

Appendix E-2: Supplementary Documentation to the 2015 DGAC Report

The 2015 DGAC used a variety of scientifically rigorous approaches to address its science-based questions. These approaches are described in *Part C. Methodology*. Slightly more than one-third of the questions were answered using a state-of-the-art systematic review process, and these reviews are publically available in the Nutrition Evidence Library (NEL) at www.NEL.gov.

The remaining questions were answered using existing sources of evidence (including systematic reviews, meta-analyses, or reports), data analyses, and food pattern modeling analyses. These three approaches allowed the Committee to ask and answer its questions in a systematic, transparent, and evidence-based way.

Appendix E-2 provides a list of supplementary documentation related to the existing sources of evidence and data analyses used by the Committee in evidence reviews (see *Appendix E-3 for USDA Food Patterns for Special Analyses*). These sources are publically available online through active links within this document at www.DietaryGuidelines.gov.

CHAPTER 1: FOOD AND NUTRIENT INTAKES AND HEALTH: CURRENT STATUS AND TRENDS

NUTRIENTS OF CONCERN

- Appendix E-2.1 [Usual intake distributions, 2007-2010, by age/gender groups](#)
- Appendix E-2.2 [Usual intake distributions as a percent of energy for fatty acids and macronutrients, 2007-2010, by age/gender groups](#)
- Appendix E-2.3 [Usual intake distributions for individuals age 71 and older, 2007-2010](#)
- Appendix E-2.4 [Usual intake distributions, 2007-2010, for pregnant and non-pregnant women in the U.S. ages 19-50 years](#)
- Appendix E-2.5 Usual intake distributions for [supplement](#) users for folate, folic acid, vitamin D, calcium, and iron, 2007-2010, by age/gender groups
- Appendix E-2.6 Usual intake distributions for [non-supplement](#) users for folate, folic acid, vitamin D, calcium, and iron, 2007-2010, by age/gender groups

FOOD CATEGORIES

- Appendix E-2.7 [Major categories and subcategories used in DGAC analyses of WWEIA Food Categories](#)

- Appendix E-2.8 [Percent of total food group intake, 2009-2010, for U.S. population ages 2 years and older, from WWEIA Food Categories](#)
- Appendix E-2.9 [Percent of total energy and nutrient intake, 2009-2010, for the U.S. population ages 2 years and older, from WWEIA Food Categories](#)
- Appendix E-2.10 [Percent of total energy intake, 2009-2010, for age/sex groups of the U.S. population from WWEIA Food Categories](#)
- Appendix E-2.11 [Percent of total energy intake, 2009-2010, for racial/ethnic groups of the U.S. population, from WWEIA Food Categories](#)
- Appendix E-2.12 [Percent of total energy intake, 2009-2010, for age/income groups of the U.S. population, from WWEIA Food Categories](#)

EATING BEHAVIORS

- Appendix E-2.13 [Percent of energy intake from major points of purchase and location of eating, 2003-04, 2005-06, 2007-08, and 2009-10, for the U.S. population ages 2 years and older](#)
- Appendix E-2.14 [Food group and nutrient content of foods per 1000 calories obtained from major points of purchase, 2003-2004, 2005-2006, 2007-2008, and 2009-2010 for the U.S. population ages 2 years and older](#)
- Appendix E-2.15 [Amount of key nutrients and food groups by age group per 1000 calories from each major point of purchase, 2003-04, 2005-06, 2007-08, and 2009-10](#)

HEALTH CONDITIONS

- Appendix E-2.16 [Body mass index, adults ages 20 years and older, NHANES 2009-2012](#)
- Appendix E-2.17 [Body mass index, children and adolescents ages 2-19 years, NHANES 2009-2012](#)
- Appendix E-2.18 [Total cholesterol and high density lipoprotein cholesterol \(HDL\), adults ages 20 years and older, NHANES 2009-2012](#)
- Appendix E-2.19 [Low density lipoprotein cholesterol \(LDL-C\) and triglycerides, adults ages 20 years and older, NHANES 2009-2012](#)
- Appendix E-2.20 [Prevalence of high blood pressure, adults ages 18 years and older, NHANES 2009-2012](#)

- Appendix E-2.21 [Total diabetes, adults ages 20 years and older, NHANES 2009 -2012](#)
- Appendix E-2.22 [Total cholesterol, high density lipoprotein cholesterol \(HDL\), and non-HDL-cholesterol, children and adolescents ages 6-19 years, NHANES 2009-2012](#)
- Appendix E-2.23 [Low density lipoprotein cholesterol \(LDL-C\) and triglycerides, adolescents ages 12-19 years, NHANES 2009-2012](#)
- Appendix E-2.24 [Prevalence of high and borderline high blood pressure \(BP\), children and adolescents ages 8-17 years, NHANES 2009-2012](#)

DIETARY PATTERNS

- Appendix E-2.25 [Average Healthy Eating Index-2010 scores for Americans ages 2 years and older \(National Health and Nutrition Examination Survey 2009-2010\)](#)

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22 **CHAPTER 2: DIETARY PATTERNS, FOODS AND NUTRIENTS, AND**
23 **HEALTH OUTCOMES**

DIETARY PATTERNS AND RISK OF CARDIOVASCULAR DISEASE

- Appendix E-2.26 [Evidence Portfolio](#)

DIETARY PATTERNS AND MEASURES OF BODY WEIGHT

- Appendix E-2.27 [Evidence Portfolio](#)

DIETARY PATTERNS AND RISK OF TYPE 2 DIABETES

- Appendix E-2.28 [Evidence Portfolio](#)

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CHAPTER 4: FOOD ENVIRONMENT AND SETTINGS

SCHOOL-BASED APPROACHES AND DIETARY INTAKE

- Appendix E-2.29a [Evidence Portfolio](#)
- Appendix E-2.29b [Search and Sort Plan](#)

SCHOOL-BASED POLICIES AND DIETARY INTAKE

Appendix E-2.30 [Evidence Portfolio](#)

Appendix E-2.29b [Search and Sort Plan](#)

SCHOOL-BASED APPROACHES AND WEIGHT STATUS

Appendix E-2.31 [Evidence Portfolio](#)

Appendix E-2.29b [Search and Sort Plan](#)

SCHOOL-BASED POLICIES AND WEIGHT STATUS

Appendix E-2.32 [Evidence Portfolio](#)

Appendix E-2.29b [Search and Sort Plan](#)

WORKSITE-BASED APPROACHES AND DIETARY INTAKE

Appendix E-2.33a [Evidence Portfolio](#)

Appendix E-2.33b [Search and Sort Plan](#)

WORKSITE-BASED POLICIES AND DIETARY INTAKE

Appendix E-2.34 [Evidence Portfolio](#)

Appendix E-2.33b [Search and Sort Plan](#)

WORKSITE-BASED APPROACHES AND WEIGHT STATUS

Appendix E-2.35 [Evidence Portfolio](#)

Appendix E-2.33b [Search and Sort Plan](#)

WORKSITE-BASED POLICIES AND WEIGHT STATUS

Appendix E-2.36 [Evidence Portfolio](#)

Appendix E-2.33b [Search and Sort Plan](#)

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29 **CHAPTER 5: FOOD SUSTAINABILITY AND SAFETY**

DIETARY PATTERNS AND FOOD SUSTAINABILITY

Appendix E-2.37 [Evidence Portfolio](#)

SEAFOOD AND SUSTAINABILITY

Appendix E-2.38 [Evidence Portfolio](#)

USUAL CAFFEINE CONSUMPTION AND HEALTH

Appendix E-2.39a [Evidence Portfolio](#)

Appendix E-2.39b [Systematic Review/Meta-Analysis Data Table](#)

HIGH-DOSE CAFFEINE CONSUMPTION AND HEALTH

Appendix E-2.40 [Evidence Portfolio](#)

ASPARTAME CONSUMPTION AND HEALTH

Appendix E-2.41 [Evidence Portfolio](#)

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32 **CHAPTER 6: CROSS-CUTTING TOPICS OF PUBLIC HEALTH**
33 **IMPORTANCE**

SODIUM AND BLOOD PRESSURE IN ADULTS

Appendix E-2.42 [Evidence Portfolio](#)

SATURATED FAT AND RISK OF CARDIOVASCULAR DISEASE

Appendix E-2.43 [Evidence Portfolio](#)

ADDED SUGARS AND LOW-CALORIE SWEETENERS

Appendix E-2.44 [Evidence Portfolio – Added Sugars and Measures of Body Weight](#)

Appendix E-2.45 [Evidence Portfolio – Added Sugars and Risk of Type 2 Diabetes](#)

Appendix E-2.46 [Evidence Portfolio – Added Sugars and Dental Caries](#)

Appendix E-2.47 [Evidence Portfolio – Low-Calorie Sweeteners and Measures of Body Weight](#)

Appendix E-2.48 [Evidence Portfolio – Low-Calorie Sweeteners and Risk of Type 2 Diabetes](#)

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36 **CHAPTER 7: PHYSICAL ACTIVITY**

PHYSICAL ACTIVITY

Appendix E-2.49 [Existing Report Data Table](#)

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