



## POSSIBLE IMPLICATIONS FOR U.S. AGRICULTURE FROM ADOPTION OF SELECT DIETARY GUIDELINES

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<http://www.ers.usda.gov/publications/err31/err31.pdf>

Daily ERS loss-adjusted food guide pyramid servings in 2003, compared with the recommendations from the 2005 *Dietary Guidelines for Americans*

Food group	Dietary Guidelines recommendations for a 2,000-calorie diet	2003 ERS Food Guide Pyramid Servings <sup>1</sup>	Change needed to meet <i>Guidelines</i> ' recommendations <sup>2</sup>	
	Number per day	Number per day	Number	Percent
Fruit	2.0 cups	.9 cups	1.1 cups	132
Vegetables:	2.5 cups	1.9 cups	.6 cups	31
Dark green	.4 cups	.2 cups	.3 cups	175
Orange	.3 cups	.1 cups	.2 cups	183
Legumes	.4 cups	.1 cups	.3 cups	431
Starchy	.4 cups	.7 cups	-.2 cups	-35
Other	.9 cups	.9 cups	-- cups	2
Milk	3.0 cups	1.8 cups	1.2 cups	66
Total grains <sup>3</sup>	6.0 oz-eq	8.2 oz-eq	-2.2 oz-eq	-27
Whole grains	3.0 oz-eq	.9 oz-eq	2.1 oz-eq	248

To help Americans meet nutritional requirements while staying within caloric recommendations, the 2005 Dietary Guidelines for Americans encourage consumption of fruits, vegetables, whole-grain products, and fat-free or low-fat milk or milk products. This report provides one view of the potential implications for U.S. agriculture if Americans changed their current consumption patterns to meet some of those guidelines. For Americans to meet the fruit, vegetable, and whole-grain recommendations, domestic crop acreage would need to increase by an estimated 7.4 million harvested acres, or 1.7 percent of total U.S. cropland in 2002. To meet the dairy guidelines, consumption of milk and milk products would have to increase by 66 percent; an increase of that magnitude would likely require an increase in the number of dairy cows as well as increased feed grains and, possibly, increased acreage devoted to dairy production.

