A Message from the President

Elizabeth Nossier, MS, RDN

Dear NJAND members,

Happy (belated) National Nutrition Month and Registered Dietitian Day! I hope this year and every year you receive the recognition and appreciation you all deserve. As we near the end of our fiscal year, I am excited to share all the accomplishments our board and volunteer members have achieved to move our organization forward into the 2nd century as well as all the wonderful plans we have ahead.

Last month, NJAND was made an honorary partner of MEND, Meeting Emergency Needs with Dignity food pantry network, at their Annual Gratitude Celebration on March 8th, 2018 for all the work our board members have done to enhance their program materials and educate their food pantry managers. Our Community Outreach committee organized several events to celebrate National Nutrition Month and RDN Day.

Representatives from our board and members volunteered at the Fulfill food
bank supporting Monmouth and Ocean counties. Activities included educating the food managers of MEND on purchasing and preparing healthy foods on a budget and exhibiting at the Monmouth County Health and Wellness Expo and various other farmer's markets around the state. Future event plans include teaming up with CUMAC to fight hunger in Paterson, Passaic County and Northern NJ and City Green, an urban farm, in Clifton. This year, the first-ever RDN Day Dinner was successfully held with 17 members attending a lovely farm-to-table meal at Health Barn USA. We thank our Community Outreach committee for all their time and dedication to coordinating these events.

Our Professional Networking Groups coordinated fun and engaging events for members to connect. Whether it was a cycling session or meeting up for drinks, members have enjoyed meeting in person to network and share their experiences.

NJAND coordinated with AMG, our Legislative Advocacy Group, a Legislative Advocacy day on Wed, March 28th, 2018 where board members met with several committee staffers and aids who work with legislatures on licensing, insurance, family development, community outreach, law and public safety issues. This meeting laid the foundation for future advocacy efforts including licensure as well as other vital policy initiatives that impact many of our practice areas.

This spring, our regional co-chairs have some great opportunities for members to attain CPEU’s and additionally network and discuss nutrition research activities, nutrition and agriculture, G.I. Nutrition and MNT for pancreatic insufficiency. Follow NJAND on Facebook, Instagram, Twitter and our weekly e-blasts to keep up-to-date on future events and see post-event pictures and summaries. We are grateful for all the time and effort that went into planning and making these events successful! We look forward to connecting with all of you at our largest and most anticipated event, our Annual Meeting, on Friday, May 11, 2018 at The Grove!

Our final virtual board meeting was held on Wed, March 7th, 2018. Our board and members voted to approve changes made to our bylaws as well as to donate $500 to a Rutgers University scholarship fund which was established in honor of the late Barbara Tangel, an esteemed and accomplished Educator and active NJAND Board Member. Additionally, our membership survey responses were reviewed and the board plans to use this feedback to enhance or improve programs, processes, and meet member requests. We thank all of the members who took time to provide us with this valuable feedback. An Alliance Partnership was established and approved via a board vote to enable partnerships with not-for-profit organizations. This partnership will help increase our organization's visibility and presence amongst other health care professionals as well as the public. It will also increase opportunities for collaboration with other organizations sharing similar values, missions, and visions.

Board Election voting has ceased and our newly elected board members were announce earlier this month. Thank you all for participating in this year’s elections.
Our Public Relations and Communications committee and interested members met with a contracted production team and has taken steps to create a series of media campaign videos centered on promoting the RDN as the Food and Nutrition expert as outlined in the revised strategic plan. The committee’s next steps will be to review scripting and recruit RDN’s, NDTR’s and other individuals to play the various roles in the campaign videos. Filming is scheduled to begin in June and the committee hopes to have the videos ready for distribution in September 2018.

We are grateful for the precious time, diligent efforts and inspiring achievements of all of our members who are responsible for ensuring our organization thrives and who are making positive changes for the future of our profession.

NJAND Members Come Together at Monmouth County's Health and Wellness Expo

Submitted by Dietetic student Kayla Tozzi and Jenna Peters, DTR, RDN

The NJAND was excited to be well-represented at the Monmouth County Health and Wellness Expo at the Medical Health Center in Middletown, NJ. This expo gave members of Monmouth County and the surrounding areas the opportunity to meet health professionals and interact with wellness brands in their community. The NJAND had the opportunity to work with companies like Patania Senior Health Care Solutions, the Atlantic Club, We Care Adult Care, and many more. Roughly 100 people stopped by the NJAND table to pick up information on healthy eating patterns, saving money at the grocery store, and to discuss sugar sweetened beverages.
Goodie bags, giveaways, and information were provided to guests who attended the expo. Muuna cottage cheese in pineapple, peach, and vanilla varieties was available for tasting with toppings of slivered almonds, pepitas, raspberries, raisins, and granola. Some guests chose to try new toppings while others tried cottage cheese for the first time.

Many individuals were interested in learning about the profession of dietetics and the idea of seeking professional nutrition advice from Registered Dietitians in their area. These individuals were directed to the Find a Dietitian feature on the AND website and provided the link to MyPlate resources. Overall, the event was a huge success and promoted the importance of seeking nutrition advice from a Registered Dietitian.

Muuna cottage cheese is uniquely rich and creamy, protein-packed goodness with real fruit pieces. Each nutritious single-serve cup contains 15g protein, 9g sugar, 130 calories, probiotics, calcium, potassium, and vitamins
A & C. Choose from a variety of delicious fruit-on-the-bottom flavors including pineapple, strawberry, blueberry, peach, mango, black cherry, vanilla and raspberry. Melt-in-your-mouth creamy Muuna is also available in single serve plain with 19g protein and no added sugar, and in multi-serve containers of Lowfat plain and Classic plain. Compare award-winning Muuna to your favorite cottage cheese or yogurt!

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**NDTR Rep and NJAND Secretary**

**Supports our NDTRs!**

*Submitted by Pat Gibbons, BS, NDTR and NJAND DTR Representative*

I recently heard someone say "What is FOR you, will find you." Winter is over and the newness of Spring brings us a lot of opportunities for personal development. With "matching day" upon all of those who have applied for internships, there is the possibility that a match won't happen in this round. I encourage anyone who doesn't get matched, to sit for the DTR exam.

**Who are the DTRs?** Dietetic Technicians, Registered are evidence-based nutrition practitioners who encompass a variety of...
Pat Gibbons

roles. We are educated in two ways: One is by earning an Associate Degree from an accredited institution and completing 450 hours of supervised practice. The second route is by earning a Bachelor Degree in an ACEND accredited didactic program. Upon successful completion of the DTR exam, we are eligible to take on numerous nutrition roles.

**Clinical** - In the clinical setting, the DTR, under the supervision of the RDN, is able to provide direct nutrition care to patients.

**Community Nutrition and Public Health** - Community Nutrition includes SNAP Ed, WIC, Meals On Wheels, fitness and wellness, children's programs, health inspection, etc. If individual counseling is required in any of these settings, the client can be referred to an RD/N if the nutritional problem is beyond the scope of the DTR.

**Food Production/Food Safety** - Many DTRs practice in the following settings: Senior living, acute and sub-acute care, schools, hospitals, restaurants and any place food is prepared.

**Research** - Research roles may include meal analysis, assistance in research projects, recipe analysis and intake studies as well as assistance in collegiate studies.

The DTR credential is a great gateway to becoming an RD/N, a Public Health professional (MPH), or other certified professional. We are required to keep up with continuing education (50 CE's with CDR over 5 years) as science is always teaching us something new. With that mindset, the topic of the Scope of Practice for the DTR seemed fitting for the Spring newsletter. For more information, see JAND's February issue for the Academy of Nutrition and Dietetics: Revised 2017 Scope of Practice for the Nutrition and Dietetics Technician, Registered. 1

Lots of luck in your endeavors.


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**Microbiome ; A new fix to the "modern plague"?**

Submitted by Monika Mahajan, MS, RDN

Today, despite our medical advances, morbidities are on the rise. This trajectory is very different from what we've seen over the last century when compared to olden times full of fatal epidemics, no preventive care, unhygienic conditions and an
Monika Mahajan

unpredictable food supply. So, what’s going on? Is it the diet? Exposure to GMO foods? An unhealthy Western lifestyle that’s to blame?

The human gut hosts trillions of microorganisms that include bacteria, yeasts, parasites, bacteriophages, eukaryotes and viruses collectively referred to as the microbiota. For the past decade, the scientific community has been working on unraveling the growing evidence of the relationship between the gut and the brain and the role of gut microorganisms in the development of various morbidities. Do microbes really impact our health?

The bacteria we harbor throughout our adult lives are established early in our first few years of life. Studies show that the healthy human fetus develops in a sterile environment and a significant colonization is shaped by the mode of delivery (vaginal or c-section), breastfeeding or bottle feedings, medication (antibiotic treatment) and exposure to infections and stress.

The gut microbiota forms a complex network called the microbiota gut-brain axis that involves the sympathetic and parasympathetic nervous system, neuroendocrine and neuroimmune nervous system and the enteric system. The bacteria have a symbiotic relationship with the gut that is mutually beneficial. They regulate energy, act as a gut barrier and protect the gut against infections while they thrive in the gut; they are also key regulators of centrally mediated events like stress and neuroinflammation.

Until now, the central nervous system was considered immune to any attacks. While the blood-brain barrier tightly regulates the migration of cytokines, immune cells, chemokines, and microbial end-products, it can get compromised in certain conditions like stress, infection or injury and influence the homeostatic environment of the brain. Research shows that stress causes the release of behavior-altering chemicals like glucocorticoids, mineralocorticoids and catecholamines. A constant release of these chemicals due to chronic stress results in adverse effects like IBS, osteoporosis, diabetes, hypertension, dyslipidemia and other autoimmune and inflammatory diseases.

Some studies performed on germ-free mice to find the relationship between gut microbiota and weight modulation found that when the mice were fed a high-fat diet, they gained less weight than conventionally fed mice. When fecal matter from the conventionally raised mice was used to colonize the intestines of the germ-free mice, researchers found that the germ-free mice rapidly gained weight and fat mass without any change in calorie ingestion.

To support microbiome research, the National Institutes of Health started “The Human Microbiome Project,” aka HMP. As part of this initiative, the NIH enrolled about 250 volunteers and used new throughput technologies to characterize
Bottom-line: The research looks promising and a couple of companies have already designed kits that analyze your microbiota to provide individually tailored diets. While there is plenty of emerging research, long-term randomized human studies with a well-controlled cohort have not been published. The growing demand for prebiotic and probiotic foods and personalized probiotic supplements is something of which dietitians should be mindful. It is likely too soon to use such treatments in the acute clinical setting.

Earn Your M.A. in Wellness & Lifestyle Management

Rowan University offers an M.A. in Wellness & Lifestyle Management for professionals who want to help patients, clients, or students create and maintain lifestyle changes. This 10 course, 24-month program provides the knowledge, skills, and qualifications to advance in your career with little interruption to your lifestyle. The program attracts a very diverse group of professionals. The curriculum features courses in leadership, program planning, and wellness coaching & behavior change.

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Clinical Corner: Dumping Syndrome
Submitted by Eleanor Schiavo MS, RDN
Gastric resection is commonly used as a treatment in gastric cancer and peptic ulcer disease. Extensive gastrointestinal surgery can have a profound impact on nutrient absorption and feeding tolerance. This is due to the decrease in size of the gastric reservoir and loss of the pyloric sphincter. (1) One common manifestation of malabsorption is dumping syndrome. As its name suggests, this syndrome occurs when gastric contents move too quickly into the small bowel. Overt symptoms of this syndrome include nausea, vomiting, cramping, diarrhea, palpitations and syncope. Immediately after a gastric surgery, (2) abdominal cramping can occur when hyperosmolar fluids quickly enter the small intestines. Hypoglycemia also occurs and is considered a late symptom. (1)

With the development of dumping syndrome comes weight loss related to inadequate intake and nutrient malabsorption. Much of this weight loss occurs in the first 3 months after surgery. Between 25 and 50% of patients will experience the symptoms of dumping syndrome following a gastric resection, five to ten percent of this group will develop clinically significant symptoms. (1)

Treatment of dumping syndrome includes dietary modifications: six small meals low in simple sugars and advising patients to drink their fluids between meals. Patients are also encouraged to sit upright and to chew food thoroughly and slowly. (3) The inclusion of soluble fiber can also increase the viscosity of stomach contents and so delay gastric emptying. (4)

Medications are also used to treat dumping syndrome. Acarbose is useful in decreasing postprandial hypoglycemia. Another medication used as a treatment is octreotide. This medication works to delay gastric emptying, inhibit GI hormone and insulin secretion, decrease postprandial vasodilation, and increase the absorption of water and sodium in the intestine. (1)

References:
2) Ukleja A. Dumping syndrome: pathophysiology and treatment. NCP.2005;20:517-525
4) Klosterbuer A, Roughhead Z, Slavin J. Benefits of dietary fiber in clinical nutrition. NCP.2011;26:625-635
contacted their local representative in an effort to promote health and wellness initiatives! In a recent victory for public health, the president signed the $1.3 trillion spending bill that funds the federal government through September 30, 2018. The 2018 Federal Omnibus Appropriations Bill will increase funding for the U.S. Departments of Health and Human Services and Agriculture where many nutrition and health programs are administered. The bill avoids a government shutdown that would have started on March 24.

Action Alerts are a quick, easy way to reach out to legislators about specific issues or pieces of legislation. You will receive notification of Action Alerts through the weekly e-blasts and the Academy's Eat Right Weekly publication. It takes less than 5 minutes, but makes our voices heard! Please take a moment and review the following legislative action agendas for the state and national levels.

**State Legislative Agenda:**

We are currently advocating strongly for licensure in the state of New Jersey. Establishing licensing and practice standards for dietitian nutritionists will help ensure New Jersey consumers have access to safe, evidence-based dietetic/nutritional advice and services provided by qualified practitioners through established practice standards.

**National Legislative Agenda:**

SUPPORT NUTRITION EDUCATION PROGRAMS, NUTRITION ASSISTANCE PROGRAMS, AND NUTRITION RESEARCH IN THE FARM BILL-- Congress is currently working on the 2018 farm bill, which is the primary legislation that authorizes many of our nation's food and nutrition programs. The farm bill includes nutrition assistance programs that help people access nutritious food; nutrition education programs that empower people to make lasting, healthy choices; and nutrition research that addresses the nutrition-related health concerns we face as a nation. We are asking Academy members to take action and urge Congress to support the important nutrition programs in the farm bill that contribute to the health of all, especially those most susceptible to experiencing food insecurity.

If you would like general resources about advocacy or the Academy's efforts, please visit:

**Academy of Nutrition & Dietetics: Advocacy**

**Academy of Nutrition & Dietetics: On The Pulse of Public Policy**
On Saturday March 24th, Montclair State Dietetics Organization (MSDO) hosted a National Nutrition Month Event with 6 different tables, each focusing on a different aspect of this year’s theme: “Go Further With Food.” The first table
consisted of a brief introduction to the theme and spoke about the prevalence of food waste as well as highlighted some staggering statistics. This table also had quiz questions for those who attended the event to try to answer, for those who answered correctly MSDO provided “Go Further With Food” tote bags, pens, reusable cups, and note pads from the Academy which they were able to take with them as a prize, along with Academy brochures with tips on how to reduce food waste. The next table focused on food safety. The MSDO provided information about proper food sanitation and other ways to preserve food, and make it last longer in an effort to reduce waste. This table also had food safety quiz questions and the prizes were cutting boards. The next two tables focused on ways to repurpose food. These tables highlighted several recipes and food ideas to repurpose leftovers as well as utilize all food scraps. In addition a lesson on composting was provided. There were handouts and examples of what can and cannot be included in compost. The next two tables focused on community based projects. MSDO partners with several local organizations through extensive volunteer work with our members.

This table highlighted those partnerships with CUMAC, Toni’s Kitchen, and City Green. This table also shared ways to start food drives, and get involved in the community to reduce food insecurity. The last table focused on the newest addition to MSDO. This past fall several MSDO members helped create a Montclair State chapter of the nationally recognized program: the Food Recovery Network. Chartwells, the contracted dining service at Montclair State, now donates food from the student center to local community organizations that serve food to those in need. MSDO provides volunteers for overseeing the operation, and Chartwells provides the leftover food and trays, which is then handed off to Montclair Emergency Services for the Homeless. Since the food recovery network was accredited in December of 2017, over 1600 pounds of food has been donated. Which is another way to highlight ways to reduce waste, but also help the community as well. Overall, MSDO educated the community about what food waste is, and how much waste actually occurs, followed by informing them about several different methods to reduce food waste and positively impact their community. And of course there was a
On Thursday March 15th the Foods and Nutrition department at the College of Saint Elizabeth hosted a free dinner and movie night for students, faculty, interns, and preceptors. The new Anthony Bourdain documentary "Wasted! The Story of Food Waste" was featured. Also at this event, an undergraduate student Julia Davidson presented her Food Waste research project. Julia's research included observing the amount of food wasted in the dining hall at the CSE campus. Then with this information, she attempted to reduce food waste on campus by providing poster sessions to students and faculty in the student center. After the documentary there were two guest speakers. Alex Peterson from the Campus Kitchen Project discussed the new plan to create a food recovery chapter at CSE. Following her presentation, a local farmer and Director of Agriculture & Education from Grow it Green Morristown, Shaun Ananko, spoke about the importance of composting as well as provided tips to begin composting at home.

On Monday April 16th, the Nutrition and Wellness Club of CSE will be hosting a Global Nutrition event. Guest speaker Johanna Buhrani will discuss her work as a registered dietitian in Tanzania. Ms. Buhrani has been studying the health habits of the elderly including their nutrition, access to food, and foods consumed.

The Academy of Nutrition and Dietetics Foundation is the largest provider of dietetic scholarships for all levels of study. The deadline for scholarship applications is Monday, April 23rd. All scholarship information can be found at the Foundation's website: http://eatrightfoundation.org/scholarships-funding/#Scholarships.

For future editions, I will be collecting articles from student representatives that
Find That Perfect Educational Resource with RD2RD
(And Make Some Money Too!)
Submitted by Jeanette Kimszal, RDN, NLC

Technology has given us the ability to pull information in a matter of seconds. However, it can be time consuming to research and package that material into digestible content for your clients. What if you could find that perfect presentation or handout in just a few clicks for instant download and purchase?

RD2RD is a website that is focused on the needs of RDs and their unique services and tools. Started by Megan Boitano MS, RD, LDN, CNSC, RD2RD is the first online marketplace designed exclusively for RDNs to buy and sell their original work via digital downloads.

The prices are affordable with presentations and handouts under $20. The site also offers freebies as well if you want to try before you buy.

Are you a content creator? RD2RD also gives you a place to sell your resources. Post them on RD2RD to make some extra income. The best part is that it is FREE to join (basic membership) and list products. Basic members earn 65% of each sale (35% service fee). Upgrade to a premium membership for $49 per year ($5 per month) and get 80% of each sale (20% service fee).

Just after a month of posting a few old resources stored on my computer I had made a sale. So check it out today and learn more about how RD2RD can help you at: https://rd2rd.com/ref/dzedrionfw/
NJAND is now posting employment opportunities on our website. This is a free service for members and is something members are requesting. Jobs must be nutrition and dietetics related. They will be posted within four business days of receipt and stay posted for a minimum of two weeks.

Professional Networking Groups and Listservs bring members together!

The number of professional networking groups has grown to seven throughout the state. We have the following covered, but are open to more! The purpose is for RDNs and NDTRs as well as nutrition students to get to know each other better, develop professional relationships and talk about life and the profession.

- African American (meeting primarily in north jersey)
- Central Jersey
- Essex County
- Greater Morristown Area
- Hudson County
- Jersey Shore
- South Jersey
- Bergen County

Listservs now focus on four professional practice areas as follows:

- NDTR
- School Nutrition
- Functional Medicine
- Pediatrics

The purpose of the listservs is to share information about particular areas of practice using electronic means. Sharing information, answering questions and supporting each other in practice allows for professional growth, especially for those feeling isolated in their area of practice. Members interested in joining a professional networking group or listserv can email Megan Squires, MS, RDN at: executivedirector@eatrightnj.org.

If you are interested in forming either a new Professional Networking Group or Listserv, please e-mail Megan Squires, MS, RDN at executivedirector@eatrightnj.org.
Members and the Media!

Get the most out of your membership!

Did you know the Academy provides updated media information, sample public service announcements, and info-graphics for your use?

Follow the link, EatrightProMediaResources
Upon following the link, click on the menu tab, then on "Trends and Reviews" where you will find reviews of nutrition related apps and books!

Looking for graphics to use for your social media or nutrition education material? Did you know the USDA Agricultural Research Services offers a variety of food, farm and nutrition related graphics and pictures that are free and legal to use?

THE 86TH ANNUAL MEETING OF THE NJAND

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FRIDAY, MAY 11, 2018
THE GROVE, CEDAR GROVE, NJ

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