



PROGRAM INSTRUCTION

SUA-22-PI-03

11/15/2021

Rescinds: SUA-20-PI-31

TO: Subrecipients of the State Unit on Aging

FROM: Cynthia Brammeier, Administrator, State Unit on Aging

BY: Erik White, Nutrition Coordinator, State Unit on Aging
Ben Stromberg, Program Manager, State Unit on Aging

SUBJECT: 2020-2025 Dietary Guidelines for Americans

CONTENT: The Office of Disease Prevention and Health Promotions Dietary Guidelines for Americans have been updated. The 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 in December of 2020. Please refer to these new guidelines for caloric, macronutrient, and micronutrient needs for individuals 60 and older. Although many of the 2020 references maybe the same as the 2015 Dietary Guidelines, the new guidelines include details for Older Adults in Chapter 6 that focus on specific nutrients, supporting healthy eating, and healthy dietary patterns for adults ages 60 and older (table 6-1, pg. 125).

To view the 2020-2025 Dietary Guidelines for Americans please visit:

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

If you have questions, please contact Erik at 402-471-4732 or Attn: Erik at DHHS.aging@nebraska.gov