

June 10, 2025

The Honorable Brooke Rollins
Secretary, U.S. Department of Agriculture
1400 Independence Avenue, S.W.
Washington, D.C. 20250

The Honorable Robert F. Kennedy, Jr.
Secretary, U.S. Department of Health and Human Services
200 Independence Ave, SW
Washington, DC 20201

Dear Secretary Rollins and Secretary Kennedy:

As organizations committed to improving public health and reducing the burden of chronic disease in the United States, we write to urge you to adopt and uphold the science-based recommendations of the 2025 Dietary Guidelines Advisory Committee (DGAC) as you finalize the 2025-2030 *Dietary Guidelines for Americans* (DGA). The DGAC's recommendations reflect the best available evidence and are critical to achieving your stated goals of promoting health, preventing chronic disease, and restoring public trust in our food system.

Since their inception in 1980, the DGA's core recommendations have been largely consistent and based on the preponderance of evidence synthesized by each DGAC.^{1,2} Contrary to claims that previous editions of the DGA have been driven by political ideology,³ the scientific integrity of the DGA has been remarkably resilient from administration to administration, consistently recommending whole, nutrient-dense foods. The DGA has also been consistent in its recommendation to limit saturated fat,⁴ which is commonly found in higher amounts in high-fat meat, full-fat dairy products and butter.⁵ **The scientific consensus remains clear: saturated fat is consistently linked with increased risk of cardiovascular disease**, and replacing saturated fat with unsaturated fats, particularly polyunsaturated fats, has well-documented benefits for cardiovascular health.^{6,7,8} Therefore, the 2025 DGAC maintained that total saturated fat intake should be limited to less than 10% of total daily calories and recommended replacing saturated fats with unsaturated fats to reduce the risk of cardiovascular disease.⁹ **We stand behind this recommendation.** Furthermore, specific limits on saturated fat, added sugar, and sodium, in addition to food-based recommendations, are critical for informing federal nutrition programs and policies.¹⁰

We are concerned by a small but vocal group that continues to insist that saturated fat is not harmful.¹¹ Despite consistent evidence and nutrition guidance, more than 80 percent of U.S. individuals currently consume more saturated fat than recommended.¹² That, not an error in the DGA, is one of the reasons our metabolic health has declined. Given the growing chronic disease crisis in our country, **Americans need clarity when it comes to healthy dietary patterns.** Claims seeking to undermine the DGA's advice to limit saturated fat are not supported by

scientific evidence and risk confusing the public and undermining public health efforts.

The MAHA commission questioned the trustworthiness of the DGAC, citing concerns about conflicts of interest.¹³ While there is always room for improvement in the disclosure and management of conflicts of interest on the DGAC,¹⁴ over time their evidence review process has become increasingly transparent and systematic, and it is designed to minimize bias.^{15,16,17}

In contrast, the agencies' translation of the DGAC report into the final DGA has generally been less transparent and more vulnerable to influence by special interests. For example, in 2015, the DGAC urged reductions in red and processed meat consumption and called for sustainability to be considered in dietary guidance.¹⁸ These recommendations were ultimately excluded from the final DGA following pressure from industry groups.^{19,20,21} Similarly, in 2020, the DGAC advised lowering the recommended limits for added sugars, yet the final DGA retained the existing thresholds, despite strong scientific rationale for more stringent limits.^{22,23} Industry has had the greatest influence at this stage in the process, thus weakening the potential public health impact of the DGA. **Adopting the science-based recommendations of the DGAC would align your administration with those who have stood firm against industry influence, as you have promised.**

Americans deserve clear, accurate, and science-based guidance—unclouded by inaccurate information or political or corporate influence. Upholding the DGAC's guidance ensures that the DGA serves the public interest, not special interests, and supports the broader goal of making America healthier.

Sincerely,

Advocates for Better Children's Diets

Aerial Integrative Health

American Academy of Pediatrics

Ann & Robert H. Lurie Children's Hospital of Chicago

Baja Night Sky

Balanced

Bosch Nutrition

Bramble Ridge Farm

Center for Biological Diversity

Center for Health Innovation, Research & Policy, Merrimack College

Center for Science in the Public Interest

Ceres Community Project

Chef Ann Foundation

Chilis on Wheels

Culinary Rehab LLC

Defeat Malnutrition Today

Diet ID

Earthjustice

Earthlawcenter.org

EduChange, Inc.

FamilyCook Productions

Farm Sanctuary

Firefly Community LLC

Food Revolution Network

Full Spectrum Imaging

Healthy Living Solutions

Hilton Head Health

Jacobs Institute of Women's Health

Janice Cooks

Karen Collins Nutrition

Kids In Nutrition

Max Well Soutions LLC

MomsRising

National Association of Nutrition and Aging Services Programs (NANASP)

National Center for Health Research

New York State Public Health Association

No Nonsense Nutrition

Nourish Colorado

Partnership for a Healthier America

Physicians Committee for Responsible Medicine

Plant-Based Advocates

San Francisco Vegan Society

Seeta M Noah LLC

Skillful Eating

Slow Food USA

Society of Behavioral Medicine

Squaxin Island Tribe

The Healing MD

The Health Sciences Academy

The Wellness Clinic

Transformative Nutrition & Fitness LLC

True Health Initiative

Voices for Georgia's Children

Wellcoaches Corporation

Western Michigan University School of Medicine

¹ Center for Science in the Public Interest. *Dietary Guidelines for Americans*. N.d. <https://www.cspinet.org/advocacy/nutrition/dietary-guidelines-americans>. Accessed May 20, 2025.

² 2025 Dietary Guidelines Advisory Committee. *Scientific Report of the 2025 Dietary Guidelines Advisory Committee*, Part D, Chapter 4, p. 196. https://www.dietaryguidelines.gov/sites/default/files/2024-12/Scientific_Report_of_the_2025_Dietary_Guidelines_Advisory_Committee_508c.pdf Accessed May 20, 2025.

³ USDA. *USDA, HHS Share Update on Dietary Guidelines for Americans Process*. March 11, 2025. <https://www.usda.gov/about-usda/news/press-releases/2025/03/11/usda-hhs-share-update-dietary-guidelines-americans-process>. Accessed May 20, 2025.

-
- ⁴ 2025 Dietary Guidelines Advisory Committee. *Scientific Report of the 2025 Dietary Guidelines Advisory Committee*, Part D, Chapter 4, p. 196. https://www.dietaryguidelines.gov/sites/default/files/2024-12/Scientific_Report_of_the_2025_Dietary_Guidelines_Advisory_Committee_508c.pdf Accessed May 20, 2025.
- ⁵ American Heart Association. *Saturated Fat*. August 23, 2024. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats>. Accessed May 20, 2025.
- ⁶ Sacks, F. M., Lichtenstein, A. H., Wu, J. H. Y., Appel, L. J., Creager, M. A., Kris-Etherton, P. M., Miller, M., Rimm, E. B., Rudel, L. L., Robinson, J. G., Stone, N. J., & Van Horn, L. V. (2017). Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association. *Circulation*, 136(3), e1-e23. <https://doi.org/10.1161/CIR.0000000000000510>
- ⁷ Hooper L, Martin N, Jimoh OF, Kirk C, Foster E, Abdelhamid AS. Reduction in saturated fat intake for cardiovascular disease. *Cochrane Database Syst Rev*. 2020 Aug 21;8(8):CD011737. doi: 10.1002/14651858.CD011737.pub3. PMID: 32827219; PMCID: PMC8092457. <https://pubmed.ncbi.nlm.nih.gov/32827219/>
- ⁸ Kim Y, Je Y, Giovannucci EL. Association between dietary fat intake and mortality from all-causes, cardiovascular disease, and cancer: A systematic review and meta-analysis of prospective cohort studies. *Clin Nutr*. 2021 Mar;40(3):1060-1070. doi: 10.1016/j.clnu.2020.07.007. Epub 2020 Jul 14. PMID: 32723506. <https://pubmed.ncbi.nlm.nih.gov/32723506/>
- ⁹ 2025 Dietary Guidelines Advisory Committee. *Scientific Report of the 2025 Dietary Guidelines Advisory Committee*, Part E, Chapter 1, p. 17. https://www.dietaryguidelines.gov/sites/default/files/2024-12/Part%20E.%20Chapter%201_Overarching%20Advice_FINAL_508.pdf. Accessed May 20, 2025.
- ¹⁰ Center for Science in the Public Interest. *Comment on 2025 DGAC Scientific Report*. February 10, 2025. https://www.cspinet.org/sites/default/files/2025-02/FINAL_Written%20Comment%20on%202025%20DGAC%20Scientific%20Report_CSPI.pdf
- ¹¹ Teicholz N, Beal T. US dietary guidelines have made us ill--let's change them already. *The Hill*. May 5, 2025. <https://thehill.com/opinion/healthcare/5277526-nutritional-policy-dietary-guidelines>. Accessed May 6, 2025.
- ¹² 2025 Dietary Guidelines Advisory Committee. *Scientific Report of the 2025 Dietary Guidelines Advisory Committee*, Part D, Chapter 4, p. 196. https://www.dietaryguidelines.gov/sites/default/files/2024-12/Scientific_Report_of_the_2025_Dietary_Guidelines_Advisory_Committee_508c.pdf Accessed May 20, 2025.
- ¹³ Kennedy RF, Haley V. *The MAHA Report: Make Our Children Healthy Again*. May 24, 2025. <https://www.whitehouse.gov/wp-content/uploads/2025/05/WH-The-MAHA-Report-Assessment.pdf>
- ¹⁴ Center for Science in the Public Interest. *COI Dietary Guidelines for Americans Committee letter*. January 30, 2023. <https://www.cspinet.org/resource/coi-dietary-guidelines-americans-committee-letter>
- ¹⁵ Stoddy E. Responding to the National Academies of Sciences, Engineering, and Medicine Study on the Process to Update the Dietary Guidelines for Americans. USDA. 2019. <https://www.dietaryguidelines.gov/about-dietary-guidelines/related-projects/usda-hhs-response-national-academies-sciences-engineering#:~:text=Americans%2C%202020%2D2025-.USDA%2DHHS%20Response%20to%20the%20National%20Academies%20of%20Sciences%2C%20Engineering,the%2Dart%20processes%20and%20methods>. Accessed May 20, 2025.
- ¹⁶ USDA and HHS. *USDA-HHS Response to the National Academies of Sciences, Engineering and Medicine: Redesigning the Process for Establishing the Dietary Guidelines for Americans*. December 20, 2021. <https://www.dietaryguidelines.gov/sites/default/files/2021-12/Response%20to%20NASEM%20Rpt%20for%20DG.gov%2012.20.21.pdf> Accessed May 21, 2025.
- ¹⁷ de Jesus JM, Stoddy E, et al. Addressing misinformation about the Dietary Guidelines for Americans. *The American Journal of Clinical Nutrition*. 2024;119(5): 1101-1110. <https://pubmed.ncbi.nlm.nih.gov/38522617/>
- ¹⁸ Dietary Guidelines Advisory Committee. *Scientific Report of the 2015 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture*. 2015. Washington, DC: US Department of Agriculture. Pg. 289. <https://health.gov/dietaryguidelines/2015-scientific-report>
- ¹⁹ Aubrey A. New Dietary Guidelines Will Not Include Sustainability Goal. *NPR*. October 6, 2015. <https://www.npr.org/sections/thesalt/2015/10/06/446369955/new-dietary-guidelines-will-not-include-sustainability-goal#:~:text=The%20meat%20industry%20has%20opposed,food%20production%20impacts%20the%20environment>. Accessed May 20, 2025.
- ²⁰ Rose D, et al. Livestock Industry Practices that Impact Sustainable Diets in the United States. June 28, 2021. *The International Journal of Sociology of Agriculture and Food*, 27(1). <https://doi.org/10.48416/ijaf.v27i1.87>
- ²¹ Hamblin J. *How Agriculture Controls Nutrition Guidelines*. The Atlantic. October 8, 2015. <https://www.theatlantic.com/health/archive/2015/10/ag-v-nutrition/409390/>

²² Dietary Guidelines Advisory Committee. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and the Secretary of Agriculture*. 2020. Washington, DC: US Department of Agriculture. Pg. 11. https://www.dietaryguidelines.gov/sites/default/files/2020-07/ScientificReport_of_the_2020DietaryGuidelinesAdvisoryCommittee_first-print.pdf

²³ USDA and HHS. *USDA-HHS Response to the National Academies of Sciences, Engineering, and Medicine: Using the Dietary Guidelines Advisory Committee's Report to Develop the Dietary Guidelines for Americans, 2020-2025*. <https://www.dietaryguidelines.gov/about-dietary-guidelines/related-projects/usda-hhs-response-national-academies-sciences-engineering>. Accessed May 20, 2025.