

FREE
WEBINAR

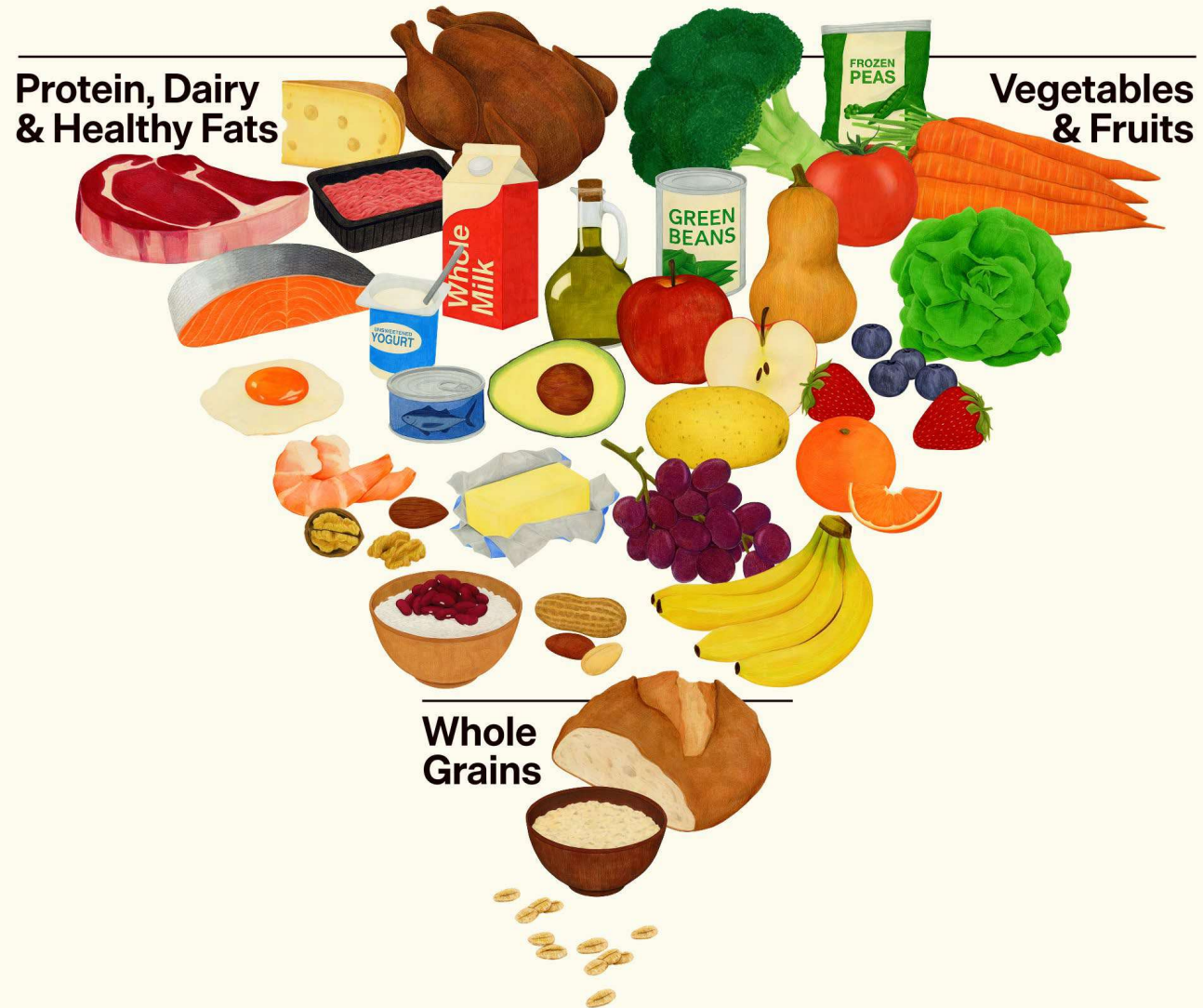
Triumphs and Twists

Demystifying the New
Dietary Guidelines



ZONYA

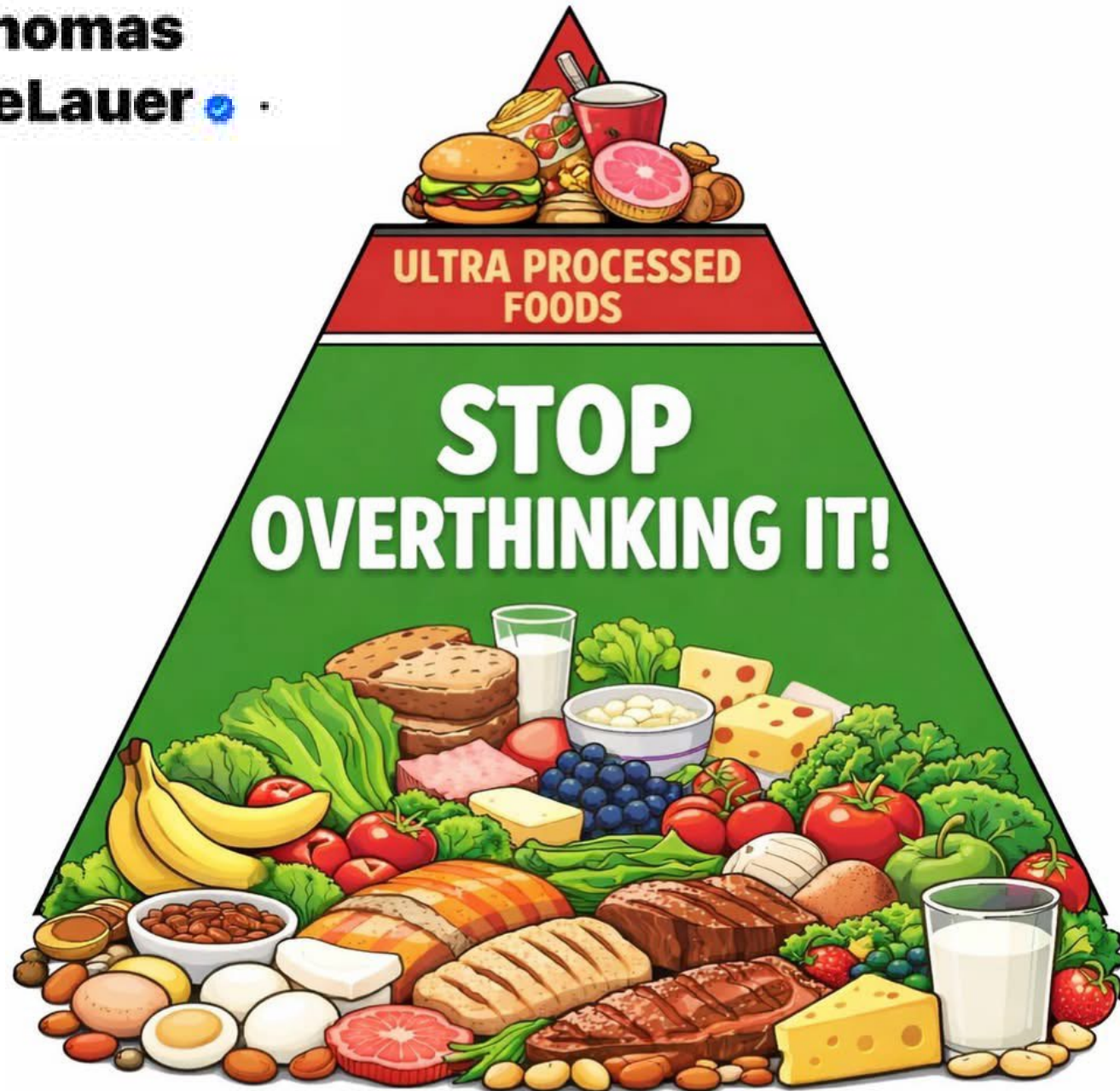
Eat Real Food



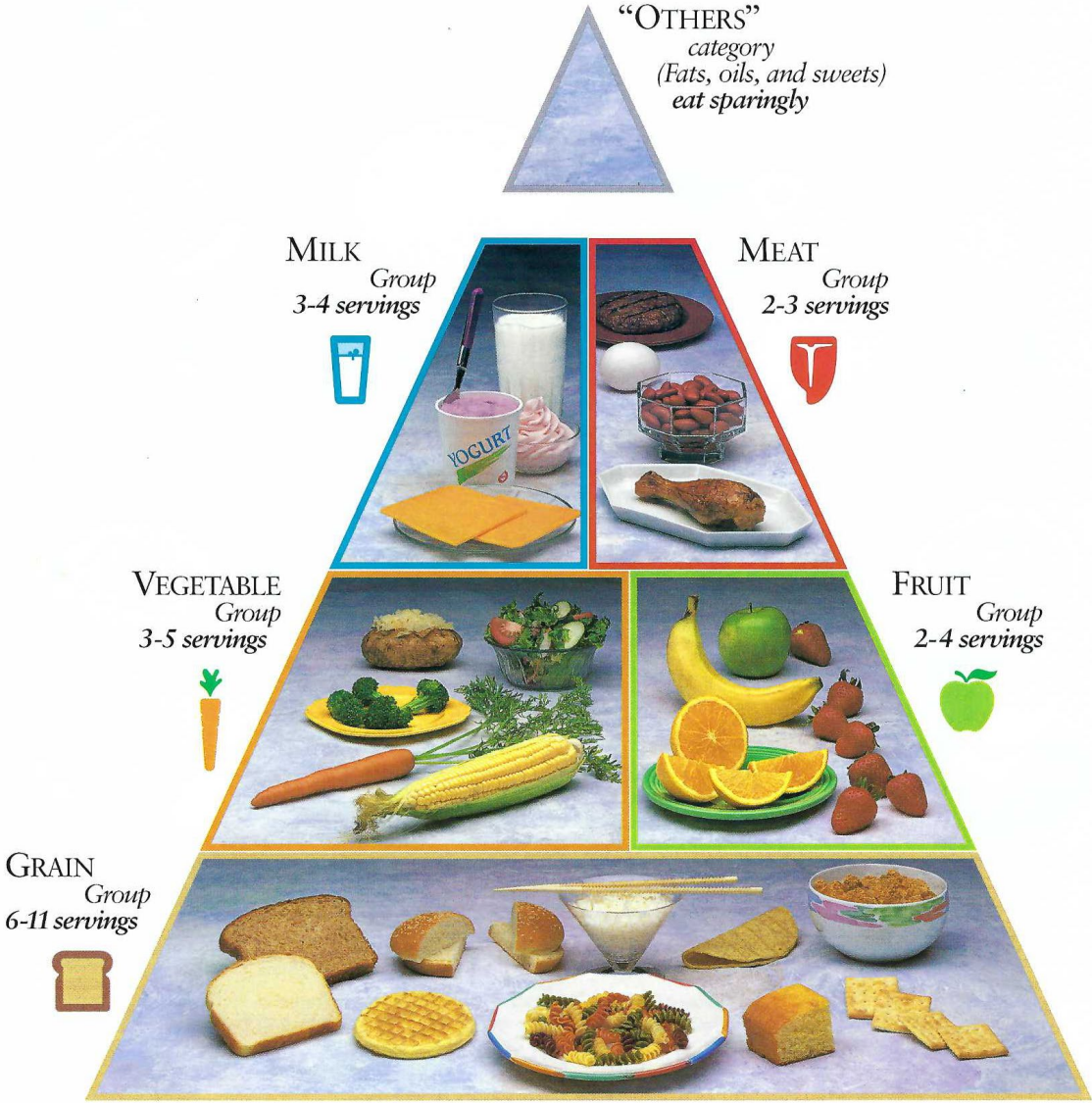
[Scientific Report of
the 2025 Dietary
Guidelines Advisory
Committee](#)



**Thomas
DeLauer** 



DAILY FOOD GUIDE PYRAMID



Eat Real Food



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



Past guidelines led to this...



- Fat 8g



- Fat 5g
- Carbohydrate 13g
- Calcium 92mg



- Fat 3g



late Milk
60

g
ar 13g
92mg



Dietary Guidelines For Americans



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.



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.



TWIST!

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



How do you calculate your protein needs?

Step 1: Convert your weight from pounds to kilograms

Weight in lb \div 2.2

Example:

175 lb \div 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 =

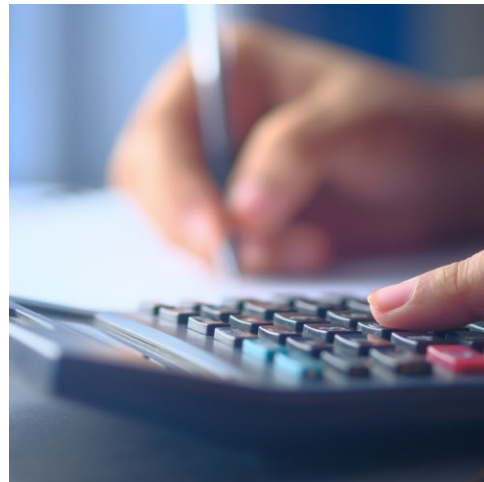
68 – 82g protein/day

For 125 lb =

57 – 68g protein/day

For 200 lb =

90 – 109g protein/day



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: asystematic review and meta-analysis of prospective studies. Eur J Epidemiol 2021](#)

[Scoring WCRF/AICR Cancer Prevention Recommendations | EGRP/DCCPS/NCI/NIH](#)



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)

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



With 8 oz of skim milk

With 8 oz of Edensoy

With 8 oz of Edensoy

98 g protein/ 25 grams of fiber

96 g protein/ 30 grams of fiber

MORE IDEAS.

IN SEASON

QUICK & EASY

BREAKFAST

SLOW COOKER MAGIC

SNACKS & SWEETS

RISE AND SHINE VEGGIE BREAKFAST BAKE



Gluten Free!

Save

Like 0

[+ ADD TO RECIPE BOX](#) [+ ADD TO SHOPPING LIST](#) PRINT

WHY WE LIKE IT

Serves: 8 Ready In: 45 MINUTES

Meeting Your Protein Needs with REAL FOOD

(Recipes at EatRealAmerica.com)

Fruit-Infused Protein Powered Oatmeal



Slow Cooker Sweet Potato Chicken Chili



With 8 oz of skim milk

Very Berry Smoothie Bowl



Chickpea Curry Stew



With 8 oz of Edensoy

Grilled Steak Panzanella Salad



Just Right Nutty Cookies



2 with 8 oz of skim milk

Egg Roll in a Bowl w/ Tempeh



Fudgy Banana Black Bean Brownies



1 with 8 oz of Edensoy

100 g protein/ 30 grams of fiber

90 g protein/ 40 grams of fiber

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.

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**.



Triumph: No added sugar



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

TWIST!

Full-fat dairy is debatably not heart-protective.

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 Fatty Acids and Risk of Coronary Heart Disease: Modulation by Replacement Nutrients](#)

[Does milk increase mucus production](#)



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



Steak + Broccoli + Brown Rice



Steak + French Fries + Soda



[A short history of saturated fat: the making and unmaking of a scientific consensus](#)

Same Saturated Fat. Very different health outcomes.

BREAKING NEWS: AMERICA FLIPS THE FOOD PYRAMID



Looks like meat's back on the menu, boys!

The new DGAs say:

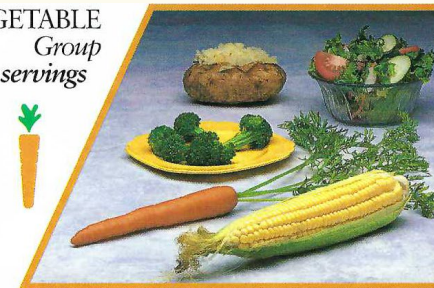
Eat Vegetables & Fruits Throughout the Day

- 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

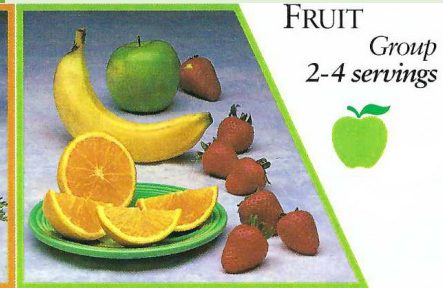
TWIST!

TWIST!

VEGETABLE
Group
3-5 servings



FRUIT
Group
2-4 servings



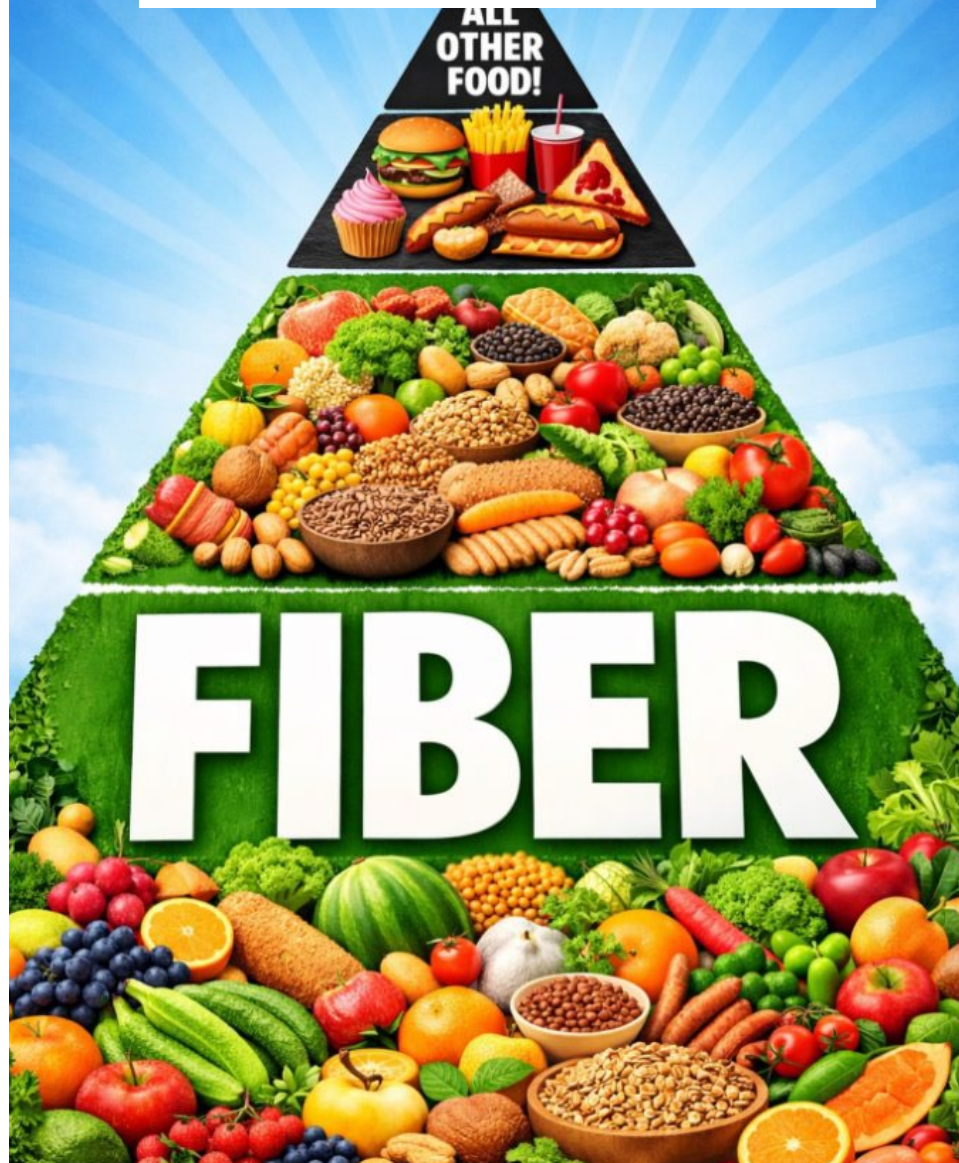
Missed opportunity:
3 veg OR MORE and
2 fruits OR MORE
for reaching fiber
targets (**25 g/day**
for women; **38**
g/day for men)



Dr. Garth Davis · Following

January 11 at 9:30 PM · ⚙️

Hey @seckennedy, 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](#)



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

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.**

Get Bonus



2-4 servings is perfect for post-menopausal women seeking weight loss.

Adjust UP to 6-8 for active men, teenagers, etc.

TWIST!

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



And Finally... The new DGAs say:

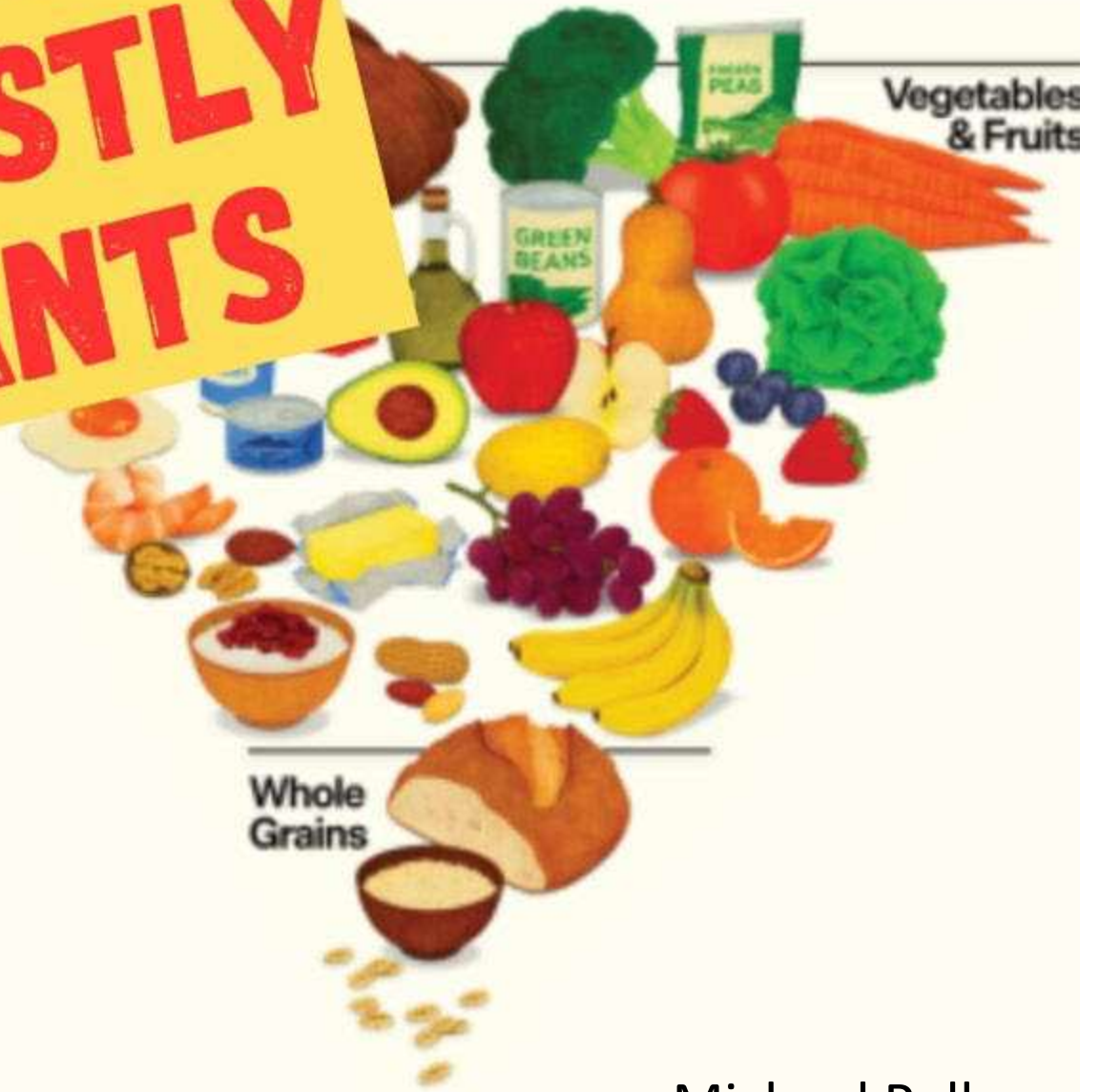
Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

- 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.**



EAT REAL FOOD

...MOSTLY
PLANTS



Michael Pollan

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



EatRealAmerica.com



- Over 1,400 searchable recipes
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AND
BEYOND

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Your Own GLP-1 Hormones

ZONYA



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- ✓ Freedom from Food Noise & Frustration



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Jan 29 – Mar 19 7-8:30 pm ET

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— Melanie, Pennsylvania





THANK YOU!

Questions?

Email or call:

Zonya Foco, RDN

Zonya1@Zonya.com

517-467-6995

Zonya.com

EatRealAmerica.com