

## 2015-2020 Dietary Guidelines for Americans Webinar Questions from Participants

### **What guidance is provided for infants (from birth to age 2 years) and women who are pregnant?**

Congress has enacted a law requiring that these groups be included in the 2020 Dietary Guidelines. The Office of Disease Prevention and Health Promotion (ODPHP) and Center for Nutrition Policy and Promotion (CNPP) have undertaken a project to begin systematic reviews in order to develop a Technical Report. This Technical Report will be provided to the 2020 Dietary Guidelines Advisory Committee for consideration.

### **Did you mean 90-95% men and women are exceeding the 400 mg caffeine per day?**

Those who are exceeding 400 mg of caffeine per day include men above the 90<sup>th</sup> percentile, and women above the 95<sup>th</sup> percentile of caffeine consumption. This means that the majority of men and women are not exceeding 400 mg of caffeine.

### **Are there Dietary Guidelines for athletes, specifically children athletes?**

Activity levels are considered in the Dietary Guidelines with respect to calorie levels. These can be found in Appendix 2 of the Dietary Guidelines, and are provided by age, sex, and activity level.

### **When do you think the requirements for total grains will be reduced? Sugars contained in carbohydrates are stored as fat. It seems that in the school lunch program carbs are only present to meet the calorie requirements.**

The Dietary Guidelines for Americans recommendations are based on the Nutrition Evidence Library and reflect the current research. Any future changes to the recommendations will reflect the best available evidence.

### **Do we get CEUs or a certificate for attending this webinar?**

This Webinar has been approved for 1 Continuing Education Unit by the California School Nutrition Association. This Webinar provided 1 hour of instructional time, and meets the USDA School Nutrition Program Personnel Professional Standards criteria for:

#### **Key Area: 1000 Nutrition**

- Key Topic: 1300 General Nutrition
- Learning Objective: 1310, Relate the Dietary Guidelines and USDA food guidance concepts to the goals of the school nutrition programs.

Instructions for obtaining a certificate can be found at the end of the Webinar.

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