The Older Americans Act and the 2015-2020 Dietary Guidelines for Americans

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National Nutritionist
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OLDER AMERICANS ACT

NUTRITIONAL STANDARDS

Older Americans Act §339

A State that establishes and operates a nutrition project under this chapter shall—

***

(2) ensure that the project—

(A) provides meals that—

(i) comply with the most recent Dietary Guidelines for Americans, published by the Secretary and the Secretary of Agriculture, and

(ii) provide to each participating older individual—

(I) a minimum of 33 1/3 percent of the dietary reference intakes established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, if the project provides one meal per day,

(II) a minimum of 66 2/3 percent of the allowances if the project provides two meals per day, and

(III) 100 percent of the allowances if the project provides three meals per day,
The DGA’s Role

- The 2015-2020 Dietary Guidelines translates science into succinct, food-based guidance that can be relied upon to help Americans choose foods that provide a healthy and enjoyable diet.
- Its recommendations are ultimately intended to help individuals improve and maintain overall health and reduce the risk of chronic disease—its focus is disease prevention.
- The Dietary Guidelines for Americans is not intended to be used to treat disease.

Background Information for the 2015-2020 DGA

- The Dietary Guidelines for Americans is an essential resource for health professionals and policymakers as they design and implement food and nutrition programs that feed the American people.
- The main purpose of the Dietary Guidelines for Americans is to inform the development of Federal food, nutrition, and health policies and programs.
- The primary audiences are policymakers, as well as nutrition and health professionals, not the general public.
Major Updates

- The 2015–2020 Dietary Guidelines for Americans expands upon the 2010 edition’s focus on weight management to address the prevention of a broader range of diet-related chronic diseases, including type 2 diabetes, heart disease, and some cancers.
- While previous editions focused primarily on specific, individual dietary components — such as foods, food groups, and nutrients — the 2015–2020 Dietary Guidelines takes a wider view.
- It emphasizes overall eating patterns, the combinations of all the foods and drinks that people consume every day.

A Brief Review of the 2015–2020 DGA’s Key Guidance

- Consume a variety of vegetables
  - Include all of the five vegetable subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Consume fruits, especially whole fruits
  - Although fruit juice can be part of healthy eating patterns, it is lower than whole fruit in dietary fiber and when consumed in excess can contribute extra calories
- Consume more whole grains
  - At least half of grains should be whole grains.
  - Limit the intake of refined grains and products made with refined grains, especially those high in saturated fats, added sugars, and/or sodium, such as cookies, cakes, and some snack foods
- Consume fat-free or low-fat dairy products
- Consume a variety of protein foods
- Limit calories from added sugars and saturated fats and reduce sodium intake

Significant Details of 2015-2020 DGA’s Guidance

- Consume a variety of vegetables
- Consume fruits, especially whole fruits
- Consume more whole grains
- Consume fat-free or low-fat dairy products
- Consume a variety of protein foods
- Limit calories from added sugars and saturated fats and reduce sodium intake
Significant Details of 2015-2020 DGA's Guidance

• Consume fat-free or low-fat dairy products
  - Include low fat or fat free milk, yogurt, cheese, and/or fortified soy beverages
  - Other products sold as "milks" but made from plants (e.g., almond, rice, coconut, and hemp "milks") may contain calcium and be consumed as a source of calcium, but they are not included as part of the dairy group because their overall nutritional content is not similar to dairy milk and fortified soy beverages

• Consume a variety of protein foods
  - The protein foods group comprises a broad group of foods from both animal and plant sources and includes several subgroups: seafood; meats, poultry, and eggs; and nuts, seeds, and soy products

Significant Details of 2015-2020 DGA's Guidance

• Consume less than 10 percent of calories per day from added sugars
• Consume less than 10 percent of calories per day from saturated fats
• Consume less than 2,300 milligrams (mg) per day of sodium
  - Sodium is found in foods across the food supply, including mixed dishes such as burgers, sandwiches, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups
  - Multiple strategies should be implemented to reduce sodium intake to the recommended limits

2015-2020 DGA’s: Daily Caloric Intake for Men

<table>
<thead>
<tr>
<th>AGE</th>
<th>Sedentary</th>
<th>Moderately active</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>61-65</td>
<td>2,000</td>
<td>2,400</td>
<td>2,600</td>
</tr>
<tr>
<td>66-70</td>
<td>2,000</td>
<td>2,200</td>
<td>2,600</td>
</tr>
<tr>
<td>71-75</td>
<td>2,000</td>
<td>2,200</td>
<td>2,600</td>
</tr>
<tr>
<td>76 and up</td>
<td>2,000</td>
<td>2,200</td>
<td>2,400</td>
</tr>
</tbody>
</table>

2015-2020 DGA's:
Daily Caloric Intake for Women

<table>
<thead>
<tr>
<th>AGE</th>
<th>Sedentary</th>
<th>Moderately Active</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>61-65</td>
<td>1,600</td>
<td>1,800</td>
<td>2,200</td>
</tr>
<tr>
<td>66-70</td>
<td>1,600</td>
<td>1,800</td>
<td>2,200</td>
</tr>
<tr>
<td>71-75</td>
<td>1,600</td>
<td>1,800</td>
<td>2,200</td>
</tr>
<tr>
<td>76 and up</td>
<td>1,600</td>
<td>1,800</td>
<td>2,200</td>
</tr>
</tbody>
</table>


2015-2020 DGAs Include the Following Multiple Healthy Eating Patterns*

- Mediterranean-Style Eating Pattern
- U.S.-Style Eating Pattern
- Vegetarian Eating Pattern

* The 2015-2020 DGAs are consistent with the DASH diet and the DASH is referenced by name within the document, although the 2015-2020 DGAs do not include a DASH diet meal pattern for reference.

Healthy U.S.-Style Eating Pattern

<table>
<thead>
<tr>
<th>Calorie Level of Pattern</th>
<th>1,600</th>
<th>1,800</th>
<th>2,000</th>
<th>2,200</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Group</td>
<td>Daily Amount of Food From Each Group</td>
<td>Daily Amount of Food From Each Group</td>
<td>Daily Amount of Food From Each Group</td>
<td>Daily Amount of Food From Each Group</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2½ c eq</td>
<td>2½ c eq</td>
<td>3 c eq</td>
<td>3 c eq</td>
</tr>
<tr>
<td>Dark-green vegetables</td>
<td>1½ c eq/wk</td>
<td>1½ c eq/wk</td>
<td>1½ c eq/wk</td>
<td>2 c eq/wk</td>
</tr>
<tr>
<td>Red and orange vegetables</td>
<td>4 c eq/wk</td>
<td>5½ c eq/wk</td>
<td>5½ c eq/wk</td>
<td>6 c eq/wk</td>
</tr>
<tr>
<td>Legumes (beans and peas)</td>
<td>1 c eq/wk</td>
<td>1½ c eq/wk</td>
<td>1½ c eq/wk</td>
<td>2 c eq/wk</td>
</tr>
<tr>
<td>Starchy vegetables</td>
<td>4 c eq/wk</td>
<td>5 c eq/wk</td>
<td>5 c eq/wk</td>
<td>6 c eq/wk</td>
</tr>
<tr>
<td>Other vegetables</td>
<td>3½ c eq/wk</td>
<td>4 c eq/wk</td>
<td>4 c eq/wk</td>
<td>5 c eq/wk</td>
</tr>
<tr>
<td>Fruits</td>
<td>1½ c eq</td>
<td>1½ c eq</td>
<td>2 c eq</td>
<td>2 c eq</td>
</tr>
<tr>
<td>Grains</td>
<td>5 oz eq</td>
<td>6 oz eq</td>
<td>6 oz eq</td>
<td>7 oz eq</td>
</tr>
<tr>
<td>Whole grains</td>
<td>3 oz eq/day</td>
<td>3 oz eq/day</td>
<td>3 oz eq/day</td>
<td>3½ oz eq/day</td>
</tr>
<tr>
<td>Refined grains</td>
<td>2 oz eq/day</td>
<td>3 oz eq/day</td>
<td>3 oz eq/day</td>
<td>3½ oz eq/day</td>
</tr>
<tr>
<td>Dairy</td>
<td>3 c eq</td>
<td>3 c eq</td>
<td>3 c eq</td>
<td>3 c eq</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>5 oz eq</td>
<td>5 oz eq</td>
<td>5½ oz eq</td>
<td>6 oz eq</td>
</tr>
<tr>
<td>Seafood</td>
<td>8 oz eq/week</td>
<td>8 oz eq/week</td>
<td>8 oz eq/week</td>
<td>9 oz eq/week</td>
</tr>
<tr>
<td>Meats, poultry, eggs</td>
<td>23 oz eq/week</td>
<td>23 oz eq/week</td>
<td>26 oz eq/week</td>
<td>28 oz eq/week</td>
</tr>
<tr>
<td>Nuts, seeds, soy products</td>
<td>4 oz eq/week</td>
<td>4 oz eq/week</td>
<td>5 oz eq/week</td>
<td>5 oz eq/week</td>
</tr>
<tr>
<td>Oils</td>
<td>22 g</td>
<td>24 g</td>
<td>27 g</td>
<td>29 g</td>
</tr>
</tbody>
</table>

Limit on Calories for Other Uses, calories: 130, 170, 270, 280.
“Limit on Calories for Other Uses”
Menu Component

• The Healthy Eating Patterns are designed to meet food group and nutrient recommendations while staying within calorie needs.

• For nearly all calorie levels, most of the calories in the patterns are needed for nutrient-dense food choices, and only a limited number remain for other uses.

OAA’s Other Nutritional Standard

DIETARY REFERENCE INTAKES

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***

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(A) provides meals that—

(i) comply with the most recent Dietary Guidelines for Americans, published by the Secretary and the Secretary of Agriculture, and

(ii) provide to each participating older individual—

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(iii) 100 percent of the allowances if the project provides three meals per day,
Dietary Reference Intakes (DRI)
Are a set of the following five tables:
• Recommended Dietary Allowances
• Adequate Intakes
• Acceptable Macronutrient Distribution Ranges
• Tolerable Upper Limits
• Estimated Average Requirements

Does the DGA Healthy Eating Patterns conform with the Dietary Reference Intakes?
• The Healthy US-Style Eating Pattern, for most population groups meets:
  o Recommended Dietary Allowances
  o Adequate Intakes
• For some population groups a few nutrients (vitamin D, vitamin E, potassium, choline) are marginally at or below the RDA or AI standard.
  o Nutrition Professionals should address nutrients that are below RDA/AI standards.

*2015-2020 Dietary Guidelines for Americans Appendix 3

Thank you!
Holly Greuling RDN
National Nutritionist

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
ADMINISTRATION FOR COMMUNITY LIVING
ADMINISTRATION ON AGING