



2015 Dietary Guidelines for Americans

The *Dietary Guidelines for Americans* encourage Americans to focus on eating a healthful diet—one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent disease. Recommendations from the *Dietary Guidelines* are intended for Americans ages 2 years and over, including those at increased risk of chronic disease, and provide the basis for federal food and nutrition policy and education initiatives.

The first edition of the *Dietary Guidelines for Americans* was released in 1980. As mandated in Section 301 of the National Nutrition Monitoring and Related Research Act of 1990 (7 U.S.C. 5341), the *Dietary Guidelines for Americans* is reviewed, updated, and published every 5 years in a joint effort between the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA).

Beginning with the 1985 edition, HHS and USDA have appointed a Dietary Guidelines Advisory Committee (DGAC) consisting of nationally recognized experts in the field of nutrition and health. The charge to the Committee is to review the scientific and medical knowledge current at the time. Based on their review of the literature, the Committee prepares a report for the Secretaries that provides recommendations for the next edition of the *Dietary Guidelines*.

HHS's Office of Disease Prevention and Health Promotion has the administrative leadership for the 2015 edition and is strongly supported by USDA's Center for Nutrition Policy and Promotion in Committee and process management, and evidence analysis functions. The Departments jointly review the Committee's recommendations and develop and publish the revised *Dietary Guidelines for Americans* policy document.

The tentative timeline for the development and publication of the *2015 Dietary Guidelines for Americans* is provided below. The site www.DietaryGuidelines.gov will serve as the web platform for all materials related to the 2015 revision process, including announcements, archived webcasts of the public meetings, and submitting/viewing public comments. Information will also be published in the *Federal Register*.

Fall 2012/Winter 2013

- HHS and USDA solicited nominations for the DGAC

Spring/Summer 2013

- DGAC were appointed
- Request for public comments initiated
- Work Groups established to identify topic areas
- DGAC held its first public meeting on June 13-14, 2013

Fall 2013/Winter 2014

- Subcommittees established to begin reviews of current scientific evidence
- DGAC held its second public meeting on January 13-14, 2014, which included public oral testimony
- DGAC held its third public meeting on March 14, 2014

Spring/Summer/Fall 2014

- DGAC reviews current scientific evidence
- DGAC held its fourth public meeting on July 17-18, 2014
- DGAC held its fifth public meeting on September 16-17, 2014
- The sixth DGAC meeting is tentatively scheduled for one or more days during November 5-7, 2014

Fall 2014/Winter 2015

- DGAC issues report to the Secretaries of HHS and USDA
- DGAC report published and made available to public for comment

Winter/Spring/Summer 2015

- HHS and USDA consider DGAC's scientific recommendations and public and agency comments
- Departments prepare the *Dietary Guidelines for Americans* policy document

Fall 2015

- HHS and USDA jointly publish and release the 8th edition of the *Dietary Guidelines for Americans*

