

# Dietary Guidelines for Americans 2025-2030

What's New on Sugar?

The new 2025-2030 Dietary Guidelines provide a simple message: "eat real food"

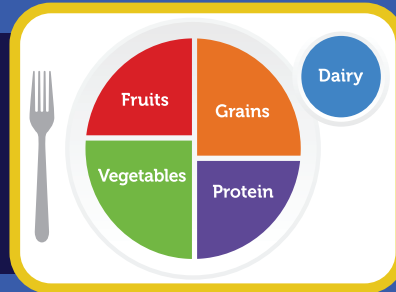
## Good news. Real Sugar is Real Food.

Real sugar comes from sugar beets and sugar cane plants. For more resources, visit [sugar.org](https://www.sugar.org)



## What's Changed?

MyPlate has been replaced with a new upside-down pyramid, emphasizing protein, dairy, fats, vegetables, fruits, and, to a lesser extent, whole grains.



## New Added Sugars Recommendations vs. 2020 Recommendations

### 2020 DGAs recommendations:

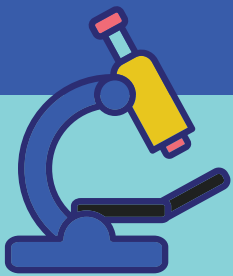
- A healthy dietary pattern limits added sugars to less than 10 percent of calories per day.
- A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited.
- Avoid foods and beverages with added sugars for those younger than age 2.

### 2025 DGAs recommendations:

- While no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet one meal should contain no more than 10g of added sugars.
- When selecting snack foods, added sugars limits should follow FDA "Healthy" claim limits. (see chart).<sup>2</sup>

The 2025 DGA include additional age-group specific added sugars recommendations:

- 0 to 4 years: Avoid added sugars
- 5-10 Years: No amount of added sugars is recommended



## Diving into the Science Underlying New Recommendations:

The [scientific report](#) accompanying the 2025-2030 DGA does not support the added sugars recommendations. The findings of the umbrella review only support limits on consumption of sugar-sweetened beverages, not foods. The report states, the "most promising opportunity to address added sugars is through... reduction in consumption of SSBs."<sup>3</sup>

## FDA "healthy" claim added sugars limits

Food Group	Added Sugars Limit
Grain product	≤5 g
Dairy product	≤2.5 g
Vegetable product	≤1 g
Fruit product	≤1 g
Meat	≤1 g
Seafood	≤1 g
Eggs	≤1 g
Beans, peas, lentils	≤1 g
Nuts, seeds, soy products	≤1 g

● Of note, the Healthy criteria do not restrict the use of low- and no-calorie sweeteners to achieve the added sugars targets.

● Learn more about The Sugar Association's Campaign for Sweetener Transparency at <https://www.sugar.org/about/positions-principles/campaign-for-sweetener-transparency/>

1. Dietary Guidelines for Americans, 2025-2030, 10th Edition.

2. Food Labeling: Nutrient Content Claims; Definition of Term "Healthy." Final Rule.

3. The Scientific Foundation for the Dietary Guidelines for Americans, 2025-2030: Scientific Report Appendices.