

Position Statement — Lebanese Order of Dietitians

The Lebanese Order of Dietitians (LOD) acknowledges the 2025–2030 U.S. Dietary Guidelines and aligns with the position of the Academy of Nutrition and Dietetics (AND), the American Heart Association (AHA), and the American Cancer Society (ACS), all of which affirm the central role of a strong evidence-based foundation in the promotion and protection of public health.

The LOD affirms the scientific strengths of the guidelines, particularly their emphasis on whole and minimally processed foods, dietary diversity, and increased consumption of fruits, vegetables, whole grains, lean proteins, and healthy fats, alongside clear recommendations to limit added sugars, sodium, saturated fats, and ultra-processed foods. The guidance on alcohol consumption, including avoidance among specific population groups such as pregnant individuals, is consistent with established strategies for cardiovascular disease prevention (AHA) and cancer risk reduction (ACS).

Nevertheless, the LOD underscores critical gaps that must be addressed. From a global public health and policy perspective, the guidelines insufficiently integrate environmental sustainability, despite compelling evidence linking dietary patterns to climate change mitigation, food system resilience, and long-term population health.

Moreover, the LOD expresses concern regarding inconsistencies between the scientific recommendations and their accompanying visual representations, which risk undermining public understanding and adherence. For instance, although saturated fat intake is explicitly recommended to remain below 10% of total energy, certain visual models appear to normalize higher intakes of full-fat dairy and red meat. Likewise, despite strong scientific consensus on the importance of dietary fiber, whole grains, legumes, and beans are not consistently or prominently featured in visual tools, weakening the clarity and impact of key nutritional messages.

The LOD further stresses that dietary guidelines cannot be applied as a universal model. Nutritional requirements and health outcomes are shaped by age, health status, cultural traditions, socioeconomic conditions, and clinical needs, all of which must be explicitly considered in policy development and implementation.

Accordingly, the LOD strongly advocates for the systematic integration of personalized nutrition counseling into public health strategies and calls on individuals to seek guidance from licensed clinical dietitians to ensure dietary recommendations are safe, appropriate, and effective.

In conclusion, while the Lebanese Order of Dietitians recognizes the U.S. Dietary Guidelines as a credible scientific reference, it firmly calls for greater coherence between scientific evidence and public-facing communication, stronger incorporation of sustainability principles, and the development of locally adapted, culturally relevant, and socially responsive dietary guidelines that directly address the realities of the Lebanese population and its food system.