

Trump Admin's Nutrition Plan Reshapes Food Pyramid

The Trump administration unveiled new dietary guidelines that will affect the foods served across the nation. Under the new structure, protein is to be prioritized at every meal, full-fat dairy is encouraged, vegetables and fruits are to be consumed throughout the day, and healthy fats from meats, seafood, eggs, nuts, seeds, olives, and avocados are to be incorporated.

Furthermore, the guidelines emphasize whole grains, limiting processed foods and sugars, and encourage limited alcohol consumption.

"These guidelines return us to the basics," HHS Secretary Robert F. Kennedy Jr. said. "American households must prioritize whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats and whole grains—and dramatically reduce highly processed foods. This is how we Make America Healthy Again."



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USDA Secretary Brooke Rollins explained that the guidelines "will reset federal nutrition policy, putting our families and children first as we move towards a healthier nation."

A joint statement from the secretaries included in the report notes that "federal incentives have promoted low-quality, highly processed foods and pharmaceutical intervention instead of prevention." It declares that "this changes today," emphasizing that the Trump administration is "realigning our food system to support American farmers, ranchers, and companies who grow and produce real food— and the Trump administration is working to ensure all families can

afford it.”

The report includes guidelines for feeding babies and toddlers, stating that infants should be exclusively fed breastmilk or iron-fortified formula for at least the first six months. “At about 6 months of age, infants may begin to have solid foods. It is crucial to continue breastfeeding or formula feeding while solids are introduced,” the report explains. “Breast milk or infant formula continues to be the main source of nutrition for your infant up to 12 months of age.”

Children between five and ten years old should focus on “whole, nutrient-dense foods,” while adolescents should prioritize protein, calcium, iron, and vitamin D.

A fact sheet on the report states that “too many Americans are sick and don’t know why.” To address this crisis, the Trump administration has restored “common sense, scientific integrity, and accountability” to federal food policy, taking the “first step in making sure school meals, military and veteran meals, and other child and adult nutrition programs promote affordable, whole, healthy, nutrient-dense foods.”

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