

Texas Nutrition Advisory Committee (TNAC)

FINAL Meeting Minutes

Tuesday, July 14, 2026

1:00 p.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 1:00 p.m.

Mr. Bailey Trejo, 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. Mr. Trejo conducted the member roll call and announced the presence or absence of quorum.

Table 1: The Texas Nutrition Advisory Committee member attendance at the July 14, 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	X
Dr. Kathleen Davis	X
Dr. Padmaja Patel	X

Agenda Item 2: Consideration of June 25, 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 June 25, 2026, meeting.

Motion: Commissioner Miller moved to approve the minutes as presented from the June 25, 2026, meeting. Dr. Patel seconded the motion. Following a roll call vote, the motion passed by a majority vote with 7 yeas (Albin, Bachynsky, Davis, Sew Hoy, Miller, Shippy, Patel), and 0 nays.

Agenda Item 3: Committee consideration of draft report and associated appendices.

The committee reviewed each section of the report. Edits proffered by committee members are listed below by section:

Executive Summary

- Dr. Davis suggested a thorough spell check before publication.

Ultra Processed Foods

- Dr. Shippy briefly reviewed the Ultra Processed Foods infographic.
- Dr. Davis suggested that the abbreviations on the infographic should be spelled out in the supplementary materials.

Dietary Guidelines for Texans

- Dr. Albin suggested that a disclaimer be included at the beginning of the section that says the foods listed are not exhaustive of all healthy foods.
- Dr. Patel mentioned that serving sizes differ by food. Dr. Davis mentioned that the report should state half of the consumer's plate should be vegetables and fruit at each meal.
- Dr. Albin suggested that discussion on why the report is telling people to eat a healthy diet should be removed.
- Dr. Albin suggested that cooking methods be removed from the guidelines and included in next year's report.
- Dr. Bachynsky suggested that "avoiding added ingredients" be removed from the bullet on proteins.
- Council members suggested various edits to the healthy fats bullet.
- Dr. Davis suggested edits to the unflavored dairy foods bullet.
- Dr. Albin suggested edits to the bullets on whole grains.
- Dr. Shippy suggested using the same language for the alcohol and tea/coffee bullets.
- Dr. Albin suggested various edits to the "How You Prepare Your Food Matters" and "There Are Many Ways to Eat Healthy" sections.
- Dr. Davis will send the edited guidelines to DSHS Staff. Working Group 1 will be reorganized for the purpose of editing the section (Dr. Davis, Dr. Shippy, and Dr. Patel).

Applying the Filter Framework: Case Examples

- Dr. Davis suggested that the two examples to use in the report should be "Busy Family of Four" and "Single Adult."

Life Stage Guidance

- Dr. Albin suggested that the final edited dietary guidelines be consistent with this section.
- Dr. Shippy suggested cosmetic edits.
- The section will be only in the main report, not in the executive summary.

Infographic

- Dr. Davis reviewed the edits to the infographic previously submitted to the DSHS marketing team.
- Dr. Albin suggested additional edits to the infographic.
- Dr. Shippy suggested that her team will finalize the infographic.

Committee Action

Dr. Albin motioned for a committee vote on the draft report and associated appendices. Dr. Patel seconded the motion. Following a roll call vote, the motion passed by a majority vote with 7 yeas (Albin, Bachynsky, Davis, Sew Hoy, Miller, Shippy, Patel), and 0 nays.

Dr. Albin motioned for a committee vote on the dietary guidelines (contingent on the edits proffered by the committee during this meeting). Dr. Shippy seconded the motion. Following a roll call vote, the motion passed by a majority vote with 7 yeas (Albin, Bachynsky, Davis, Sew Hoy, Miller, Shippy, Patel), and 0 nays.

Agenda Item 4: Upcoming Meeting Dates and Times

- Dr. Albin reviewed upcoming meeting dates.

Agenda Item 5: Review of Action Items

- Dr. Albin to finalize report and send the final draft to Mr. Tiner on Friday, possibly Monday.
- Working Group 1 will finalize the guidelines and send them to Mr. Tiner, who will send them to Dr. Albin for inclusion in the report.
- Working Group 1 will finalize the infographic and send it to DSHS by August 3.
- Mr. Tiner will check that every SME listed in the report has signed the SME form.

Agenda Item 6: Public Comment

Mr. Trejo 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. Kelli Hawthorne**
 - Shared recommendations on behalf of the Texas Leadership Alliance on Nutrition in Higher Education.
- **Ms. Grace Chamberlain**
 - Shared recommendations on behalf of the Center for Science in the Public Interest.
- **Ms. Hawley Evilsizer**
 - Shared recommendations on behalf of the Texas Academy of Nutrition and Dietetics.

Agenda Item 7: Adjourn

Dr. Albin thanked council members for attending, and adjourned the meeting at 3:27 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/393459>