

NORTHEAST

BUSINESS GROUP ON HEALTH



MONDAYS WITH DR MARK & DR MICHAEL

Monday, March 9, 2026 | 1:00 – 2:00PM

TOPIC #61

From Plate to Policy: Decoding the New Dietary Guidelines
for Smarter Employer Action

Featured Speaker:



Jeanne Blankenship, MS RDN
Executive Consultant, Policy and Public Affairs
The Obesity Society

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What's New in the Dietary Guidelines for Americans

Implications for Health, Policy, and the Food Environment

Dietary Guidelines for Americans

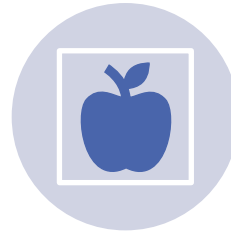


- Updated every five years by USDA and HHS
- Provide science-based nutrition guidance
- Guide federal nutrition programs (SNAP, WIC, school meals)
- Influence healthcare, food policy, and the food industry

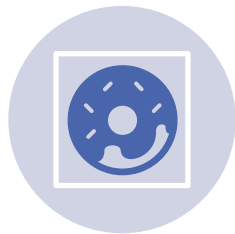
Core Principles of the Dietary Guidelines



Focus on overall dietary patterns



Emphasize nutrient-dense foods



Limit added sugars, sodium, saturated fat



Encourage balance and variety

The 2025 Dietary Guidelines

- Eat the Right Amount for You
- Prioritize Protein Foods at Every Meal
- Consume Dairy
- Eat Vegetables & Fruits Throughout the Day
- Incorporate Healthy Fats
- Focus on Whole Grains
- Limit Highly Processed Foods, Added Sugars and Refined Carbohydrates



Healthy Eating Pattern

- Vegetables and fruits
- Whole grains
- Lean proteins
- Full-fat dairy (vs. low-fat or fat-free dairy)
- Healthy oils



Daily Servings by Calorie Level

	Calorie Level of Pattern	1000	1200	1400	1600	1800	2000	2200
Food Group	Serving Size Examples	Daily Servings						
Protein Foods	3 oz cooked meat, poultry, or seafood; 1 egg; ½ cup beans, peas, or lentils; 1 oz nuts or seeds; 2 tbsp nut or seed butter; 3 oz soy	1– 1 ½	1 ½– 2	2– 2 ½	2 ½– 3 ½	2 ½– 3 ½	3–4	3 ½– 4 ½
Dairy	1 cup milk; ¾ cup yogurt; 1 oz cheese	2	2 ½	2 ½	3	3	3	3
Vegetables	1 cup raw or cooked; 2 cups leafy greens	1 ¼	1 ¾	1 ¾	2 ½	3	3	3 ½
Fruits	1 cup raw; ½ cup dried	1	1	1 ½	1 ½	1 ½	2	2
Whole Grains	½ cup cooked oats, brown rice, barley, quinoa, or buckwheat; 1 slice bread; 1 tortilla	1–2	1 ½– 2 ¾	1 ¾– 3 ¼	1 ¾– 3 ¼	2–4	2–4	2 ¼– 4 ½
Healthy Fats	1 tsp olive oil or butter	2 ½	2 ½	2 ½	3 ½	4	4 ½	4 ½

Diet and Chronic Disease

- Poor diet is a leading contributor to chronic disease
- Diet quality strongly linked to cardiovascular risk
- Nutrition influences diabetes prevention
- Diet supports healthy weight management

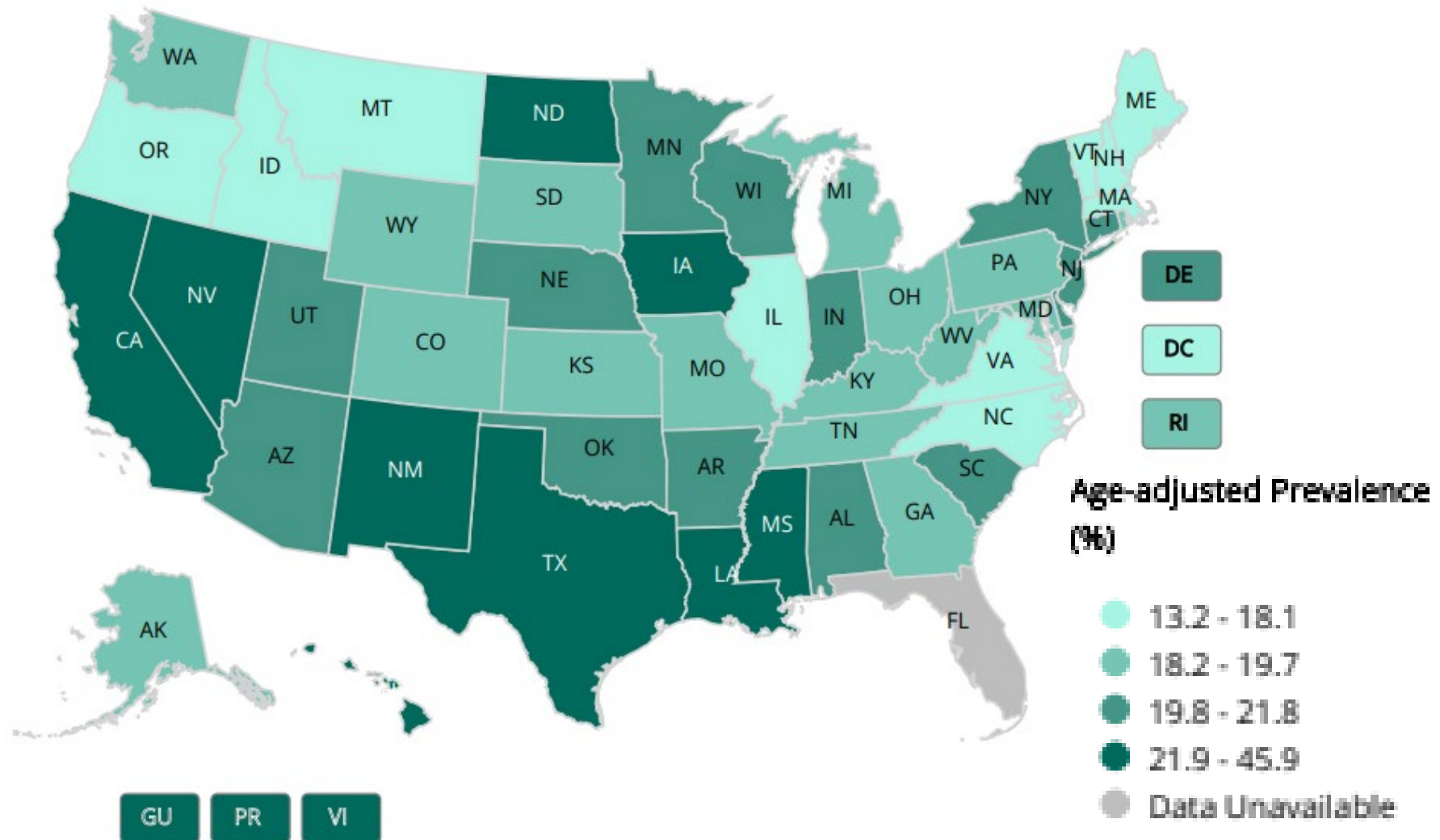
60%

One Chronic Disease

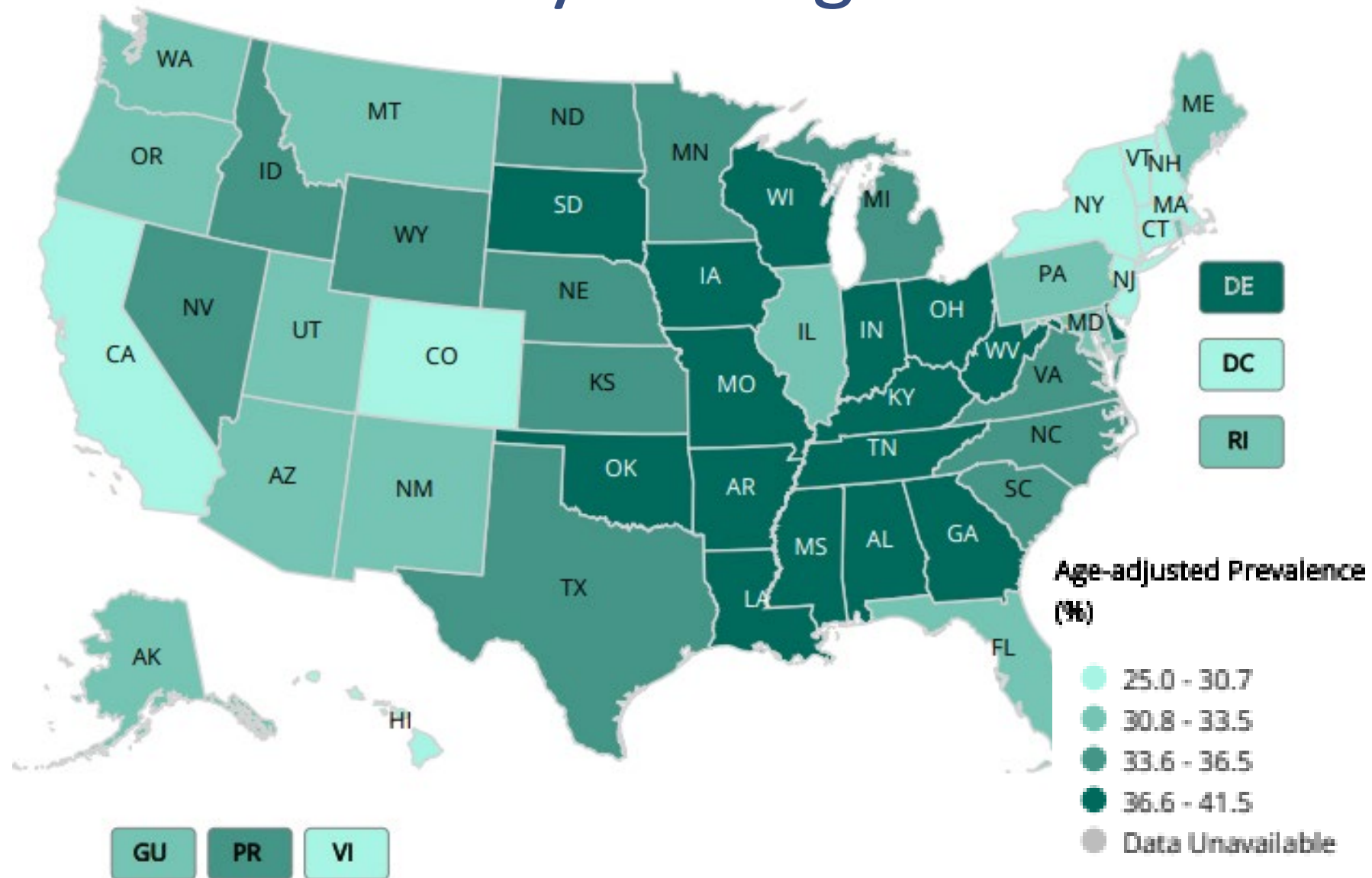
40%

Two or More

Adults vegetables consumed less than one time per day



Obesity among adults



Why This Matters for Employers

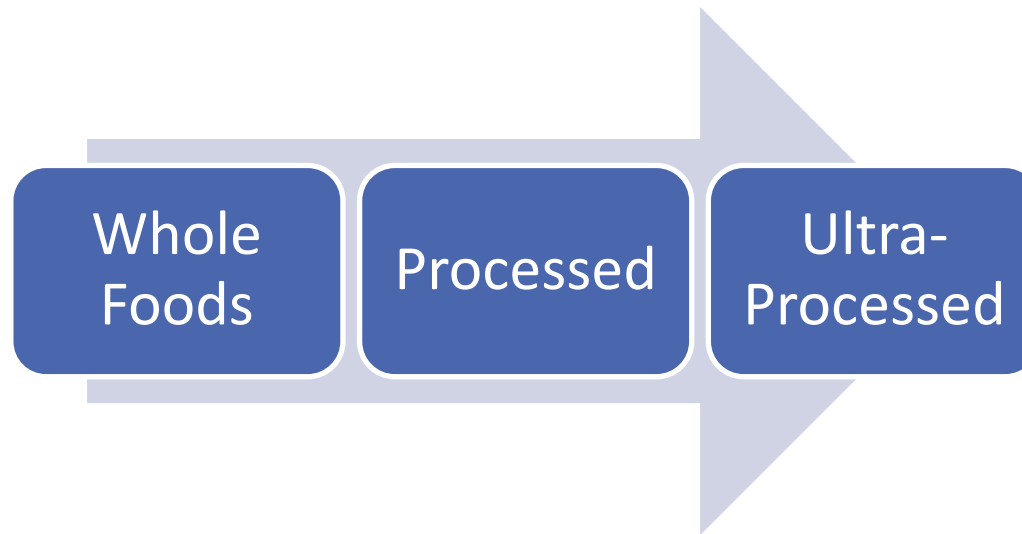
- Diet-related chronic disease drives healthcare spending
- Nutrition influences productivity and absenteeism
- Employer wellness programs increasingly address diet quality
- Food environment influences workforce health



Sources: Dietary Guidelines for Americans (USDA/HHS); CDC Chronic Disease Data; NIH Nutrition Research; FDA Food Additives.

Processing and Diet Quality

- Increased consumption of ultra-processed foods
- Often high in sodium, added sugars, refined starch
- Linked to poorer diet quality
- Growing research focus in nutrition science



Environmental Considerations in the Food System

- Growing attention to environmental exposures in food
- Synthetic food dyes used in processed foods
- Microplastics detected in water and packaging
- Health implications still under investigation



Future Research and Policy Opportunities

- Research on ultra-processed foods
- Understanding environmental exposures
- Greater transparency in food labeling
- Integration of sustainability and health



Key Takeaways

- Dietary Guidelines shape national nutrition policy
- Healthy dietary patterns support disease prevention
- Food environments influence diet choices
- Environmental exposures are emerging nutrition considerations



Upcoming NEBGH events:

- **March 26** – Cardiometabolic Health as a Business Imperative
- **April 1** – What Employers Need to Know About PBM Reform, Trump RX & Other Changes on the Horizon
- **April 6** – Mondays with Dr. Mark & Dr. Michael
- **April 8** – Beyond Treatment: Supporting Cancer Survivors at Work — The Role of Managers, Workplace Culture, and Employer Strategy
- **May 4** – Mondays with Dr. Mark & Dr. Michael
- **June 1** – Mondays with Dr. Mark & Dr. Michael
- **June 18** – 15th Annual Conference: Powering Progress to Drive Change



Remember to rate this webinar!

