

Summary of the new U.S. *Dietary Guidelines 2025–2030*

What you eat matters more than how many calories you count.

The new guidelines prioritise protein, dairy and healthy fats at the top, followed by vegetables and fruits, with whole grains at the bottom and refined carbs drastically reduced.

Literally flipped upside down.



1. Overall Approach

- Eat “**real whole foods**” and overall dietary patterns rather than.
- Aim is to promote long-term health and help reduce the risk of chronic diseases (heart disease, diabetes, obesity).

2. Prioritize High-Quality Protein

- The guidelines raise protein targets to **1.2-1.6g/kg/day**
- Protein sources include a mix of **animal (eggs, poultry, seafood, meat)** and **plant proteins (beans, lentils, nuts, seeds, soy)**.

3. Dairy Recommendations

- **Full-fat dairy with no added sugars** is highlighted as a healthy option.
- Dairy is valued for its **protein, fats, vitamins, and minerals**.
- A typical pattern for a 2,000-calorie diet suggests around **3 servings per day**, adjusted individually.

4. Fruits & Vegetables

- Encourage eating a **variety of colorful vegetables and fruits throughout the day**.
- Targets such as **3 servings of vegetables and 2 servings of fruit** per day are provided (for a 2,000-calorie pattern).
- Emphasis on **whole, minimally processed produce**.

5. Grains & Carbohydrates

- Prioritize **whole grains** and **fiber-rich carbohydrate foods**.
- Strong recommendation to **significantly reduce highly processed/refined carbohydrates** like white bread, crackers, and snack foods.

6. Limit Added Sugars & Highly Processed Foods

- The guidelines take a **strict stance on added sugars and non-nutritive sweeteners** (no amount is considered part of a healthy diet).
- Suggest no more than **~10 g of added sugar per meal**.
- Strong recommendation to avoid **highly processed packaged foods** (e.g., chips, sweets, sugary drinks).



7. Alcohol Guidance

- Removes previous numeric drink limits (1 per day for women, 2 for men).
- Now advises people to “**consume less alcohol for better health.**”
- Certain groups (pregnant people, those with alcohol issues, or medication interactions) should avoid alcohol entirely.



8. Healthy Fats

- Encourage healthy fats from **whole foods** like seafood, nuts, seeds, olives, avocado, and full-fat dairy.
- Saturated fat should still be kept **under 10% of daily calories**, even as full-fat foods are included.



9. Sodium

- General adult recommendation remains **less than 2,300 mg per day**.
- Sodium limits vary by age for children.
- Less processed food helps naturally lower sodium intake.



10. Individual Needs

- Advice to **adjust calories and nutrient goals** based on age, sex, activity level, and health status.
- Special considerations are included for infants, children, and older adults.



Key Shifts from Previous Guidelines

- **Stronger emphasis on protein** and whole foods over low-fat/low-calorie focus.
- “**Highly processed foods**” now explicitly singled out as foods to avoid.
- **Added sugar guidance tightened** dramatically compared to past editions.
- **Alcohol advice is less specific** than before.