A Message from our President
Chesney Blue, RDN
2015-2016 President - New Jersey Dietetic Association

Greetings and welcome to the start of the 2015-2016 year!

We have a busy year ahead of us with a new website coming soon, new board structure and continuing to build on our presence in social media. The New Jersey Dietetic Association board is excited to start planning for the spring Annual Meeting, regional networking events and legislative/public policy programs to increase the value of your membership and to strengthen our profession through education and advocacy.

We started the 2015-2016 year with a successful Legislative and Advocacy Day on June 22, 2015 in Trenton, to continue the campaign for licensure for nutrition professionals in the state of NJ. Did you know we are 1 of 4 states who do not have licensure or title protection laws? Please continue to schedule visits and write to your state legislators to discuss the importance of our licensure bill (A2826/S1661). Remember 2,300 voices are better than 1!

I want to thank you all for continuing your membership with the New Jersey Dietetic Association and I hope to see you at one of our events this year. To keep up with NJDA happenings, look out for weekly eblasts, new website postings and follow us on Facebook, Twitter and LinkedIn or email me directly. Finally, I would like to introduce you to two new members of the NJDA administration and board... Please welcome Megan and Mandy!
Feature Article:

Healthy Diet for Kids Allows Limited Sugar, Fat

Cutting out all sugar and fat from a child's diet is not a realistic answer to reducing childhood obesity. It's time to shift the focus to a more practical approach. Pediatric guidelines released in March 2015 recommend focusing more on what children should eat: a healthy overall diet, with small amounts of sugar, fat, and salt to make healthy foods more appealing to kids.

Flavored milk is a good example of the balance needed to limit added sugars, yet promote nutrient-rich foods children need for strong bones and healthy bodies. Like regular milk, chocolate milk contains nine essential nutrients important to growth and development. Milk is a primary source of calcium, vitamin D, and potassium - three of the four nutrients of concern noted in the 2010 Dietary Guidelines for Americans. Though sweetened, chocolate milk is a better choice compared to other beverages, like sodas, which have no nutritional value. "There is wonderful evidence to show that low-fat milk contains valuable protein and vitamin D which is of primary importance to our children," says Jeffrey Bienstock, MD, FAAP, Vice President, NJ Chapter, American Academy of Pediatrics. In addition to its nutritional value, studies have shown drinking flavored milk is not associated with weight gain or a higher total daily sugar intake in children.

The bottom line: Drinking low-fat or fat-free chocolate milk can help children get their recommended three daily servings of milk. Plus, when kids drink nutrient-rich flavored milk, they improve their overall diets.

For more resources on flavored milk, visit the American Dairy Association and Dairy Council Health & Wellness page. Our Childhood Nutrition page contains more information about the American Academy of Pediatrics policy statement on Snacks, Sweetened Beverages, Added Sugars, and Schools and their News Commentary titled, Look at nutrient density when talking about healthy diet.

Feature article sponsored by the American Dairy Association and Dairy Council, Inc.

South Jersey's Own Farmer and Dietitian Says "Go Fresh and In Season!"

By Katalin (Kat) Russek, MS, RD
Virtua Health; Mt Holly, NJ

What kind of kid eats habanero peppers and lima beans?
A Farmer's kid!

Living in Tabernacle, NJ and married into a farming family, my husband Marty brought the love and tradition of farm fresh to our table and now it's a lifestyle. Peppers, lima beans, eggplant, berries, tomatoes, herbs, melons and even fruit trees are part of our backyard garden. Summer and fall meals are always fresh, our daughters hand pick veggies for dinner!

It's hard work - plant, fertilize, irrigate, pick and cook... cook... cook! But it's worth it! With a garden full of fresh produce, it's easy to eat healthy and experiment with vegetable stews, as well as fresh herbs on everything from burgers to pasta and salsa. Neighbors and friends share their bounty when crops are producing more than one family can eat. Work colleagues enjoy the garden excess as well. Sounds idyllic, but buying farm fresh and food in season is what dietitians promote. We're so lucky to have farms in NJ (think Hammonton for blueberries) and as Nutrition professionals, we can partner with our farmers, encourage patients to "Eat Fresh" and support the local farms so they can thrive. We know that seasonal produce is most nutritious from a local farm and affordable. **Cheers to NJ Farm Fresh!**

**Food Insecurity: What's an RD to do?**
By Betsy Dubov, MS, RD, CDE
Wellness Nutrition Services LLC; South River, NJ

As an RD in private practice I have recently seen several clients in my practice who use the services of local foods pantries and food banks. This is a prime example of "food insecurity" which is defined as lack of access to enough food for an active, healthy lifestyle for all household family members. The demand for emergency food system services has increased significantly since the economic downturn. Food insecurity is associated with lower-quality and calorie dense diets causing an increase in obesity and chronic disease.

RD's need to recognize that when clients have periodic or chronic problems accessing food, their chances of following a therapeutic diet or weight management plan can very challenging. Locate food banks in your area; know what they provide - do they offer meat/poultry/fish, and fresh vegetables and fruits? Probably not! Know which food choices are available instead of candy, soda, and snack foods. Identify locations and find the folks who organize and volunteer in local food banks and pantries. Consider volunteering and/or act as a resource for food banks and pantries to help others. Don't forget to explore local farms and farm stands for 'buy now' bins of fruits and veggies that are sold at a discount. We can use our skills to help those in need understand how they can best utilize discounted and donated food sources and prepare them in a simply, healthful way.

Questions about helping clients identify local resources? [Click here to email Betsy!](https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=11215144... 8/24/2015)

**Summer Fruits are Here! Try this delicious Blueberry & Peach Melba recipe by NJ chef and RD, Josh George!**
By Josh George, RD
Cooper Health System; Camden, NJ
Ingredients:
1 C Blueberries
6 Peaches, sliced, pit removed
2 Tbsp Monk Fruit
1 tsp Cinnamon
1 tsp Vanilla Extract
2 Tbsp Water
1/2 C Raspberry Jam, seedless (Or Melba Sauce)

In a small sauté pan over high heat, place all ingredients except Raspberry jam and cook until peaches become tender. In a small sauté pan over medium heat, place raspberry jam and heat until it liquefies, may need to add a few Tbsp of water. Remove peaches from heat, serve over non-fat low sugar frozen vanilla yogurt with a drizzle of the warm raspberry jam. For an added crunch, sprinkle some granola atop of peaches and Raspberry Sauce. Enjoy!

In Your Neighborhood:
What this Retail RD is Doing to Educate Her Customers!
By Tori Kuebler, RDN
ShopRite; West Berlin, NJ

Every Friday afternoon in our produce section, I teach our customers how to prepare easy & healthy dishes using the Produce Pick of the Week! The Produce Pick of the Week runs all year round, focusing on different in-season produce and how to incorporate them into a healthy diet. I provide easy-to-follow info sheets with selection, storage, and nutrient information as well as a simple recipe. Previous Produce Pick of the Week recipes have included slow cooker garlic and ranch potatoes, spinach and avocado quesadillas, balsamic marinated pepper, onion, and baby bella mushrooms, and mango and corn salsa. Customers can look forward to learning about grape tomatoes, portabello mushroom caps, and other fresh produce throughout the rest of the summer!

Many ShopRite stores now have in-store dietitians who provide free nutrition services including cooking demos, community events, menu ideas and recipe makeovers, store tours, and individualized counseling. Shoppers can take advantage of using a dietitian’s knowledge directly in the store, such as showing them low-sodium heart healthy products or making suggestions of how to fit more whole grains into their diet. Questions for Tori? Click here to contact her!

Can Summer Fresh Foods Fit into a Renal Diet?
By Lynn Cohen, MS, RD
Renal Dietitian; Davita Lourdes, Camden, NJ

The summertime farmer’s market offers good foods to eat for patients with renal disease, despite restriction on potassium and fluid intake!

Here are a few Strategies to help patients choose wisely:
1. Portion size is key; Limit vs eliminate high K foods! Biggest offenders are NJ corn and tomatoes!
2. Choose watermelon vs honeydew, cantaloupe
3. OK to eat 3-4 fruits and 2-3 vegetable servings per day, if choosing low potassium foods. Zucchini, squash, eggplant, string beans, onions, and peppers are all great options.
4. Try freezing fruits: grapes, blueberries and strawberries as thirst quenchers!
5. For tropical fruit lovers, choose pineapple vs mango, papaya or banana
6. Eat protein foods as cold salads: chicken, egg, salmon, tuna or over mixed salads
7. For phosphorous restriction, watch out for the ice cream truck! Choose water ice instead, but count as fluid!
8. Click here for a great resource: the new, free Healthy Summertime Recipe cookbook!

What's App? A Review of Calorie Counter by FatSecret
Robert Mackay; College of Saint Elizabeth Dietetic Intern

Calorie Counter by FatSecret is an all-in-one nutrition hub which features a food journal, exercise diary, weight tracker, diet calendar and healthy recipes. It was recently featured in the article "8 Best Nutrition Apps" in Tom's Guide, Tech for Real Life. The Quick Pick feature allows you to look up a large magnitude of foods from grocery stores and restaurants. Updates are performed often to add the newest foods or the market to the database. Try it today, it is available for use on all smart phone platforms!

Public Policy Updates
By Rosemary O'Dea, RDN; NJDA Ambassador Chair and Cody Magulak, RD; NJDA Public Policy Coordinator

June 6-8th: Seven NJDA members represented the state at the Academy’s Annual Public Policy Workshop (PPW) held in Washington, D.C. The workshop had excellent attendance - over 350 members! Learning legislative advocacy and networking with other Academy members interested in nutrition policy were the main focus. The workshop highlighted three important bills which the Academy is seeking support for: Older American Act, Preventing Diabetes in Medicare Act and the Treat and Reduce Obesity Act. The NJ Delegation included: Cody Magulak, RD (NJDA Public Policy Coordinator), Judy Klavens-Giunta, RDN, Two NJDA PPW student scholarship recipients: Emily Stewart (Rutgers DI) and Jamie Mastroberti (CSE DI), recent NYU DI grads Megan Gallagher and Suzana Cordova, and Rutgers undergraduate Ashley Lombardi. To cap off the successful week the delegation stormed Capitol Hill and had many meetings with legislators to discuss the bills including: Sen. Booker's staff, Sen. Menendez's staff, and Rep. Lance's staff.
June 22nd: NJDA "Took on Trenton". Thirty NJDA members and Ambassadors headed to Trenton for NJDA's 2015 Advocacy Day. We had an enthusiastic group that was able to draw energy from a pool of passionate individuals, some with many years of experience in addition to a lot of newer faces. The day began with a warm welcome from NJDA President Chesney Blue, a past NJDA Public Policy Chair. We also were honored that NJDA's President-Elect, Kathleen Carozza was also in attendance that day. The current NJDA Public Policy Chair, Cody Magulak, Rosemary O'Dea, Consumer Protection Coordinator/Ambassador Chair and AJ Sabbath, AMG lobbyist provided presentations to the group on national and state legislation.

Following lunch fellow NJDA members and Ambassadors were able to share their successes/challenges and tips for effectively engaging with their representatives. The primary sponsor of our licensure bill, Assemblyman Herb Conaway (MD), was able to stop by and speak to the group as well. Denise Langevin, a key member of the NJDA legislative team as well as Cody assisted with other attendees in manning the NJDA's displays and tables for handouts for legislators and their staff. Several attendees were able to talk about licensure with their legislators. The group ended the day by attending committee hearings and taking a historical tour of the State House. As a result of the day additional members signed on to serve as NJDA Ambassadors in their respective districts.

Interested in serving as an NJDA Ambassador? Questions? Contact Rosemary L O'Dea, RDN

Summer Produce is Here!
Check out a Local Farmer's Market and Support NJ Fresh Produce!

Click Here for Harvest Dates

Are you a NJ nutrition professional with something to share? Email your NJDA eNews co-editors, Cris Carlin and April Schetler, for more info!