Message From the President - Member Engagement
Kathleen Carozza, MA, RD
2016-2017 President - New Jersey Academy of Nutrition & Dietetics
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My first quarter as the President for the NJ Academy of Nutrition and Dietetics has gone by so fast. Our board transition meeting at the Fulper Family Farm in June was a great way to start the new NJAND year. Over the summer, the board volunteers and our Executive Director have been involved in a whole host of activities. I hope you will visit our website at www.eatrightnj.org to read my message, view gallery pictures and check out our additional member benefits as well as partnership opportunities.

One area we are concentrating on this year is member engagement and member value. We are hoping to address these areas with the following initiatives and/or events...many of which were informed by our member survey in February 2016.

- Two regional events with continuing education in each region at nominal cost to members.
- Professional Networking Group events throughout the state. So far we have events planned in Morristown, Red Bank, Jersey City, Peapack, and Williamstown and for African American members. We are looking for members to organize events in other areas or for other interest groups.
- NJAND Reception planned in Boston, Monday Oct 17th at Harpoon Beer Hall.
- Three interest group listservs have been started for those interested or working in the following fields: 1. Pediatrics, 2. School Foodservice and Functional Medicine, 3. NDTR listserv
- Emphasis on our Social Media team with new leadership, membership participation and training. Please check us out on Facebook, Instagram and Twitter!
- NDTR Rep and efforts to promote the NDTR.
- New Member Only Partnership Opportunities for members with food and nutrition related businesses.
- Supporter member category for those from other affiliates who want to also be members of NJAND.
- Separation of partnerships and direct funding of speakers or meetings to increase transparency and confidence in the association.
- Discounted member benefit program for vision, dental, health advocate, legal care direct, teledoc, pharmacy and health/wealth connect.
- Enhanced website calendar with event information.
Member and non-member surveys.

Please visit the website at eatrightnj.org for more details about the activities and join us! All of these activities take human resources, volunteers, time and talent. I appreciate those who are serving the board in any way big or small.

Hope to see you at some of these events!
Kathleen Carozza, MA, RD

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**The Reality of Flavored Milk**

*Feature Article Sponsored by American Dairy Association North East*

The best milk for kids is the kind they will drink. Flavored milk, a popular choice among children, has the same nine essential nutrients and is just as nutritious as white milk. The 2015 Dietary Guidelines for Americans recommend three servings of dairy per day, for ages nine years and older; however, average consumption is less than two servings per day. With its nine essential nutrients, milk is the number one food source of three under consumed nutrients of public health concern: calcium, potassium and vitamin D - important for kids' growth and development.

Flavored milk balances the need to limit added sugars, yet promote nutrient-rich food to children. On average, flavored milk contributes just four percent of added sugar to kids' diets, a miniscule amount compared with the 40% derived from sodas and fruit drinks. Studies have shown that children who drink flavored milk, drink more milk overall, have better quality diets, do not have higher intakes of added sugar or total fat, and are just as likely to be at a healthy weight compared to kids who do not drink flavored milk.

To find out more about flavored milk, contact Stacey Jackson, MS, RDN, CDN, at SJackson@milk4u.org, or check out the Flavored Milk Resources at [www.adadc.com/childhood-nutrition](http://www.adadc.com/childhood-nutrition)

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**Current Networking & Education Opportunities Around the State**

10/13/16: Healthy Schools - It's a Team Effort Workshop. Rutgers Cooperative Extension, Clayton, NJ  [Click for info]
10/25/16: Region 1 Event - Wine Tour & Tasting. Auburn Road Winery, Pilesgrove, NJ  [Click for info]
10/27/16: Evening of Culinary Health & Wellness. NJ Institute for Food, Nutrition and Health.  [Click for Info]
11/1/16: New York Presbyterian Advocates for Pediatric Nutrition Symposium  [Click for info]
11/29/16: Region 2 Event - Nutrition Practice in the Digital Age, Neptune City, NJ  [Click for info]

**Practice Networking Groups**

- African American RD PNG -  [Contact Chesney Blue]
- Greater Morristown Area PNG -  [Contact Jane Dixon and Robin Gould]
- Hudson County PNG -  [Contact Lauren Pendergast]
- Jersey Shore Area PNG -  [Contact Mandy Enright]
- South Jersey PNG -  [Contact Rosemary O'Dea, Pat Uke and Chrissie Duffield]

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**FNCE 2016 - See you in Boston!**

NJAND will be hosting a reception for members and friends of members at the Harpoon Brewery in Boston on Monday, October 17 from 4-7pm. Registration is now full... see you there!
A few interesting facts about the brewery:
- It was started in 1986 by three friends who loved beer, traveled around Europe and decided to bring a bit of that experience to Boston
- In 2014, Harpoon became employee owned
- The company’s two breweries, in Boston and Vermont, employ several sustainable initiatives

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Jeanne Hendricks with daughters
Callan (L) and Blakely (R)

6 Ways to Keep Kids (and busy moms) Eating Well!
Jeanne Hendricks, RD
Clinical Manager, Nutrition & Weight Management
Virtua Health

As a full time working mom with two young girls (5 and 2½ years old) in daycare, school and sports, my schedule is hectic! As a dietitian, I’m committed to making healthy meals while spending as much time with my family as possible. In order to balance time limitations without compromising nutritious eating, I live by the same lessons we teach our patients

1. Plan for Performance: Look at your schedule for the week, knowing what challenges are ahead will allow you to plan healthy and portable Grab n go foods on hectic nights and avoid last minute Fast Food stops.

2. Prep Ahead: Cook once, eat twice! Thank yourself all week when you take just 20 minutes to cut up veggies, cook protein & starch and pack up the fridge for the week’s meals. Then just grab, season and pan sauté, using broth instead of oil. Pack lunches and snacks for the next day when preparing dinner.

3. Engage Kids in Preparation: Kids eat what they prepare! The girls use a plastic knife and cut up veggies, sampling while they prep! They also get to choose a new fruit or vegetable at the grocery store (ie. Purple cauliflower, Pluot plums) to encourage food variety. It takes a bit more time when shopping but it’s a great way to teach them healthy eating and enjoy their company!

4. Get Creative: Kids just want to have fun. Add color. Encourage fun food ideas such as Bagel with cream cheese and a veggie face.

5. Strive for a goal but not to be perfect: Encourage your family to eat healthy most of the time while balancing social events and parties. Teaching kids that all foods can be part of a healthy diet will set them up for a lifetime of healthy eating.

6. If Planning doesn't come naturally, start small and gain success: Just think about what we teach our patients and practice what you preach!

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Are you a NJ nutrition professional with something to share?
We would love to include your article in an upcoming NJAND eNews!
Email your NJDA eNews co-editors, Cris Carlin and April Schetler, for more info!
Nutrition professionals are faced with the health issues of an aging society. Evidence shows that providing care at age 65 or older may be too late for some older adults. Adults aged 45-60 are most in need of chronic disease prevention education so that when they reach age 65 their quality of life is not so seriously impaired.

A chronic condition faced by older adults is loss of lean muscle mass. Sarcopenia, characterized by loss of muscle mass and strength, is regarded as one of the most meaningful geriatric syndromes. [1] Sarcopenia is characterized by progressive generalized loss of skeletal muscle mass and strength. It is usually accompanied by physical inactivity, decreased mobility, slow gait and poor physical endurance which are also common features of the frailty syndrome.[2] Because sarcopenia is not considered to be a "disease," but rather a collection of conditions that renders gradual functional deficit and comorbidity, it is rarely detected at an early stage and often causes significant underlying consequences and lingering dysfunction. [3]

The two most widely used sarcopenia prevention and treatment options are nutrition and resistance exercise. The Recommended Dietary Allowance (RDA) for protein (i.e. 0.8 g. protein/kg/day) defines the amount of daily protein necessary to prevent deficiency for all adults. More recent studies are supporting a moderately higher protein intake of 1.0 - 1.5 g/kg/d.

Several studies have examined protein distribution patterns and changes in muscle mass. One pattern currently under investigation is higher protein meals, as much as 30 g per meal, 3 times daily. [4] A recent long term study utilizing higher protein diets particularly 30 g of protein led to increased lean muscle mass. [5] There are many areas to consider, liquid protein supplements, and an overall balanced meal. Whey protein is absorbed very well for most adults and can be an option. [6] Lutein supplementation should also be considered. Optimal nutrition enhances the anabolic effect of resistance training. [7]

At this point, increased protein during meals, or after exercise, supplementation and resistance training are the most current strategies to combat sarcopenia by stimulating hypertrophy, muscle protein synthesis and strength. [8] At present they are the most effective measures to prevent and treat sarcopenia.

As citizens, we can do our part not only by voting annually, but also by participating in the Academy Action Alerts. During President-elect training, we were told that most congressional representatives become aware and interested in a topic if only eight of their constituents reach out to them!

Participating in the Academy Action Alerts could not be easier, just click on the alert link. Once on the Academy website, you'll enter your e-mail address and the database will search for your Congressional representatives. You can easily e-mail the representative. The Academy provides text for you to use or modify and with just a few clicks, you will make a difference. It takes less than a minute per alert.

I encourage you to vote this November, and in other local, state and federal elections in the future and ask you to take a few minutes when the Action Alerts are issued.

Our votes and our voices matter!

A Message From Your DTR Representative

Patricia Gibbons, BS, NDTR
DTR Liaison and Speaker Committee
New Jersey Academy of Nutrition and Dietetics

I am pleased to be representing you this year! As a fellow DTR I know it is important that we have a place to talk to one another, ask questions, and voice our concerns so I have created a listserv, specific to DTR’s. If you are a DTR and you are interested in being a part of this listserv, please email me at: healthyfoodcounts@gmail.com

A few months ago I sent out a survey to DTR’s regarding our place in the practice of Nutrition. The survey indicated that the most important topic was our place within Scope of Practice. I would like to share information about scope of practice with you. Please click here downloadable resources from the Academy.

Thank you and I look forward to continuing to represent you!

Patricia Gibbons

Recipe Contest!

Join Jessica Levinson, RD to cook up some fun! Join fellow dietitians to submit your tasty lean beef blog recipe to the Northeast Dietitian Bold Taste of Nutrition Recipe Contest Nov 4-13.

- Post your recipe on your blog.
- Submit the link and a picture to Jessica at HERE Nov 4-13.
- Submission details will be posted on the site on Oct 26.

Grab the apron and start cooking! Click here a preview of the contest!
NJAND is now offering all members discounted benefits, including dental and vision!

These benefits will not only be made available to you as an NJAND member but also your spouse and children, up to age 26, at no additional charge. With three plans to choose from, starting at $10 per month, per family, NJAND is excited to help members save money on their healthcare needs in 2016! Click here to view a webinar that provides details about The Options Plus Discounted Benefits Program and how it works.

Visit the NJAND website for benefit enrollment/information www.optionsplusplan.com/njda or contact our Benefit Liaison, Debra Tucker, at 877-783-0236 for more information.

Declining Childhood Obesity Rates: Where Are We Seeing Signs of Progress?

Click here for the newest policy brief from the Robert Wood Johnson Foundation examining reports about childhood obesity rates from across the country identifying where progress is being made. There are some promising practices, identified barriers and important key facts.

2016 - 2017 Partnership Opportunities

Vision: Optimizing New Jersey's health through food and nutrition

Mission: Empower members to be New Jersey's food and nutrition leaders

The NJ Academy of Nutrition and Dietetics (NJAND) seeks partnerships that support the vision and mission of the association. We seek companies and organizations whose mission and vision align with ours, and whose products and services interest our members, to become our partners through sponsorship. Partners support our annual meeting, regional continuing education events, member awards and student scholarships as well as networking activities.

In addition to corporate and non-profit partnerships, we are offering members with services or products of interest to partner with the association at deeply reduced rates. Member Partners must be a member of the Academy of Nutrition and Dietetics and New Jersey must be their designated affiliate. Supporter members do not qualify for this level of partnership. Member's sole proprietorship, partnership, corporation or LLC (member must be at least 50% partner), to qualify for this level of partnership. Please click here for more information about this new member benefit!