

CALIFORNIA DEPARTMENT OF AGING

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PROGRAM MEMO

CDA 1014 (Rev. 04/11)

TO: Area Agency on Aging Directors	NO.: PM 12-17(P)
SUBJECT: Nutrition Older Americans Act Nutrition Services Menu Guidance for Compliance with Dietary Guidelines for Americans, 2010.	DATE ISSUED: December 11, 2012
REVISED	EXPIRES: Until Superseded
REFERENCES: Older Americans Act Section 339, Title 22 Division 1.8 Chapter 4, Article 5. Section 7638.5, Dietary Guidelines for Americans, 2010	SUPERSEDES: PM 07-13
PROGRAMS AFFECTED: <input type="checkbox"/> All <input type="checkbox"/> Title III-B <input checked="" type="checkbox"/> Title III-C1/C2 <input type="checkbox"/> Title III-D <input type="checkbox"/> Title III-E <input type="checkbox"/> Title V <input type="checkbox"/> CBSP <input type="checkbox"/> MSSP <input type="checkbox"/> Title VII <input type="checkbox"/> ADHC <input type="checkbox"/> Other:	
REASON FOR PROGRAM MEMO: <input type="checkbox"/> Change in Law or Regulation <input type="checkbox"/> Response to Inquiry <input checked="" type="checkbox"/> Other: Compliance with OAA	

Purpose

This Guidance provides an overview of the updated Dietary Guidelines for Americans 2010 (DGAs) and offers information on the application of the DGAs specifically for California's older adult population to the Elderly Nutrition Program (ENP) menu planning process.

Background

The U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) review, update, and publish the DGAs every five years.

The DGAs establish the scientific and policy basis for all federal nutrition food assistance programs and provide information for making food choices that promote health and prevent disease. A committee of experts recommends DGAs revisions based on a comprehensive review of current scientific evidence.

The Older Americans Act (OAA) requires that the Title III ENPs comply with the most recent DGAs and Dietary Reference Intakes (DRIs). The intent of the OAA requirement is to ensure the ENPs sustain and improve participant health by providing safe and nutritious meals. Implementing the DGAs ensures that each participating older individual receives a minimum of one-third of the DRIs per meal. Adequate nutrient intake and physical activity reduce the risk of chronic disease.

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Background,
continued

Menus based on the DGAs and DRIs prevent nutrient deficiencies and reduce the risk of chronic diseases, such as heart disease, cancer, and stroke – the leading causes of death in California. The California Department of Aging (CDA) incorporates the key nutrient recommendations derived from the DGAs into ENP menu planning guidance.

Reference

To access the DGAs follow the link below:
<http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

Instructions

Incorporate these guidelines into all requests for proposals, bids, contracts, and open solicitations for meals.

Attachments

Attachment 1 - 2012 California Title III-C Menu Planning Guidance
Attachment 2 - Component Meal Pattern

Inquires

Please contact the CDA Nutritionist assigned to your Area Agency on Aging.

PSA 1, 3, 5, 10, 14, 18, 19, 20, 22, 26, 32 contact:

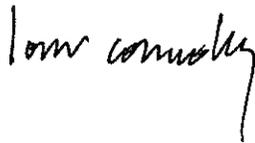
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