

FOR IMMEDIATE RELEASE

For more information, contact: Katherine Pinto  
Nutrition, Food Safety, and Health Agent, Wildcat Extension District  
[kdpinto@ksu.edu](mailto:kdpinto@ksu.edu), 620-724-8233

## **2025-2030 Updated Dietary Guidelines for Americans**

The U.S. Department of Health and Human Services and Agriculture recently released their new dietary guidelines for the next five years. These new guidelines place a heavy emphasis on eating real, whole foods and encourage individuals to increase the nutrient dense foods they consume while reducing heavily processed foods. The new guidelines retain many of the previous recommendations, but it is important to understand the key differences. The hope is that these guidelines will help Americans make informed nutrition decisions for themselves and their families for the next five years.

### **Key Takeaways from the 2025-2030 Dietary Guidelines for Americans:**

- Build most meals around whole foods with limited ingredients.
- Consume a variety of protein foods from animal and plant sources.
- When cooking, focus on baking or grilling rather than deep-frying.
- Incorporate fiber rich foods such as beans, lentils, and other legumes.
- Avoid highly processed foods that contain many ingredients, such as chips, cookies, candies, and sodas. When consuming processed foods, choose those with shorter ingredient lists.
- Pay attention to portion sizes, especially for foods higher in calories.

Understanding changes in dietary guidelines can be overwhelming and confusing! Research is always happening, and we are constantly learning more about foods and what they do for and to our bodies. The first step in taking charge of your health is becoming more informed!

For more information, visit [realfood.gov](https://realfood.gov) OR contact Katherine Pinto, Nutrition, Food Safety and Health Agent, [kdpinto@ksu.edu](mailto:kdpinto@ksu.edu) or 620-724-8233.

K-State Extension is a short name for the Kansas State University Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the wellbeing of Kansans. Supported by county, state, federal and private funds, the program has county extension offices statewide. Its headquarters is on the K-State campus in Manhattan. For more information, visit [www.ksre.ksu.edu](http://www.ksre.ksu.edu). K-State Extension is an equal opportunity provider and employer.