Federal Government Posts New Dietary Guidelines Without Recommending a Reduction in Sugar or Alcohol intake

Earlier last week the federal government released new dietary guidelines. The new guidelines disregard advice from the Nutrition Coalition to reduce sugar intake from 10 percent of daily calories to 6 percent and limiting alcohol intake to one drink a day.

Photo: Adobe Stock

The average American consumes 2.3 gallons of alcohol a year and 57 pounds of added sugar a year. Both sugar and alcohol play a large role in overall health.

> *A scientific advisory board recommended reducing added sugars and alcohol for a reason. More than two-thirds of Americans are overweight or obese, which is associated with a higher risk of developing serious diseases, like COVID-19. Plus, the science is leaning toward the fact that drinking more alcohol may increase the risk of death.*
>
> *New dietary guidelines fail to recommend further reducing sugar and alcohol intake*

Federal dietary guidelines are updated every five years. They create guidelines for federal programs like SNAP, and the national school lunch program.

Related: *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)*

At OLM we know that sugar and alcohol go way beyond just contributing to chronic illnesses. Sugar and alcohol feed

infection and allow candida and other harmful bacteria to take over the body. Cutting out refined sugars, including alcohol, is one of the most important steps you can take to living an organic lifestyle.