

Chew on This

Assessing the new food pyramid and dietary guidelines

March 9, 2026 By [Trent Straube](#)

The Trump administration released [Dietary Guidelines for Americans, 2025-2030](#), which the White House bills as a reset that puts real food back at the center of health. The American Institute of Cancer Research assessed the new guidance and found:

- The Guidelines' emphasis on eating fruits, vegetables, whole grains and plant-based proteins while limiting ultra-processed foods and added sugars closely supports evidence-based cancer prevention strategies.
 - The Guidelines' increased emphasis on red meat consumption and its advice to merely "limit" alcohol consumption conflict with scientific evidence linking red and processed meat and alcohol intake to higher cancer risk.
 - For meaningful cancer prevention, the Guidelines would benefit from clearer prioritization of plant proteins, explicit avoidance of processed meat, recognition that no level of alcohol is safe and policies that improve access, affordability and implementation of healthy dietary patterns.
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