



Towards Better Dietary Guidelines: New Approaches Based on Recent Science

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Message from the Guest Editors

The U.S. Dietary Guidelines for Americans (DGA) is the country's top nutrition policy, launched in 1980 and updated every five years by the Departments of Agriculture and Health and Human Services. This broadly influential policy is considered a global gold standard. The DGA has been unable, however, to stem the still-rising epidemics of obesity, diabetes, and other metabolic diseases. Among the reasons for this problem is one identified by National Academies of Sciences, Engineering and Medicine, namely, the need to update the DGA scientific review methodology in order to assure reliable results. Two topics where a more comprehensive evaluation of the current science could result in updated results are saturated fats and salt. The DGA policy could also expand its focus from disease prevention to include treatment of these diseases. This could involve a consideration of diets lower in carbohydrates than those recommended in the current DGA.

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