

Why can't the U.S. have clear, sensible food guidelines?

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.

Why doesn't the United States have clear [food guidelines]? Blame politics and lobbying.

Part of the problem has to do with the process by which guidelines are made. A panel of government-appointed science advisers crunch nutrition data for months and then hand that information to officials at the US Department of Agriculture and Department of Health and Human Services. That data goes through a sausage-making process that involves gathering feedback from the public and, importantly, food industry representatives. Out pop the guidelines.

Read full, original post: [The US food guidelines are way too complicated. There's a better way.](#)