



Health and Human Services

Texas Nutrition Advisory Committee

January 21, 2026

This summary contains supplemental information from reliable sources where that information provides clarity to the issues being discussed. Power Point tables used in the presentations may also be used in this summary. Names of individuals may be misspelled but every attempt has been made to ensure accuracy. Tables and Text have been used from executive and legislative agencies and departments' presentations and publications.





The Texas Legislature added [Health and Safety Code, Chapter 119B](#), to establish the Texas Nutrition Advisory Committee (TNAC) in 2025. Statute tasks TNAC with:

- Examining the impact of nutrition on human health and the connection between ultra-processed foods and the prevalence of chronic diseases;
- Providing an independent review of scientific studies analyzing the effects of ultra-processed foods on human health;
- Providing education on the effects of ultra-processed foods on human health; and
- Developing and maintaining dietary and nutritional guidelines.

By September 1 of each year, TNAC is required to report on their work and present their nutritional guidelines and recommendations. DSHS will publish TNAC's report and any nutritional guidelines from TNAC on this page.

Health and Safety Code, Chapter 119B, will expire and TNAC will end on December 31, 2032.

Name	City	Membership Category
Padmaja Patel, MD	Midland	Expert in metabolic health, culinary medicine, lifestyle medicine, or integrative medicine
Ann M. Shippy, MD	Austin	Licensed physician certified in functional medicine
Sidney C. "Sid" Miller	Stephenville	Texas Department of Agriculture representative
Natalie Bachynsky, PhD	Lovelady	Rural community member
Cheryl Sew Hoy	Austin	Urban community member
Jaclyn Lewis Albin, MD	Bedford	Pediatrician specializing in metabolic health
Kathleen Davis, PhD	Denton	General member



1. Call to order, welcome, introductions, roll call, and opening

remarks. The inaugural meeting of the advisory committee was convened by Rachel Wiseman.

2.. New Member Orientation Follow the links for the training materials

HHSC Legal: Ethics [Ethics Training](#)

HHSC Legal: Open Meetings Act [Open Meetings Act Training](#)

HHSC Advisory Committee Coordination Overview. [Advisory Committee Coordination Orientation](#)

The Advisory Committee Coordination Office (ACCO) supports logistics, agenda development, legal review, and meeting facilitation. Meetings are hybrid (in-person and virtual), webcast, and archived for two years. A Quorum for TNAC is four members. The bylaws and guidelines cover member responsibilities, officer elections, meeting frequency, public comment, subcommittees, and reporting procedures. Officers (chair and vice-chair) are elected by members.

DSHS TX Nutrition AC Services Coordination: TX Nutrition AC Overview.

Texas Nutrition Advisory Committee (TNAC)

- Established in 2025 by [SB 25](#) adding [Health and Safety Code Chapter 119B](#)
- Membership
 - 7 Governor-appointed members, serving staggered 4-year terms
- Committee expires Dec 31, 2032

Texas Nutrition Advisory Committee Legislation

- Governed by [Health and Safety Code, Chapter 119B](#).
- Meetings are open to the public and subject to the requirements of the [Texas Open Meetings Act](#).
- [Robert's Rules of Order](#) are used as a guide for operations and procedures.

TNAC Duties and Powers

Per Health and Safety Code, Section 119B.004:

- Examine the impact of nutrition on human health and the connection between ultra-processed foods and the prevalence of chronic diseases and other chronic health issues;
- Provide an independent review of scientific studies analyzing the effects of ultra-processed foods on human health;
- Provide education on the effects of ultra-processed foods on human health; and
- Develop and maintain dietary and nutritional guidelines.

Annual Report Overview

- Per Health and Safety Code, Section 119B.005:
 - Due by Sept 1 of each year
 - Must include:
 - Summary of the scientific studies;
 - Nutritional guidelines incorporating any new scientific findings; and
 - Any other recommendations the advisory committee considers appropriate based on new scientific studies.
- DSHS will publish the Committee developed report on the TNAC webpage (Health and Safety Code, 119B.006).

Reimbursement

- Statute does not authorize reimbursement for expenses incurred to complete duties associated with the committee (e.g., travel).

Meetings

- Hybrid (in-person or virtual).
- All TNAC meetings are webcast and archived for public view for two years.
- Attendance is mandatory.
- The chair is required to attend meetings in person.



DSHS Staff Support

- Plans, coordinates, and organizes TNAC meetings.
- Notifies members of upcoming meeting dates, times, and locations.
- Assist the presiding officer in developing the agenda.
- Prepares and maintains committee records and documentation (e.g., meeting minutes).
- TNAC is responsible for completing the required report.

3. Officer Election Procedure – Chair. The standard Advisory Committee Election Process was presented and adopted. [Election Process](#). Jaclyn Lewis Albin, MD was elected chair

4. Officer Election Procedure - Vice Chair. Using the standard adopted election process, Ann M. Shippy, MD was elected vice chair.

5. Discussion of Annual Report.

In Summary:

- The statutory requirement for TNAC's annual report were reviewed (summaries, guidelines, recommendations, due September 1)
- Committee discussed process and timeline:
 - Need for systematic review/scoping review of literature on ultra-processed foods and health.
 - Identified value in leveraging existing external resources (academic centers, societies, private sector) to expedite review.
 - Consensus to avoid redundant efforts and prioritize a rigorous, unbiased synthesis of existing evidence.



- Recognized challenges of broad timelines, resource limitations among members, and need for clarity on use of external groups.
- Two main workgroups were established:
 - One to define "ultra-processed food" and assess gaps in literature (led by Dr. Davis, joined by Dr. Shippy and Dr. Patel).
 - One to identify available systematic and scoping reviews and potential external partners/resources (composed of Dr. Albin, Cheryl Siu-Hoy, and Dr. Bashinsky).
- The Committee agreed on iterative process: initial focus on resource assessment, defining terms, leveraging systematic reviews, and prioritizing key audiences (medical education, pediatric populations, general public).

Discussion

Health and safety Code: [Sec. 119B.005. ANNUAL REPORT.](#) Not later than September 1 of each year, the advisory committee shall prepare and submit to the department, the governor, the lieutenant governor, the speaker of the house of representatives, and each standing committee of the legislature with primary jurisdiction over health and safety a written report that includes:

- (1) a summary of the scientific studies;
- (2) nutritional guidelines incorporating any new scientific findings; and
- (3) any other recommendations the advisory committee considers appropriate based on new scientific studies.

Resource identification would be important for the report. Scoping and systematic reviews around ultra processed food should be conducted. We could leverage the work of existing groups since the systematic review is labor and resource intensive.

Diets and additives should be included. Perhaps we should identify our research questions. We should define the application part of nutrition education.

Senate Bill 25 amends the Education Code, Health and Safety Code, and Occupations Code to provide for health and nutrition standards that promote healthy living in Texas. Among other provisions, the bill does the following:

- establishes the Texas Nutrition Advisory Committee to develop nutritional guidelines for Texas residents;

- applies daily physical education requirements for public school districts under current law to open-enrollment charter schools;
- prohibits school employees from restricting students' participation in recess or other physical activity as a penalty for a student's academic performance or behavior;
- provides for an elective high school course in nutrition and wellness at districts and charter schools and for nutrition education coursework at public institutions of higher education;
- conditions the eligibility of certain health-related institutions of higher education to receive money from applicable permanent funds on the institution developing and requiring the completion of nutrition curriculum requirements;
- requires a food manufacturer to ensure the inclusion of a warning label on food products the manufacturer offers for sale in Texas that discloses the use of ingredients specified by the bill if the FDA requires the ingredient to be named on a food label and the ingredient is used in a product intended for human consumption; and
- sets out continuing education requirements regarding nutrition and metabolic health for licensed physicians, physician assistants, nurses, and dietitians.

The initial report can look at partners and a literature review as well as a timeline for additional activities and outcomes.

This will be an iterative process, but we should be able to have recommendations by September. In addition, addressing the new food pyramid.

We should look at nutrition and chronic disease.

This is a small group for a very large project. Reviews usually take several years.

A consensus on medical education should be addressed but not reinvent the wheel (federal movement). We could focus on the ultra-processed food part.

HHS should be the priority, but we should set realistic goals given the timeline. The staff's guidance would be helpful in this regard.

Allow an external group to conduct the review to inform the guidelines.

Determine is scope should be limited by age group and other variables.



[Consumption of ultra-processed foods and health status: a systematic review and meta-analysis | British Journal of Nutrition | Cambridge Core](#)

Ultra processed foods do not have a common definition. We should identify some question we want to be addressed so they can be vetted and bias removed.

Committee consensus on definitions to provide clarity. We might have to create our own focus area. The question should be kept broad related to chronic disease.

[Ultra-Processed Food Intakes and Health Outcomes in Adults Older Than 60 Years: A Systematic Review | Nutrition Reviews | Oxford Academic](#)

[The new case against ultra processed food - Harvard Law School | Harvard Law School](#)

Perhaps an RFI for no cost systematic review related to processed foods. Staff stated they would have to take this back to management for input and approval.

There was consensus on agreeing on developing a definition. Staff were asked to look at the outsourcing the gathering of information to an independent group and seek direction from DSHS leadership.

We have to quickly get an answer to the question of bringing an external group into this process.

The legislation requires the medical board to propose guidelines on CME.

The first year is about getting quality data and then move to more actionable items.

Staff clarified because of the internal report review process, the actual deadline is before September 1. Ad hoc workgroups can do a lot of the work.

Work group for definition development and another for resources was suggested.

Definition of ultra-processed foods and define the scope and gaps in information out there.



MOTION: establish two groups... Ultra-processed food definition and one for research prevailed.

6. Upcoming meeting dates.

Monthly meetings would be the minimum to get the work done. Staff will assess the availability for monthly meetings.

7. Public comment. No in-person public comment was offered. One written comment was sent to members.

8. Adjourn. There being no further business, the meeting was adjourned.

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