

PROGRAM INSTRUCTION

SUA-16-PI-07

January 22, 2016

TO: Area Agency on Aging Directors

FROM: Cynthia Brammeier, Administrator, State Unit on Aging

BY: Erik White, MS RDN, Nutrition Program Specialist

SUBJECT: **2015-2020 Dietary Guidelines for Americans**

The Office of Disease Prevention and Health Promotions Dietary Guidelines for Americans have been updated. These new guidelines are to be used to plan and provide meals for seniors under the Older Americans Act, Section 339 (2) (A) (i).

These guidelines were released at the end of 2015 and will be effective for all eight Area Agencies on Aging beginning March 1st, 2016. Please refer to these new guidelines for reference to caloric, macronutrient and micronutrient needs for individuals 60 and older. Although many of the 2015 references maybe the same as the 2010 Dietary Guidelines, the new guidelines include details of limiting added sugars and saturated fats, reducing sodium and focusing on variety as well as nutrient density.

To view the 2015-2020 Dietary Guidelines for Americans please visit:

<http://health.gov/dietaryguidelines/2015/guidelines/>.

If you have questions regarding the new guidelines and key recommendations please feel free to call Erik White at (402) 471-4732, or email at DHHS.Aging@nebraska.gov