



American Society for Nutrition
Excellence in Nutrition Research and Practice

Hello! I'm Sarah Ohlhorst, Chief Science Policy Officer with the American Society for Nutrition (ASN). ASN applauds the commitment of the 2025 Dietary Guidelines Advisory Committee (DGAC) to systematically review evidence through a health equity lens and to consider the many factors, such as age, sex, socioeconomic status, race, ethnicity, and culture, that impact nutrition and health. These factors should be considered to the greatest extent possible based on the information provided in the scientific literature and data, as they greatly impact a person's dietary pattern, eating behaviors and habits. This approach will ensure that the resulting *Dietary Guidelines for Americans (DGAs)* are inclusive of the diversity of the US population and provide relevant, practical, and actionable guidance for most Americans.

ASN appreciates the focus on diet and health outcomes across the lifespan and encourages the inclusion of dietary recommendations for healthy aging. By the year 2030, 1 in every 5 Americans will be retirement age. It's important to understand the nutritional requirements of an 85-year-old versus a 65-year-old to know what dietary patterns, foods and nutrients promote healthy aging ensuring a high quality of life for aging Americans.

ASN notes that for some scientific questions and protocols, definitions of key terms, such as ultra-processed foods (UPF), will vary across studies. In order to address each scientific question adequately the DGAC should agree on standard and explicitly stated definitions of terms and concepts, such as a clearly identified, unified definition of UPF *a priori* to avoid confusion. This will ultimately facilitate the translation and uptake of *DGA* recommendations. It would also be useful to describe in reviews of the evidence what definitions are used in each study since systematic reviews, food pattern modeling, and data analysis must use common definitions.

ASN offers our assistance and welcomes the opportunity to serve as a resource to the DGAC as you evaluate the latest nutrition science. Thank you.