

What's the difference between the Dietary Guidelines Advisory Committee Report & the Dietary Guidelines for Americans?

COMMITTEE REPORT VS DIETARY GUIDELINES

WHAT IS IT?



An overview of the latest available science on a variety of nutrition topics



Recommendations on what the average American should eat and drink to promote health and prevent chronic disease

WHO WRITES IT?



The Dietary Guidelines Advisory Committee, a balanced group of nutrition science experts



U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)

WHO IS THE AUDIENCE?



U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)



Nutrition policymakers and health professionals

HOW IS IT USED?



Informs USDA and HHS as they develop the Dietary Guidelines for Americans



Used as the basis for federal nutrition policy; built on by medical professionals to meet specific needs; developed into nutrition resources for the general public; and much more