

Dietary Guidelines

Description

These guidelines provide information and advice for choosing a healthy eating pattern that focuses on whole, nutrient-dense foods. 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	Source/Location
Dietary Guidelines for Americans, 2025-2030	U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS): https://cdn.realfood.gov/DGA.pdf