

Nutrition Notes

February 2021

NEW Dietary Guidelines for Americans:

Every 5 years, agencies from across the Federal Government, U.S. Department of Agriculture, and Health and Human Services work together with input from the public to develop the *Dietary Guidelines for Americans*. These guidelines are intended to use the most recent science to improve public health. So what's new? The 2020-2025 guidelines provide recommendations for each stage of life with consideration for different racial and ethnic backgrounds as well as a range of socioeconomic statuses. By doing so, the need for 1:1 nutrition therapy and support for individual needs is highlighted and is encouraged as part of patient care plans for those with or without current medical conditions.

Bone Density in Males with ASD:

Autism Spectrum Disorder (ASD) can present challenges with nutritional adequacy as a result of food restrictions and/or preferences, concurrent diseases or medications that may impact appetite, nutrient absorption, and metabolism as well as other dietary restrictions such as gluten and casein-free diets. Research also indicates that individuals with ASD may be at risk for lower bone mineral density due to the above mentioned factors in combination with lower participation in weight-bearing physical activity. As a result, dietary adequacy for calcium, phosphorus, and vitamin D as well as total daily protein intake should be evaluated routinely. MNT is one way to help ensure patients with ASD are receiving adequate nutrition to support bone health.

Emerging Research on Acetic Acid Consumption and Glycemic Control:

Research on Acetic acid consumption continues to emphasize the importance of nutrition therapy as a way to manage Type 2 Diabetes. A recent meta-analysis from 16 studies and 910 participants shows that there are potential positive impacts on fasting blood glucose and TAG concentrations in those with T2DM consuming acetic acid daily. Other factors such as meal timing, meal composition, and rate of metabolism may have just as much influence on BG control, if not more, without potential side effects. With no safe recommendations for therapeutic use at this time, it is important for providers to talk with patients about their nutritional intake with consideration for MNT as a way to complement other diabetes management interventions.