

Alcohol in the Dietary Guidelines (DG 1980-2010)

“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).

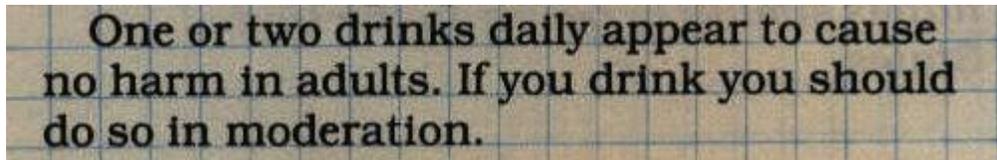
Beginning with the 1985 edition, HHS and USDA have appointed a Dietary Guidelines Advisory Committee (DGAC) consisting of nationally recognized experts in the field of nutrition and health. The charge to the Committee is to review the scientific and medical knowledge current at the time. The Committee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

Dietary Guidelines for Americans, 2015. Overview.

<http://www.health.gov/dietaryguidelines/2015.asp>

DG 1980

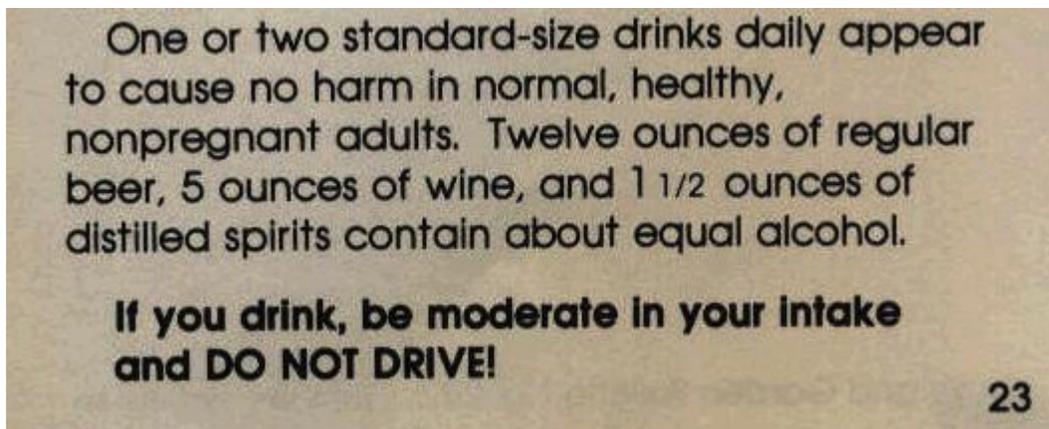
No mention of Standard Drink yet. One page on Alcohol (p.19)



One or two drinks daily appear to cause no harm in adults. If you drink you should do so in moderation.

DG 1985

First mention of “standard-size drink” on p. 23. , DO NOT DRIVE added.



One or two standard-size drinks daily appear to cause no harm in normal, healthy, nonpregnant adults. Twelve ounces of regular beer, 5 ounces of wine, and 1 1/2 ounces of distilled spirits contain about equal alcohol.

If you drink, be moderate in your intake and DO NOT DRIVE!

23

DG 1990

Text modified and more prominently presented on p. 26. 80 proof first added for spirits.

Advice for today: If you drink alcoholic beverages, do so in moderation; and don't drive.

WHAT'S MODERATE DRINKING?

Women: No more than 1 drink a day

Men: No more than 2 drinks a day

Count as a drink:

- 12 ounces of regular beer
- 5 ounces of wine
- 1 1/2 ounces of distilled spirits (80 proof)

DG 1995

Slight change in wording on p. 40, still highlighted. Also adds calorie counts. DO NOT DRIVE dropped.

BOX 16

WHAT IS MODERATION?

Moderation is defined as no more than one drink per day for women and no more than two drinks per day for men.

Count as a drink—

- 12 ounces of regular beer (150 calories)
- 5 ounces of wine (100 calories)
- 1.5 ounces of 80-proof distilled spirits (100 calories)

DG 2000 Still very prominent in a separate box on p. 36. Even more focus on calories.

Box 26

WHAT IS DRINKING IN MODERATION?

Moderation is defined as no more than one drink per day for women and no more than two drinks per day for men. This limit is based on differences between the sexes in both weight and metabolism.

Count as a drink—

- 12 ounces of regular beer (150 calories)
- 5 ounces of wine (100 calories)
- 1.5 ounces of 80-proof distilled spirits (100 calories)

NOTE: Even moderate drinking provides extra calories.

DG 2005 p. 44

No box, no highlight. Text below is the second paragraph of Discussion.

The majority of American adults consume alcohol. Those who do so should drink alcoholic beverages in moderation. Moderation is defined as the consumption of up to one drink per day for women and up to two drinks per day for men. Twelve fluid ounces of regular beer, 5 fluid ounces of wine, or 1.5 fluid ounces of 80-proof distilled spirits count as one drink for purposes of explaining moderation. This definition of moderation is not intended as an average over several days but rather as the amount consumed on any single day.

DG 2010

Alcohol content first defined. Box is back to highlight on p. 21.

HOW IS AN ALCOHOLIC DRINK DEFINED?

One drink is defined as 12 fluid ounces of regular beer (5% alcohol), 5 fluid ounces of wine (12% alcohol), or 1.5 fluid ounces of 80 proof (40% alcohol) distilled spirits. One drink contains 0.6 fluid ounces of alcohol.