

# Eat Go Branding Takeaways Restaurants

On January 7, 2026, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture (USDA) released the Dietary Guidelines for Americans, 2025-2030 (Guidelines). These ...  
CREATE A HEALTHY EATING PATTERN Eat well-balanced meals throughout the day to keep your heart and brain working at their best. Don't worry about "special foods" - a variety of healthy foods is ... Co-chaired by Prof. Walter Willett and Prof. Johan Rockström, the EAT-Lancet Commission brought together 19 Commissioners and 18 co-authors from 16 countries in various fields including human ... Welcome to the Dietary Guidelines for Americans, 2025-2030. These Guidelines mark the most significant reset of federal nutrition policy in our nation's history. The message is simple: eat real ... Top tips for how to eat a healthy, balanced diet using the food groups in the Eatwell Guide! Fruit and vegetables Potatoes, bread, rice, pasta, and other starchy carbohydrates Beans, pulses, fish, eggs, ... You know that healthy eating is key to a healthy life — and the good news is that small changes can make a big difference! Follow these tips to build a healthy eating routine that works for you. There ... Validity and reliability of the Eating Assessment Tool (EAT-10). Ann Otol Rhinol Laryngol 117: 919-924, 2008.

## Build a Healthy Eating Routine

[Life's Essential 8, How to Eat Better](#)

[EAT-10 - Enovis](#)

## Dietary Guidelines for Americans, 2025 2030

[The Eatwell Guide - British Nutrition Foundation](#)

## Healthy Diets From Sustainable Food Systems Food Planet Health

## Dietary Guidelines for Americans, 2025-2030 Eat Real Food - USDA

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