New Nutrition Guidelines Highlights Transcript

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Food Pyramid Shifts to Whole Foods

Energize and revitalize. I'm Dr. Amy with Amethyst Wellness. The visual is now in inverted pyramid with protein, dairy, healthy fats at the top, which is the base.

And they have grains at bottom. They're shifting focus from grains to whole real foods.

Backlash Over Grain Recommendations

At first I thought, well, that's what I recommend to people. So it's pretty cool. Then the backlash occurred. Remember, not long ago, we were being encouraged to have 11 servings of grains a day.

So now, of course, the beef and dairy industry is involved. And unfortunately, it just makes people not trust the recommendations.

Why Full-Fat Dairy Is Preferred

For the first time, We've actually been encouraged To consume full-fat dairy. When we do choose dairy, though, It should be full fat. Here's why. When you remove the fat from the dairy products, it has to be replaced with something else.

So the taste and texture is gonna change when that fat is taken out. The manufacturers are gonna have to add carbohydrates, lactose, sugars, starch-based thickeners, stabilizers, and emulsifiers.

Basically, a bunch of crap is going into the diary when the fact is removed.

Alcohol Risks and Warning Labels

There was a federal report released in January of 2025 that suggested even one daily drink could increase the risk of liver cirrhosis, esophageal cancer, and oral cancer.

And they even called for a cancer warning label on the alcoholic beverages. So my opinion, there's more and more evidence showing that alcohol can be harmful.

This hurts me to say because I like wine.