

Summary of Nutrition Policy Changes for 2020-25 DGA Update Memo

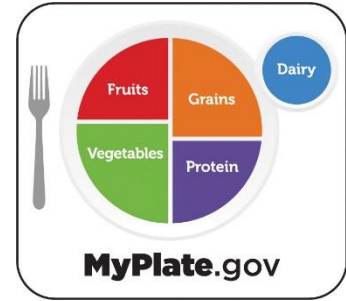
Date: Friday, August 5, 2022

Time: 10:00 am

The final 2020-25 Dietary Guidelines for Americans policies and documents have been updated on the KDADS website, effective **October 1, 2022**. Please review and distribute accordingly.

- **Please refer to 4 Nutrition Services with highlight of changes.**
- **Field Service [Manual \(FSM\)](#):**
 - **4.1.4 NSIP** Updated to reflect Administration for Community Living (ACL) language. This is not expected to have an impact on service delivery.
 - **4.1.7 Menu Certification Criteria** Updated to reflect 2020-25 Dietary Guidelines for Americans (DGAs) and current Dietary Reference Intakes (DRIs.) Review highlights below.
 - Encouraging programs to incorporate cultural diversity and nutritional needs into menu planning.
 - Introducing the required Kansas Menu Approval Sheet.
 - Clarifying the requirements for the use of a meal pattern menu planning approach.
 - Updating the sodium limit to reflect Chronic Disease Risk Reduction (CDRR) level of <2,300 mg/day.
 - Drawing attention to nutrients of public health concern and special consideration for older adults from the current DGAs and DRIs.
 - **4.1.8 Meal Pattern Requirements**
 - The 2020 Dietary Guidelines meal pattern provides at least 33 1/3% of the nutrient needed by adults, with few exceptions. Vitamin D and vitamin E amounts in the pattern are marginal or below the Recommended Dietary Allowance (RDA) or Adequate Intake (AI) standard. Fortified foods should be used to meet these standards.
 - Clarifying the requirements of the DGAs.
 - Defining nutrient-dense foods, which should make up most of the menu.
 - Providing approximate % targets for each protein type. With this, programs should continue to take into the consideration the preferences and needs of the aging population while striving to meet these targets. Note: food can be offered but does not have to be served to everyone. Choice is encouraged.
 - Clarifying definitions of whole grains and refined grains, with examples.
 - Expanding on allowable fruit choices, with examples from the DGAs.
 - Providing approximate % targets for each vegetable type. Expanding on allowable vegetable choices, with examples from the DGAs.
 - Dairy: no significant change.
 - Table 2: Meal Pattern: Updated to reflect current DGAs and Food Group Quantity Equivalents.

- An average meal will include a minimum of:
 - Protein: 3 oz
 - Grain: ½ cup or 1 oz
 - Fruit: ½ cup
 - Vegetable: ½ cup
 - Dairy: 1 cup
- This is reflective of MyPlate.
- For more information, please refer to the [Dietary Guidelines for Americans and Older Adults: Toolkit for Senior Nutrition Programs](#) – Nutrition and Aging Resource Center



- **4.1.9 Nutrient Analysis Requirements**
 - Table 3: Nutrient Targets: Updated to reflect current DGAs and DRIs, emphasizing nutrients of public health concern and special considerations for older adults. All nutrients are important.
- **4.1.10 Special Menus**
 - Accommodating the needs of older Kansans with special menus is encouraged, but not required.
 - Consistent Carbohydrate Diet. Updating the name and diet pattern to reflect current diet manual.
 - Consistency Altered Diet: Updating the name and diet pattern to reflect current diet manual.
- **4.1.11 Program Income**
 - Updating name of Food Assistance program, Supplemental Nutrition Assistance (SNAP).
- **4.5 Monitoring**
 - New section to establish outline for ongoing nutrition services program management by KDADS dietitian.

Please direct questions and concerns to KDADSOAASCA@ks.gov

Gabrielle Risley, MPH, RD, LD
 Older Americans Act Nutritionist
 Kansas Department for Aging and Disability Services
 503 S. Kansas Ave
 Topeka, KS 66603