The New Dietary Guidelines—What You Should Know Transcript

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New Dietary Guidelines Overview

The 2025-2030 dietary guidelines emphasize whole foods, nutrient density, reducing added sugars, and avoiding ultra processed foods. They also recommend having protein at every meal and having healthy fats from sources like meat, dairy, nuts and seeds.

Inverted Food Pyramid and Whole Foods Shift

The visual is now an inverted pyramid with protein, diary, healthy fat at the top, which is the base, and they have grains at the bottom. And they're shifting focus from grains to whole, real foods.

At first I thought, well, that's what I recommend to people, so it's pretty cool.

Backlash and Political Reaction

Then the backlash occurred. We had headlines, we had accusations. we're so politically divided right now that it is no surprise that people are upset.