What’s the difference between the Dietary Guidelines Advisory Committee Report & the Dietary Guidelines for Americans?

**COMMITTEE REPORT VS DIETARY GUIDELINES**

**WHAT IS IT?**
- **COMMITTEE REPORT**
  - An overview of the latest available science on a variety of nutrition topics

- **DIETARY GUIDELINES**
  - Recommendations on what the average American should eat and drink to promote health and prevent chronic disease

**WHO WRITES IT?**
- **COMMITTEE REPORT**
  - The Dietary Guidelines Advisory Committee, a balanced group of nutrition science experts

- **DIETARY GUIDELINES**
  - U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)

**WHO IS THE AUDIENCE?**
- **COMMITTEE REPORT**
  - U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)

- **DIETARY GUIDELINES**
  - Nutrition policymakers and health professionals

**HOW IS IT USED?**
- **COMMITTEE REPORT**
  - Informs USDA and HHS as they develop the Dietary Guidelines for Americans

- **DIETARY GUIDELINES**
  - Used as the basis for federal nutrition policy; built on by medical professionals to meet specific needs; developed into nutrition resources for the general public; and much more

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