Dear NJAND members,

I hope you are enjoying a happy and healthy summer! We have several opportunities this summer lined up to help you stay connected with your peers, colleagues, and the community. As part of our ongoing efforts to have a continuing presence in the community, we have teamed up with City Green, an urban farm and garden organization in Clifton and the MEND Hunger Relief Network of Essex County to offer educational events to the public. Many thanks to Ms. Monika Mahajan, active NJAND member from East Orange General Hospital who conducted Nutrition Education during MEND’s "Green Bean Project" held on 5/12/18. If you’re interested in volunteering, please contact our Executive Director at ExecutiveDirector@eatrightnj.org and keep an eye out for more opportunities listed on our weekly e-blast.

Our 86th Annual meeting was successfully held at The Grove on Friday, May 11th. Approximately 300 members, students, and vendors attended and the NJAND Board received a tremendous amount of positive feedback regarding the location, venue, food, presentations and speakers. Attendees also had great comments on our malnutrition-focused physical exam workshops and professional headshot photography offerings.
Many congratulations to our newly elected Board members and award winners. Our Board is extremely thankful to our Annual Meeting Committee Co-chairs: Marissa Sweeney, RDN and Toni Bowman, RDN, Speaker Chair and Committee Members: Catherine Gruenfelder, MS, RDN, Katerina Melekos, RDN, and Jackie Y. Ranalli, MS, RD, our Awards Chair and Committee: Marissa Winters MA, RDN, Karen Ensle EdD, RDN, FAND, CFCS, Colette Murphy Cole, RD and Marissa Sweeney, RDN, Poster Session Chair: Geraldine (Gerri) McKay, RD, M.Ed, Exhibitors Coordinator: Eleanor Schiavo, RD, Volunteer Coordinator: Evelyn Fuertes, NDTR, and Fundraising Chair, Danielle Revere, RDN. Many thanks, also to our Executive Director, Megan Squires, MS, RDN. Everyone worked tirelessly to ensure this event was a success. We are also grateful for the ongoing support our sponsors have provided to our organization. For more information regarding our annual meeting, elected Board members, award winners or pictures, please visit our site at eatrightnj.org. Remember to save the date for next year’s annual meeting at The Imperia in Somerset, NJ on Friday, April 26th, 2019.

This spring and summer, our regional co-chairs and our PNG (Professional Networking Group) Coordinators were busy planning events to help members network, build skills and acquire CPEU’s. Region 1 co-chairs hosted an event titled, The Future of Farming: Hydroponics and Aquaponics. Region 2 co-chairs hosted a 3- part webinar series: "Planning Health Sciences Research" presented by our President Elect, Janet Reid-Hector Ed.D RDN, who reviewed and guided the RDN in implementing a research study. Region 3 co-chairs hosted a presentation led by Pratik D. Shah, PharmMD regarding exocrine pancreatic insufficiency. Our PNG Coordinators for Bergen County and The Greater Morristown Area, Catherine Zymaris and Laura Coti-Garrett, PNG Coordinator for The Greater Morristown hosted networking events. For future networking opportunities, keep an eye out for events listed on our weekly e-blast. Our Public Relations and Communications committee worked behind the scenes this summer with Silent Sea Productions on our PR Campaign: "I am a Registered Dietitian Nutritionist. I am THE Nutrition Expert" to create a series of 30 second videos showcasing the RDN as the "The Nutrition Expert" in a variety of settings including retail, counseling and academic. The Academy of Nutrition and Dietetics as well as ShopRite have provided support for the project and will aid in their dissemination to the public. The videos are currently being edited and should be available for distribution in late August/early September. Please make sure to share the videos online; our goal is for them to "go viral" bringing more attention to our profession and our level of expertise in nutrition science.

Our licensure survey, distributed to members in the Spring, resulted in a 76% approval rate in support of continuing the pursuit of licensure. Our Public Policy Committee has been diligently working with our lobbyist group, AMG, on licensure efforts and providing comment and support to bills that affect our profession and practice. AMG successfully supported a change in sponsorship and secured Senate Majority Leader Loretta Weinberg as the new Senate Sponsor. Senator Weinberg is known to be a strong leader on healthcare issues in the Senate.

Senate President, Steve Sweeney, has stated that he is willing to be the co-prime sponsor of the bill. Assemblyman Herb Conaway will continue to be the sponsor of the assembly bill. Throughout the year, our public policy team has provided comment and support of bills revolving around "The Smarter Lunchroom Act" promoting healthy food in school cafeterias; Medicaid Coverage for DSME, Training, Services, and Equipment for patients with DM, GDM, and Pre-DM; the "Healthy Small Food Retailer Act" providing funding to
small food retailers to sell fresh and nutritious food; and a program to streamline authorization for farmers market programs to participate in WIC and SNAP. Dan Dychtwald MS, our State Regulatory and Policy Specialist, wrote an impressive Op-Ed to urge senators to support funding and prevent budget cuts for SNAP and the farm bill, which supports SNAP-Ed and EFNEP programs. This was submitted to media outlets by Mandy Enright, MS RDN RYT, our PR and Communications Chair and was featured in the Two River Times.

To learn more about NJAND’s strategic plan, accomplishments and annual progress, you can view our annual report at: http://www.eatrightnj.org/20162017-annual-report/

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.

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!

Muuna, the new way to cottage™.
I hope everyone is having a relaxing summer. For the summer edition of the newsletter I thought I might speak on the topic of volunteerism. Given that a part of NJAND’s strategic plan is community outreach, this topic deserves some recognition.

In May, I was asked to speak to the Nutrition Students at Montclair State University. The focus of my topic was career advancement. Within the topic focus, I spoke about networking and volunteering. In June, I spoke at a Senior Citizen Summit at a church in North Brunswick about the dietary guidelines.

According to AmeriCorps, “Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.” (1)

NJAND has numerous ways to volunteer. Since we are a not-for-profit organization, we are personally and professionally empowered by volunteering our services to NJAND and its partners. When we get out there and speak to the community, we not only advocate for the RD’s and DTR’s in our profession, but we help those in need, we gain useful knowledge, we increase our networking capacity and we strengthen our skills. Although we cannot put a monetary value on volunteer opportunities, the value we receive from these endeavors cannot ever be rescinded and the opportunities become part of who we are in the profession.

NJAND has a partnership with MEND, a hunger relief network in Essex County. We are trying to build a partnership with CUMAC, the largest food warehouse for Passaic County agencies. CUMAC is trying to find ways to monitor
Monika Mahajan

Outcomes of their clients. As the leaders in nutrition, we can assist in formatting ideas and volunteering. NJAND also has volunteer opportunities with City Green in Clifton and within our organization. All of the opportunities help build our status as nutrition professionals and advocate for our credentials. Please consider joining in.


NJAND Food Trends:
Intermittent Fasting - A Non-pharmacological Approach to Preventative Cure
Submitted by Monika Mahajan, MS, RDN

Fasting is defined as a voluntary abstinence from food or drink for a specified period of time. This is not a new concept and has been practiced by many for religious and spiritual reasons since early days. Many achieve fasting by either ingesting little to no food or caloric beverages typically for a period of 12 hrs to 4 weeks. Intermittent fasting is defined as “complete or partial restriction in energy intake for 1-3x/week or complete restriction of food after a certain time of the day like the Time restricted feeding”.

Intermittent fasting (IF) is currently one of the most popular nutrition topics. Unlike diets that tell you what to eat, IF focuses on when to eat. Each type of IF includes fasting periods that are longer than the regular fast of 8-12 hrs at night. IF regimens are hypothesized to influence metabolic regulation via effects on a) circadian biology, b) the gut microbiome, and c) modifiable lifestyle behaviors, like sleep.

A growing scientific literature suggests that IF may have many health benefits. It could possibly be used as a tool to improve blood lipid profiles, improve glycemic control, help weight loss (limiting the hours you eat each day may help you consume fewer calories), decrease inflammatory markers like CRP, (C reactive protein), reduce blood pressure and maybe, prevent cancer. There are several forms of intermittent fasting, one such form that has caught media attention is the time-restricted feeding (TRF). TRF allows you to consume food ad libitum (without any caloric restriction) but only within a defined window of time that may range from 3 to 12 hours per day. The fasting intervals range from 12 - 21 hrs. For example, you can only eat from 10 am - 6 pm and the remaining 16-hours is the fasting period.

There are several studies on TRF conducted in rodents that show weight loss, reduction in total cholesterol, triglycerides, glucose, inflammatory markers like interleukin 6 (IL-6), and TNF-alpha and insulin sensitivity. Some of them also highlight the importance of synchronization of IF with daily circadian rhythm. In
one such study, it is interesting to note, that the rodents who were fed an ad
libitum high fat diet (HFD) chow and ate throughout the night and day
disrupting the circadian rhythm, became obese and metabolically
dysfunctional. They also had higher insulin resistance, increasing their chances
developing type 2 Diabetes. In comparison the mice whose HFD feeding
was restricted to 8 hrs during the normal nocturnal eating time and consuming
the same amount of energy, were protected from obesity, hyperinsulinemia,
hepatic steatosis and inflammation. However, it is unknown whether the
weight gain and dysfunction were related to net caloric increase or disruption
of circadian rhythm.

While there are many studies on rodents, there are only a handful of small short-
term human trials that have investigated the impacts of TRF. A couple of them
are crossover studies that found about 5% weight reductions in the
intervention group. Another study found that subjects who consumed a single
meal each day for 8 weeks without caloric restriction compared to an
isocaloric diet (consumed as three meals per day) showed reductions in fasting
glucose and improvements in HDL and LDL cholesterol.

Chowdhury and colleagues conducted 1- day crossover trials and a 6-week
intervention trial in obese individuals. In the 1-day crossover trial, they found
that subjects who omitted breakfast were hungrier at lunchtime and had high
plasma levels of acetylated ghrelin compared with their levels on days they
ate breakfast, and Post-lunch insulin and glucose levels were higher on
breakfast-free days, but they did not eat more calories at lunch. Subjects also
had lower postprandial PYY, leptin and acetylated ghrelin levels without
change in appetite later in the afternoon compared to the breakfast day.
However, the 6-week intervention trial observed no benefit with respect to
weight change, glycemc control, lipids or inflammatory markers.

The results from small clinical studies are mixed. The potential importance of
aligning food intake with daytime hours for metabolic health in humans is
supported by many epidemiological studies. Even though their results are
limited, the data from these studies (like NHANES) supports the hypothesis that
consuming energy earlier in the day and prolonging the nightly fasting time
interval may reduce risk of several chronic diseases.

Clinical Corner:
Protein and the Critically Ill Patient
Submitted by Eleanor Schiavo MS, RDN

Protein has many important functions in the
body: as a part of tissue, bones and organs,
as enzymes in biological reactions, as a
part of hormones and antibodies, and for
fluid/electrolyte balance in the form of
albumin. (1) In the critically ill, protein
catabolism exceeds anabolism, quickly
leading to protein malnutrition with the
subsequent loss of protein functions in the
body. Protein depletion leads to impaired
wound healing, ventilator dependency
and muscle deconditioning. (2)
A primary reason for the rapid protein degradation is that proteins are not stored in the body. Protein regulation is a dynamic process requiring a significant amount of energy. Proteins are continuously formed and broken down, with released amino acids going to an amino acid pool. These amino acids can be used for energy or to create new protein. (2) In the presence of critical illness, the body needs an increased amount of all 20 amino acids in order to meet the demands of repairing skeletal muscle and other tissue. (3)

Assessment of protein intake adequacy is a challenge. Albumin is a commonly obtained laboratory value but is dismissed as inaccurate to assess protein status. Although albumin levels can be affected by decreased synthesis and increased catabolism, this can take about 17 days (4). The most likely cause in decreased albumin is increased capillary permeability and decreased lymphatic clearance (4). Nitrogen balance has been used as a more reliable indicator of protein intake.

Nitrogen balance = Nitrogen intake - output, where nitrogen intake is based on total enteral and parenteral protein intake (1).

This test utilizes urine urea nitrogen collected over a 24 hour period. It is surmised that increased nitrogen losses can be an indicator of increased protein requirements (5). However, as with many tests, nitrogen balance results can be inaccurate due to the presence of renal dysfunction, fistulas or ostomies. (1) Also incomplete urine collection and inaccurate protein intake data can also negatively impact results. (1)

The question remains, how much protein is needed to promote protein synthesis in the critically ill? The ASPEN 2016 guidelines recommend 1.2-2.0 grams/kg along with the early initiation of enteral feedings. The use of protein modulars is supported to meet increased protein needs when necessary along with an adequate calorie intake to meet estimated needs. Laboratory markers are not reliable in the critical care setting. ASPEN recommends monitoring gastrointestinal function, comorbid conditions and risk of aspiration as part of a nutrition assessment. (6)

References:
1) The ASPEN Nutrition Support Core Curriculum 2007
Vital AF 1.2 Cal and Vital High Protein 1.0 Cal

For patients who can benefit from improved GI tolerance, high protein, and immune modulation

Support Immune Modulation and Tissue Repair

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<th>High protein</th>
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<tr>
<td>• High in protein to meet the increased protein needs of stressed patients and support healing¹</td>
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<td>• Minimizes the need for modular protein supplements</td>
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<td>• EPA and DHA* from fish oil to help modulate inflammation and support immune function²,³</td>
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Promote GI Tolerance and Nutritional Status with Vital Products

*EPA = eicosapentaenoic acid, DHA = docosahexaenoic acid


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172232/March 2018
Thank you to those who took action by participating in the Action Alerts or contacted your local representative in an effort to promote health and wellness initiatives! Both the Senate and House have passed versions of the 2018 Farm Bill, so now the bill will move into a House-Senate conference committee for finalization.

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 level.

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 protect the public and will ensure New Jersey consumers access to safe, evidence-based dietetic/nutritional advice and services provided by qualified practitioners through established practice standards.

National Legislative Agenda:

**SUPPORT THE PREVENTATIVE HEALTH SAVINGS ACT:** As the chronic disease epidemic continues to worsen, the need is critical for legislation that will allow Congress to accurately assess the full savings of enacting prevention-focused measures. The conventional 10-year budget window that is used by the Congressional Budget Office fails to give Congress a complete picture of long-term savings from disease prevention efforts.

The Academy is asking members to take action: Ask your members of Congress to co-sponsor the Preventive Health Savings Act (H.R. 2953/S. 2164). This bill would encourage a sensible economic review of proposed health policies and programs that Congress believes will improve public health.

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

- [Academy of Nutrition & Dietetics: Advocacy](https://www.eatrightpro.org/advocacy)
- [Academy of Nutrition & Dietetics: On The Pulse of Public Policy](https://www.eatrightpro.org/advocacy/pulse)
The Montclair State Dietetics Organization has helped launch a campus garden and is growing cauliflower, broccoli, Brussels sprouts, tomatoes, sweet and hot peppers, lettuce, carrots, and radishes. All the produce we grow on our plot is being donated to the Red Hawk Food Pantry or other local pantries. So far, our
The College of Saint Elizabeth is working hard to establish a food recovery chapter on campus with the help of The Campus Kitchens Project. CSE's goal is to have a student-run kitchen that will help prevent food from going to waste as well as repurpose food into packaged meals. These meals will be donated and distributed to those in need. Currently there are renovations being done to upgrade the CSE Foods Lab to create a fully functioning food recovery chapter. Both CSE and MSU dietetics programs are working hard to increase sustainability and reduce food waste in their communities.

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.

NJAND: Tips in Technology

Submitted by Jeanette Kimszal, RDN, NLC

Often when someone goes to see a dietitian, it is typically for weight loss or management of a health condition. Getting adequate nutrition is essential to combat disease and obesity (1). Research has shown that clients who wrote down what they ate were likely to lose double the weight of those patients who were not tracking their intakes (2). Consistent tracking is also important for long-term weight-loss goals in health conditions like diabetes (3).

The implementation of technology has created a huge market for food tracking applications. These new innovations have been shown to be easy, useful, and low-cost ways for improving the diets of the general population by increasing their awareness of food intake. (4) Research also indicates that those who self-monitor their food intakes and activity levels will have better success at maintaining or losing weight than their peers who track less frequently. (5)

Advising your clients to track their daily food intakes with mobile applications...
can be advantageous. How you choose an application depends on what information you are looking to obtain. Most diet trackers will give you information on water, sugar, and macros, but they seldom provide micronutrient values. This can be a real downer considering micronutrient intake can play a large role in preventing obesity and disease (6).

One app that offers micronutrient tracking is Cronometer. Based on food intake data, it measures the levels of micronutrients from A to zinc including the essential fats. This is quite important considering a large majority of Americans are not getting adequate omega 3 fatty acids in their diets (7).

Like other apps, Cronometer has a diary that combines foods, physical activities, health biometrics and notes, so you can track all your information in one place. It has a comprehensive database of foods curated from commonly available databases (US, Irish and Canadian as well as ESHA) lab analyses and research papers to provide a comprehensive nutrient profile.

However, branded products that are submitted by users contain only the nutrition information from the nutrition facts table on the packaging or on the brand's official website. Thanks to the Canadian Nutrient File (CNF 2010), it has French names for all items, as well as standard measures in metric units.

The CRON-O-Meter Community Database (CRDB) is Cronometer's own set of user-submitted food entries. These are typically created by users from nutrition labels of products they use. Because nutrition labels are limited, they may not have as complete a nutrient profile as the more generic entries from the USDA or NCCDB.

It also has a detailed nutrient tracking system. This system uses the USDA's SuperTracker and NCCDB as well as its own curated database of branded products giving you the ability to create custom foods and recipes. These will auto-populate a nutrition profile for your foods and meals prepared at home. You can also view the nutrient breakdown of any food or recipe in the Foods tab, just like SuperTracker's Food-A-Pedia.

Nutrient targets in Cronometer default to the same Dietary Reference Intakes used by SuperTracker. You can customize each nutrient target to meet your needs, making Cronometer a better choice if you are following a specialized diet. For example, you can increase your iron target if you are vegan or vegetarian.

With these apps, there are often limitations of nutritional information. A comparison study of energy content and nutritional values of foods in a German Food Database showed values off by as much as 50 percent. That said, these apps can still be good for generic nutrition (8).

The downside of Cronometer is that such detailed analysis only happens for a small set of foods common enough to get this full treatment. This typically means whole foods and ingredients, as well as generic foods (i.e. the "average spaghetti sauce") but rarely have specific name-brand products.

The database has many branded products and restaurant foods, but the caveat is they will only have the nutrient details these products have listed on the label, and this is normally only the macro-nutrients and a few micronutrients required by labelling laws.

Cronometer offers the option to input custom foods and recipes. If a food is
created by you or someone sharing with you (a friend or professional), it will show this icon to indicate it is a custom food item, and not part of the public food database. The professional version is great for clinicians. For a monthly membership, you can give your clients access to the app and track their progress. Memberships range from $12.95 per month for 5 clients up to $99.95 per month for up to 100 clients. This could also be an add-on package you can give to your clients.

If you do not want to spend the extra money, you can settle for the free version which has a lot of bells and whistles. The only downside is that you cannot share information like you can do on other apps like MyFitnessPal. You will have to have your clients hand over their phones so you can scroll through to see what they are consuming.

Despite some issues with logging your own foods, this is one of the few apps out there that can track a comprehensive micronutrient status for your clients. If that is something you are looking for, this may be a good app for you.

If you want to try Cronometer for yourself check it out HERE!

Sources
2. https://research.kpchr.org/News/Press-Releases/Post/343/CHR-Study-Finds-Keeping-Food-Diaries-Doubles-Weight-Loss
4. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4725321/
8. foods

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
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.

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**Academy Resources for 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?

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**STAY CONNECTED**

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