

House Concurrent Resolution No. 39

98TH GENERAL ASSEMBLY

INTRODUCED BY REPRESENTATIVE HOUGHTON.

2449H.01P

1 **WHEREAS**, the 2015 Dietary Guidelines Advisory Committee (DGAC) submitted its
2 advisory report to the Secretaries of the U.S. Department of Health and Human Services and the
3 U.S. Department of Agriculture in February, 2015; and

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5 **WHEREAS**, the purpose of the advisory report is to inform the federal government of
6 current scientific evidence on topics related to diet, nutrition, and health; and

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8 **WHEREAS**, the U.S. Department of Health and Human Services and the U.S.
9 Department of Agriculture use the advisory report to develop national nutrition policies; and

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11 **WHEREAS**, the advisory report stated that the U.S. population should be encouraged
12 and guided to follow dietary patterns that are lower in meats; and

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14 **WHEREAS**, the advisory report stated that diets lower in animal-based foods are more
15 health promoting; and

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17 **WHEREAS**, the advisory report recommends a reduction in consumption of red meat,
18 but then finds that red meat is an excellent source of iron, of which Americans should be
19 encouraged to consume more in their diets; and

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21 **WHEREAS**, the advisory report states that meat foods provide heme iron, which is
22 especially important for young children and women who are pregnant, and which is more
23 bioavailable than non-heme, plant-derived iron; and

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25 **WHEREAS**, the advisory report concurred with the Nutrition Evidence Library (NEL)
26 Dietary Patterns Systematic Review Project that dietary patterns that are lower in meats are
27 associated with favorable outcomes related to healthy body weight and risk of obesity; and

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29 **WHEREAS**, the DGAC stated that a “dietary pattern higher in plant-based foods, such
30 as vegetables, fruits, whole grains, legumes, nuts and seeds, and lower in animal-based foods is
31 more health promoting and is associated with lesser environmental impact than is the current
32 average U.S. Diet”; and

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34 **WHEREAS**, the DGAC’s suggestion that reducing animal-based foods in the American
35 diet will improve health and have a positive environmental impact is not supported by scientific
36 evidence; and

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38 **WHEREAS**, the advisory report included red meat in its definition of “lean meat”, which
39 is defined as any meat with less than 10% fat by weight including 95% lean ground beef; broiled
40 beef steak; baked pork chops; roasted chicken breasts or legs; and smoked or cured ham; and

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42 **WHEREAS**, the DGAC removes lean meats from the common characteristics of healthy
43 dietary patterns, which is inconsistent with more than three decades of scientific evidence on the
44 benefits of lean meat in healthy diets and is also in direct conflict with all previous editions of
45 the Dietary Guidelines for Americans; and

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47 **WHEREAS**, inconsistencies in its own recommendations and the astonishing lack of
48 discernment in reviewing scientific evidence call into question the entirety of the DGAC’s
49 recommendations and should not be used to form our nation’s nutritional policies:

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51 **NOW THEREFORE BE IT RESOLVED** that the members of the House of
52 Representatives of the Ninety-eighth General Assembly, First Regular Session, the Senate
53 concurring therein, hereby urge the Dietary Guidelines Advisory Committee to reevaluate its
54 recommendations, especially regarding the consumption of meat as a component of a healthy
55 diet; and

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57 **BE IT FURTHER RESOLVED** that the Chief Clerk of the Missouri House of
58 Representatives be instructed to prepare a properly inscribed copy of this resolution for the U.S.
59 Department of Health and Human Services, the U.S. Department of Agriculture, and the 2015
60 Dietary Guidelines Advisory Committee.

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