



Clinical Guidelines: Dietary Guidelines

Description

This guideline provides information and advice for choosing a healthy eating pattern that focuses on nutrient-dense foods and beverages and contributes to achieving and maintaining a healthy weight. Clinical guidelines are not used within UnitedHealthcare to decide benefit coverage. Benefit coverage decisions are based upon language in the member specific benefit plan document.

To Review Guideline

Name of Guideline	Source/Location
Dietary Guidelines for Americans, 2015-2020, Eighth Edition	U.S. Department of Health and Human Services: http://health.gov/dietaryguidelines/2015/guidelines/