

Received Date: May 15, 2019

Date Posted: May 16, 2019

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Comment

The collection of information for the Dietary Guidelines provides a valuable tool for discerning the feasibility of current nutrition information. In a recent study, there was an association between knowledge of dietary guidelines and increased healthful dietary intakes.

Schwartz, J. L., & Vernarelli, J. A. (2018). Assessing the public's comprehension of dietary guidelines: Use of MyPyramid or MyPlate is associated with healthier diets among US adults. *Journal of the Academy of Nutrition and Dietetics*, 119, 482 - 489. DOI: <https://doi.org/10.1016/j.jand.2018.09.012>