

FREE WEBINAR

Triumphs and Twists

Demystifying the New Dietary Guidelines

EAT REAL.

ZONYA

1

Eat Real Food

Protein, Dairy & Healthy Fats

Vegetables & Fruits

Whole Grains

Scientific Report of the 2025 Dietary Guidelines Advisory Committee

2

Thomas DeLauer

ULTRA PROCESSED FOODS

STOP OVERTHINKING IT!

3

DAILY FOOD GUIDE PYRAMID

"OTHERS" (sugars, fats, oils, and sweeteners) eat sparingly

MILK Group 3-4 servings

MEAT Group 2-3 servings

VEGETABLE Group 3-5 servings

FIBER Group 2-4 servings

GRAIN Group 4-11 servings

Eat Real Food

Protein, Dairy & Healthy Fats

Vegetables & Fruits

Whole Grains

4

Past guidelines led to this...

Whole Milk

- Calories 150
- Fat 8g
- Sat fat 5g
- Protein 8g
- Added sugar 0g
- Calcium 275mg

Low-fat Chocolate Milk

- Calories 160
- Fat 3g
- Sat fat 2g
- Protein 8g
- Added sugar 13g
- Calcium 292mg

5

Past guidelines led to this...

SnackWells Double Chocolate

- Fat 8g
- Added sugar 13g
- Calcium 292mg

Yoplait Yogurt

- Fat 3g
- Added sugar 13g
- Calcium 292mg

Dole Pineapple

- Fat 3g
- Added sugar 13g
- Calcium 292mg

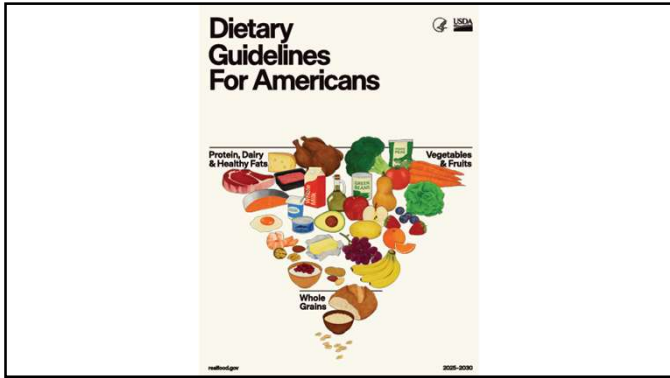
Whole Milk

- Fat 8g
- Added sugar 0g
- Calcium 275mg

Low-fat Chocolate Milk

- Fat 3g
- Sat fat 2g
- Protein 8g
- Added sugar 13g
- Calcium 292mg

6



7

The new DGAs say:

Eat the Right Amount for You

- The calories you need depend on your age, sex, height, weight, and level of physical activity.
- Pay attention to portion sizes, particularly for foods and beverages higher in calories.
- Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.

8

The new DGAs say:

Prioritize Protein Foods at Every Meal

- Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.
- Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.
- Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.
- Consume meat with **no or limited added sugars, refined carbohydrates or starches, or chemical additives**. If preferred, flavor with salt, spices, and herbs.
- Protein serving goals: **1.2–1.6 grams of protein per kilogram** of body weight per day, adjusting as needed based on your individual caloric requirements.

9

Let's Talk about Protein

- Range has always been **.8 - 1.2g protein/kg of body weight**
- **New guideline is 1.2 - 1.6g/kg of body weight**
 - 50% to 100% increase!
- The higher is for
 - Burn victims and elite athletes
 - Body builders goaling for massive muscle gains
- Protein + Resistance Training = Muscle
 - Without resistance training, protein benefits are limited

[Nutrition and metabolism in burn patients | Burns & Trauma | Oxford Academic](#)
[Pressure Ulcer and Nutrition](#)
[Protein 1: The effect of protein intake on athletic performance: a systematic review and meta-analysis](#)

10

How do you calculate your protein needs?

Step 1: Convert your weight from pounds to kilograms

Weight in lb ÷ 2.2

Example:
175 lb ÷ 2.2 = 80 kg

20 pounds or more overweight? Use your target weight for closer accuracy.

Step 2: Calculate your range

80kg x .8 = 64g protein per day
 80kg x 1 = 80g protein per day

80kg x 1.2 = 96g protein per day
 80kg x 1.4 = 112g protein per day
 80kg x 1.6 = 128g protein per day

Your daily protein target assuming 1 – 1.2

For 175 lb = 80 – 96g protein/day

For 150 lb = 68 – 82g protein/day

For 125 lb = 57 – 68g protein/day

For 200 lb = 90 – 109g protein/day

[The role of protein in weight loss and maintenance](#)
[Increased Dietary Protein in a Dietary Strategy to Reduce Body Fat](#)

[Adverse Effects Associated with Protein Intake above the Recommended Dietary Allowance for Adults](#)
[The Effects of High-Protein Diets on Kidney Health and Longevity](#)

11

What's wrong with more meat?

IARC Findings (International Agency for Research on Cancer)

- Red meat (beef, pork, lamb) is “probably carcinogenic to humans” (Group 2A)
- Processed meat (bacon, hot dogs, deli meats) is “carcinogenic to humans” (Group 1)

What this means

- Higher intake linked to increased colorectal, pancreatic, and prostate cancer risk
- No amount of red or processed meat is “risk-free”
- Cancer risk is dose-dependent and influenced by cooking methods

Why risk increases

- Heme iron → oxidative damage
- High-heat cooking/grilling/smoking → HCAs & PAHs
- Nitrites/nitrates → cancer-forming compounds

Bottom line: The IARC advises:

- Limit red meat to less than 12-18oz cooked per week
- Avoid processed meats

[Cancer: Carcinogenicity of the consumption of red meat and processed meat](#)
[Consumption of red meat and processed meat and cancer incidence: a systematic review and meta-analysis of prospective studies, Eur J Epidemiol 2015](#)
[Source: WCRF/AICR Cancer Prevention Recommendations | EUPH/IOC/ICP/NIH/NIH](#)

12

All I said was...

Too much protein can increase cancer risk

<https://www.ncbi.nlm.nih.gov/pubmed/10325493> <https://www.ncbi.nlm.nih.gov/pubmed/27595916>
<https://www.ajmc.com/newsroom/diet-rich-in-saturated-fat-makes-prostate-cancer-more-aggressive>
<https://www.cancer.gov/news-events/cancer-currents-blog/2018/high-fat-diet-prostate-metastasis>
<https://www.urotoday.com/journal/prostate-cancer-and-prostatic-diseases/100937-saturated-fat-intake-and-prostate-cancer>
<https://www.escardio.org/The-ESC/Press-Office/Press-releases/Low-carbohydrate-diets-are-unsafe-and-should-be-avoided>
[https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(18\)30135-X/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(18)30135-X/fulltext)

13

Meeting Your Protein Needs with REAL FOOD
(Recipes at EatRealAmerica.com)

DAY 1

Rise and Shine Breakfast Bake	Kefir Kickstart Strawberry Smoothie	Southwest Tofu Scramble	Chai Tea Latte
Loaded Chicken Salad Sandwich	Salmon Sheet Pan Fajitas	Greek Chickpea Salad Sandwich	Mongolian Soy Stir Fry

98 g protein/ 25 grams of fiber 96 g protein/ 30 grams of fiber

14

15

Meeting Your Protein Needs with REAL FOOD
(Recipes at EatRealAmerica.com)

DAY 2

Fruit-Infused Protein Powered Oatmeal	Slow Cooker Sweet Potato Chicken Chili	Very Berry Smoothie Bowl	Chickpea Curry Stew
Grilled Steak Panzanella Salad	Just Right Nutty Cookies	Egg Roll in a Bowl w/ Tempeh	Fudgy Banana Black Bean Brownies

100 g protein/ 30 grams of fiber 90 g protein/ 40 grams of fiber

16

The new DGAs say:

Incorporate Healthy Fats

- Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. **Other options can include butter or beef tallow.**
- In general, **saturated fat consumption should not exceed 10% of total daily calories.** Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.

TWIST! Following these guidelines: impossible to stay below 10% of calories from fat.

An 8 oz New York strip steak has 10-12g sat fat.

17

The new DGAs say:

Consume Dairy

- When consuming dairy, include **full-fat dairy with no added sugars.** Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
- Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, **adjusting as needed based on your individual caloric requirements.**

TWIST! Full-fat dairy is debatably not heart-protective.

Triumph: No added sugar


Three 8 oz glasses of whole milk = 13.5g of sat fat.

Association of dairy intake with cardiovascular disease and mortality in 21 countries from five continents (PURE) - a prospective cohort study.

18

Milk: What the New Guidance Overlooks


- **Ignores that 40% of our population has lactose intolerance or dairy protein sensitivity**
 - Acts as though plant-based milks "don't even exist."
- **Skim milk:** contains zero **saturated fat**, yet all the nutrients making it ideal for the 29% of our population with high LDL-c.
- **Inflammation:** Milk may promote **inflammatory responses** in susceptible individuals:
 - **Respiratory symptoms:** Milk can increase **mucus production and upper-respiratory symptoms, including asthma** in certain individuals.
- **Dairy & acne:** Cow's milk is consistently associated with **higher acne risk** in observational studies.




The effect of milk consumption on acne: a meta-analysis of observational studies
Effects of milk containing only A2 beta casein versus milk containing both A1 and A2 beta casein. Nutr J 2016
Saturated Fat Intake and Risk of Coronary Heart Disease: Modulation by Replacement Treatments
Does milk increase mucus production?

19


Dr. Mark Hyman explains that when it comes to saturated fat... The Meal Matrix Matters



Steak + Broccoli + Brown Rice



Steak + French Fries + Soda




Suboptimal history of saturated fat: the timeline and unmaking of a scientific consensus

Same Saturated Fat. Very different health outcomes.

20

BREAKING NEWS: AMERICA FLIPS THE FOOD PYRAMID



21

The new DGAs say:

Eat Vegetables & Fruits Throughout the Day


- Eat a variety of colorful, nutrient-dense vegetables and fruits.
- Eat whole vegetables and fruits in their original form. Wash thoroughly prior to eating raw or cooking.
- Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- 100% fruit or vegetable juice should be consumed in limited portions **or diluted with water.**
- Vegetables and fruits serving goals for a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements:
 - Vegetables: 3 servings per day
 - Fruits: 2 servings per day

Missed opportunity: 3 veg OR MORE and 2 fruits OR MORE for reaching fiber targets (**25 g/day** for women; **38 g/day** for men)


TWIST!

TWIST!

VEG & MILK Group 3-5 servings



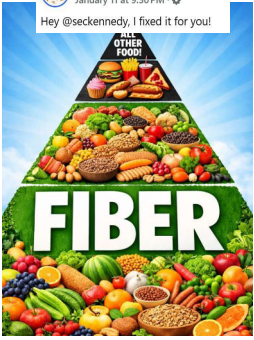
FIBER Group 2-4 servings



22

Dr. Garth Davis • Following
January 11 at 9:30 PM

Hey @seckenedy, I fixed it for you!



We need a Fiber Fix!

- Systematic reviews and cohort analyses consistently demonstrate that **dietary fiber intake is independently associated with reductions in all-cause mortality.**
- Only 5% of Americans currently eat even the recommended minimum of 25+grams of fiber/day (to 38 grams)
 - We average 16-18 g/day

Dietary Fiber and Health Outcomes, the American Journal of Clinical Nutrition, 2018

23

Get Bonus: Top 50 GLP-1 Stimulating Foods

Scan this QR code



Or go to

<https://talk.ac/zonya>

and enter this code when prompted

50TOPFOODS

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24

The new DGAs say:

Focus on Whole Grains

- Prioritize fiber-rich whole grains.
- Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- Whole grains serving goals: **2–4 servings per day, adjusting as needed based on your individual caloric requirements.**

2-4 servings is perfect for post-menopausal women seeking weight loss. Adjust UP to 6-8 for active men, teenagers, etc.



Get Bonus



25

The new DGAs say:

Gut Health

- Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion.
- Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and **high-fiber foods** support a diverse microbiome, which may be beneficial for health.

Triumph: A recognition of the importance of gut health

TWIST!

Missed opportunity: Guide does NOT direct you to get 25-38 g of fiber per day = step 1 to a healthy microbiome.

Get Bonus



26

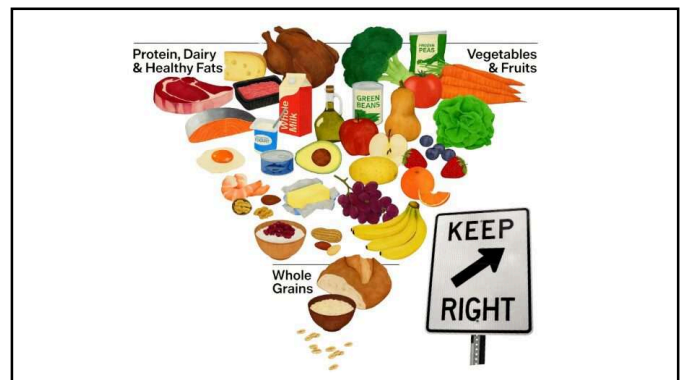
And Finally... The new DGAs say:

Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

- Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt). Instead, prioritize nutrient-dense foods and home-prepared meals. When dining out, choose nutrient-dense options.
- Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives, and low-calorie non-nutritive sweeteners.
- Avoid sugar-sweetened beverages, such as sodas, fruit drinks, and energy drinks.
- 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 10 grams of added sugars.**



27



28



29

When you eat REAL Food...

- **Remove the addictive properties**
 - Deleterious additives & preservatives
- **Supplies natural appetite regulators**
 - Antioxidants, polyphenols, vitamins, minerals, & fiber
- **Resets your palate**
 - Dial down desire for sweet, salt & fat
 - Ramp up desire for "good for you" foods



30

EatRealAmerica.com




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- All healthy and delicious
- Recipe box
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- First month is FREE!
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31



BEYOND OZEMPIC AND BEYOND

Control Hunger by Stimulating Your Own GLP-1 Hormones

ZONYA

8-WEEK LIVESTREAM PROGRAM

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- ✓ Access to EatRealAmerica.com
- ✓ Targeted Fitness Videos
- ✓ GLP-1 Boosting Meal Plans & Recipe Demonstrations
- ✓ Private Facebook group that inspires you 24/7
- ✓ Freedom from Food Noise & Frustration

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Jan 29 – Mar 19 7-8:30 pm ET



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32

“When I joined Beyond Ozempic last year, my goal was to lose 15 pounds. I never imagined that 10 months later I’d not only reach that goal, **but pass it by a mile—losing 33 pounds!** I have so much more energy now, along with better eating and exercise habits that I know I can sustain. Thank you!”

— Melanie, Pennsylvania

33



THANK YOU!
Questions?
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34