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MEMORANDUM

TO: AAA Executive Directors **NOTICE#:** 083004-2-I-SWCBS

FROM: Terry White
Secretary

DATE: August 27, 2004

SUBJECT: Notice of Instruction: Meal and Nutrient Analysis Requirements

Purpose:

This Notice of Instruction provides information on the meal requirements of Section 339 of the Older American Act (OAA) as amended in 2000. All meals must now comply with the Dietary Guidelines for Americans and provide a minimum of 33 1/3% of the Dietary Reference Intake/Adequate Intake (DRI/AI) for each meal served.

Background:

Section 339(2)(A) specifically requires the State to ensure that projects provide meals that:

- (i) Comply with the Dietary Guidelines for Americans, published by the Secretary of Health and Human Services (HHS) and United States Department of Agriculture;
- (ii) Provide to each participating older individual the following:
 - a. a minimum of 33 1/3% of the Daily Recommended Dietary Allowance (RDA) as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, if providing one meal per day,
 - b. 66 2/3% RDA if the project provides two meals per day, and;
 - c. 100% RDA if the project provides three meals per day and
- (iii) To the maximum extent practicable are adjusted to meet any special dietary needs of program participants.

The RDA's have changed based on new research and are now referred to as Dietary Reference Intakes that include Adequate Intake. This revision reflects the most recent scientific evidence and provides the best-known guidance for meeting the nutrition needs

of older adults in America. There are new nutrient values for age groups 51-70 years and 70 years and older. Previously there was no data available for the age group 70 years and older.

The National Nutrition Monitoring and Related Research Act of 1990 requires Health and Human Services and the United States Department of Agriculture to contract with the National Academy of Science to develop reports on nutrient requirements, now called Dietary Reference Intakes/Adequate Intakes every 2 – 5 years, and to develop the Dietary Guidelines every 5 years. The act also requires all federally funded nutrition programs to incorporate and promote these requirements, and to comply with current recommendations.

Required Action:

Compliance with OAA nutritional requirements will require meal providers to use standardized recipes and computer-assisted nutritional analysis. This will also serve as documentation for Area Agencies to use in monitoring menus for compliance with OAA meal nutrient requirements. The enclosed sample meal pattern should only be used as a menu-planning tool. Although it is based on food servings recommended in the Food Guide Pyramid, it does not assure that meals will meet 1/3 of the DRI's and the 2000 Dietary Guidelines. To meet OAA nutritional requirements, it is essential to use nutrient dense foods and enriched/fortified products. Menus will require greater utilization of fruits and vegetables, whole grains, and high fiber foods.

Nutrition programs are to use refer to the Age 70+ male DRI's/AI's when planning menus. The following nutrients must be targeted and included in the computer-assisted menu analysis: Calories, Protein, Fat, Fiber, Calcium, Zinc, Magnesium, Sodium, Vitamins B6, B12, C, and Vitamin A (vegetable-derived/carotenoid sources). Adequate amounts of calories, Protein, Fat, Fiber, Calcium, Zinc, Magnesium, Vitamin B6, B12, and Vitamin C must be provided daily. Vitamin A and Sodium may also be averaged over one week. However, no individual meal should exceed 1200 mg of Sodium.

To assist you in implementing this Notice of Instruction, we have included the enclosed documents:

- 1) The Dietary Guidelines for Americans
- 2) Dietary Reference Intakes for older adults
- 3) Sample meal pattern planning tool
- 4) Nutrient values for meal planning and evaluation chart
- 5) Comparison of Nutrient Analysis software document

Implementation of this Notice of Instruction should begin immediately to ensure meal and nutrient analysis requirements have been totally implemented by January 1, 2005. Please share this information with your nutrition program providers. All questions should be e-mailed to your contract manager.

Enclosure(s)