

NEW YORK STATE
FOOD AS MEDICINE
COALITION

Dietary Guidelines for Americans Response

March 11, 2026

The mission of the NYS Food as Medicine Coalition is to serve as a resource to decision-makers on food as medicine topics and promote the adoption of food as medicine into NYS policy and practice. Central to this mission is our commitment to scientific, evidence-based nutrition guidance across all levels of Food as Medicine intervention.

The Dietary Guidelines for Americans functions as the foundational document informing federal, state, and local food and nutrition programs. These guidelines directly influence downstream standards and procurement criteria such as New York State's Hunger Prevention and Nutrition Assistance Program (HPNAP) nutrition standards that are currently based on USDA MyPlate guidance and inform Food as Medicine interventions.

Our member organizations and the people they serve will be directly impacted by both the contradictions that exist within the new guidelines and an increased financial burden based on the cost of foods that are promoted.

The Coalition supports a dietary pattern centered on whole, nutrient-dense foods, including increased fruit and vegetable intake, varied protein sources, and a strong emphasis on whole grains and dietary fiber. These components are well supported by scientific literature and are foundational to chronic disease prevention and management.

For the Dietary Guidelines to be effective at the population level, they must be accessible and actionable for general health and wellness among all Americans. Cultural relevance and meeting cultural requirements are critical components of accessibility. Honoring cultural foods while promoting evidence-based nutrition supports engagement, trust, and long-term behavior change.

The Coalition is concerned that the current Guidelines contradict current scientific research and perpetuate misinformation. If left unaddressed, this could influence program standards and Food as Medicine interventions in ways that are not aligned with chronic disease prevention or population health goals.

When nutrition guidance meets people where they are and provides clear, practical, and culturally responsive recommendations, it becomes a powerful tool for improving diet-related health outcomes. We stand ready to help NYS policymakers, front line providers, and New Yorkers with evidence-based nutrition information.

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