

2015 Dietary Guidelines Report calls for more plants and less meat for healthier people and planet



Scientific Report of the 2015 Dietary Guidelines Advisory Committee

Sustainability and human health are connected:

“Linking health, dietary guidance, and the environment will promote human health and the sustainability of natural resources and ensure current and long-term food security. The availability and acceptability of

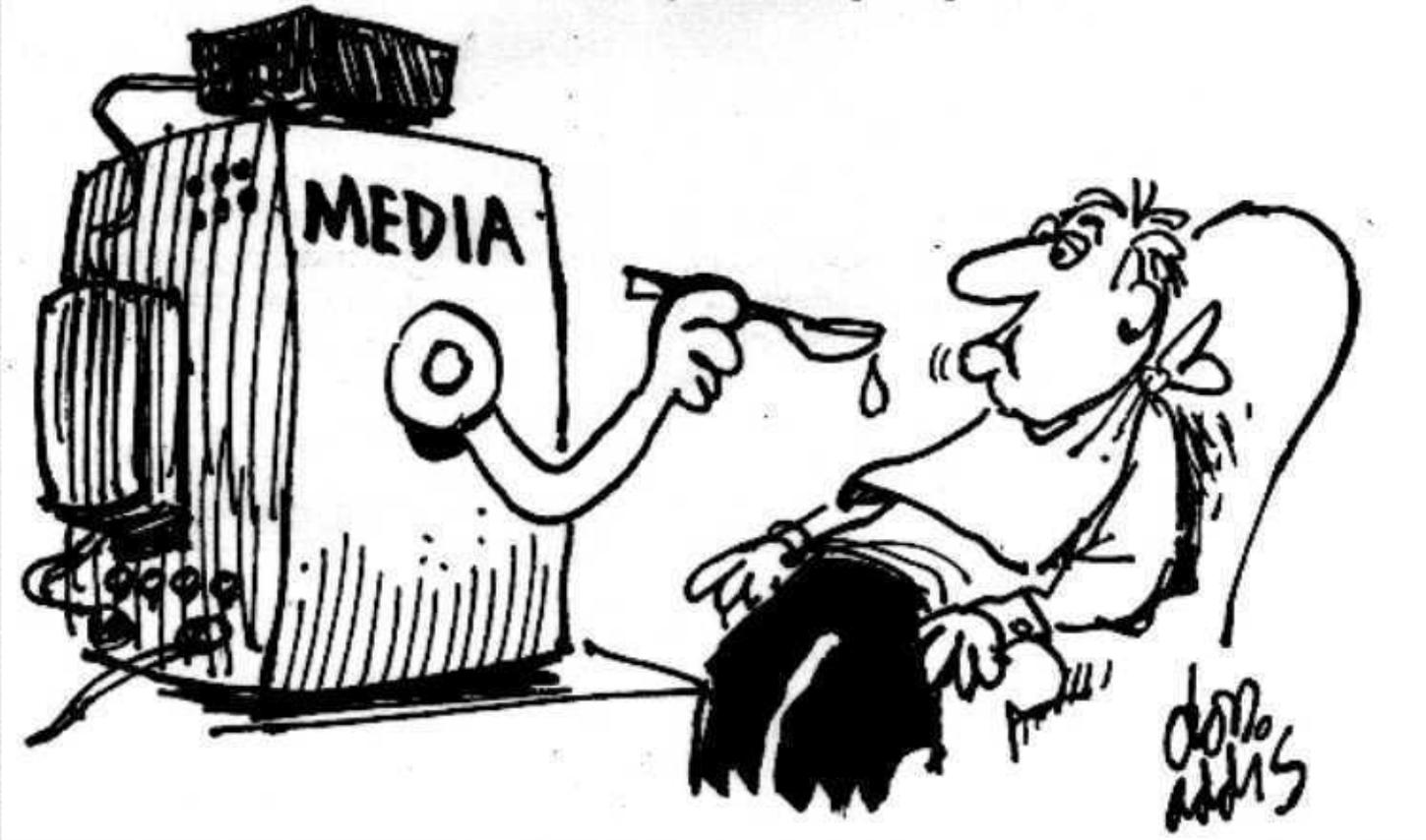
healthy and sustainable food choices will be necessary to attain food security for the U.S. population over time.”



Scientific Report of the 2015 Dietary Guidelines Advisory Committee

“Consistent evidence indicates that, in general, a dietary pattern that is higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in animal-based foods is more health promoting and is associated with lesser environmental impact (GHG emissions and energy, land, and water use) than is the current average U.S. diet.”

Industry Spin



Dietary Guideline Headlines

 **National Journal**
Dietary Panel: Eating Less Meat is Better for the Environment

 **SFGATE**  **SECTIONS**
Eat less meat for a healthier planet, panel advises
By *Kurtis Alexander* Updated 9:32 pm, Thursday, February 19, 2015

VICE NEWS

In Defiance of Congress, Nutritional Panel Says Eating Meat Damages Environment



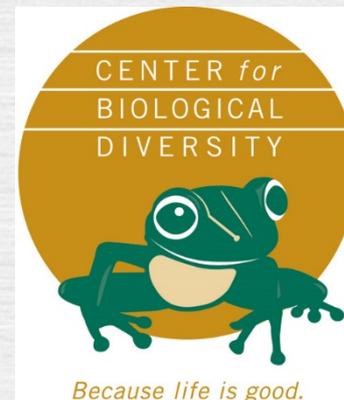
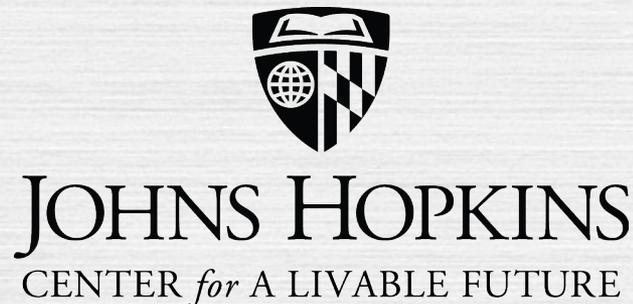
Will The Dietary Guidelines Consider The Planet? The Fight Is On

FEBRUARY 26, 2015 4:25 PM ET

[Click to edit text](#)

FOE and Partners

- Overwhelming public support
- Majority of public comments favor less meat, more plants and sustainability
 - Letter to HHS/USDA from 49 public interest groups
 - Petition with 153,000+ signatories in support of sustainability



My Plate, My Planet

Food for a Sustainable Nation

An Open Letter to Secretary of Health and Human Services Sylvia Mathews Burwell
Secretary of Agriculture Tom Vilsack

Every five years, the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) update and jointly publish the *Dietary Guidelines for Americans*, a key document that guides U.S. nutrition policies and food procurement programs, such as the National School Lunch Program, as well as nutrition education, including MyPlate (formerly the food pyramid). This year, the Dietary Guidelines Advisory Committee (DGAC), the independent scientific body tasked with advising the USDA and HHS on the latest science, has recommended the adoption of sustainability considerations in the 2015 edition. If adopted, these recommendations would have a positive impact on American's health, the environment, and on our ability to access healthy foods, both today and in the future.

The following open letter is supported by a growing list of prominent national organizations and individuals. The letter was originally published on March 24th in the *New York Times*, *Washington Post*, and *Politico*, and was submitted on May 8th as an official comment on the Dietary Guidelines Advisory Committee's report to the US Department of Agriculture, and US Department of Health and Human Services. It now serves as a public record of organizations and professionals that support the sustainability recommendations of the Dietary Guidelines Advisory Committee.

Dear Secretaries Burwell and Vilsack:

The following organizations and individuals urge you to adopt the Dietary Guidelines Advisory Committee's recommendations on sustainability, which found:

"a diet higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods is more health promoting and is associated with less environmental impact than is the current U.S. diet..."

"Current evidence shows that the average U.S. diet has a larger environmental impact in terms of increased greenhouse gas emissions, land use, water use, and energy use..."

My Choice, My Voice

YOU MADE YOUR VOICE HEARD!

Over 29,000 public comments have been submitted on the health.gov website and many of them are thanks to you! A majority of Americans agree that the guidelines should include environmental impacts and over 200,000 have signed petitions in support of sustainability in the guidelines. Over the coming months, there will be further ways to make a difference so please check back or sign up below for updates.

STAY INFORMED 

Click below to find out more!

[WHAT DOES THE COMMITTEE SAY ON HEALTH AND SUSTAINABILITY?](#)

[MYTHS AND FACTS: WHAT THE ADVISORY COMMITTEE REALLY SAID](#)

[BRIEFING: THE EVIDENCE FOR SUSTAINABILITY IN THE GUIDELINES](#)

 Like  Share  Tweet

Contact Us: info@MyPlateMyPlanet.org



American College of Lifestyle Medicine

Tuesday, August 18, 2015



700 Doctors, Health Professionals, Including the American College of Lifestyle Medicine, Support Dietary Guidelines Message to Eat Less Meat, More Plants

With the American College of Lifestyle Medicine at the forefront, the nation's leading medical doctors, nutritionists, nurses, and public health professionals say federal dietary guidelines should incorporate sustainability for our health and future food security; Letter calls on federal agencies to adopt the scientific committee's recommendations to eat less meat and more plants.

NASHVILLE, TN (PRWEB) MAY 26, 2015

Over 700 doctors, nutritionists, nurses, and public health professionals sent a [letter](#) to the secretaries of the U.S. Department of Agriculture and the U.S. Department of Health and Human Services urging them to embrace the 2015 Dietary Guidelines Advisory Committee's recommendations to eat less meat and more plants for human health, economic prosperity, and our nation's food security.

Leaders in lifestyle and preventive medicine signed the letter, including: Dr. David Katz, founding director of the Yale University Prevention Research Center and president of the American College of Lifestyle Medicine; Dr. Walter Willet, chair of the department of Nutrition at Harvard School of Public Health; and Dr. Dean Ornish, Clinical Professor of Medicine at the University of California, San Francisco.

In the letter, doctors and others "strongly endorse the Dietary Guidelines Advisory Committee's



David Katz, MD, MPH, president of the American College of Lifestyle Medicine

Sustainability in the 2015 Dietary Guidelines



“If we don't keep sustainability as one of our own priorities, we are eating at the expense of the planet. We are eating at the expense of the generations to follow us. We are, in other words, eating our children's food and drinking our children's water, along with our own.”

---Dr. David Katz, Yale University Prevention Research Center

What can you do?

Establish process to educate elected officials and their staff

- Importance of these issues to your work
- Sound scientific process, robust methods of DGAC

Letters to the editor

Use research as a toolbox, build out comprehensive change

Food Service Guidelines

[Click to edit text](#)

Scientific Report of the 2015 Dietary Guidelines Advisory Committee

“Meeting current and future food needs will depend on two concurrent approaches: altering individual and population dietary choices and patterns and developing agricultural and production practices that reduce environmental impacts and conserve resources, while still meeting food and nutrition needs.”

“Foods vary widely in the type and amount of resources required for production, so as population-level consumer demand impacts food production (and imports), it will also indirectly influence how and to what extent resources are used. Individual and population-level adoption of more sustainable diets can change consumer demand away from more resource-intensive foods to foods that have a lower environmental impact.”



Feedback on Implementing the Health and Sustainability Guidelines for Concessions and Vending

Solicitation Number: FY15WellnessAmenityProgram
 Agency: General Services Administration
 Office: Public Buildings Service (PBS)
 Location: Acquisition Management Division (3PQC) new

Notice Details Packages Interested Vendors List

Print Link

Note: There have been modifications to this notice. You are currently viewing the original synopsis. To view the most recent modification/amendment, [click here](#)

[Complete View](#)

Original Synopsis
 Jul 30, 2015
 1:24 pm

Changed
 Aug 12, 2015
 3:29 pm

[Return To Opportunities List](#) [Watch This Opportunity](#)
[Add Me To Interested Vendors](#)

Solicitation Number: FY15WellnessAmenityProgram
Notice Type: Special Notice

Synopsis:
 Added: Jul 30, 2015 1:24 pm

Description:

The U.S. General Services Administration (GSA) Wellness Amenity Program within the Office of Facilities Management and Services Programs in the Public Buildings Service is seeking information and feedback from parties interested in federal food service operations.

GENERAL INFORMATION

Notice Type: Special Notice
Posted Date: July 30, 2015
Response Date: Sep 15, 2015 11:00 am Eastern
Archiving Policy: Automatic, 15 days after response date
Archive Date: September 30, 2015
Original Set Aside: N/A
Set Aside: N/A
Classification Code: 99 -- Miscellaneous