

1000 DAYS CAMPAIGN

EATING WELL IN THE FIRST 1000 DAYS

Dietary Guidelines for Americans (DGA)
Recommendations for
Pregnant/Breastfeeding Women and Children
under the age of 2

USDA & HHS WORKING TOGETHER

DIETARY GUIDELINES FOR AMERICANS (DGA)

Provides food -based
recommendations to
promote health and
meet nutritional needs.

CURRENT DGA

Have NOT included
dietary guidance for
women
during pregnancy and
lactation or children
under age 2

FUTURE DGA

Upcoming 2020 -2025
DGA will include
recommendations for
these populations

First 1000 Days: Tremendous Opportunity & Enormous Vulnerability



Pregnancy



Lactation



Children under
2 Years of Age

Parents and
caregivers lack
comprehensive,
evidence-based
guidance





Not Getting the Nutrition Needed to Thrive

Statistics

- Women of childbearing age have unbalanced diets
- Women are routinely entering pregnancy as either obese or overweight; many gain too much weight during pregnancy
- Breastfeeding rates are still not at the recommended levels
- Children (ages 1-3) are routinely drinking sugar sweetened beverages but not eating vegetables.

STEPS TO DEVELOPING THE DGA

ADVISORY COMMITTEE SELECTION

20 Experts in Food and
Nutrition

COMMITTEE SCIENTIFIC REVIEW

Topics Include:

- Dietary Patterns
- Beverages
- Current Dietary Intake
- Nutrients of Concern

DIETARY GUIDELINES DEVELOPMENT

Advisory Committee to
address 84 scientific
questions related to the
review topics

Public Comment Period is Open

WRITTEN COMMENTS

Submit Online at [regulations.gov](https://www.regulations.gov)
or through the mail

ORAL COMMENTS

Meeting held July 10 -11, 2019 in
Washington DC

Next Meeting

January 23 -24, 2020 in Houston, TX



**Make your
Voice Heard**

**The Goal:
Healthy Moms, Babies and
Children**

thousanddays.org

