

Texas Nutrition Advisory Committee (TNAC)

DRAFT Meeting Minutes

Thursday, June 25, 2026

10:00 a.m.

Physical Location: Department of State Health Services (DSHS)

Robert D. Moreton Building

Room M100, First Floor

1100 West 49th Street

Austin, Texas 78756

Teams Virtual Meeting

Agenda Item 1: Call to order, welcome, introductions, roll call, and opening remarks

Dr. Jaclyn Albin, Chair, called the Texas Nutrition Advisory Committee (TNAC) meeting to order at 10:00 a.m.

Ms. Kaitlyn Quinton, Advisory Committee Coordination Office, Health and Human Services Commission (HHSC) read the logistical announcements and stated the meeting was being conducted in accordance with the Texas Open Meetings Act. Ms. Quinton conducted the member roll call and announced the presence or absence of quorum.

Table 1: The Texas Nutrition Advisory Committee member attendance at the June 25, 2026, meeting.

Member name	Attended
Dr. Jaclyn Albin (Chair)	X
Dr. Ann Shippy	X
Commissioner Sid Miller	X
Dr. Natalie Bachynsky	X
Ms. Cheryl Sew Hoy	
Dr. Kathleen Davis	X
Dr. Padmaja Patel	X

Agenda Item 2: Consideration of May 27, 2026, Draft Meeting Minutes

Dr. Albin referred members to the draft minutes emailed by Mr. Tiner and called for any edits. Hearing none, Dr. Albin called for a motion to approve the minutes of the May 27, 2026, meeting.

Motion: Dr. Patel moved to approve the minutes as presented from the May 27, 2026, meeting. Dr. Shippy seconded the motion. Following a roll call vote, the motion passed by a majority vote with 6 yeas (Albin, Bachynsky, Davis, Miller, Shippy, Patel), and 0 nays.

Agenda Item 3: Review of Completed Draft Report Sections

Dr. Albin briefly reviewed the purpose and outline of the report.

Introduction Chapter

Dr. Albin asked the committee members to suggest edits. No edits were suggested.

Background Chapter

Dr. Albin summarized the chapter and asked the committee members to suggest edits.

- Dr. Davis summarized the various edits her working group suggested to the chapter.

Independent Review of Scientific Evidence

Dr. Albin summarized the chapter and asked the committee members to suggest edits.

- Commissioner Miller suggested the section should begin with positive language.
- Dr. Davis agreed with Commissioner Miller's suggestion. She also suggested the removal of all references to "A.K.A."

Defining Ultra Processed Foods (UPF)

Dr. Albin summarized the chapter and asked the committee to suggest edits.

- Dr. Davis suggested all references to NOVA and UPF be consistent.

How UPFs and Processing May Drive Disease Risk

Dr. Albin summarized the chapter and asked the committee to suggest edits.

- Dr. Shippy suggested expanding the section and including a diagram, which she will submit.

Categories of Health Consequences

Metabolic Health

Dr. Albin reviewed the chapter and asked the committee to suggest edits.

- Dr. Shippy suggested that "pediatric" should be included as a category in the findings table.
- Dr. Davis suggested various formatting edits. She also suggested that "liver disease" fits better under gastrointestinal disease.

Cancer

Dr. Albin summarized the paragraph and asked the committee to suggest edits. A broader discussion on cancer will be included in next year's report.

Brain Health

Dr. Albin summarized the chapter and asked the committee to suggest edits.

- Dr. Shippy suggested cosmetic edits.

Mental Health

Dr. Albin summarized the chapter and asked the committee to suggest edits. No edits were suggested.

Gastrointestinal Disease

Dr. Albin summarized the chapter and asked the committee to suggest edits. No edits were suggested.

Immune System

Dr. Albin summarized the chapter and asked the committee to suggest edits. No edits were suggested.

Reproductive Health

Dr. Albin summarized the chapter and asked the committee to suggest edits. No edits were suggested.

Mortality and Dietary Pattern

Dr. Albin summarized the chapter and asked the committee to suggest edits.

- Dr. Davis pointed out that this section shares a conclusion on "cardiovascular mortality" with the section on cardiovascular disease and suggested that it be removed in this section in favor of "all-cause mortality."

Limitations in the Evidence Base for Diet and Health

Dr. Albin summarized the chapter and asked the committee to suggest edits. No edits were suggested.

Dietary Guidelines for Texans

Dr. Albin summarized the chapter and asked the committee to suggest edits.

- Dr. Davis suggested various formatting edits. Ms. Wiseman will share formatting guidelines with her.

Selected International Guidelines

Dr. Albin summarized the chapter and asked the committee to suggest edits.

- Dr. Shippy asked if guidelines can include recommendations for Texas dietary policy. Ms. Wiseman informed her that recommendations can be made as long as they are in scope of the authorizing statute.

Infographic

Dr. Davis summarized the infographic and asked the committee to suggest edits.

- Dr. Albin suggested reducing the number of avocados in the image and adding white fish.
- Commissioner Miller mentioned that it does not correlate with the federal pyramid. As it is, it would confuse the average consumer. The committee is charged with ensuring the report is aligned with federal guidelines.
- Dr. Albin stated that it is not the committee's charge to ensure alignment with the federal guidelines, but to independently review the evidence base.
- Commissioner Miller stated that he is fine with the evidentiary review of the report. The committee just needs to rearrange the order of the foods on the infographic to ensure alignment with the federal pyramid.
- Dr. Patel mentioned that the committee could clarify on the graphic that it is not a pyramid to avoid confusion. Commissioner Miller disagreed.
- Dr. Davis stated she is ok with shifting the order of the foods depicted.
- Dr. Davis suggested that coffee and tea should be removed.
- Dr. Davis's working group will be rearranged to work on edits to the infographic. It will now include Dr. Davis, Dr. Shippy, and Commissioner Miller.

Dietary Guidelines for Texans

Dr. Davis summarized the chapter and asked the committee to suggest edits.

- Dr. Shippy suggested that some areas of the chapter are not supported by the current evidence base. In particular, the chapter needs more discussion on food packaging, the processing of lean meat, and whole grains. She suggested forming a new workgroup to redo this section.
- Dr. Davis mentioned that food packaging was omitted because it was previously established that it would be discussed in depth in next year's guidelines.

Life Stage Considerations

Dr. Davis summarized the chapter and asked the committee to suggest edits.

- It has not yet been included in the full report. It was sent in a separate attachment.
- Dr. Shippy cautioned that the chapter should avoid issuing medical advice.

- Dr. Davis suggested that references to “college student” be changed to “single or older adult.”

Education Recommendations

Dr. Albin summarized the chapter and asked the committee to suggest edits.

Primary Education

- Dr. Davis suggested that references to specific universities be removed.

High School and Post Secondary Education

- Dr. Shippy suggested that the language discussing education should be more inclusive of emerging specialists. She will submit some suggested language to Dr. Albin to be included in next year’s report.

Nursing Education

- Dr. Davis will submit suggested language on how nutrition is taught to first year nurses.

Medical Education

- Dr. Shippy suggested cosmetic edits.
- Dr. Davis suggested that it is not pragmatic to recommend physicians engage in broad nutritional counseling with their patients. We should recommend referrals to registered dietitians.
- Dr. Albin mentioned that many patients do not have access to dietitians for various reasons, so we should keep some language on nutritional counseling when it comes to medical education.
- Dr. Davis acknowledged that barriers to dietitians exist. However, we should still discuss the limitations of broad nutritional counseling in medical education. She will submit some suggested language.

Graduate Medical Education

No edits were suggested.

Continuing Medical Education

- Dr. Shippy suggested cosmetic edits.

Population and Communication Strategies

Dr. Albin summarized the chapter and asked the committee for suggested edits. No edits were suggested.

Research Gaps and Priorities

Dr. Albin summarized the chapter and asked the committee for suggested edits.

- Dr. Shippy suggested that more language should be included that touches on food packaging and the intersection of nutrition and genomics. She will submit some suggested language.

Concluding Recommendations

Dr. Albin summarized the chapter and asked the committee for suggested edits.

- Dr. Shippy suggested that the language should emphasize progress in lieu of perfection.
- Dr. Patel suggested that language should recognize varying eating patterns and not be so prescriptive.

Appendices

Dr. Albin summarized the appendices. Dr. Albin asked each member to send a professional bio. Mr. Tiner will share Dr. Davis's list of SMEs with Dr. Albin.

Executive Summary

Dr. Albin summarized the Executive Summary and asked the committee for suggested edits.

- Drs. Davis and Shippy suggested various cosmetic edits.

Dr. Albin summarized the following action items:

- Working group 1 will now include Dr. Davis, Dr. Shippy, and Commissioner Miller, and will be tasked with proposing edits to the infographic and revising the Texas Dietary Guidelines, life stages chapter, and Appendix E.
- Working group 2 will be composed of Dr. Albin, Dr. Patel, and Dr. Bachynsky, and will be tasked with the suggested revisions to the draft report.
- July 7 is the deadline for the report to be submitted to Mr. Tiner. Two versions will be submitted to the committee: a clean version and a marked-up version.

Agenda Item 4: Upcoming Meeting Dates and Times

Dr. Albin mentioned that the next meeting will be held on July 14 at 1:00pm, at which time the report will be voted on.

Agenda Item 6: Public Comment

Ms. Quinton, ACCO facilitator, read the public comment announcement and coordinated with the ACCO production team for requests from stakeholders who registered prior to the meeting or were onsite to provide public comment.

Oral Comment

- **Ms. Sarah Ryan**
 - Shared recommendations on how dairy should be included in various sections of the guidelines.
- **Ms. Miquela Hanselman**
 - Shared recommendations on how dairy should be included in various sections of the guidelines.
- **Ms. Anne Larson**
 - Shared recommendations on how supplements should be included in various sections of the guidelines.

Written Comment

Ms. Quinlon acknowledged the written comments received from the following:

- **Ms. Sarah Ryan**, Director of Nutrition Dairy MAX
- **Mr. Bill O'Connor**, Vice President/ General Counsel Heartland Food Products Group
- **Ms. Colleen Cruz**, Director Regulatory and Technical Affairs Consumer Brands Association
- **Ms. Kim Cooper**, Vice-President Government Affairs North American Millers' Association
- **Ms. Miquela Hanselman**, Senior Director Regulatory Affairs, National Milk Producers Federation
- **Ms. Marissa Burgermaster**, Assistant Professor UT Austin
- **Mr. Jordan Marshall**, Director of Government Affairs, Healthcare Nutrition Council
- **Ms. Anne Larson**, Nutrak Health

Agenda Item 7: Adjourn

Dr. Albin thanked council members for attending, and adjourned the meeting at 12:37 p.m.

Below is the link to the archived video recording of the Texas Nutrition Advisory Committee meeting to view and listen to for approximately two years from the date the meeting is posted in accordance with the HHSC records retention schedule.

<https://texashhsc.v3.swagit.com/videos/392234>