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*Providing oral testimony on behalf of the*  
United States Cattlemen's Association

*To the*  
United States Department of Agriculture, and the  
United States Department of Health and Human Services

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The Dietary Guidelines have a vast influence over America's food choices, and subsequently, health and well-being. From government-funded food assistance programs to school cafeterias and the dining halls of the U.S. military, the recommendations provided by this panel of food and nutrition experts can help lead our citizens on the path towards strength and fitness, or on an endless spiral of obesity, chronic illness, and other health issues.

Unfortunately, since the introduction of the Dietary Guidelines in 1980, the health of Americans has sharply declined. The United States Cattlemen's Association (USCA) and our nationwide membership of independent cattle producers, urges DGAC members to delay the release of the 2020-2025 Dietary Guidelines for Americans until the scope of the report includes not only recommendations for healthy Americans, but for those suffering from declining health conditions.

In a June 8 letter from Congressman Dusty Johnson to leaders at both USDA and HHS, the South Dakota representative states that that over 80 percent of Americans are overweight, obese, or afflicted by Type 2 diabetes, and that, by focusing exclusively on prevention, the policy now addresses only a small minority of the U.S. population.

Further, the DGAC's Scientific Report excludes virtually all clinical trials on weight loss, the last decade of science on saturated fats, and more than 65 clinical trials on low-carbohydrate diets. The report makes no accommodations for people of different racial, ethnic, and cultural backgrounds, recommending the same three 'standard' dietary patterns: "U.S.-Style", "Mediterranean", and "Vegetarian". These patterns are highly similar and continue to represent a one-size-fits-all diet for all Americans.

This July, USCA participated in a TweetStorm, calling for a delay in the release of the 2020-2025 Dietary Guidelines for Americans. More than 5,000 tweets and retweets were sent during a four-hour period using the hashtag #DelayTheDGA, with USCA's own account logging over 12,000 impressions. In short, this illustrates that we were not alone in our assessment of the DGAC Scientific Report, upon which the final recommendations will be based.

Regarding beef specifically, we are disappointed in the recognition of only 'lean' beef as healthy beef. This is exactly why it is important to consider all diet types, including high protein, high fat, and low carb diets, in which beef is rightfully considered a superfood for its macro- and micro- nutrient contents. We saw a similar revelation occur in the egg industry in the past decade, when Americans learned they could enjoy their egg yolks alongside their egg whites as a delicious and healthy part of breakfast, lunch, or dinner.

USCA continues to affirm the health and nutritional benefits of beef in the diet, including as an ample source of protein and a food that is rich in iron, folate, choline and vitamins D and E. We recommend delaying the release of the 2020-2025 Dietary Guidelines for Americans until the above procedural concerns are addressed.