



American Society for Nutrition
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Oral Testimony to the 2020 Dietary Guidelines Advisory Committee

Provided by Sarah Ohlhorst, MS, RD, ASN Senior Director of Advocacy and Science Policy

Good morning! I'm Sarah Ohlhorst with the American Society for Nutrition. ASN is a scientific, professional society with more than 6,500 members who enhance scientific knowledge and quality of life through excellence in nutrition research and practice.

ASN appreciates the life stage approach and suggests that the evidence review include the impact of diet on the metabolic and physiological changes that occur over the life course and during life stage transitions, such as with neurocognitive health.

ASN supports the continued use of a strong evidence-based approach emphasizing a rigorous scientific process and transparency throughout, including the systematic review of all evidence considered on key topics. ASN encourages the DGAC to include existing high-quality systematic reviews and meta-analyses outside of those conducted using NESR in the evidence review if they meet standards established by USDA and HHS.

ASN supports the subcommittees efforts to standardize and harmonize their work, and suggests that sleep and screen time be considered along with the diet and health impact of eating occasions, frequency and timing. ASN recommends broadening the dietary patterns considered and going beyond providing guidance solely for specific nutrients. ASN recommends addressing multicultural dietary patterns to better include our diverse society, including the role acculturation has on diet and health. The DGAs should advise Americans not just on what to eat, but provide guidance to help individuals understand how to change their eating and food behaviors in order to improve their diet.

ASN sees opportunity for the 2020 DGAs to continue to promote chronic disease prevention and ensure nutritional sufficiency. ASN supports the consideration of diet and nutritional biomarkers for chronic disease endpoints when developing guidance that addresses health and disease. However, the development of recommendations should not be hindered or delayed by the ongoing process of discovery and validation of nutritional biomarkers for diet related disease risk.

It's essential for the Committee to consider the role that dietary supplements play in dietary intake of micronutrients and how individuals may translate dietary guidance into supplement usage, which could have both positive and negative repercussions, given that more than 50% of US adults use dietary supplements.

ASN appreciates a continued focus on highlighting research needs. More recommendations on

how to implement the DGAs in order to move Americans toward compliance is needed, and ASN would be happy to collaborate with USDA and HHS on this. Thank you!