

## Should sustainability be a consideration in the Dietary Guidelines for Americans?

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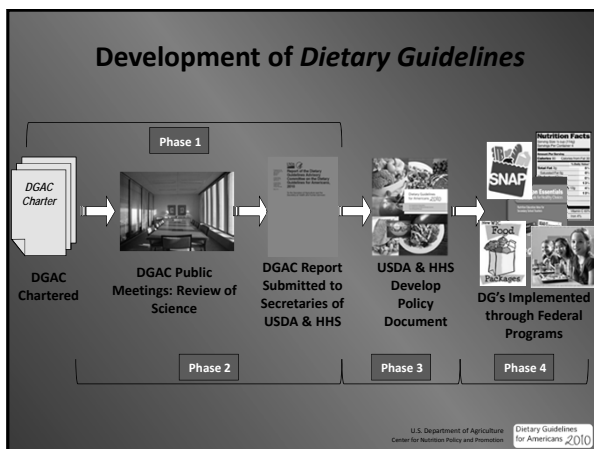
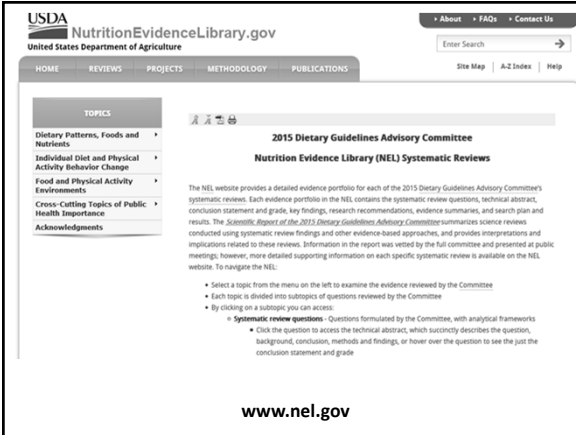
## Dietary Guidelines for Americans

Published jointly by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) every 5 years.

Provide evidence-based food and beverage recommendations for Americans ages 2 and older, with the goal of:

- Promoting health of the population
- Preventing chronic disease
- Helping people achieve and maintain a healthy weight

The Dietary Guidelines form the basis of federal nutrition policy and programs, and guide health promotion and disease prevention initiatives at the local, state and federal level.

USDA  
NutritionEvidenceLibrary.gov  
United States Department of Agriculture

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TOPICS

- Dietary Patterns, Foods and Nutrients
- Individual Diet and Physical Activity Behavior Change
- Food and Physical Activity Environments
- Cross-Cutting Topics of Public Health Importance
- Acknowledgments


**2015 Dietary Guidelines Advisory Committee Nutrition Evidence Library (NEL) Systematic Reviews**

The NEL website provides a detailed evidence portfolio for each of the 2015 Dietary Guidelines Advisory Committee's systematic reviews. Each evidence portfolio in the NEL contains the systematic review questions, technical abstract, conclusion statement and grade, key findings, research recommendations, evidence summaries, and search plan and results. The Scientific Report of the 2015 Dietary Guidelines Advisory Committee summarizes science reviews conducted using systematic review findings and other evidence-based approaches, and provides interpretations and implications related to these reviews. Information in the report was written by the full committee and presented at public meetings; however, more detailed supporting information on each specific systematic review is available on the NEL website. To navigate the NEL:

- Select a topic from the menu on the left to examine the evidence reviewed by the Committee
- Each topic is divided into subtopics of questions reviewed by the Committee
- By clicking on a subtopic you can access:
  - Systematic review questions - Questions formulated by the Committee, with analytical frameworks
  - Click the question to access the technical abstract, which succinctly describes the question, background, conclusion, methods and findings, or hover over the question to see the just the conclusion statement and grade

www.nel.gov


## Sustainability in the Dietary Guidelines Advisory Committee (DGAC) Report



2010: Sustainability was acknowledged as a topic of strong relevance, but was not specifically addressed.

2015: Chapter 5 specifically addressed Food Sustainability and Safety.

<http://www.health.gov/dietaryguidelines/2015-scientific-report/>



### Scientific Report of the 2015 Dietary Guidelines Advisory Committee


Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture

#### Chapter 5: Food Sustainability and Safety (p. 375 – 396)

"Addressing this complex challenge [*food sustainability*] is essential to ensure a healthy food supply will be available for future generations."

**Sustainable diets:** Sustainable diets are a pattern of eating that promotes health and well-being and provides food security for the present population while sustaining human and natural resources for future generations.

**Food security:** Food security exists when all people now, and in the future, have access to sufficient, safe, and nutritious food to maintain a healthy and active life.



**Scientific Report of the  
2015 Dietary Guidelines Advisory Committee**

Advisory Report to the Secretary of Health and Human Services  
and the Secretary of Agriculture

**LIST OF QUESTIONS**


**Sustainable Diets**

**Dietary Patterns**

1. What is the relationship between population-level dietary patterns and long-term food sustainability?

**Seafood**

2. What are the comparative nutrient profiles of current farm-raised versus wild caught seafood?
3. What are the comparative contaminant levels of current farm-raised versus wild caught seafood?
4. What is the worldwide capacity to produce farm-raised versus wild-caught seafood that is nutritious and safe for Americans?



**Scientific Report of the  
2015 Dietary Guidelines Advisory Committee**

Advisory Report to the Secretary of Health and Human Services  
and the Secretary of Agriculture


**Question 1: What is the relationship between population-level dietary patterns and long-term food sustainability?**

**Source of Evidence:** Modified NEL systematic review

**Conclusion**


Consistent evidence indicates that, in general, a dietary pattern that is higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in animal-based foods is more health promoting and is associated with lesser environmental impact (GHG emissions and energy, land, and water use) than is the current average U.S. diet. A diet that is more environmentally sustainable than the average U.S. diet can be achieved without excluding any food groups. The evidence consists primarily of Life Cycle Assessment (LCA) modeling studies or land-use studies from highly developed countries, including the United States.

**DGAC Grade: Moderate**




**Road to the 2015 DGAs**

December 16, 2014	Congress passes the 2015 Omnibus Appropriations with language directing the Secretary of Agriculture to: <ul style="list-style-type: none"> <li>• avoid extraneous information on production practices and environmental factors</li> <li>• base the 2015 DGAs on “sound nutrition science”</li> <li>• only include nutrition and dietary information</li> </ul>
February 20, 2015	2015 DGAC Report released with the sustainability recommendations
February 28, 2015	Secretary Vilsack is quoted as saying: The “folks who put those reports together ... have freedom. They are like my 3-year-old granddaughter. She does not have to color inside the lines.” His 5-year-old grandson, he said, “is learning about coloring within the lines. I am going to color inside the lines,” Vilsack said.



**Road to the 2015 DGAs**

March 16, 2015	North American Meat Institute starts the “Hands off my hot dog” Change.org petition to urge the Secretaries (USDA, HHS) not to restrict meat in the DGA.
March 24, 2015	My Plate, My Planet coalition takes out a full page ad in the New York Times in support of the DGAC report’s sustainability recommendations.




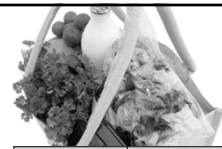
**June 17, 2015: House budget hearing adds rider on the 2016 Agricultural Appropriations Bill**

SEC. 232. None of the funds made available by this Act may be used to release or implement the final version of the eighth edition of the Dietary Guidelines for Americans, revised pursuant to section 301 of the National Nutrition Monitoring and Related Research Act of 1990 (U.S.C. 5341) unless the Secretary of Agriculture and the Secretary of Health and Human Services comply with each of the following requirements:

(1) Each revision to any nutritional or dietary information or guideline contained in the 2010 edition of the Dietary Guidelines for Americans and any new nutritional or dietary information or guideline to be included in the eighth edition of the Dietary Guidelines for Americans

(A) shall be based on scientific evidence that has been rated “**Grade I: Strong**” by the grading rubric developed by the Nutrition Evidence Library of the Department of Agriculture; and

(B) shall be limited in scope to only matters of diet and nutrient intake.

**Road to the 2015 DGAs**

May 8, 2015	More than 29,000 comments are submitted during the public comment period on the 2015 DGAC report.
June 22, 2015	US Council of Mayors adopted a resolution in support of the DGAC recommendations, including sustainability.
October 6, 2015	Secretaries Vilsack (USDA) and Burwell (HHS) publish a blog post stating that <b>sustainability recommendations will not be included in the 2015 Dietary Guidelines for Americans.</b> <a href="http://tinyurl.com/nrl2bz3">http://tinyurl.com/nrl2bz3</a>
October 7, 2015	Secretaries Vilsack (USDA) and Burwell (HHS) testify before the House Agriculture Committee.

Health Council of the Netherlands

## Guidelines for a Healthy Diet – An Ecological Perspective (2011)

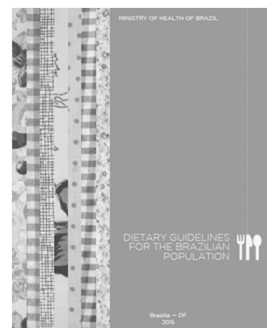
<http://tinyurl.com/ouo2wqv>

Two 'win-win' guidelines deliver both health benefits and ecological benefits in terms of land use and greenhouse gas emissions:

- More plant-based diets, containing fewer meat and dairy products and more whole grain products, legumes, vegetables, fruit, and plant-derived meat substitutes
- Reduction of energy intake for those with an excessive body weight, in particular by eating fewer non-basic foods, such as sugary drinks, sweets, cakes and snacks



## Dietary Guidelines for the Brazilian Population (2014)



Healthy diets derive from sustainable food systems

Healthy eating habits depend on food systems that protect and respect the natural environment that is the source of foods

- address dietary patterns as a whole, and so are different from nutrient-based guidelines
- designed to be sustainable personally, culturally, socially, economically, and environmentally

<http://tinyurl.com/ogrbwqy>

## Dietary Guidelines for the Brazilian Population Ten Steps to Healthy Diets

1. Make natural or minimally processed foods the basis of your diet.
2. Use oils, fats, salt and sugar in small amounts when seasoning and cooking natural or minimally processed foods and to create culinary preparations.
3. Limit consumption of processed foods.
4. Avoid consumption of ultra-processed foods.
5. Eat regularly and carefully in appropriate environments and, whenever possible, in company.
6. Shop in places that offer a variety of natural or minimally processed foods.
7. Develop, exercise and share cooking skills.
8. Plan your time to make food and eating important in your life.
9. Out of home, prefer places that serve freshly made meals.
10. Be wary of food advertising and marketing.

