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AMERICAN SOCIETY FOR NUTRITION ACKNOWLEDGES 2010 DIETARY GUIDELINES ADVISORY COMMITTEE

June 17, 2010—The American Society for Nutrition (ASN) congratulates the members of the 2010 Dietary Guidelines Advisory Committee, which has issued its final report. Nine ASN members served on the committee, including Chair Linda Van Horn, PhD, RD, LD, and Vice Chair Naomi Fukagawa, MD, PhD. The 2010 *Dietary Guidelines* will be finalized by the federal government over the next several months after a 30-day open comment period and a public comment session in July.

"The Dietary Guidelines Advisory Committee's final report is the foundation upon which the *Dietary Guidelines for Americans* are based, guidelines which provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases," said ASN President Robert Russell, MD. "ASN is studying the details of the report at this time and will issue comments in July."

The summary of the report calls for a flexible approach to diet that incorporates a wide range of tastes and food preferences. There is an emphasis on children and prevention of obesity, along with improving nutrition literacy and cooking skills, increasing sustainable production of foods, lowering sodium intake, shifting to a more plant-based diet, reducing intake of added sugars and solid fats, and meeting the 2008 Physical Activity Guidelines for Americans.

The American Society for Nutrition (ASN) is the preeminent professional organization for nutrition research scientists and clinicians around the world. ASN is dedicated to bringing together the top nutrition researchers, medical practitioners, policy makers and industry leaders to advance our knowledge and application of nutrition. Founded in 1928, ASN publishes The American Journal of Clinical Nutrition (AJCN) and the Journal of Nutrition (JN), and provides a wide range of education and professional development opportunities to advance nutrition research, practice, and education. Visit ASN online at www.nutrition.org.

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