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ACADEMY OF NUTRITION AND DIETETICS SUPPORTS EVIDENCE-BASED 2015-2020 *DIETARY GUIDELINES FOR AMERICANS*

CHICAGO – The Academy of Nutrition and Dietetics commends the U.S. Department of Health and Human Services and the U.S. Department of Agriculture for creating 2015-2020 *Dietary Guidelines for Americans* that are based on a thorough review of the strongest available scientific evidence to improve how and what Americans eat.

“The 2015-2020 *Dietary Guidelines* provide crucial science-based information for health professionals to use in helping consumers make healthy choices for themselves and their families. They will provide a solid basis for federal nutrition policy, identify future research needs and equip health professionals and employers with the tools necessary to benefit the public,” said registered dietitian nutritionist and Academy President Dr. Evelyn F. Crayton.

“The *Dietary Guidelines for Americans* represent the U.S. government’s cornerstone for nutrition policy and education for the next five years. As such, they affect every Academy member, every registered dietitian nutritionist and every dietetic technician, registered,” Crayton said.

“On behalf of the entire Academy, I want to extend special thanks to the five Academy members who served on the Dietary Guidelines Advisory Committee, and the many Academy members working in HHS and USDA, whose expertise and hard work paved the way for the development of the *Dietary Guidelines*,” Crayton said.

“The Academy [supported the committee’s evidence-based systematic review of the scientific literature](#), which is vital to assessing the current and emerging state of the science in food and nutrition. We commend HHS and USDA for their commitment to the Nutrition Evidence Library and their ongoing efforts to strengthen the evidence-based approach for assessing the scientific literature for future dietary recommendations,” Crayton said.

The Academy supports the key recommendations of the [2015-2020 Dietary Guidelines](#), which recommend that everyone “consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.” The overall pattern of food eaten is the most important focus of healthy eating and has been related to a decrease in prevalence of chronic disease.

“The Academy and our members look forward to helping all Americans by translating the nutrition science and government recommendations into practical information for consumers and communities alike,” Crayton said.

NOTE TO EDITORS/PRODUCERS: Academy Spokespeople, as registered dietitian nutritionists, can help your audiences understand what the 2015-2020 Dietary Guidelines for Americans mean for them and how they can implement them in their everyday lives. To schedule an interview with an Academy Spokesperson, please contact (312) 899-4769 or media@eatright.org.

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The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at www.eatright.org.