

What's the Buzz? 2015-2020 Dietary Guidelines

In February 2016, the US Department of Agriculture, in conjunction with the Department of Health and Human Services, released the newest set of dietary guidelines that provide nutritional information and recommendations to the general public. Revised every five years, the 2015-2020 Dietary Guidelines were scheduled to come out last year, but were delayed until 2016.

The new guidelines are consistent in their message to increase fruit and vegetable consumption, consumption of whole grains, and selection of a variety of protein foods including meat, poultry, and fish. The guidelines focus on consuming nutrient dense foods from a variety of food groups, and managing portion sizes.

Added sugars, saturated fats, and sodium remain nutrients of concern for the general public due to their health implications. However, the 2015-2020 Dietary Guidelines shifted their focus away from dietary cholesterol, leaving out an upper limit for this nutrient in their newest revision. Moreover, this new set of recommendations focuses on healthful dietary patterns, rather than focusing on consuming specific nutrients.

At URMC, there are plenty of ways to make healthy choices throughout your day. The [*Be in Balance*](#) program at Café 601 is an initiative that identifies healthy recipes that meet certain nutrition criteria based on the Dietary Guidelines. To find a *Be in Balance* item in the café, look for the green *Be in Balance* logo! Additionally, you can visit the Café 601 website or use the mobile app to access nutrition information about your meals. By using these tools at URMC, you can help incorporate the new dietary guidelines into your day!

Read the [executive summary and key recommendations](#) to learn more about the 2015-2020 guidelines.

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