

→ NEW TRANSLATIONS

Available now! These Leader's manuals are in the member portal for Program Coordinators to download. Spanish, Vietnamese and Chinese translations were supervised by SMRC staff and funded by a grant from the National Council on Aging (NCOA).

- CDSMP: In-person Vietnamese
- DSMP: In-person Vietnamese and Traditional Chinese
- AWHIV: Virtual Spanish

→ CHARTS

You asked for files of charts for printing instead of Leaders having to make them. Our charts have evolved over time and have become lengthy, so this is a reasonable request. Others have requested handouts of the charts. In response to these requests, we provide **2 sets of files for USA programs:**

- Large format charts for in-person workshops, formatted for 22" X 28" printing (a standard Kinko/FedEx, printing size)
- Handouts of in-person charts and virtual slides. These handouts are to be provided to participants ONLY IF REQUESTED for visual or other disability-related needs. They do NOT replace charts or slides used by Leaders. When participants look down to read the handouts, they are not focusing their attention on the group, which can negatively affect their engagement in the workshop activities.

The following are now available on the member portal for Program Coordinators to download:

- CDSMP (English and Vietnamese in-person charts and chart handouts + virtual English slide handouts)
- Tomando Control de su Salud (Spanish in-person charts and chart handouts + virtual slide handouts)
- Workplace CDSMP (English charts and chart handouts + virtual slide handouts)

- DSMP (English, Vietnamese, Traditional Chinese in-person charts and chart handouts + virtual English and Traditional Chinese slide handouts)
- Manejo Personal de la Diabetes (Spanish in-person charts and chart handouts + virtual slide handouts)
- CPSMP (English in-person charts and chart handouts + virtual slide handouts)
- CTS (English in-person charts and chart handouts + virtual slide handouts)
- AWHIV (English, Spanish in-person charts and chart handouts + virtual slide handouts)
- BBC (English in-person charts and chart handouts + virtual slide handouts)

More! During this process, **virtual program slides have been upgraded** for most workshops, and they are available for download on the member portal. Check the [Most Recent SMRC Manuals and Materials](#) page in the Resources section of our website for the most recent revision dates for manuals and materials.

➡ TOOL KIT WORKSHOPS

You may continue to offer the 1-hour tool kit versions of all workshops in-person, virtually, by telephone or by mail. **No hybrid workshops are allowed.** For each of these workshops, you must have 3-6 participants and one Leader. (Please no more 6 — there is not enough time.) Each participant must receive a full tool kit. During the pilot trials of these workshops last fall, about 40 workshops were offered with good completion rates.

Every time you complete a tool kit workshop, please complete the short questionnaire that you will find at this link. You will need to know how many people attended each session.

<https://survey.alchemer.com/s3/8576300/Short-Inperson-workshops>

➡ MASTER TRAINERS

Now to be eligible for Master Training, a Leader must have facilitated at least 3 complete (2.5-hour sessions) of the six-week workshop. At least one of these must have been in the past year. Update Certification Guidelines are available for download on the member portal and the Resources section of the website.

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➔ **Implementation and Fidelity Manual**

We have updated the *Implementation and Fidelity Manual*. Links to the new manual are on the home page of our website, in the Resources section, and on the member portal.

➔ **USA Nutrition Guidelines**

This pertains to the U.S. only. The U.S. nutrition guidelines recently changed. At that time, we sent everyone the following guidance:

SMRC initial guidance on the new US Dietary Guidelines:

New guidelines were released on January 7 2026. <https://cdn.realfood.gov/DGA.pdf>. These appear to differ from the old guidelines in four areas:

1. More emphasis on animal protein and protein in general (both animal and plant sources)
2. Emphasis on full fat dairy products (remember that milk, cheese and yogurt are also protein sources)
3. No specific recommendations for alcohol use although the guidelines state “consume less alcohol for better overall health”
4. Limitations on or elimination of processed foods

There is also a statement for Older Adults:

“Some older adults need fewer calories but still require equal or greater amounts of key nutrients such as protein, vitamin B12, vitamin D, and calcium.

To meet these needs, they should prioritize nutrient-dense foods such as dairy, meats, seafood, eggs, legumes, and whole plant foods (vegetables and fruits, whole grains, nuts, and seeds). When dietary intake or absorption is insufficient, fortified foods or supplements may be needed under medical supervision.”

And another statement for Individuals with Chronic Disease:

“Following the Dietary Guidelines can help prevent the onset or slow the rate of progression of chronic disease, especially cardiovascular disease, obesity, and type 2 diabetes. If you have a chronic disease, talk with your health care professional to see if you need to adapt the Dietary Guidelines to meet your specific needs.”

“Individuals with certain chronic diseases may experience improved health outcomes when following a lower carbohydrate diet. Work with your health care professional to identify and

adopt a diet that is appropriate for you and your health condition.”

SMRC GUIDANCE WHEN FACILITATING THESE ACTIVITIES IN WORKSHOPS:

Present the workshops as you have been. The plate method, nor a replacement, is in the 2026 guidance. This new guidance does not contradict the plate.

What we teach about cholesterol and carbohydrates is **for the prevention and care of chronic illness**. There is nothing in the guidelines that contradicts this. Sodium, salt, restrictions have not changed. There is little in these new guidelines about portion size and nothing that contradicts what we teach. Food labels have not changed.

If asked about the 2026 guidelines refer participants to the U.S. government document <https://cdn.realfood.gov/DGA.pdf>. In the end, eating decisions are up to the individual. If participants have questions, suggest, as does the 2026 guidance, that they take their questions to their health care provider.

If you have questions or concerns, let us know and we will update as the picture becomes clearer.