

# Updated Dietary Guidelines

FOR AMERICANS

No new spending - just better results. These updates focus on maximizing nutritional outcomes from existing taxpayer investments, delivering stronger health impact per dollar spent.

## Department of Agriculture

**16** 

Nutrition and food programs are impacted for the DGAs

### THE SNAP PROGRAM



**22**

States now restrict junk food purchases

**250K+** 

Now required to stock double the amount of whole foods

 **100K+** schools

serving healthier, nutrient dense meals

### WHOLE MILK FOR HEALTHY KIDS ACT

Whole milk is back in school programs and child nutrition programs



**39%** 

lower obesity risk

Additionally the following meals purchased with taxpayer funds are becoming more nutritious because of requirements to comply with the updated guidelines for Americans.

## Department of Human & Health Services

**251**  **MILLION**

Meals/Year via Senior & Disability Programs (ACL)

### HEAD START

**800 000 +**



Children receiving updated, Nutritious meals

### INDIAN HEALTH SERVICE

**406 000**

Meals/Year across Tribal Facilities

## Department of Veterans Affairs

**39** **MILLION** 

Meals/Year across (~107K daily)

**170** **Medical Centers** 

VCS updating cafeterias using existing taxpayer dollars

## Department of War

 **273** **MILLION**

Meals/Year (~750K daily)

Cost reduced from



**\$18.50 to \$10** per service member/day

Shift toward fresher, less processed food  
Maximizing nutritional impact per dollar spent

## Department of Justice

### FEDERAL PRISONS

**156 000 +**  
Inmates = **170.8M** Meals/Year

### STATE & LOCAL

**1.68M**  
Inmates = **1.84B** Meals/Year 

While not first priority, healthy meals assist in the rehabilitation of prisoners

These guidelines make America's annual investment in **2+ BILLION** meals align with gold-standard nutritional science.

