



U.S. Department of Health and Human Services

U.S. Department of Agriculture

2015 Dietary Guidelines for Americans



Recommendations from the *Dietary Guidelines for Americans* 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 *Dietary Guidelines* 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.

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.

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 <http://www.DietaryGuidelines.gov> will serve as the web platform for all materials related to the 2015 revision process, including announcements, archived webinars 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 solicit nominations for the DGAC

Spring/Summer 2013

- DGAC are appointed
- DGAC holds first public meeting
- Request for public comments initiated

Summer 2013 – Fall 2014

- DGAC reviews current scientific evidence and holds subsequent public meetings
- One meeting will include opportunity for oral testimony from the public

Fall/Winter 2014

- 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*

May 2013