

## Scientific Report of the 2015 Dietary Guidelines Advisory Committee: Quick Reference (EXTERNAL DOCUMENT)

**How to use this document:** This document provides chapter references for potential topics of interest to the media and other external stakeholders. This is not a comprehensive list of topics addressed in the “Scientific Report of the 2015 Dietary Guidelines Advisory Report.”

### Navigating the “Scientific Report of the 2015 Dietary Guidelines Advisory Committee”

| Chapter                | Title                                | Content                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Front matter           | N/A                                  | 2015 Dietary Guidelines Advisory Committee Membership                                                                                                                                                                                                                                                                                                                                                                                   |
| Part A                 | Executive Summary                    | <ul style="list-style-type: none"> <li>• Topic-Specific Findings and Conclusions</li> <li>• Integrating the Evidence</li> </ul>                                                                                                                                                                                                                                                                                                         |
| Part B, Chapter 1      | Introduction                         | <ul style="list-style-type: none"> <li>• Conceptual Model</li> <li>• Guide to Advisory Report</li> </ul>                                                                                                                                                                                                                                                                                                                                |
| Part B, Chapter 2      | 2015 DGAC Themes and Recommendations | <ul style="list-style-type: none"> <li>• Overarching Themes</li> <li>• Recommendations for Action</li> </ul>                                                                                                                                                                                                                                                                                                                            |
| Part C                 | Methodology                          | <ul style="list-style-type: none"> <li>• Committee Appointment</li> <li>• Charge to Committee</li> <li>• Committee Process</li> <li>• Systematic Review of Scientific Evidence</li> <li>• Existing Sources of Evidence</li> <li>• Data Analysis</li> <li>• Special Analyses Using USDA Food Patterns</li> </ul>                                                                                                                         |
| Part D, Chapters 1 – 7 | Science Base                         | <ul style="list-style-type: none"> <li>• Food and Nutrient Intakes, and Health: Current Status and Trends</li> <li>• Dietary Patterns, Foods and Nutrients, and Health Outcomes</li> <li>• Individual Diet and Physical Activity Behavior Change</li> <li>• Food Environment and Settings</li> <li>• Food Sustainability and Safety</li> <li>• Cross-Cutting Topics of Public Health Importance</li> <li>• Physical Activity</li> </ul> |

### Potential Topics of Interest

| Topic                  | Chapter(s)                                      |
|------------------------|-------------------------------------------------|
| Alcohol                | Part D. Chapter 2                               |
| Added sugars           | Part B. Chapter 2<br>Part D. Chapter 1, 2, 5, 6 |
| Coffee/caffeine        | Part D. Chapter 1, 5                            |
| Cholesterol            | Part D. Chapter 1, 2, 5, 6                      |
| Dietary patterns       | Part B. Chapter 2<br>Part D. Chapter 1, 2, 5    |
| Low-calorie sweeteners | Part D. Chapter 5, 6                            |
| Meat                   | Part B. Chapter 2<br>Part D. Chapter 1, 2, 5    |
| Saturated fat          | Part B. Chapter 2<br>Part D. Chapter 1, 2, 5, 6 |
| Sodium                 | Part B. Chapter 2<br>Part D. Chapter 1, 2, 6    |
| Sustainability         | Part B. Chapter 2<br>Part D. Chapter 5          |

### More Information

For more information about the 2015 Dietary Guidelines Advisory Committee, visit [DietaryGuidelines.gov](http://DietaryGuidelines.gov).

To submit public comments to the federal government on the “Scientific Report of the 2015 Dietary Guidelines Advisory Committee,” visit the [public comments database](#) on DietaryGuidelines.gov.

Please direct all media inquiries to [ASHMedia@hhs.gov](mailto:ASHMedia@hhs.gov) or call (202) 205-0143.