



## PHA Statement on the Dietary Guidelines for Americans, 2025–2030

February 2026

The Population Health Alliance (PHA) commends the Administration for releasing the [Dietary Guidelines for Americans, 2025–2030](#), and for its focus on avoiding highly processed foods, reducing added sugars, and encouraging dietary patterns that emphasize whole, nutrient-dense foods.

PHA has long advanced a Food as Health and Prevention framework and previously identified [food additives as a growing public health concern](#). Research demonstrates the positive effects of eating minimally processed foods and consuming appropriate amounts of protein, healthy fats, fruits, vegetables, and whole grains. Healthy food choices can support overall well-being and help those with chronic illnesses (e.g., diabetes, hypertension) manage their conditions. Better management of chronic conditions may reduce the need for medication and help avoid complications that lead to hospitalizations.

However, we are concerned that the new guidelines could inadvertently encourage the overconsumption of animal-based protein, saturated fat, and full-fat dairy products. We support additional research on the optimal levels and types of protein to promote health. In the interim, and based on existing studies, dietary guidelines should encourage consumers to prioritize seafood, lean meats, and plant-based proteins while limiting high-fat animal products (e.g., lard, tallow, red meat), which have been shown to increase cardiovascular risk. In addition, translating dietary guidance into practical, affordable, and accessible healthy food choices is a significant challenge, especially in food deserts. A [2022 PHA report](#) on nutrition and food access among Medicaid recipients found that food insecurity, or the lack of consistent access to enough food to support an active, healthy life, is a leading health risk factor in the United States. Therefore, PHA strongly supports the recently announced Make America Health Again: Enhancing Lifestyle and Evaluating Value-based Approaches Through Evidence Model ([ELEVATE](#)). ELEVATE is an innovative program that will help identify evidence-based approaches that promote health and prevention for Original Medicare beneficiaries, including nutrition, physical activity, and a healthy lifestyle.

PHA looks forward to working with the Administration to advance Food as Health policies and programs that strengthen prevention and support individuals and communities in choosing healthy foods. PHA believes that nutrition policy is a powerful method to improve population health, reduce the burden of chronic disease, and lower healthcare costs.