



Topics and Scientific Questions to be Examined by the Committee

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**Dietary
Guidelines
for Americans**

Topic and Question Identification

- Promote a deliberate and transparent process.
- Departments proposed topics and questions and posted them for public comment.
- Refined based on public and agency input.



Topic and Question Identification

- Posted for public comment February 28-March 30, 2018 – received over 12,000 public comments.
- Federal agencies provided input.

Criteria:

1. Relevance to creating the *Dietary Guidelines for Americans*,
2. Importance to public health,
3. Potential Federal impact on food and nutrition programs,
and
4. Avoiding duplication of Federal efforts.

Topic and Question Identification

Topic Areas

- Dietary and beverage patterns
- Added sugars
- Dietary fats
- Seafood
- Frequency of eating
- Focus on birth-24 months and pregnancy and lactation



Topics and Scientific Questions

• [List A](#) is organized by life stage similar in format to the version posted for public comment.

• [List B](#) is a streamline version to reflect how the Departments requests the Committee to proceed with the scientific review.

Topics and Scientific Questions Organized by Life Stage

Per the charter, the Committee will limit its review and advice to dietary guidance for human nutrition on the topics and scientific questions specified by the Departments. Throughout the Committee's review, evidence will be stratified and reviewed by age, sex, race, ethnicity, culture, location, and/or socioeconomic status, when possible, to identify and describe similarities and differences that may exist among individuals.

Current dietary intake and nutrients of public health concern

- For each stage of life, the following will be described/evaluated:
 - Current dietary patterns and beverage consumption
 - Current intakes of food groups and nutrients
 - Nutrients of public health concern
 - Prevalence of nutrition-related chronic health conditions
- How does dietary intake, particularly dietary patterns, track across life stages from the introduction of foods, into childhood, and through older adulthood?

Infants and toddlers from birth to 24 months (healthy full-term infants)

Topic	Question(s)
Recommended duration of exclusive human milk and/or infant formula feeding	What is the relationship between the duration of exclusive human milk and/or infant formula consumption and 1) growth, size, and body composition; 2) food allergies and atopic allergic diseases; 3) long-term health outcomes; 4) micronutrient status; and 5) developmental milestones, including neurocognitive development?
Frequency and	What is the relationship between the frequency and volume of human milk

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Work Under Way

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Topics and Questions to be Examined by the Committee

Still to Come Developing the Plan Implementing the Plan Draft Conclusion

Dietary Patterns	
Status	All ages
<input type="checkbox"/>	1. What is the relationship between dietary patterns consumed at each stage of life and growth, size, body composition, and risk of overweight and obesity?
<input type="checkbox"/>	2. What is the relationship between dietary patterns consumed at each stage of life and risk of cardiovascular disease?
<input type="checkbox"/>	3. What is the relationship between dietary patterns consumed at each stage of life and risk of type 2 diabetes?
<input type="checkbox"/>	4. What is the relationship between dietary patterns consumed at each stage of life and risk of certain types of cancer?
<input type="checkbox"/>	5. What is the relationship between dietary patterns consumed at each stage of life and bone health?
<input type="checkbox"/>	6. What is the relationship between dietary patterns consumed at each stage of life and neurocognitive health?

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 - Current dietary patterns and beverage consumption
 - Current intake of food groups and nutrients
 - Nutrients of public health concern
 - Prevalence of nutrition-related chronic health conditions
- How does dietary intake, particularly dietary patterns, track across life stages from the introduction of foods, into childhood, and through older adulthood?

Dietary Patterns

What is the relationship between dietary patterns (such as Dietary Guidelines-related, Mediterranean-style, Dietary Approaches to Stop Hypertension (DASH), vegetarian/vegan, low-carbohydrate diets, and high-fat diets) consumed at each stage of life and:

- 1) growth, size, body composition, and risk of overweight and obesity;
- 2) risk of cardiovascular disease;
- 3) risk of type 2 diabetes;
- 4) risk of certain types of cancer;
- 5) bone health;
- 6) neurocognitive health;
- 7) sarcopenia (in older adults); and
- 8) all-cause mortality



Dietary Patterns

(pregnancy and lactation)

- What is the relationship between dietary patterns consumed *during pregnancy* and 1) risk of gestational diabetes; 2) risk of hypertensive disorders during pregnancy; 3) gestational age at birth; 4) birth weight standardized for gestational age and sex; 5) gestational weight gain; and 6) micronutrient status?
- What is the relationship between dietary patterns consumed *during lactation* and 1) human milk composition and quantity; 2) infant developmental milestones, including neurocognitive development; and 3) post-partum weight loss?

Dietary Patterns continued

- Are changes to the USDA Food Patterns needed based on the relationships identified?
- If nutrient needs are not met, is there evidence to support supplementation and/or consumption of fortified foods to meet nutrient adequacy?



Beverages

- What is the relationship between beverage consumption (such as cow's milk, milk alternatives, water, 100% fruit juice, sugar-sweetened beverages, beverages with high-intensity sweeteners (known as artificial sweeteners), caffeinated beverages, and alcohol) *during relevant stages of life* and:
 - 1) achieving nutrient and food group recommendations;
 - 2) growth, size, body composition, and risk of overweight and obesity; and
 - 3) for alcohol only, risk of certain types of cancer, risk of cardiovascular disease, neurocognitive health, and all-cause mortality?

Beverages continued

- What is the relationship between beverage consumption *during pregnancy* and 1) achieving nutrient and food group recommendations; 2) gestational weight gain; and 3) birth weight standardized for gestational age and sex?
- What is the relationship between beverage consumption *during lactation* and 1) achieving nutrient and food group recommendations; 2) human milk composition and quantity; 3) post-partum weight loss; and 4) for alcohol only, infant developmental milestones, including neurocognitive development?

Added sugars

- What is the relationship between added sugars consumption at each stage of life and:
 - 1) achieving nutrient and food group recommendations;
 - 2) growth, size, body composition, and risk of overweight and obesity;
 - 3) risk of cardiovascular disease; and
 - 4) risk of type 2 diabetes?
- How much added sugars can be accommodated in a healthy diet at each stage of life while still meeting food group and nutrient needs?

Types of dietary fats

What is the relationship between types of dietary fat (such as saturated, omega-3 and omega-6 polyunsaturated, and monounsaturated) consumed (source, amount, and replacement) at each stage of life and:

- 1) neurocognitive development (birth to 18 years) or neurocognitive health (for those 18 years and older);
- 2) risk of cardiovascular disease;
- 3) risk of certain types of cancer; and
- 4) all-cause mortality?



Seafood

- 1) What is the relationship between seafood consumption *during pregnancy and lactation* and neurocognitive development of the infant?

- 2) What is the relationship between seafood consumption *during childhood and adolescence* (up to 18 years of age) and
 - 1) neurocognitive development; and
 - 2) risk of cardiovascular disease?



Frequency of eating

What is the relationship between the frequency of eating (such as meals per day, snacking, and fasting) at each stage of life and:

- 1) achieving nutrient and food group recommendations;
- 2) growth, size, body composition, and risk of overweight and obesity;
- 3) risk of cardiovascular disease;
- 4) risk of type 2 diabetes; and
- 5) all-cause mortality?



Infants and toddlers from birth to 24 months (healthy, full-term infants)

Topic	Question(s)
Recommended duration of exclusive human milk and/or infant formula feeding	What is the relationship between the duration of exclusive human milk and/or infant formula consumption and 1) growth, size, and body composition; 2) food allergies and atopic allergic diseases; 3) long-term health outcomes; 4) micronutrient status; and 5) developmental milestones, including neurocognitive development?
Frequency and volume of human milk and/or infant formula feeding	What is the relationship between the frequency and volume of human milk and/or infant formula consumption and 1) micronutrient status; and 2) growth, size, and body composition?
Dietary supplements (iron, vitamin D, vitamin B12, omega-3 fatty acids)	What is the relationship between specific nutrients from supplements and/or fortified foods consumed during infancy and toddlerhood and 1) nutrient status; 2) growth, size, and body composition; and 3) bone health?

Infants and toddlers continued

Topic	Question(s)
Complementary foods and beverages ²	What is the relationship between complementary feeding (timing of introduction, types, and amounts) and 1) micronutrient status; 2) growth, size, and body composition; 3) developmental milestones, including neurocognitive development; 4) food allergies and atopic allergic diseases; and 5) bone health?
Dietary patterns to help promote health and normal growth, decrease chronic disease risk, and meet nutrient needs	Can USDA Food Patterns be established based on the relationships identified? If so, how well do USDA Food Pattern variations meet nutrient recommendations for infants and toddlers? If nutrient needs are not met, is there evidence to support supplementation and/or consumption of fortified foods to meet nutrient adequacy?

² *Complementary feeding* is defined as the process that starts when human milk or infant formula is complemented by other foods and beverages. The complementary feeding period typically continues to 24 months as the young child transitions fully to family foods. *Complementary foods and beverages* are food and beverages (liquids, semisolids, and solids) other than human milk or infant formula provided to an infant or young child to provide nutrients and energy. Evidence related to dietary patterns consumed during the complementary feeding period will be considered as part of these questions.

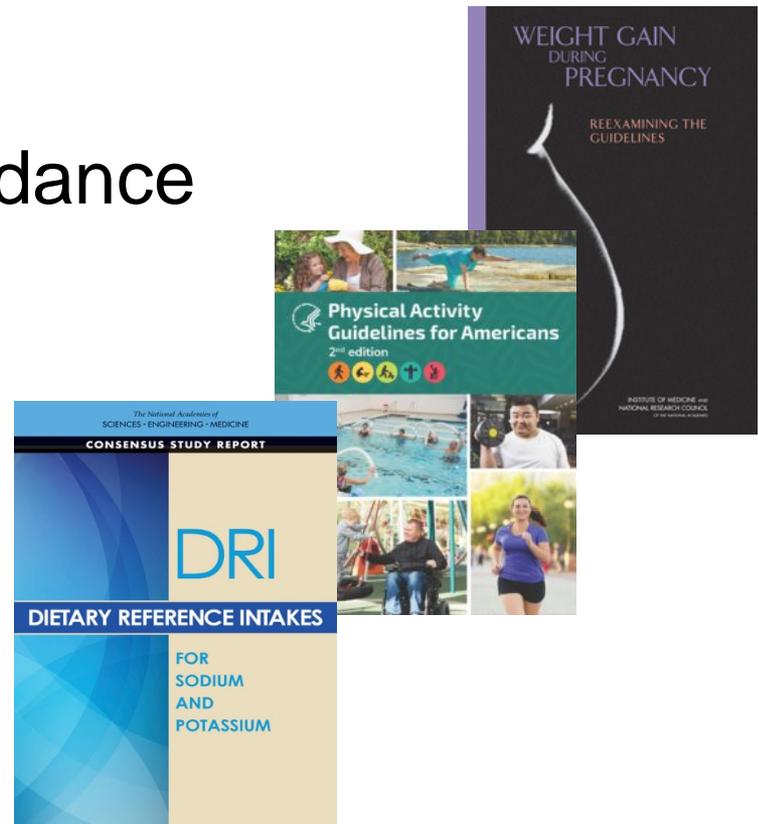


Pregnancy and lactation

Topic	Question(s)
Dietary supplements (iron, folate, vitamin D, omega-3 fatty acids, vitamin B12, iodine, and nutrients of public health concern)	What is the relationship between specific nutrients from supplements and/or fortified foods consumed before and during pregnancy and lactation and 1) micronutrient status; 2) risk of gestational diabetes; 3) risk of hypertensive disorders during pregnancy; 4) human milk composition and quantity; and 5) developmental milestones, including neurocognitive development?
Diet during pregnancy and lactation and risk of food allergy in the infant	What is the relationship between maternal diet during pregnancy and lactation and risk of infant and child food allergies and atopic allergic diseases?

Dietary Guidelines related topics addressed in other efforts

- Food safety
- Guidance on the health risks of excessive alcohol use
- Gestational weight gain guidance
- Physical activity
- Dietary Reference Intakes



More info: [Dietaryguidelines.gov](https://www.dietaryguidelines.gov)

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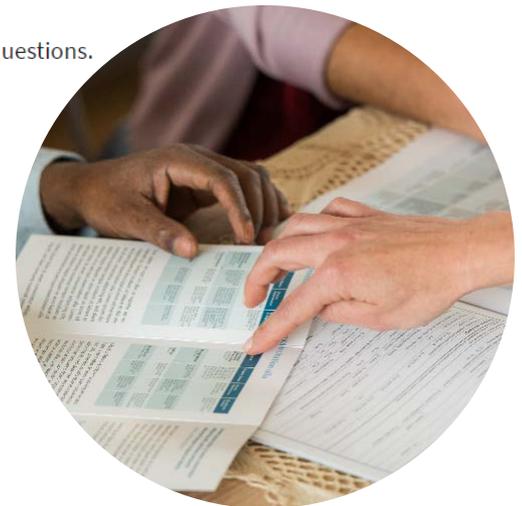
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Topic and Question Identification

In this new step, the Departments identified topics and scientific questions to be examined in the review of the evidence supporting the development of the upcoming 2020-2025 edition of the *Dietary Guidelines*. USDA and HHS added this step to promote a deliberate and transparent process.

USDA and HHS first proposed topics for the 2020-2025 *Dietary Guidelines* and posted the topics and questions for public comment. The topics and questions were refined based on public and agency input. The topics and supporting questions focus on priority scientific questions from birth into older adulthood and reflect a continued focus on patterns of what we eat and drink as a whole, on average and over time.

- View information on the [process](#) used to identify the initial and refined topics and scientific questions.
- View the list of [topics and scientific questions](#) under review.
- View the [public comments](#) received during the public comment period.



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Questions?

