstract:** A number of Federal, professional and health organizations have published dietary recommendations for healthy Americans that consider the relationship of diet to health and the reduction of risk of chronic disease. Recommendations for nutrient adequacy, body weight, dietary intakes of fat (including saturated and polyunsaturated fatty acids), cholesterol, carbohydrate (including complex carbohydrate or starch, dietary fiber and refined sugars), sodium and alcohol made by ten organizations are summarized. Additional dietary recommendations by these and other groups, including those for population subgroups such as infants, children and women, are also presented. Finally, examples of translations of recommendations into food guidance for healthy Americans are cited.



## V. Reviews and Commentaries on the Dietary Guidelines for Americans, 3<sup>rd</sup> edition, 1990

**Dietary Guidelines for Americans, 1990 revision.** Betty B. Peterkin, in Proceedings of the Annual Agricultural Outlook Conference, November 27-29, 1990. U.S. Department of Agriculture, Washington, D.C.: The Department. (67th): 35-45. 1991.

**NAL Call Number:** 1.90-C2OU8

**Description:** Provides the text to a speech at 1991 Annual Agricultural Outlook Conference. The author discusses the development of the 1990 revision and changes made to the 1985 edition.

**Dietary guidelines revised.** *Nutrition Forum*, 8(1): 5-6. 1991.

**NAL Call Number:** TX341.N877

**Description:** Summarizes the third (1990) edition of the Dietary Guidelines for Americans.

**Dietary Guidelines for Americans, 1990 edition.** Betty B. Peterkin. *Journal of the American Dietetic Association*, 90(12):1725-1727. 1990.

**NAL Call Number:** 389.8-Am34

**Description:** Reviews the evolution of the Dietary Guidelines and summarizes the most recent edition.

**Improving America's diet and health: from recommendations to action.**

Paul R. Thomas, editor.

Institute of Medicine (U.S.). Committee on Dietary Guidelines Implementation. Washington, D.C.: National Academy Press, 1991. xvi, 239 p.

**NAL Call Number:** TX341.J6

**Description:** This book, designed for a wide range of readers, explores how Americans can be persuaded to adopt healthier eating habits. It investigates current eating patterns in the U.S., consumers' beliefs and attitudes about food and nutrition, the theory and practice of promoting healthy behaviors, and the need for further research. The author proposes three principal strategies necessary to the further implementation of dietary recommendations in the U.S.

**The nutrition-health connection: USDA dietary guidance policies.** Marion Nestle. *Agricultural Outlook*. Washington, D.C.: U.S. Dept. of Agriculture, 1992-1994. (70th): 71-77. 1994.

**NAL Call Number:** 1.90-C2OU8

**Description:** Presented at the 1994 Agricultural Outlook Conference, the speaker states that the scientific advice for the Dietary Guidelines is widely agreed upon and is no longer an issue of contention. She states that the real issue is how to put the advice into practice, despite the possible political



repercussions. She provides goals for the Department of Agriculture in food assistance, food and nutrition monitoring, agricultural support, food and nutrition research, and nutrition education. The author provides particular emphasis on nutrition education and encourages the USDA to coordinate between the 7 separate Departmental agencies to maximize the effectiveness of nutrition education.

**What's new about the 1990 Dietary Guidelines for Americans.**

Betty B. Peterkin. *Journal of Nutrition Education*, 23(4): 183-186. 1991.

**NAL Call Number:** TX341.J6

**Abstract:** The 1990 Dietary Guidelines bulletin reflects recommendations of a Dietary Guidelines Advisory Committee of nine nationally recognized nutrition scientists and physicians. The Committee's report to the two Departments includes its recommendations, a discussion of the changes it proposed to the 1985 edition, summaries of the research on the uses of the guidelines, and information on public comments received. Departmental reviewers of the Committee's recommendations concluded that the basic messages of the seven guidelines, as presented on the cover of the 1985 bulletin, remain sound and of priority importance to Americans in choosing food for a healthful diet. However, some changes to the wording of the guidelines were made.

## **VI. Reviews and Commentaries on the Dietary Guidelines for Americans, 4<sup>th</sup> edition, 1995**

**The 1995 Dietary Guidelines for Americans.** Karil Bialostosky and Sachiko T. St. Jeor. *Nutrition Today*, 31(1): 6-11. 1996.

**NAL Call Number:** RA784.N8

**Description:** This paper is based on a presentation made at the Society for Nutrition Education's 1995 annual meeting. It describes the development of the Dietary Guidelines and their medical and scientific basis as well as their uses in Federal food, nutrition, and health programs.

**The 1995 Dietary Guidelines for Americans: an overview.** Eileen Kennedy, et al. *Journal of the American Dietetic Association*, 96(3): 234-237. 1996.

**NAL Call Number:** 389.8-Am34

**Description:** Summarizes revisions incorporated into this version of the Dietary Guidelines for Americans and describes the intended use of the Guidelines.



**Alcohol guidelines for chronic disease prevention: from prohibition to moderation.** Marion Nestle. *Nutrition Today*, 32(2): 86-92. 1997.

**NAL Call Number:** RA784.N8

**Abstract:** Text changes in the alcohol recommendation of the 1995 Dietary Guidelines for Americans attracted considerable media attention. This article provides an overview of the science and politics of the controversial guideline addressing the health risks and benefits of alcoholic beverage consumption.

**Communicating Dietary Guidelines for Americans: room for improvement.**

Constance J. Geiger. *Journal of the American Dietetic Association*, 101(7): 793-797. 2001.

**NAL Call Number:** 389.8-Am34

**Abstract:** This qualitative study examines consumers' attitudes about key messages, alternative messages, and various formats of the 1995 US Dietary Guidelines for Americans. Five focus groups were conducted using a discussion guide based on previous research and the research concerns of the 1995 Dietary Guidelines Advisory Committee. The presentation orders of the guidelines, guideline alternatives, and formats were varied to prevent bias. Forty consumers (age range, 25 to 43 years) participated: three groups of women and two groups of men. Participants were not familiar with the Dietary Guidelines but had heard some messages. Consumers were confused by several guideline messages. First, the messages to "Maintain or improve your weight" and "Balance the food you eat with physical activity" did not make sense to them. Second, respondents were confused by the term "balance" in several different contexts. The participants most preferred a shortened format, followed by a 2-tiered or grouped format, with the 1995 list of Dietary Guidelines falling last. Most of the Dietary Guidelines could be better communicated to the public using shorter, clearer messages, especially for the weight and physical activity, and fat guidelines. Decreasing the number of guidelines or using a tiered/grouped format could make the Dietary Guidelines more useful to consumers.

**Consumers' understanding of the Dietary Guidelines for Americans: insights into the future.** Debra P. Keenan, et al. *Health Education and Behavior*, 29(1): 124-135. 2002.

**NAL Call Number:** RA440.A1H5

**Abstract:** The purpose of this study was to examine consumers' knowledge and understanding of the 1995 Dietary Guidelines for Americans and the sources from where consumers obtain their health information. A telephone survey was administered to 400 adults in the Twin Cities area in Minnesota. The number of guideline recommendations recalled per person was, on average, less than 2.5 of a total of 13 recommendations. Participants had difficulties interpreting the guidelines. Knowledge of the dietary fat guideline was especially poor. Only 17% of survey participants correctly stated the amount of total fat they should have in



their diet. The total number of media sources used to obtain health information was the variable that best explained the variance in knowledge of the Dietary Guidelines recommendations. To effectively change dietary behavior, health educators must work effectively with the media to develop behavior-focused nutrition messages that are meaningful and clear to consumers.

**“Deconstructing” Dietary Advice.** Marion Nestle, in *Food Politics*. Berkeley, CA: University of California Press, 2002. 67-72.

**NAL Call Number:** TX360.U6N48 2002

**Description:** Discusses issues raised by critics of the Food Guide Pyramid as well as the influence of interest groups on how the messages in the Dietary Guidelines are conveyed to the public.

**Dietary guidance and nutrition promotion: USDA's renewed vision of nutrition education.** Sharyn Sutton, et al. *Family Economics and Nutrition Review*, 9(2): 14-21. 1996.

**NAL Call Number:** aTX326.A1U5

**Description:** This paper addresses the relationship between the expert consensus on nutrition, diet, and health and the consumer. It distinguishes between dietary guidance and nutrition promotion: nutrition promotion uses the Consumer-Based Health Communications process to translate the science-based dietary guidance into consumer-oriented messages that facilitate behavior change. The implications for USDA's dietary guidance and nutrition education efforts are discussed.

**Dietary Guidelines and complex carbohydrates.** Barbara O. Schneeman. *Advances in experimental medicine and biology*, 427: 51-53. 1997.

**NAL Call Number:** QP901.A33

**Description:** The author discusses the carbohydrate-related Dietary Guidelines and raises the question of whether the information on food labels related to carbohydrates is adequate for helping consumers make choices consistent with the guidelines.

**Dietary Guidelines focus group report.** Center for Nutrition Policy and Promotion, Prospect Associates. 1995.

**NAL Call Number:** TX360.U6D54—1995

**Description:** Presents the key findings from research conducted among 12 focus groups to test reactions among consumers to the revised Dietary Guidelines; a description of the study methodology; a detailed explication of the findings from the groups, illustrated with verbatim quotations; and conclusions and recommendations from the research.



**Dietary Guidelines for Americans: an historical perspective.** C. Wayne Callaway. *Journal of the American College of Nutrition*, 16(6): 510-516. 1997.

**NAL Call Number:** RC620.A1J6

**Abstract:** Since 1980, Dietary Guidelines for Americans have been published jointly, every 5 years, by the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (DHHS). They benefit from the recommendations of a formally appointed Dietary Guidelines Advisory Committee. The Guidelines are an example of public health recommendations that are based upon published original research and analysis of that data by expert panels. The Guidelines are intended for healthy adults, so they might reduce their risks for certain diet-related chronic conditions. They are suggestions; they do not serve-and should not be used-as regulations. Greater individualization of dietary recommendations, for both major subgroups of the population and for individual patients, can improve our effectiveness in preventing and treating specific diet-related chronic conditions. To accomplish this objective, we need to move beyond the use of "indicators" (e.g., body mass index or blood cholesterol levels) as if they were "diagnostic," and focus on dietary and pharmacologic interventions (or, in some cases, no intervention) based on more specific diagnostic criteria (e.g., lipid patterns, fat distribution patterns, evidence of insulin resistance, and family history). Better targeting of dietary recommendations should improve their effectiveness, while reducing costs.

**The Dietary Guidelines for Americans – past, present, future.** Carole A. Davis and Etta A. Saltos. *Family Economics and Nutrition Review*, 9(2): 4-13. 1996.

**NAL Call Number:** aTX326.A1U5

**Description:** The authors review the history of nutrition guidance provided by the United States Federal government.

**Dietary Guidelines for the year 2000: epidemiology in action.**

Marion Nestle. *Nutrition*, 15(6): 510-511. 1999.

**NAL Call Number:** TX341 N8

**Description:** The author points out that, despite continuing debate over the role of specific nutrients in health and disease, the epidemiologic basis of the food patterns recommended in the Dietary Guidelines are firmly established.



### **National nutrition objectives and the Dietary Guidelines for Americans.**

Nancy T. Crane, V.S. Hubbard, C.J. Lewis. *Nutrition Today*, 33 (2): 49-58. 1998.

**NAL Call Number:** RA784.N8

**Description:** Reviews progress made on the nutrition objectives outlined in the Healthy People 2000 national initiative which relate to the Dietary Guidelines for Americans.

### **Public policy and healthy eating.** J. Michael McGinnis and Linda D. Meyers.

*Food Policy*, 24 (2/3): 335-347. 1999.

**NAL Call Number:** HD9000.1.F66

**Abstract:** This paper highlights a range of health policy applications, or levers, that stem from use of the Dietary Guidelines for Americans as a policy document and require strengthening in order to improve health prospects of the American people. The discussion draws on broad public policy interventions, many of which emerged during the conference.

## **VII. Reviews and Commentaries on the Dietary Guidelines for Americans, 5<sup>th</sup> edition, 2000**

### **The 2000 Dietary Guidelines for Americans: what are the changes and why were they made.** Rachel K. Johnson and Eileen Kennedy.

*Journal of the American Dietetic Association*, 100 (7): 769-774. 2000.

**NAL Call Number:** 389.8-Am34

**Description:** Discusses the changes and the rationale for the revisions in the 2000 Dietary Guidelines.

### **Aim for a healthy weight: what is the target?** Katherine M. Flegal, et al.

*Journal of Nutrition*, 131(2): 440S-450S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** The first guideline statement of the Year 2000 edition of Nutrition and Your Health: Dietary Guidelines for Americans is "Aim for a healthy weight." The purpose of this paper is to describe the evolution of the weight guideline and discuss some issues related to it. The current and previous editions of the Dietary Guidelines and the corresponding advisory committee reports were reviewed. The weight guideline has evolved over the years into one that is complex and touches on a wide range of issues. The 2000 edition emphasizes weight loss more than previous editions. Unlike the other guidelines in the Dietary Guidelines, the weight guideline has a health outcome, a "healthy" weight, rather than a behavioral outcome as its goal. Also unlike the other guidelines, the weight guideline has become more medically oriented over time. The concept of healthy weight in the guidelines includes aspects of body composition, fat distribution and weight-related health conditions. It may be



difficult for the public and even for health care providers to interpret some of the concepts included in the weight guideline. Issues related to the appropriate management of weight can be complex and may require a health care provider as a resource for interpretation. Rather than try to incorporate further clinical decision-making and weight loss guidance within the weight guideline, it may be more appropriate to refer the reader to a health care provider for guidance, as was done in previous editions.

**Be physically active each day. How can we know?** Richard P. Troiano, et al. *Journal of Nutrition*, 131(2): 451S-460S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** For the first time in its five versions, Nutrition and Your Health: Dietary Guidelines for Americans contains an apparently nondietary guideline recommending physical activity. Although new as a separate guideline, physical activity has been included in the weight guideline of previous versions. The current version recognizes the importance of physical activity to health beyond its effect on weight maintenance. The purpose of this paper is to examine what data are available or required to evaluate the level of physical activity in the population, particularly in light of current recommendations. The physical activity sections of several national surveys that assess individual behavior or activity-related policies are described. Surveillance of physical activity as a risk factor for chronic disease is critical because physical inactivity is highly prevalent, strongly associated with increased morbidity and mortality, costly and preventable. Determinants of physical activity behavior are also considered. These determinants are potentially important factors for surveillance and are critical components for planning successful interventions.

**Choose a diet that is low in saturated fat and cholesterol and moderate in total fat: subtle changes to a familiar message.** Lori Beth Dixon and Nancy D. Ernst. *Journal of Nutrition*, 131(2): 510S-526S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** "Choose a diet that is low in saturated fat and cholesterol and moderate in total fat," issued in Nutrition and Your Health: Dietary Guidelines for Americans in the year 2000, has an interesting and lengthy history. The first guideline, for which there was extensive scientific data to show that dietary excess increased chronic disease risk, prompted much scientific discussion and debate when implemented as dietary guidance. Three major changes in the guideline are noted since it was issued in 1980, i.e., numerical goals for dietary fats; the applicability of recommended fat intakes for all individuals greater than or equal to 2 y old; and rewording to emphasize reducing saturated fat and cholesterol intakes. The shift in emphasis includes the terminology moderate fat, which replaces the phrasing low fat. National data about the food supply, the population's dietary intake, knowledge, attitudes and behaviors, and nutritional



status indicators (e.g., serum cholesterol levels) related to dietary fats help to monitor nutrition and health in the population. Experts consider that national data, although not without limitations, are sufficient to conclude that U.S. intakes of fats, as a proportion of energy, have decreased. The lower intakes of saturated fat and cholesterol are consistent with decreases in blood cholesterol levels and lower rates of coronary mortality over the past 30 years. Strategies are needed and some are suggested, to further encourage the population to achieve a dietary pattern that is low in saturated fat and cholesterol and moderate in total fat. Other suggestions are offered to improve national nutrition monitoring and surveillance related to the guideline.

**Choose a variety of fruits and vegetables daily: understanding the complexities.** Susan M. Krebs-Smith and Linda Scott Kantor. *Journal of Nutrition*, 131(2): 487S-501S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** The 2000 edition of Nutrition and Your Health: Dietary Guidelines for Americans is the first to include a recommendation aimed specifically at fruits and vegetables, apart from grains. This paper discusses these changes in the Dietary Guidelines, summarizes the methods of assessment pertaining to fruit and vegetable intakes and their related factors, and reviews the data available on current levels and trends over time. Recent methodological advances in the measurement of both the aggregate U.S. food supply and foods consumed by individuals have allowed for better estimates with which recommendations can be compared. The data on individual intakes suggest the following: Americans are consuming fruits and vegetables at a level near the minimum recommendations; to be in concordance with energy-based recommendations, they would have to consume approximately two more servings per day; and dark green and deep yellow vegetables are accounting for a disproportionately small share of the total. Fruit and vegetable consumption appears to be rising, but only slightly, and this increase might be only an artifact of shifts in the population demographics. A number of studies suggest that low income households in poor central cities and sparsely populated rural areas often have less access to food stores and face higher prices for food, including fruits and vegetables, compared with other households. At the aggregate level, supplying enough fruits and vegetables to meet dietary recommendations for all U.S. consumers would require adjustments in U.S. agricultural production, trade, marketing practices and prices of these commodities.

**Choose a variety of grains daily, especially whole grains: a challenge for consumers.** Linda S. Kantor, et al. *Journal of Nutrition*, 131(2): 473S-486S. 2001.

**NAL Call Number:** 389.8 J82



**Abstract:** The 2000 edition of Nutrition and Your Health: Dietary Guidelines for Americans is the first to include a specific guideline for grain foods, separate from fruits and vegetables, and recognize the unique health benefits of whole grains. This paper describes and evaluates major tools for assessing intakes of total grains and whole grains, reviews current data on who consumes grain foods and where, and describes individual- and market-level factors that may influence grain consumption. Aggregate food supply data show that U.S. consumers have increased their intake of grain foods from record low levels in the 1970s, but consumption of whole-grain foods remains low. Data on individual intakes show that consumption of total grains was above the recommended 6 serving minimum in 1994-1996, but consumption of whole grains was only one third of the 3 daily servings many nutritionists recommend. Increased intake of whole-grain foods may be limited by a lack of consumer awareness of the health benefits of whole grains, difficulty in identifying whole-grain foods in the marketplace, higher prices for some whole-grain foods, consumer perceptions of inferior taste and palatability, and lack of familiarity with preparation methods. In July 1999, the U.S. Food and Drug Administration authorized a health claim that should both make it easier for consumers to identify and select whole-grain foods and have a positive effect on the availability of these foods in the marketplace.

**Choose and prepare foods with less salt: dietary advice for all Americans.**

Catherine M. Loria, et al. *Journal of Nutrition*, 131(2): 536S-551S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** The Nutrition and Your Health: Dietary Guidelines for Americans have included dietary guidance on salt and sodium since they were first released in 1980. This paper briefly reviews the impetus for including sodium guidelines, changes in them over time and factors influencing these changes. Although guidance appears to have changed little over the five editions, differences in wording reflect changes in knowledge of the link between sodium and blood pressure, a shift in public health policy toward prevention and increased consumption of processed and prepared foods. We examine methods to monitor sodium intake and assess whether Americans are following these guidelines. Available data indicate that American adolescents and adults are consuming more sodium than recommended and are unable to judge whether the amount of sodium in their diet is appropriate. Although Americans avoid adding salt to food at the table, their efforts may have little effect given that the majority of salt consumed is added during commercial processing and preparation. Thus, changes to the Dietary Guidelines that emphasize the major sources of sodium in U.S. diets and advice to "choose and prepare foods with less salt" may help all Americans meet recommended sodium intake levels in the future.



**Choose beverages and foods to moderate your intake of sugars: the 2000 Dietary Guidelines for Americans- what's all the fuss about?** Rachel K.

Johnson and Carol Frary. *Journal of Nutrition*, 131(10): 2766S-2771S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** As part of the 2000 Dietary Guidelines for Americans, the public is advised to choose beverages and foods to moderate their intake of sugars. The term sugars is conventionally used to describe the mono- and disaccharides. However, the Dietary Guidelines for Americans distinguish between added sugars and other sources of carbohydrates. The concept of added sugars provides consumers with useful information, especially if they are trying to limit excessive use of caloric sweeteners. Added sugars are defined as sugars that are eaten separately at the table or used as ingredients in processed or prepared foods. Consumption of added sugars has increased steadily as documented by both food supply data and nationwide food consumption survey data. The largest source of added sugars in the U.S. diet is nondiet soft drinks, accounting for one third of total intake. Diets high in sugars have been associated with various health problems, including dental caries, dyslipidemias, obesity, bone loss and fractures, and poor diet quality. Research gaps are identified.

**Choose beverages and foods to moderate your intake of sugars:**

**measurement requires quantification.** Susan M. Krebs-Smith. *Journal of Nutrition*, 131(2): 527S-535S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** The Dietary Guidelines for Americans, which form the basis of federal nutrition policy, have changed in subtle, but important ways with regard to sugars since they were first introduced in 1980; one might say they have become "sweeter" over time. Nonetheless, they have continued to maintain that there is a concern with overconsumption of sugars in the diets of Americans. Although the Dietary Guidelines themselves have never quantified how much constitutes overconsumption vs. moderation, the Food Guide Pyramid provides some guidance on that subject. The Pyramid's recommendations for added sugars, which vary by total energy level, are posed as a benchmark for gauging the appropriateness of the population's intakes. Data from the Food Supply series and from the Continuing Surveys of Food Intakes by Individuals are used to assess recent intakes. The population is consuming added sugars at levels far in excess of recommendations; this is generally true for all population subgroups examined, but especially for adolescents. Soft drinks are the major source of added sugars in the diet. Suggestions are given to facilitate correction of these dietary imbalances.



**“Deconstructing” Dietary Advice.** Marion Nestle, in Food Politics. Berkeley, CA: University of California Press, 2002. 72-92.

**NAL Call Number:** TX360.U6N48 2002

**Description:** This book chapter discusses the efforts of various interest groups to influence the development and promotion of the messages included in the Dietary Guidelines and the Food Guide Pyramid.

**Dietary Guidelines 2000 – the opportunity and challenges for reaching the consumer.** Eileen Kennedy and Carole A. Davis. *Journal of the American Dietetic Association*, 100(12): 1462-1465. 2000.

**NAL Call Number:** 389.8-Am34

**Description:** Reviews findings from research conducted into consumers' understanding of concepts covered in the Dietary Guidelines and discusses the implications for nutrition educators.

**Dietary Guidelines, Food Guidance, and Dietary Quality.** Eileen Kennedy, in Handbook of Nutrition and Food. Carolyn D. Berdanier, editor. Washington, DC: CRC Press, 2002. 339-352.

**NAL Call Number:** QP141.H345 2002

**Description:** Reviews the development of U.S. dietary guidance through the 2000 Dietary Guidelines for Americans. Includes a discussion of the unique features of each edition, a comparison the U.S. Dietary Guidelines to those of other countries, and a comparison with disease-specific guidelines of professional associations, including the American Heart Association and American Cancer Society. The author suggests developing and promoting food-based Dietary Guidelines for children ages 2 and younger as a future direction.

**The Dietary Guidelines for Americans: a basis for US nutrition policy.**

Barbara Schneeman. *Journal of the American Dietetic Association*, 101(7): 742-743. 2001.

**NAL Call Number:** 389.8-Am34

**Description:** Through examples of the process of guideline development in other countries, this article illustrates the role of the Dietary Guidelines for Americans in national nutrition policy.

**The fifth edition of the Dietary Guidelines for Americans: lessons learned along the way.** Debra P. Keenan and Rayne Abusabha. *Journal of the American Dietetic Association*, 101(6): 631-634. 2001.

**NAL Call Number:** 389.8-Am34

**Description:** Examines the complexities of the 2000 edition of the Guidelines and identifies the elements that may continue to present challenges to nutrition practitioners.



**If you drink alcoholic beverages do so in moderation: what does this mean?**

Mary C. Dufour. *Journal of Nutrition*, 131(2): 552S-561S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** The changes in content of the alcohol guideline of the various editions of the Dietary Guidelines for Americans from 1980 to 2000 are discussed. This is followed by a capsule summary of the history and evolution of the discipline of alcohol epidemiology compared with that of nutrition epidemiology. Methods of assessment are discussed, and issues surrounding the validity and reliability of self-report of alcohol consumption are then outlined. Relevant objectives from Healthy People 2010 are discussed. Surveillance of the alcohol guideline discloses that, at present, very few American drinkers follow the recommendations of the alcohol guideline. Indications for future research needs to address this issue conclude the discussion.

**Keep food safe to eat: healthful food must be safe as well as nutritious.**

Catherine E. Wotecki, et al. *Journal of Nutrition*, 131(2): 502S-509S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** The inclusion of food safety in the 2000 edition of the Dietary Guidelines for Americans is an important step toward ensuring their continued relevance for health promotion and disease prevention. The inclusion of food safety is consistent with the original intent of the Guidelines and the increased focus on food safety today; it also better reflects current knowledge about diet and long-term health. A wide spectrum of surveillance methods can be used to monitor progress in reducing the incidence of foodborne illness, from surveys of food safety attitudes to epidemiologic data on foodborne illness. Surveillance data show that progress is being made, but that much work remains to be done. Strategies for reducing foodborne illness require a farm-to-table approach and the involvement of all those who have a responsibility for food safety, i.e., government, industry and the public. Federal agencies and others are finding it useful to use a risk analysis framework, i.e., risk assessment, risk management and risk communication, as a means of organizing available information, identifying data gaps, quantifying risks for specific pathogens and foods, and presenting strategies for improvement. Food safety education is a critical part of the overall strategy to reduce the incidence of foodborne illness and complements regulatory, research and other activities.

**Let the pyramid guide your food choices: capturing the total diet concept.**

Lori Beth Dixon, et al. *Journal of Nutrition*, 131(2): 461S-472S. 2001.

**NAL Call Number:** 389.8 J82

**Abstract:** This paper discusses how the guideline "Eat a variety of foods" became "Let the Pyramid guide your food choices," presents background information on the food guidance system upon which the Food Guide Pyramid is



based and reviews methods that have been used to assess aspects of the total diet, i.e., the variety, moderation and proportionality, promoted by this guidance. The methods include measures of dietary variety, patterns based on Pyramid food group intakes and scoring methods comprised of multiple dietary components. Highlights of results from these methods include the following. Although approximately one third of the U.S. population eat at least some food from all Pyramid food groups, only approximately 1-3% eat the recommended number of servings from all food groups on a given day. Fruits are the most commonly omitted food group. Vegetables and meat are the groups most commonly met by adults, and dairy the most commonly met by youth. Intakes of specific types of vegetables (i.e., dark green, deep yellow) and of grains (i.e., whole grains) are well below that recommended; intakes of total fat and added sugars exceed current recommendations. Scoring methods show those diets of the majority of the population require improvement, and that diets improve with increases in education and income. This paper also discusses the limitations and strengths of these approaches, and concludes with suggestions to improve current food guidance and methods to assess the total diet.

**Nutrition guidelines and education of the public.** Johanna T. Dwyer. *Journal of Nutrition*, 131(11 Suppl): 3074S-3077S. 2001

**NAL Call Number:** 389.8 J82

**Abstract:** Guidelines on diet and nutrition serve two important purposes: to guide policy makers and to educate consumers, be they healthy or ill, about healthful ways to eat. Other lifestyle behaviors such as weight, physical activity and smoking status are sometimes also included. The soundness of the resulting guidelines depends on the strength of the evidence attesting to the presence of diet-health relationships. Precedent and the larger environment also have powerful influences. The degree to which guidelines are used will depend on how well they are crafted with respect to communication and how the recommendations are publicized. Holistic approaches rather than single silver bullet approaches that are targeted to reduction in risks of dietary deficiencies, food-borne illnesses and multiple chronic degenerative diseases are probably the most useful for the nutrition education of the public. The Dietary Guidelines for Americans are one example. Such dietary and nutritional recommendations based on sound science, reviewed periodically and communicated effectively have a positive and helpful role in cancer prevention and risk reduction.



## VIII. Reviews and Commentaries on the Dietary Guidelines for Americans, 6<sup>th</sup> edition, 2005

### **2005 Dietary Guidelines for physical activity: focus on weight off target.**

G.A Gaesser. *Health at Every Size*, 19(3): 185 – 192. 2005.

**NAL Call Number:** RC628 .O24

**Description:** In this commentary, the author discusses the three guidelines for physical activity that are part of the 2005 Dietary Guidelines. While strongly supporting the Guidelines' emphasis on physical activity, he outlines the rationale for his criticism of the two weight-centered guidelines.

### **The 2005 Dietary Guidelines Advisory Committee report: Achieving nutritional recommendations through food-based guidance.**

C. Weaver, T. Nicklas and P. Britten. *Nutrition Today*, 40(3): 102 – 107. 2005.

**NAL Call Number:** RA784.N8

**Abstract:** The 2005 Dietary Guidelines Advisory Committee evaluated the science base for the relationships of diet and physical activity and health using an evidence-based approach. The USDA Food Intake Patterns were used as a tool to model food group recommendations that meet 100% of the current Dietary Reference Intake standards for most nutrients. Americans need to make substantial changes in food choices to meet their nutrient needs without exceeding their energy needs. The new guidelines stress the importance of making calories count by choosing nutrient-dense foods combined with adequate physical activity.

### **The 2005 Dietary Guidelines: avoiding a fortification "mis-step" as we "step up" to whole grains.**

J.M Jones and F.A Coletta. *Nutrition Today*, 40(5): 216 – 223. 2005.

**NAL Call Number:** RA784.N8

**Abstract:** Recommendations for whole grains feature prominently in MyPyramid, Healthy People 2010, and the 2005 Dietary Guidelines for Americans (6th edition). In fact, Healthy People 2010 has the following recommendation: Increase the proportion of persons aged 2 years and older who consume at least 6 daily servings of grain products, with at least 3 being whole grains. The Dietary Guidelines materials recommend that Americans substitute servings of whole grain foods for processed grain foods because their unique nutrient package benefits overall health and lessens chronic degenerative disease risk. The substitution of whole grain for refined grains has multiple benefits, but there is one drawback-folate. Folate fortification of grain products is required by law only for refined flour products, not for whole grain products. Few whole grain products are voluntarily fortified with folic acid. Although whole grain products supply more naturally occurring folate, it is a small amount and is less bioavailable than folic acid. New survey findings reviewed in this article suggest that Americans do



receive and are acting on the whole grain message. In particular, they are consuming more whole grain bread. While eating more whole grain bread and grain products is likely to confer health benefits, could it also have unintended health consequences, namely, a reversal of recent gains in folate status?

**Dietary Guidelines 2005 – Contributions of Registered Dietitians to the evolution and dissemination of the guidelines.** P.M. Kris-Etherton and J.A. Weber. *Journal of the American Dietetic Association*, 105(9): 1362–1364. 2005.

**NAL Call Number:** 389.8Am34

**Description:** Discusses how dietitians contributed to the development of the 2005 Dietary Guidelines for Americans and describes the key role dietitians can play in their implementation.

**Dietary Guidelines and Food Guide Pyramid incapacitate consumers and contribute to distorted eating attitudes and behaviors.** E. Satter. *Health at Every Size*, 19(3): 161–170. 2005.

**NAL Call Number:** RC628 .O24

**Description:** The author gives her opinion that the 2005 Dietary Guidelines convey unrealistic standards that may not be attainable for much of the population. The author proposes consumers should be taught eating competence instead of food restriction.

**Federal Communication about Obesity in the Dietary Guidelines and Checkoff Programs.** Parke E. Wilde. *Obesity Research. The North American Association for the Study of Obesity*, 14(6): 967–973. 2006.

**NAL Call Number:** RC628 .O294

**Abstract:** The new Dietary Guidelines for Americans focus on obesity prevention. They recommend increased consumption of whole grains, fruits, vegetables, fish, and low-fat dairy products, within a balanced diet whose total calories have been moderately reduced. Meanwhile, other well-known and well-funded federally sponsored consumer communications promote increased total consumption of beef, pork, and dairy products, including energy dense foods such as bacon cheeseburgers, barbecue pork ribs, pizza, and butter. These latter communications are sponsored by the federal government's commodity promotion programs, known as "checkoff" programs. The programs are established by Congress, approved by a majority of the commodity's producers, managed jointly by a producer board and the U.S. Department of Agriculture, and funded through a tax on the producers. The federal government enforces the collection of more than \$600 million annually in mandatory assessments, approves the advertising and marketing programs, and defends checkoff communication in court as the federal government's own message--in legal jargon, as its own "government speech." Federal support for promoting fruits and vegetables is small by comparison. The checkoff programs recently have become more clearly identified as federal programs. After a recent decision by



the U.S. Supreme Court upholding the constitutionality of the checkoff programs, calls for consistency with the Dietary Guidelines may increase. The current inconsistencies in federal communication undermine the effectiveness of the Dietary Guidelines as an antidote to the shortcomings of the private sector market for information about weight and obesity.

### **Healthy Eating Index 2005**

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture.

**Web site:**

<http://www.cnpp.usda.gov/Publications/HEI/healthyeatingindex2005factsheet.pdf>  
(PDF)

**Description:** The Healthy Eating Index (HEI) is a measure of diet quality that assesses conformance to Federal dietary guidance. The original HEI was created by the U.S. Department of Agriculture (USDA) in 1995. Release of new Dietary Guidelines for Americans in 2005 motivated a revision of the HEI. The food group standards are based on the recommendations found in MyPyramid.

**Local wellness policies and the dietary guidelines: What does it mean to you?** J.D. Black. *Journal of the American Dietetic Association*, 105(6): 891–892. 2005

**NAL Call Number:** 389.8 Am34

**Description:** This article, written by the manager of the American Dietetic Association's National Nutrition Policy manager, discusses the challenges local school districts may face in incorporating the Dietary Guidelines into their local wellness policies. It urges dietetics professionals to become active in translating the Dietary Guidelines into specific guidelines on the local level.

**New Dietary Guidelines Will Help Americans Make Better Food Choices, Live Healthier Lives.** Department Health and Human Services, U.S. Department of Agriculture.

**Web site:** <http://www.hhs.gov/news/press/2005pres/20050112.html>

**Description:** In this news release, the Department of Health and Human Services (DHHS) describes key points of the 2005 Dietary Guidelines for Americans.

**Overview of the 2005 Dietary Guidelines.** Karin Kratina. *Health at Every Size*, 19(3): 171–175. 2005.

**NAL Call Number:** RC628 .O24

**Description:** The author discusses some of the differences between the 2000 and 2005 Dietary Guidelines and is critical of what she sees as “increasingly stringent behaviors” promoted in the new guidelines.



**Possible Implications for U.S. Agriculture From Adoption of Select Dietary Guidelines.** Jean C. Buzby et. al. (ERR-31) Economic Research Service, U.S. Department of Agriculture. Washington, DC: Government Printing Office, November 2006. No. 31. 35 pp.

**Full Text:** <http://www.ers.usda.gov/publications/err31/err31.pdf> (PDF)

**Abstract:** To help Americans meet nutritional requirements while staying within caloric recommendations, the 2005 Dietary Guidelines for Americans encourage consumption of fruits, vegetables, whole-grain products, and fat-free or low-fat milk or milk products. This report provides one view of the potential implications for U.S. agriculture if Americans changed their current consumption patterns to meet some of those guidelines. For Americans to meet the fruit, vegetable, and whole-grain recommendations, domestic crop acreage would need to increase by an estimated 7.4 million harvested acres, or 1.7 percent of total U.S. cropland in 2002. To meet the dairy guidelines, consumption of milk and milk products would have to increase by 66 percent; an increase of that magnitude would likely require an increase in the number of dairy cows as well as increased feed grains and, possibly, increased acreage devoted to dairy production.

**Revamped dietary guidelines hit (and miss) the mark: EN's analysis.** E. Zied. *Environmental Nutrition*, 28(2): 1–6. 2005.

**NAL Call Number:** TX341.E5

**Description:** Provides an overview and commentary about the dietary guidelines.

**Revised dietary guidelines promote healthy lifestyle.** C. Weaver and B. Schneeman. *Food technology*, 59(3): 28–30, 32–33. 2005.

**NAL Call Number:** 389.8 F7398

**Description:** Provides an overview of the 2005 Dietary Guidelines, how they differ from previous editions, and how they will affect government nutrition programs and the food industry.

**Weighing the Evidence to Formulate Dietary Guidelines.** Steven H. Woolf. *Journal of the American College of Nutrition. American College of Nutrition*, 25(003): 277S-284S. 2006.

**NAL Call Number:** RC620.A1J6

**Abstract:** Dietary guidelines have broad implications for the health of individuals and populations. Increasingly, government agencies and medical organizations that issue guidelines have pursued evidence-based approaches. These approaches emphasize a comprehensive, critical, and explicit examination of the scientific evidence that the proposed dietary practice will improve health. Evidence-based guidelines typically feature an explicit methodology, include as their foundation a systematic review of the evidence, and provide graded recommendations that are linked directly to the supporting evidence and state



explicitly when recommendations are based on opinion. Guideline development usually involves some combination of six steps: (1) specification of the topic and the guideline development methodology, (2) systematic review of the evidence, (3) consideration of expert opinion, (4) public policy analysis, (5) drafting of the document, and (6) peer review. The supporting evidence undergoes critical appraisal, including an assessment of the magnitude of the effect on outcomes observed in studies, the quality of the studies reporting the effect, or both. Dietary guidelines should also consider untoward effects, potential harms, and economic implications to society, the food industry, and others. A hallmark of evidence-based guidelines is making explicit the strength of recommendations and the quality of the evidence on which they are based. Grading systems are commonly used to rate the quality of the supporting evidence.

## **IX. Dietary Guidelines from Around the World**

### **Dietary Guidelines for Adults in Greece**

Supreme Scientific Health Council, Ministry of Health and Welfare

**Web site:** <http://www.mednet.gr/archives/1999-5/pdf/516.pdf> (PDF)

**Description:** Discusses food-based dietary guidelines for healthy adults in Greece and the scientific evidence for them.

### **Dietary Guidelines for All Australians**

National Health and Medical Research Council

**Web site:** <http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

**Description:** Dietary guidelines issued by the Australian government, based on the principles of good nutrition, ecological sustainability and equity.

**Dietary Guidelines and the Food Guide Pagoda.** The Chinese Nutrition Society. *Journal of the American Dietetic Association*, 100 (8): 886-887. 2001.

**NAL Call Number:** 389.8-Am34

**Dietary Guidelines in Three Regions of the World.** Johanna Dwyer, et al., in *Handbook of Nutrition and Food*. Carolyn D. Berdanier, editor. Washington, DC: CRC Press, 2002. 353 -371.

**NAL Call Number:** QP141.H345 2002

**Description:** Examines the strengths and weaknesses of dietary guidelines from three regions of the world and provides recommendations for future guidelines.



### **Eating Well with Canada's Food Guide**

Health Canada

**Web site:** [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

**Description:** Canadian government guidelines for a healthy diet.

### **Finnish Nutrition Recommendations**

National Nutrition Council

**Web site:** <http://wwwb.mmm.fi/ravitsemusneuvottelukunta/Nutrec98.pdf> (PDF)

**Description:** Nutrition recommendations issued by the Finnish government with the goal of defining appropriate nutrient intakes consistent with good health for various population groups.

### **Food Guidelines by Country**

Food and Agriculture Organization of the United Nations

**Web site:**

[http://www.fao.org/ag/agn/nutrition/education\\_guidelines\\_country\\_en.stm](http://www.fao.org/ag/agn/nutrition/education_guidelines_country_en.stm)

**Description:** Dietary guidelines and food guides collected by the Food and Agriculture Organization. Includes guides from countries in Africa, Asia and the Pacific, Latin America & the Caribbean, North America, the Near East and Europe. Some regional guides are also included.

### **Food Guide Pyramid, Malaysia**

Nutrition Society of Malaysia

**Web site:** <http://www.nutriweb.org.my/modules/foodpyramid/index.php>

**Description:** A guide to wise food choices including recommended servings from each food group.

### **The Healthy Diet Pyramid, Singapore**

Health Promotion Board, Singapore Government

**Web site:** [http://www.hpb.gov.sg/hpb/default.asp?pg\\_id=865&aid=316](http://www.hpb.gov.sg/hpb/default.asp?pg_id=865&aid=316)

**Description:** A pyramid graphic to guide healthy food choices. Includes a description of each food group and the recommended number of servings from each group.

**How the Chinese link dietary advice to their national plan of action for nutrition.** Keyou Ge and Kristen McNutt. *Journal of the American Dietetic Association*, 100 (8): 885-886. 2000.

**NAL Call Number:** 389.8-Am34



## **Preparation and Use of Food-based Dietary Guidelines**

The Food and Agriculture Organization (FAO) of the United Nations, Food and Nutrition Division

**Web Site:** <http://www.fao.org/DOCREP/x0243e/x0243e00.htm>

**Description:** This document serves as guidance in the development and implementation of dietary guidelines for improving the dietary practices of populations. It recommends a food-based, rather than a nutrient-based approach, to guide and improve consumption patterns and provides examples of how foods and food groups have been incorporated into the dietary guidelines of a number of countries.

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The original version of this resource list was compiled in 2003 by:

**Elizabeth Hill, RD**, Nutrition Information Specialist

Acknowledgment is given to the following reviewers:

**Johanna Dwyer, DSc, RD**, Professor of Medicine and Community Health, Schools of Nutrition and Medicine; Senior Scientist, Jean Mayer Human Nutrition Research Center on Aging, Tufts University; and Director, Frances Stern Nutrition Center, Tufts New England Medical Center, Boston

**Lora Wilder, ScD, RD**, Nutrition Information Specialist

This resource list was updated in 2008 by:

**Janell Walker, BS**, University of Maryland, College Park Dietetic Intern

**Lora Wilder, ScD, RD**, Nutrition Information Specialist,

With assistance by **Susan Stone**, Nutrition Information Assistant

Acknowledgment is given to the following reviewers:

**Cathy Alessi, RD**, Nutrition Information Specialist

**Shirley King Evans, MEd, RD**, Mission Support/Budget Analyst

This publication was developed in part through a Cooperative Agreement with the Department of Nutrition and Food Science in the College of Agriculture and Natural Resources at the University of Maryland.

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