



**Date:** January 8, 2026

**RE:** Comments on the Dietary Guidelines for Americans (DGA), 2025-2030 Report

The recently released Dietary Guidelines for Americans (DGA), 2025-2030 Report provides food-based recommendations intended to promote health, help prevent diet-related chronic diseases and meet nutrient needs across the population. Throughout the development of the original Scientific Report of the Dietary Guidelines Advisory Committee, IFT [actively engaged in the public comment process](#), elevating the expertise of our members and contributing food science perspectives to inform the review.

The guidelines are a notable shift from previous editions and from the [original scientific report](#) of the 2025 Dietary Guidelines Advisory Committee. The Administration has pursued an important and worthwhile goal of simplifying the guidelines to improve accessibility and understanding for the American public. The more accessible language is a notable improvement over previous editions of the Dietary Guidelines and emphasizes high-level messaging. The clear acknowledgement of the critical role of healthcare professionals in supporting infants, children, adolescents, and others with specific health conditions through nutrition and dietary interventions is also an important and much-needed update. IFT is strongly supportive of providing the rigorous food science to validate the “food is medicine” approaches which are increasingly recognized as beneficial to supporting the health of our population.

As the guidelines move from policy to practice, additional detail and clarification will be important to ensure consistent interpretation and effective implementation across federal and state nutrition programs. Several recommendations provide clear direction, including specific amounts or concrete examples such as those related to protein. Other recommendations rely upon terminology that does not yet have consensus definitions or uses directional language without the specificity needed for consistent application. Continued clarification in these areas would help ensure alignment across programs.

We look forward to continued engagement with HHS, FDA and USDA as they provide clarity and guidance on the practical implementation of these guidelines in federal and state nutrition programs. In particular, further clarification on the definition and use of terms such as “highly processed” will be important, consistent with the previous comments IFT developed in collaboration with our members on the [definition of ultra-processed foods](#). As these recommendations inform policies and program decisions, we welcome

opportunities to engage with federal agencies to share the scientific and technical expertise of our members to help support clear, evidence-based applications.

IFT believes food safety is paramount for a food system that consumers trust, and rigorous science is critical for establishing evidence-based policies to ensure a global food system that is sustainable, safe, nutritious, and accessible to all. Transparent processes and sustained engagement with scientific and public stakeholders are essential to ensuring trust in the outcomes and recommendations. As the agencies move forward with further guidance, policies and implementation efforts stemming from this report, we call for greater and more meaningful collaboration with the broader scientific community to promote clarity, consistency, and trust in the recommendations and their implementation.