

New Dietary Guidelines for Americans

What's Changed - and What It Means for Almonds



The 2025-2030 Dietary Guidelines for Americans (DGA) prioritize the consumption of “real food” including whole, minimally processed, protein, dairy, vegetables, fruits, healthy fats, and whole grains. The updated guidelines validate and reinforce almonds as a recommended nutrient-dense, everyday food choice.

The new DGA emphasize whole, minimally processed foods

a strong fit for almond usage as a snack or ingredient.

Almonds are pictured in the “New Pyramid”

showing that they are recommended as a healthy, everyday source of plant-based protein.

Quick Takes

Saturated fat limits remain

making almonds’ healthy unsaturated fat profile a great choice.

The guidelines emphasize protein intake

which supports almonds as a nutrient-dense, plant-based option.

What are the Dietary Guidelines for Americans?

Updated every five years, the Dietary Guidelines for Americans (DGA) serve as the foundation for federal nutrition policy and shape state and local public health programs, nutrition education, and consumer guidance nationwide. The **2025–2030 DGA** was recently released by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA).

Reflective of the administration’s Make America Healthy Again (MAHA) priorities, this edition is condensed to

10-pages, adopts the tagline “Eat Real Food,” introduces the “New Pyramid” visual, and launches an updated, interactive [website](#) designed to increase consumer engagement.

As in previous editions, the 2025–2030 DGA emphasize dietary patterns built around **whole, minimally processed, nutrient-dense foods**, including fruits and vegetables, whole grains, dairy, nuts and seeds, and a variety of protein sources.



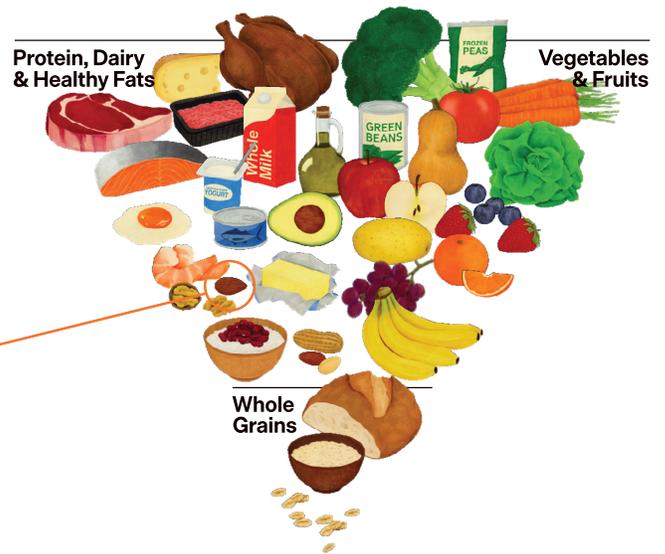
The DGA define **highly processed foods** as:

“any food, beverage, or engineered food-like item that is made primarily from substances extracted from foods (e.g., refined sugars, refined grains/starches, refined oils) and/or containing industrially manufactured chemical additives.”²

How Almonds Fit into the New DGA

The 2025 – 2030 DGA emphasize whole, minimally processed, foods and include nuts as a recommended, nutrient-dense, everyday food choice. Almonds and almond ingredients offer plant-based protein, healthy fats, fiber, and micronutrients in a whole, minimally processed package, which aligns with federal nutrition guidance.

Almonds are visually called out in the “New Pyramid” and also featured in the [official DGA video](#) on the guidelines’ website, highlighting their value as a nutrient-dense, everyday food choice.



Nut-Specific Guidance at a Glance

- Nuts and seeds are recognized as food options for **plant-based protein and healthy dietary fats**
- Protein guidance emphasizes **1.2–1.6g/kg body weight/day**, with nuts listed as a **nutrient-dense, plant-based protein source**^{2,3}
- For a 2,000-calorie diet, the guidelines recommend **3-4 servings of protein per day** from a variety of animal and plant-based sources³
- One serving of nuts or seeds = 1 oz whole nuts or 2 Tbsp nut butter³
- Saturated fat intake should not exceed 10% of total daily calories¹
- **Almonds contain 13g of “good” unsaturated fats and only 1g of saturated fat.**
- Nuts are included as part of recommended healthy dietary patterns that are associated with **improved cardiometabolic outcomes**²

1 Serving

=



1oz
whole nuts

or



2 Tbsp
nut butter

Footnotes

¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2025-2030. <https://cdn.realfood.gov/DGA.pdf>

² U.S. Department of Agriculture and U.S. Department of Health and Human Services. The Scientific Foundation for the Dietary Guidelines for Americans. <https://cdn.realfood.gov/Scientific%20Report.pdf>

³ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Daily Servings By Calorie Level. <https://cdn.realfood.gov/Daily%20Serving%20Sizes.pdf>