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Oral Comments to USDA and HHS on the 2020-2025 Dietary Guidelines Advisory Committee Scientific Report

Krystal Register, MS, RDN, LDN  
Director, Health and Well-being  
FMI – The Food Industry Association

Good afternoon. My name is Krystal Register and I appreciate the opportunity to provide comments today on behalf of FMI – The Food Industry Association. FMI works with and on behalf of the entire industry to advance a safer, healthier and more efficient consumer food supply chain. The reach and impact of our work is extensive, ultimately touching the lives of over **100 million households** in the United States and representing an **\$800 billion industry** with nearly **6 million employees**.

As a registered dietitian, I am the Director of Health and Well-being at FMI, and I serve as the lead coordinator and issue expert for health and well-being programs and activities, nutrition policy, operations, and communication issues for FMI members.

FMI recognizes the key role of the *Dietary Guidelines* in federal nutrition policy, nutrition standards, and educational programs. Effective and achievable dietary guidance must be both **science-based** and **practical** for Americans in order to have a positive impact on public health.

The food industry works tirelessly to deliver a consumer marketplace full of healthy, accessible, nourishing food choices along with information to support healthful eating patterns for all consumers, including SNAP and WIC shoppers.

Together retailers, suppliers and manufacturers continually strive to facilitate healthy choices and eating behaviors among shoppers. Many employ registered dietitians at the corporate or store level to assist in strategic innovation, nutrition messaging and personalized choices for consumers looking to improve health and stay well at all stages of life.

Per USDA, we know that now more than ever, consumers are cooking at home, relying heavily on foods purchased in the supermarket and online. Opportunity is ever-present to help families recognize the importance of the foods, beverages, and nutrients encouraged by the *Dietary Guidelines* and to help consumers build meals at home that provide nutritional advantages as part of a balanced diet.





As more Americans look to stay healthy and well, variety and choice provided by retailers, along with education and encouragement by dietitians and health professionals can lead to gradual adoption of healthy eating habits more closely aligned with the *Dietary Guidelines* to improve public health, particularly if recommendations are **clearly grounded in science** and **practical for consumers to accept**.

Our members and valued partners are committed to providing easy, affordable, and nutritious choices and meal solutions to help families stay strong for breakfast, lunch, snacks and dinner where they live, learn, work, play and gather.

I appreciate the opportunity to provide comments today.

Thank you kindly,

Krystal Register, MS, RDN, LDN  
Director, Health and Well-being

