

# Dietary Guidelines

## Description

This guideline provides information and advice for choosing a healthy eating pattern that focuses on nutrient-dense foods and beverages and contributes to achieving and maintaining a healthy weight. UnitedHealthcare uses evidence-based clinical guidelines from nationally recognized sources during review of our quality and health management programs. Recommendations contained in clinical practice guidelines are not a guarantee of coverage. Members should consult their member-specific benefit plan document for information regarding covered benefits.

## To Review Guidelines

Guideline Title	Sources/Location
Dietary Guidelines for Americans, 2020-2025, 9 <sup>th</sup> Edition	U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS): <a href="https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf">https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf</a>