# Table of Contents

DIETARY GUIDELINES ADVISORY COMMITTEE MEMBERSHIP

## PART A: EXECUTIVE SUMMARY

## PART B: SETTING THE STAGE AND INTEGRATING THE EVIDENCE

Section 1: Introduction  
Section 2: The Total Diet: Combining Nutrients, Consuming Food  
Section 3: Translating and Integrating the Evidence: A Call to Action

## PART C: METHODOLOGY

## PART D: THE SCIENCE BASE

Section 1: Energy Balance and Weight Management  
Section 2: Nutrient Adequacy  
Section 3: Fatty Acids and Cholesterol  
Section 4: Protein  
Section 5: Carbohydrates  
Section 6: Sodium, Potassium, and Water  
Section 7: Alcohol  
Section 8: Food Safety and Technology

## PART E: APPENDICES

Appendix E-1: Major Conclusions  
Appendix E-2: Glossary of Terms  
Appendix E-3: USDA Food Pattern Analyses  
Appendix E-4: History of the Dietary Guidelines for Americans  
Appendix E-5: Public Comments  
Appendix E-6: Biographical Sketches of DGAC Members  
Appendix E-7: Acknowledgments