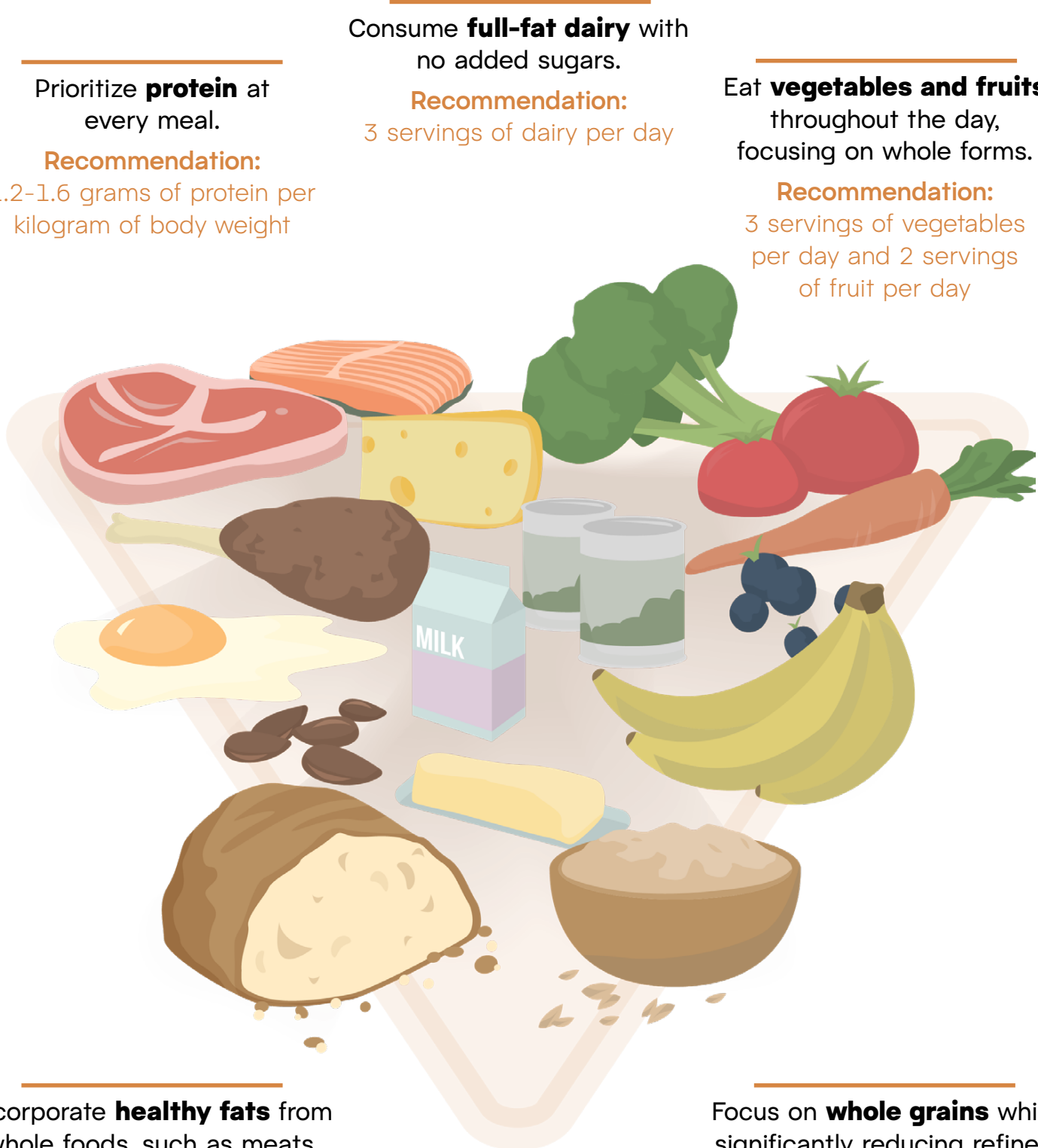


Nutrition and the New Pyramid

Every five years, the U.S. Department of Agriculture and the U.S. Department of Health and Human Services publish nutrition advice. **The Dietary Guidelines for Americans (2025–2030)** marks a major shift in federal nutrition policy, emphasizing a simple message: **eat real food**. The latest guidance highlights whole, nutrient dense foods while urging Americans to limit ultra processed products.

To reinforce this shift, the guidelines introduced the New Pyramid that visually prioritizes real, minimally processed foods to help Americans make healthier, more informed choices.



The New Pyramid recommends avoiding highly processed foods, refined grains, sugary beverages and items with artificial additives. The guidelines recommend limiting added sugars to no more than 10g per meal. In addition, individuals are urged to limit their intake of alcoholic beverages.

Nutrition is highly individual, so the best dietary approach depends on your personal health profile. Always consult a qualified health care professional before making significant dietary changes. Visit [RealFood.gov](https://www.RealFood.gov) for more information or reach out to a clinician for personalized guidance.