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:
  o Protein: 3 oz
  o Grain: ½ cup or 1 oz
  o Fruit: ½ cup
  o Vegetable: ½ cup
  o 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

  o 4.1.9 Nutrient Analysis Requirements
    ▪ Table 3: Nutrient Targets: Updated to reflect current DGAs and DRIIs, emphasizing nutrients of public health concern and special considerations for older adults. All nutrients are important.
  o 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.
  o 4.1.11 Program Income
    ▪ Updating name of Food Assistance program, Supplemental Nutrition Assistance (SNAP).
  o 4.5 Monitoring
    ▪ New section to establish outline for ongoing nutrition services program management by KDADS dietitian.

Please direct questions and concerns to KDADSOAAASCA@ks.gov

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