A Message from the President:

Elizabeth Nossier, MS, RDN

Dear NJAND members,

First, I want to wish you all a very happy New Year filled with health, prosperity, and innovation! We have accomplished so much this past year. Read on to learn about the exciting initiatives for our organization and members in the year to come.

I would like to start by encouraging all members to take the AND’s "Pledge of Professional Civility," an initiative that aims to foster community and constructive discourse among peers. It is essentially a voluntary, public commitment to the civil treatment of peers, including those we do not agree with. Let’s vow to support one another, agree to disagree, and be respectful and open to learning from one another. Let’s remember to use the AND’s code of ethics as a guide for our behavior.

This fall, our regional Co-Chairs were busy planning events to help members build their networking skills. Region 1 Co-Chairs hosted "Dietitian Success in the World of Professional Sports" on Nov 6th during which 23 attendees enjoyed a meal together and an engaging lecture by Nyree Dardarian, Nutrition Sciences Instructor and Director at Drexel University’s Center for Integrated Nutrition and Performance.

Region 2 Co-Chairs hosted an event attended by 10 participants at the Rutgers Gardens on December second. Attendees toured the gardens to learn about
their history, plant development, and the community farmer’s market.

Region 3 hosted an event on December 5th at “Make Wine with Us” where 12 attendees learned wine-making steps from de-stemming to bottling and enjoyed an informative presentation entitled “Boosting Your Business by Getting Your Name in the News,” by Amy Gorin, owner of Amy Gorin Nutrition Inc., a nutrition consulting company.

Follow eatrightnj.org on Facebook, Instagram, and Twitter to see pictures and summaries of our events and check our weekly e-blast for upcoming events in the spring of 2018. We are grateful for all the time and effort that went into planning and making these events successful! Please be sure to mark your calendars for our largest and most anticipated event, our annual meeting, on May 11, 2018 at The Grove!

Our first virtual board meeting was successfully held on Wed, Nov 8th, 2017. Our board finalized and voted on the revamped strategic plan and discussed key issues (revisions to our current bylaws, upcoming elections, how to engage members in public policy.) Also discussed was legislation affecting NJ as well as NJAND’s current stance on the licensure effort. Plans for potential community outreach events were made for the new year. Aspects of the new plan include developing partnership guidelines and expanding our network of partners to include those that will help us widen our impact on the communities we serve. Goals will highlight member achievement, service, and research activities. We will implement a public relations campaign to promote the role of the RDN as the food and nutrition expert.

Our Public Relations and Communications committee, along with interested members, met virtually to begin discussions regarding the media campaign. The committee discussed key messages, a call to action and working with a production team for implementation.

An important role for us is providing members with training to identify and treat malnutrition. These are just several of many plans the board will implement to support our mission and vision. Our new strategic plan can be found on our website at eatrightnj.org.

NJAND wants to recognize and reward you for sharing your expertise and guidance with legislators and stakeholders that have a significant impact on our profession and public health in NJ. To accomplish this, NJAND will offer monthly gift-card raffles for members who participate in Action Alerts in the new year. Check your weekly e-blast for more information.

Revisions to our current bylaws are underway. The Board vote will be in January. We will invite our entire membership to join us in reviewing and voting on the new revisions in March 2018. Please check our weekly e-blast for an invitation to join our meeting in just a few months.

Upcoming Board elections are underway. Open positions include President
Eleanor Schiavo

Elect, Regional Co-Chair (3) and Nominating Committee (3). A slate of candidates, ideally 2 for each position, will be presented to the Board on Jan 10th and voting will begin in the spring of 2018.

Last year, NJAND was awarded the AND's Diversity Mini-Grant valued at $1,000 to support affiliate outreach to students and professionals from underrepresented groups within the dietetics profession. NJAND successfully conducted career days at Camden and Newark High schools to promote the field of Dietetics. We developed a strong relationship with the schools, who are now asking NJAND to continue its efforts. NJAND is looking for volunteers to brainstorm ideas for this initiative, assist with re-applying for the grant, and present to the students. Please contact our Executive Director at executivedirector@eatrightnj.org to volunteer for this initiative and others.

We are grateful for the precious time, diligent efforts and inspiring achievements of our members who are making positive changes for the future of our profession. Only our members are responsible for ensuring that our organization thrives in 2018. Happy New Year!

Elizabeth Nossier, MS, RDN
President 2017-2018
New Jersey Academy of Nutrition & Dietetics
www.eatrightnj.org

Nutrition in Clinical Practice

FODMAP and Enteral-related Diarrhea
Submitted by Eleanor Schiavo MS, RD

The FODMAP diet has been established as a viable treatment option for Irritable Bowel Syndrome (IBS) (1) IBS is characterized by abdominal pain, cramping, constipation or diarrhea, bloating and gassiness. (2) FODMAP is an acronym for: Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These are short-chain carbohydrates that are poorly absorbed, draw water into the intestines and are quickly fermented by bacteria located in the bowel. (2)

The intervention focuses on eliminating foods containing the offending short-chain carbohydrates for a period of time. It is necessary to reintroduce restricted foods to avoid developing nutrient deficiencies due to the
elimination of fruits and vegetables. These foods provide fiber, minerals such as calcium, protein (for vegetarians or vegans) and vitamins A, C and D. (2)

In the enterally fed patient, the most common complication cited is diarrhea. Diarrhea is difficult to define due to the subjective nature of documentation. Studies have determined up to a 50% occurrence of diarrhea in the hospital setting. (3) The cause of diarrhea is likely due to many factors. It has been hypothesized that the use of enteral formulas containing FODMAPS could be a cause of diarrhea. In a retrospective study, seven enteral formulas were analyzed for FODMAP content using previously established techniques of food analysis. (3) The study found that the formula with the lowest FODMAP content was associated with a significantly lower occurrence of diarrhea. (3) A later study challenged these results, analyzing the impact of maltodextrin content and its effect on FODMAP results. Maltodextrin content was determined to be an interfering factor when analyzing the FODMAP content of enteral formulas. Its presence impacted the accuracy of fructan and galacto-oligosacchride content. (3) It was concluded that the FODMAP content of current enteral formulas was not associated with enteral feeding-related diarrhea but in fact was more likely to be beneficial in its control. (4)

The approach to treating diarrhea should begin with establishing a definition for diarrhea. The use of an objective tool, such as the Kings Stool Chart, can be used for objective documentation of diarrhea. (5) Using a decision tree can help to establish an organized approach to the problem. The use of fiber-containing formulas, usually made with a blend of soluble and insoluble fiber, has been established as a useful treatment option, along with probiotics. An alternative approach, is to select peptide-based formulas with MCT oil to improve tolerance. (6)

References:
2) http://www.eatright.org/resource/health/wellness/digestive-health/irritable-bowel-syndrome Irritable Bowel Syndrome
4) David B. A. Silk, MD, AGAF, FRCP, Tim Bowling, MD, FRCP.Pathophysiology of Enteral Feeding Diarrhea: The Intestinal Responses to Enteral Feeding Rather Than Any Role of FODMAPs. JPEN 2017;41:1259-1261.
5) http://www.kcl.ac.uk/innovation/business/support/ipandlicensing/index.aspx Kings College London Stoolchart.
6 Ione de Brito-Ashurst MSc, PhD, RD, Jean-Charles Preiser, MD, PhD Diarrhea in Critically Ill Patients The Role of Enteral Feeding. JPEN 2016;40:913-923
Food trends seem to change every year like fashion statements. The good news is that each year the trends are towards more nutritious food choices. Experts agree that for a healthier outcome, people need to adopt a lifestyle change. As dietitians, it's imperative to be informed about the next buzz so that we can educate our clients if they choose to follow it. Here are some top trends that are highly researched and are gaining popularity.

**Ketogenic diet (aka the keto diet):** The keto diet has been around for almost 100 years or more and many doctors have successfully used it to treat drug-resistant epilepsy in children. The diet is very low in carb, consisting of only 30 g or less of carbohydrates, moderate amounts of protein and high amounts of fats. The ratio is 4 grams of fat for every gram of carbohydrate or protein. The concept behind this diet is that our bodies go into a state of ketosis such that the body burns fat molecules (to produce ketones as an energy source) instead of carbohydrates. Theoretically, this process can accelerate weight loss and produce better insulin control.

**Pros:** There is solid evidence that it reduces seizures in children. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2902940/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2902940) Also, some studies show that due to the neuroprotective effects, there may be possible benefits for other brain disorders like Parkinson’s, Alzheimer’s, autism or diseases like cancer. Due to the low carb intake, it has also been shown to improve blood sugar control for patients with type 2 Diabetes. For weight loss, though, it has been shown effective for only a short time.

**Cons:** The diet is almost impossible to maintain over the long run and particularly challenging for vegetarians or vegans to follow mainly because it eliminates many food groups like whole grains, beans, fruits and dairy. The diet can also cause nutrient deficiencies. With the inclusion of large amounts of red meat and other fatty, processed and salty foods, the keto diet can be unhealthy for long-term use and may be inadvisable for people with kidney problems.

**Recipe:** [https://www.dietdoctor.com/recipes/keto-scrambled-eggs-halloumi-cheese](https://www.dietdoctor.com/recipes/keto-scrambled-eggs-halloumi-cheese)

**Plant-based diets:** The popularity of plant-based diets continues to grow. For many, this is quickly becoming the new normal. More people are converting to vegetarianism or veganism every year; some for health reasons while others to reduce their carbon footprint. Veganism and vegetarianism have also become more accessible and appealing with the availability of more vegan / vegetarian options on menus. Amongst these diets, the Mediterranean diet continues to top the chart. Other frequently researched diets are the Whole30 and the raw food diets. Several studies have confirmed the benefits of plant-based diets on chronic illnesses. Having said that, a healthy plant-based diet requires planning, reading labels, and discipline.

**Pros:** You consume lots of vegetables, legumes, whole grains, beans, pulses, nuts, seeds, fruits, spices, herbs and olive oil. Red meats, processed grains, dairy, eggs,
and poultry are to be consumed in moderation. Many studies show that consumption of plant-based diets reduces high blood pressure, lowers cholesterol and may be better for weight loss, diabetes and heart disease.

**Cons:** Not all plant-based diets are equal. The Raw-Food diet encourages eating raw vegetables and other foods in their natural states, the premise being that cooking destroys nutrients. While vegetables are good for you, eating too many raw vegetables may cause bloating, cramps and gas. If not followed well, vegetarians or vegans can miss out on important nutrients and become deficient, especially in protein and B12. Portion sizes are not specified so overeating and under eating may still be problems for adherents.

*Recipe:* [https://monikardn.wordpress.com/](https://monikardn.wordpress.com/)

**Prebiotic/Probiotic diet:** Prebiotic and probiotic foods are a huge buzz right now. A lot of research is being conducted to find out about the impact of these foods on gut microbiota and possible health outcomes. Prebiotics are types of dietary fiber that act as a substrate for the friendly bacteria in your gut. This helps the bacteria produce nutrients for your colon cells and boosts your digestive system. Some examples of prebiotics are legumes, beans, peas, banana, chicory root, garlic, leeks, oats, dandelion greens and barley. Probiotics are live bacteria found in certain foods and supplements that are beneficial for our gut health. Fermentable foods such as kombucha, kimchi, kefir, sauerkraut, lassi and yogurt are considered probiotics.

**Pros:** Many studies show that maintaining a healthy gut microbiota improves mood, boosts energy and immunity, and reduces inflammation. Some literature also supports the potential for developing microbiome-modulating therapies that may improve the disease courses of Alzheimer’s, Parkinson’s and multiple sclerosis.

**Cons:** While the research is promising, it is still in its preliminary stages. The studies need to be randomized and well controlled with larger cohorts of longer duration.


**Superpowders:** Superpowders, aka adaptogens, have been around for many years but only recently have become mainstream. Get ready to see more of the golden hues in lattes and smoothies as the popularity of turmeric continues to grow. Some other superpowders like maca and moringa will also be found in foods, baked products and smoothies.

**Pros:** There is growing evidence showing the benefits of turmeric and green tea in fighting inflammation and for their antioxidant properties. Some studies have revealed that adaptogens exhibit neuroprotective, antifatigue and anti-depressive effects by acting on the adrenal system that is responsible for the body’s stress response.

**Cons:** Only a handful of the studies were well designed. Most human studies were conducted in India or China, with small sample sizes. In others, subjects were given a concoction making it difficult to know which herb really made an impact. Another complicating factor is that we are studying them as a single herb in a purified extract form while traditionally they have been used in whole form or in combination with other herbs. Finally, it’s important to consult with a physician if you are on medication to avoid potential food-drug interactions as well as side effects of overconsumption.

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Give Your Clients Some Love with This Meal Planning Software: Pro.EatLove

Submitted by Jeanette Kimszal, RDN, NLC

Do you want to make meal plans for your clients but hate the amount of time it takes to create them? Fret no more! Pro.EatLove will make your meal planning
a breeze! Pro.EatLove, the professional version of EatLove for consumers, provides Medical Nutrition Therapy and diet-specific meal plans for your clients.

This past year, I was lucky enough to demo the product. I used it to make meal plans for some of my clients and they loved them. Just a few clicks on the website and I emailed beautiful recipes that fell in line with my clients’ levels of cooking skills.

Pick a calorie level, specific levels of nutrients, entering food allergies or sensitivities and send your clients meal plans in minutes. Meal plans for a variety of chronic diseases and even pregnancy and pediatric diets are available. The ease of use means you can provide added value when counseling clients. Additionally, the platform can help with easy documentation. The starter package for one RD is $29 per month. A larger package that includes 3 logins can handle up to 250 clients. For larger practices, additional service is available. A free demo is available to try it out.

Not sure if you want to join? Request to get a demo HERE!

NJAND Student Scope

Undergraduate Nutrition Students of the College of Saint Elizabeth & Montclair State University Team Up to Help Those in Need

Submitted by Ryan Galan, Junior Nutrition Student at College of St. Elizabeth & Kristen Matthews, Dietetics Student at Montclair State University
On Thursday October 26th, the college of Saint Elizabeth Nutrition and Wellness club hosted a bake sale with proceeds going to Hurricane Harvey victims. Members of the Nutrition and Wellness Club prepared baked products with a healthy theme. The baked products included gluten-free products, increased fiber products, and vegan products.

On Tuesday November 14th Amarah Khan, a senior in the Foods and Nutrition Program at the College of Saint Elizabeth prepared a food demonstration focusing on healthy Indian-style cooking. Amarah introduced students and faculty to nutritious meals that are quick, easy and culturally distinct to India. Amarah prepared a potato-pea curry with Indian cottage cheese known as aalo mutter paneer served with a whole wheat chapati.

On Wednesday, November 9th, Kristen Matthews and the Montclair State Dietetics Organization hosted “Cultural Food Day” at Montclair State University. The event allowed for students to sample foods from many different cultures. The event consisted of food samples distinct to countries such as Thailand, Puerto Rico, Peru, Poland, India, Italy, Ethiopia, Vietnam, Japan, and the United States. The vegan community was represented by Montclair State Animal Activists, and Montclair University Gamers provided lighthearted, typical “gamer” snacks. The Montclair State Dietetics Organization had many members volunteer to represent countries as well as run the event. Over 160
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 17th.

All scholarship information can be found at the Foundation's website: http://eatrightfoundation.org/scholarships-funding/#Scholarships.

For more information on Father Leo and Grace Before Meals visit: http://gracebeforemeals.com/.

For future editions, I will be collecting articles from student representatives that will cover current projects and events. Please email me at: rgalan@cse.edu.

NJAND Job Board

Post and Search Jobs!

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.

Find and Post Jobs Here!

DTR Corner

A Message From Your DTR Rep

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

As DTR liaison for 2017, I had planned to be proactive, making plans for surveys and the like that never came to fruition--mostly because life got in my way. In June, my husband was diagnosed with Granulomatosis with Polyangiitis (GPA), formerly known as Wegener's Granulomatosis, a rare autoimmune
Pat Gibbons

disorder of unknown etiology. The disease was detected while he was in stage 3 renal failure and he is currently under treatment to get the disease into remission.

I remember when I was studying at the College of St. Elizabeth several years ago, that renal nutrition was not something I felt entirely capable of practicing. Then, suddenly, I found myself being put in the position of having to do it at home.

This is the new “normal” for us, and life goes on. I intend to get myself back into the swing of things in 2018 regarding NJAND and I hope that all of you are in for a fabulous year of being members of the number one resource for Nutrition Education and Counseling in the State of New Jersey. Blessings for health and prosperity in 2018.

Regards,

Pat Gibbons, BS NDTR
NJAND DTR Representative and Secretary

NJAND Advocacy and Public Policy News

Action Alerts Need Your Attention
Submitted by Meredith Hesselein, MS, RDN

As the new year approaches, we often set new goals for ourselves with the intent to improve our personal health and well-being. But why not set goals that will improve the health and well-being of our community as a whole?

An easy way to do this is by participating in the Action Alerts shared with you weekly in our NJAND E-blast. It may only take a minute but by sharing your educated opinion with local representatives, we can lead lawmakers to vote on legislation with the intent of improving the well-being of our community.

One recent bill that was passed in both Houses on December 7, 2017 streamlines authorization for farmers markets to participate in federal and state nutrition programs. Currently, farmers markets are required to receive authorization separately from the State WIC Services Unit to participate in the WIC Farmers' Market Nutrition Program, the Senior Farmers' Market Nutrition Program, and from the Federal Department of Agriculture to participate as an authorized SNAP farmers-market vendor. But Bill A4786 will allow one federal application to serve as authorization for all three programs, hopefully increasing the number of farmers-market vendors accepting WIC vouchers and...
improving community access to fresh fruits & vegetables.

Thank you for your active participation in the Public Policy Action Alerts throughout 2017! Stay tuned to your weekly NJAND E-blast for regular updates on Action Alerts and Public Policy Events.

NJAND Member Partner Highlight

Kathleen Carozza, MA, RDN, FAND

Submitted by Kathleen Carozza, MA, RDN, FAND

Former NJAND President Launches Savor and Stroll Culinary Tours:
A New Food Walking Tour Business in Morristown, NJ

Former NJAND President, Kathleen Carozza, MA, RDN, FAND is launching a new food walking tour business in Morristown, NJ this spring. She was inspired by a lecture about starting your own culinary business at FNCE in Boston.

Kathleen had enjoyed several food walking tours that involved learning about the history of the area and stopping for food along the way. After attending the lecture, she decided this would be the perfect small business for her to start. Kathleen has lived and/or worked in Morristown (Convent Station) for over 20 years. Morristown’s history, the rich food culture and walkable nature of the town led her to start Savor and Stroll Culinary Tours in Morristown.

She began by considering the route, food establishments to include and developing her business plan. Then in October, Kathleen hosted a small group of friends and colleagues who were asked to critique the plan and provide feedback. This informed her plans and guided the creation of her website. Registration is through Eventbrite and she is a member of the Morris County Tourism Board.

Kathleen plans to launch in March 2018 and her first date is already filled. Tours will run a few Saturdays a month through November and a few summer Fridays. The tour is
about 2 miles long with 6 stops and will include up to 12 participants. Participants will learn about the history of Morristown, activities and places of interest in the town and county, hear some fun food trivia and enjoy tastings along the way that will add up to a full meal.

And no, she is not leaving her full-time job as Dietetic Internship Director at the College of Saint Elizabeth...yet. Kathleen states "I hope to build this business as a small "retirement" job when I do retire in a few years!"

For more information, or to book a tour visit: www.savorandstrollculinarytours.com.

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Professional Networking Groups and Listservs

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

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 developing other state listservs are welcome to do so.

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.
On the evening of November 2, 2017, the very first meeting of the Central New Jersey Professional Networking Group was held at Dearborn Market in Holmdel, NJ.

The wine and cheese pairing was hosted by Estee Smoler, RDN, the corporate retail dietitian for Saker ShopRites, and served as a networking opportunity for Central New Jersey's Registered Dietitians, students and interns. Dearborn Market provided an exceptional spread of both local and international cheeses. Wines were hand-selected by the Wine Academy of Holmdel's Sommelier. There was also instruction on proper wine tasting techniques and further education on various wine and cheese pairings presented by the event's personal wine and cheese host.

Each guest who attended was entered to win a NutriBullet, and all attendees were given a swag bag and a guide on wine and cheese pairings. Guests also got to enjoy the garden and farm views at Dearborn just as they were being decorated for the holidays! It was a wonderful evening of networking and socializing.

More Photos from Central PNG's First Meeting: 
Dearborn Market in Holmdel, NJ
Essex County PNG
Submitted by Katelyn Collins, RDN

The Essex County PNG had our winter meetup on a chilly night in December. Luckily, the roaring fireplace inside McLoone’s Boathouse in West Orange helped keep us warm!

To stay up to date with the latest events in Essex County, join our Facebook group at: https://www.facebook.com/groups/1024984214268996/ or reach out to Katelyn Collins at Contact@KatelynCollins.com.
NJAND Region 3 Event
Submitted by Lauren Pendergast and Jaclyn Capalbo, Region 3 Co-Chairs

On December 5th, NJAND's Region 3 held their fall event at Make Wine With Us in Wallington, NJ. Attendees sampled cheese, crackers, fruit, balsamic vinegar, olive oils and delicious wines while they learned about wine making and types of wines. Amy Gorin MS, RDN did an awesome presentation on how to boost your business by getting your name in the news. After the presentation, attendees came back to their seats, learned about and sampled port wines and dark chocolate. It was a great night of sampling and learning. Thank you to all who attended and to Amy for her wonderful presentation!
On December 2nd, the NJAND Region 2 fall event took place at Rutgers Gardens in New Brunswick. Attendees included a mix of students, dietetic interns, and RDNs. A tour was given by Bruce Crawford, the director of Rutgers Gardens. Everyone learned about the history of the Gardens, plant development, and the community farmers market at Rutgers Gardens. Attendees had a wonderful time learning a lot, being outside, and exploring the Gardens!
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?
FRIDAY, MAY 11, 2018

THE 86TH ANNUAL MEETING OF
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