

America's New Dietary

Guidelines

Finally Tell the Truth



AND THAT MATTERS...

OVERVIEW

For the first time in my professional lifetime, the U.S. government has said something remarkably honest about food:

Highly processed foods are harming us.

The 2025–2030 Dietary Guidelines for Americans mark the most meaningful shift in federal nutrition policy in decades. After more than 40 years of advice that coincided with rising obesity, diabetes, fatty liver disease, and diet-driven chronic illness, the government has finally acknowledged a simple truth:

What we eat matters more than how many calories we count.

That may sound obvious.

But for generations, Americans were encouraged to eat low-fat, high-carbohydrate diets, rely on subsidized processed foods, and accept chronic disease as inevitable.

The result?

- **Over 70% of adults are overweight or obese**
- **Nearly 1 in 3 adolescents now has prediabetes**
- **Almost 90% of healthcare spending goes toward managing chronic disease — not preventing it**

This didn't happen by accident.

And for the first time, federal policy is beginning to admit that.

A CLEAR BREAK FROM NUTRITIONAL DOGMA

The most important shift in the new Guidelines is their direct rejection of **highly processed foods**.

For the first time, federal nutrition policy names foods made with refined industrial carbohydrates, added sugars, chemical additives, emulsifiers, artificial sweeteners, and dyes as a central driver of chronic disease.

This isn't controversial in the science.

Large studies consistently link high intake of ultra-processed foods to:

- **obesity**
- **cardiovascular disease**
- **type 2 diabetes**
- **depression**
- **increased all-cause mortality**

Short-term controlled feeding trials show that people eating highly processed diets consume more calories and gain more weight, even when macronutrients are matched.

What is controversial is saying this out loud at a policy level — **because highly processed foods are profitable, subsidized, and deeply embedded in the American food system.**

Naming them is not just a scientific shift...It's a political one.

PROTEIN IS BACK — AND THAT'S A BIG DEAL

Another major change: **protein is no longer treated as something to fear.**

The new Guidelines raise protein recommendations to 1.2–1.6 grams per kilogram of body weight, aligning with modern research on:

- **muscle preservation**
- **metabolic health**
- **satiety**
- **glucose regulation**
- **healthy aging**

For decades, Americans were told to minimize protein — especially animal protein — despite evidence linking low protein intake to sarcopenia, insulin resistance, frailty, and metabolic decline.



The new Guidelines explicitly include eggs, meat, poultry, seafood, and dairy, alongside plant proteins — acknowledging physiology over ideology.

In an aging population, this shift alone could be transformative.

THE QUIET END OF THE LOW-FAT ERA

Another meaningful change: acceptance of full-fat dairy.

For years, low-fat and nonfat dairy were promoted based on the assumption that saturated fat was inherently dangerous. That assumption has not held up.

Large studies now show neutral — and sometimes beneficial — associations between full-fat dairy and cardiometabolic health.

Food matters more than nutrients in isolation.
Cheese is *not* the same as processed meat.
Yogurt is *not* the same as sugar-sweetened dairy substitutes.



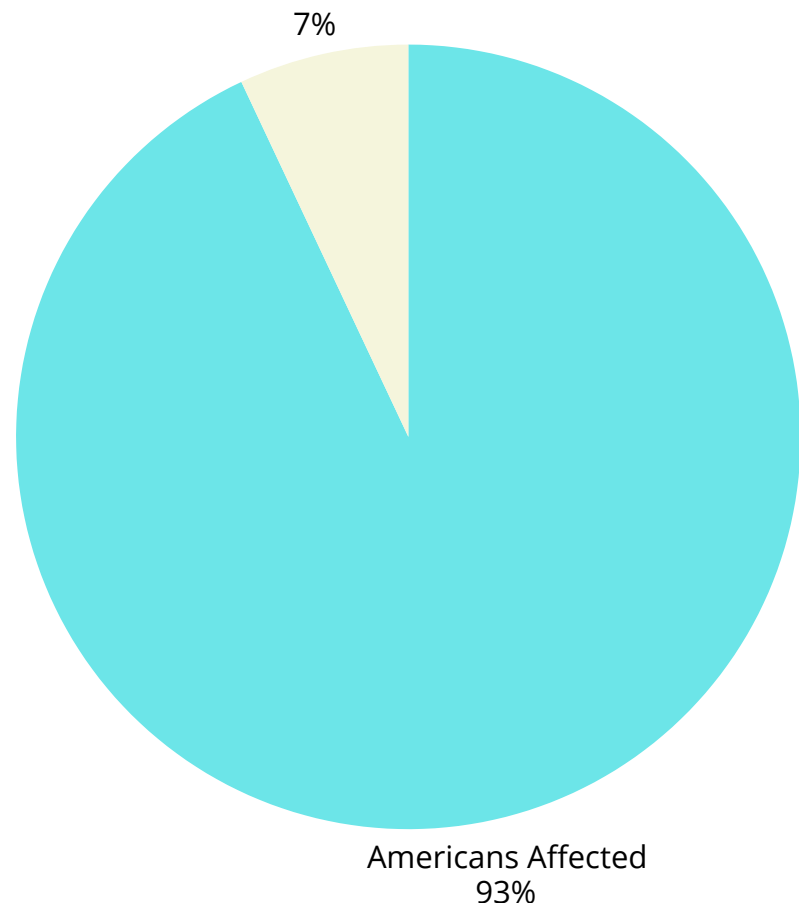
The Guidelines finally reflect this nuance — even if they stop short of fully abandoning outdated saturated-fat limits.

A LONG-OVERDUE NOD TO METABOLIC REALITY

Perhaps the most overlooked change is a single sentence acknowledging that some individuals with chronic disease may benefit from lower-carbohydrate diets.

This is a major departure from decades of carbohydrate-centric advice.

Type 2 diabetes, metabolic syndrome, and insulin resistance are not calorie-balance problems — they are disorders of carbohydrate intolerance and hormonal dysregulation. **To some degree, this affects 93% of Americans.**



Clinical trials now show that carbohydrate restriction can improve blood sugar control and, in some cases, induce remission of type 2 diabetes.

This doesn't mandate one diet for everyone...It acknowledges biological diversity — and that matters.

WHERE THE GUIDELINES STILL FALL SHORT

Progress doesn't mean perfection.

1

The Guidelines still recommend limiting saturated fat to less than 10% of calories — *a guideline poorly supported by causal evidence*. The effects of saturated fat depend on what food it comes from and what replaces it. Replacing saturated fat with refined carbohydrates worsens outcomes; replacing it with whole foods does not.

2

Whole grains are still broadly recommended without enough attention to glycemic variability. For many people with insulin resistance or autoimmune conditions, even whole grains can worsen symptoms.

3

Dairy is presented as universally beneficial without acknowledging lactose intolerance or immune reactivity, which affect a large portion of the population.

4

And while the Guidelines nod toward individual variation, they remain rooted in population averages — even though we now have tools to personalize nutrition using biomarkers, glucose monitoring, and genetics.

WHY THE BIGGER CONTEXT MATTERS

These Guidelines arrive at a moment when more people are recognizing that chronic disease is not a personal failure — it's a systemic one.

For decades, policy incentivized cheap calories over nourishment, treatment over prevention, and pharmaceuticals over food-based solutions.

Correcting course will require more than better advice...

It will require aligning agriculture, food labeling, school lunches, healthcare reimbursement, and public education with nutritional reality.

This is a foundation...not the finish line. The 2025–2030 Dietary Guidelines deserve credit.

**They reject highly processed foods.
They restore protein and fat to their rightful place.
They acknowledge metabolic diversity.**

That alone makes them historically important.

But this is just the beginning.

The next step must be nuance, personalization, and serious investment in nutrition research — so food can finally be recognized not as background noise, but as the powerful tool it has always been.

For the first time in decades, that future feels possible.

I'M HERE TO HELP

Meet Brenda

Seeing these shifts in the dietary pyramid can feel encouraging — and also a little overwhelming. Knowing that highly processed foods are finally being called out is one thing; actually changing how you eat is another.

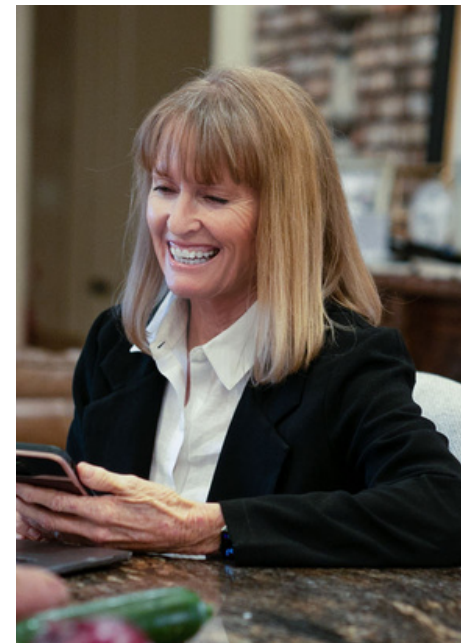


For many women, going gluten-free feels like the hardest first step — especially when label-reading is confusing, meals feel unfamiliar, and you're not sure what to eat instead.

That's exactly why I created the *Lazy Girl Comfort Food Course*. Binge it in a weekend, and you'll have everything you need to start eating healthier right away — with simple swaps, familiar comfort foods, and zero overwhelm.

👉 **Get the Course Here:**

<https://www.highwindshealth.com/offer-455019-872791-1912>



And if you want deeper support as you put this into practice, the *Gluten-Free Made Easy Community* gives you real-time guidance, accountability, and women who truly understand the everyday “is this safe?” moments.

The *Course* gives you the tools — the *Community* helps you use them without slipping back into confusion.

👉 **Join Here:**

<https://community.highwindshealth.com/community>