**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.

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**Development of Dietary Guidelines**

- DGAC Charter
  - Phase 1
  - DGAC Charter
  - Phase 2
  - DGAC Meetings: Review of Science
  - Phase 3
  - DGAC Report Submitted to Secretaries of USDA & HHS
  - Phase 4
  - USDA & HHS Develop Policy Document
  - DGAC’s Implemented through Federal Programs

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**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.


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**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.

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**USDA**

NutritionEvidenceLibrary.gov
www.nel.gov

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Road to the 2015 DGAs

December 16, 2014
Congress passes the 2015 Omnibus Appropriations with language directing the Secretary of Agriculture to:
• avoid extraneous information on production practices and environmental factors
• base the 2015 DGAs on “sound nutrition science”
• only include nutrition and dietary information

February 20, 2015
2015 DGAC Report released with 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

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 2016 edition of the Dietary Guidelines will be included in the eighth edition of the Dietary Guidelines for Americans.
(A) shall be based on scientific evidence that has been rated “Grade D: 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

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.

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 sustainability recommendations will not be included in the 2015 Dietary Guidelines for Americans.

October 7, 2015
Secretaries Vilsack (USDA) and Burwell (HHS) testify before the House Agriculture Committee.
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.