

US Dietary Guidelines Advisory Committee Releases Scientific Report with No Mention of EPA & DHA

[The 2025 Dietary Guidelines Advisory Committee's \(DGAC\) Scientific Report](#) has been submitted to the Secretaries of the US Department of Health and Human Services (HHS) and the US Department of Agriculture (USDA). The Scientific Report, along with public comments and federal agency input, will inform the two departments as they develop the Dietary Guidelines for Americans, 2025-2030, which is expected to be published in late 2025. The report contained no mention of either EPA or DHA and only two mentions of omega-3s – “As another example, relative to red meat and dairy, seafood and fish are not only lower in saturated fat, but also higher in omega-3 fats. Higher omega-3 fat intake from seafood/fish is associated with cardiovascular disease benefits.”

Back in 2022, when the proposed scientific questions to be examined in the review of scientific evidence supporting the development of the 2025-2030 Dietary Guidelines for Americans were released, GOED submitted written comments. Specifically, GOED requested the addition of a question to address the benefit of omega-3 long-chain polyunsaturated fatty acid interventions during pregnancy for reducing the risk of preterm and early preterm birth. Unfortunately, no such question was added. At that time, it was mentioned that Dietary Reference Intake (DRI) reports would be used to address specific nutrient recommendations. Without a DRI for EPA/DHA, we knew that it was unlikely that EPA/DHA would be discussed by the DGAC.

As mentioned throughout the work of the DGAC, there were reminders about the differences between the Dietary Guidelines and DRIs and how DRIs are associated with Dietary Guidelines. For example: *DRIs provide nutrient recommendations, whereas the Dietary Guidelines provide food-based recommendations to help the public consume healthy dietary patterns that meet the DRIs.*

To gather public input on the Scientific Report, HHS and USDA have opened a [60-day comment period](#) during which interested parties are invited to share their feedback. Additionally, the two departments will hold a virtual public meeting on January 16, 2025, where members of the public will be able to provide oral comments on the Scientific Report. If GOED submits comments, they will mention the work of the 2030-2035 DGAC and how GOED looks forward to having EPA/DHA considered by the Committee after DRIs are adopted for EPA/DHA.

Click here to see previous coverage on this topic:

[April 25, 2022](#)

[May 23, 2022](#)