



Dietary Guidelines for Americans, 2020-2025

USDA and HHS Just Released the *Dietary Guidelines for Americans, 2020-2025* Check Out the Guidelines and Related Resources

Read More

Updated jointly by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) every five years, the *Dietary Guidelines* provides science-based advice on what to eat and drink to promote health, help reduce risk of chronic disease, and meet nutrient needs.

The *Dietary Guidelines for Americans, 2020-2025* is the first set of guidelines that provide guidance for healthy dietary patterns by life stage, from birth through older adulthood, including pregnant and lactating women.

To develop the *Dietary Guidelines*, the Departments built upon the previous edition of the *Dietary Guidelines* with updates grounded in the scientific review of the 2020 Dietary Guidelines Advisory Committee, along with comments from the public and input from Federal agencies.

Check out the [***Dietary Guidelines for Americans, 2020-2025***](#) along with companion pieces:

- [**Executive Summary**](#) of the *Dietary Guidelines for Americans, 2020-2025*
- The [**Top 10 Things You Need to Know**](#) About the *Dietary Guidelines*
- [**Make Every Bite Count with the Dietary Guidelines**](#) video
- The *Dietary Guidelines* Consumer Brochure: [**Small Changes Matter. Start Simple with MyPlate Today**](#)
- *Dietary Guidelines infographic series* on topics like:
 - Making Every Bite Count with the *Dietary Guidelines*
 - The *Dietary Guidelines* Can Help You Eat Healthy to Be Healthy
 - Public Engagement Strengthens the Process
 - USDA-HHS Process to Develop the *Dietary Guidelines*
 - What's the Difference between the Dietary Guidelines Advisory Committee Report & the *Dietary Guidelines for Americans*

- Video of the *Dietary Guidelines for Americans, 2020-2025* **virtual event**
 - **Press release** announcing the *Dietary Guidelines for Americans, 2020-2025*
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