

## DGA Day: Dietary Guidelines for Americans

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### [2015 Dietary Guidelines for Americans released.](#)

- Every five years, the **U.S. Department of Health and Human Services (HHS)** and the **U.S. Department of Agriculture (USDA)** release the Dietary Guidelines for Americans (DGA) — a set of recommendations based on up-to-date nutrition science that is intended to help the U.S. population make healthy food and beverage choices.
- On January 7, 2016, the government [released](#) the [2015-2020 DGA](#). Overall, the new DGA recommends a dietary pattern that includes a variety of fruits (especially whole fruits) and vegetables, grains (at least half of which should be whole grains), a variety of proteins, and oils. The DGA also recommends limiting the intake of saturated fats and *trans* fats, added sugars, and sodium. For the first time, the DGA recommends capping added sugar intake at 10% of one's daily caloric intake. Despite continued controversy and highly-publicized evidence of carcinogenicity, the DGA does not recommend a specific limit on the consumption of red meat or processed meat.
- Many expect the current guidelines to be controversial, as they contain recommendations that some view as outdated (such as the continued recommendation of low- and non-fat dairy products) and they omit recommendations that others believe are warranted (such as an express limit on red or processed meat or recommendations that take sustainability into account).

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