Dear NJAND members,

I hope you enjoyed your holidays and I wish you all a healthy, prosperous and successful New Year.

Last season, we discussed the development of an Alliance Partnership Agreement, as outlined in our Strategic Plan. This agreement was developed to be mutually beneficial to us and our partner organizations and includes benefits such as assigning liaisons to organizations, sharing and promoting educational materials and conferences/workshops with our partners and advocating for policies that promote the health and wellness of NJ residents. We are happy and proud to announce that NJAND has officially signed on several Alliance Partners, including the NJ School Nutrition Association, the NJ Chapter of the American Association of Diabetes Educators, and CUMAC, an organization dedicated to alleviating hunger and its root causes for those in need in Paterson, Passaic County, and northern New Jersey areas. If there are any organizations you think we should partner with, please reach out to Megan Squires at: ExecutiveDirector@eatrightnj.org.
Recently, current and past members of our Board (including several past presidents) created a succession plan, or path to leadership within the organization. I want to thank Kathleen Carozza, Chesney Blue, Denise Langevin, Cindy Kwiatkowski, and Gerri McKay for their time and input in developing the plan.

Upcoming elections will take place in February for our open Board positions including President-Elect, Treasurer-Elect, Regional Co-Chairs for all 3 regions, Nominating Chairs for all 3 regions, and Secretary. If you are interested in running for one of these Board positions or would like to nominate someone for a position, it's not too late! Please contact Megan Squires at ExecutiveDirector@eatrightnj.org for more information.

This spring, our regional co-chairs and our PNG (Professional Networking Group) Coordinators will be busy planning events to help members network, build skills and acquire CPEU’s. Event details will be listed on our weekly e-blast and social media pages. If you don’t already, please follow and” like” us on Instagram, Facebook, Linkedin and subscribe to our YouTube Channel. YouTube Channel: https://www.youtube.com/channel/UC0bBEJKrvV2T_W1V4YU1bEg

The NJAND continues to showcase and encourage members to share and re-share our ”I AM THE NUTRITION EXPERT” campaign videos on your social media outlets. A series of five videos were released in September and October on our social media pages as well as YouTube Channel. Each video showcases the RDN as ”THE Nutrition Expert” and focuses on different practice settings where an individual might seek out an RDN: retail, private practice, group counseling and health expo/academic. Our call to action after each video is for the public to seek out their RDN Nutrition Expert on our campaign page. Please use hashtags "THENutritionexpert and #eatrightnj when posting. The Academy of Nutrition and Dietetics as well as ShopRite have provided support for the project and ShopRite agreed to aid in disseminating the videos to the public on their social media pages.

As mentioned previously, on September 13th, A1582, the Dietitian/Nutritionist Licensing Act was voted out of the Assembly Health and Senior Services Committee. The votes: 9 yes, 2 no, and 2 abstained. Consumer Protection Coordinator, Rosemary O'Dea, NJAND Executive Director Megan Squires, Past President, Denise Langevin, Past President, Felicia Stoler and I testified before the committee. Dan Dychtwald, NJAND’s State Regulatory Specialist, attended for support. The Public Policy committee is currently working with the CNS’s on making final changes to a model bill provided by the Academy of Nutrition and Dietetics which includes dual licensure. This bill would provide both RDN’s and CNS’s (Certified Nutrition Specialists) with separate licenses that would include title protection and a scope of practice for each. Many thanks to AMG, our lobbying group, as well as Pepin Tuma, the Academy’s Senior Director of Government and Regulatory Affairs for their support and input throughout this process.

We want to also thank Pepin Tuma for providing us with valuable input and support in responding with a strong rebuttal to recent articles written opposing licensure for RDN’s in NJ. You can read the article titled ”Ensuring consumers’ rights to safe nutrition” here.

Additionally, our Ambassador program has grown and we have been able to secure ambassadors for all 50 districts in NJ! Many thanks to Rosemary O’Dea
for tirelessly working to recruit and ensure that Ambassadors are adequately prepared. Ambassador Trainings for region one and three were hosted by AMG to help support and prepare our ambassadors before they begin to communicate with or meet with legislators in person. A training will be scheduled for our region 2 ambassadors this month or next. We want to thank all of you who wrote letters or made phone calls on our behalf. We will need the support of every legislative district in future hearings and will depend on our ambassadors to secure legislators willing to support our bill in the coming months. Members can also get involved and reach out to legislators. If you are passionate about licensure for RDN’s in NJ, please consider signing up to be an Ambassador by contacting Rosemary O’Dea at rosemaryodea@comcast.net.

Please save the date for our upcoming Annual Meeting on Friday, May 10th at The Imperia in Somerset, NJ. Follow our social media pages for the latest updates.

We thank all of our members and board members for dedicating their valuable time, diligent efforts to ensure our organization thrives and to all of those members who are making positive changes for the future of our profession.

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Public Policy Workshop 2018 Summary

This year at the Public Policy Workshop (PPW), we focused on malnutrition and the role RDs and NDTRs play in the assessment, prevention, and treatment of malnutrition. PPW kicked off Tuesday, October 23rd with delegates from all 50 states gathering to hear stories of successful past Hill visits from Academy members, as well as tips to connect with legislative aides and policymakers. Delegates from NJ then met as a team to discuss strategy and talking points for the following day and, of course, to share our enthusiasm!

On Wednesday, October 24th, after taking a group picture with delegates from across the country, we broke off to meet with NJ representatives. My team sat down with representatives from Congressman Leonard Lance and Congressman Donald Payne. Since this was an election year and most bills were on the docket to be addressed post-election, almost all representatives were back in their districts, and some, including Congressman Lance, were up for re-election. Our strategy was to address the issue of malnutrition as well as communicate that we as RDs are nutrition experts and could help our representatives navigate nutrition-related bills when they are up for consideration. We were able to tie in the connection between food insecurity and malnutrition, especially in vulnerable populations such as children and the elderly and share relevant data and statistics specific to NJ. To further draw home the point, my team members shared stories of how food insecurity affected them personally, as well as stories of malnutrition from patients.

Even though PPW this year did not address "hot topics" such as the Farm Bill and Capitol Hill was relatively quiet before the election, I think we made a positive impression on the representatives we visited. It was also a great forum to learn the workings of the Hill, understand how advocacy works, and get comfortable with communicating our stories and our "ask". It was great preparation for the entire team for future PPWs and local advocacy.
### What’s in your glass?

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what’s in your 8-ounce glass of milk.

<table>
<thead>
<tr>
<th></th>
<th>COW’S MILK</th>
<th>SOY</th>
<th>ALMOND</th>
<th>COCONUT</th>
<th>RICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td>110</td>
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<tr>
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<td>4.5g</td>
<td>2.5g</td>
<td>5g</td>
<td>2.5g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>12g</td>
<td>9g</td>
<td>8g</td>
<td>7g</td>
<td>23g</td>
</tr>
</tbody>
</table>

### CALORIES AND NUTRIENTS (Daily Value)

<table>
<thead>
<tr>
<th>Vitamin/Mineral</th>
<th>COW’S MILK</th>
<th>SOY</th>
<th>ALMOND</th>
<th>COCONUT</th>
<th>RICE</th>
</tr>
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<tbody>
<tr>
<td>Calcium</td>
<td>30%</td>
<td>45%</td>
<td>45%</td>
<td>45%</td>
<td>30%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>25%</td>
<td>25%</td>
<td>N/A</td>
<td>N/A</td>
<td>15%</td>
</tr>
<tr>
<td>Potassium</td>
<td>10%</td>
<td>10%</td>
<td>1%</td>
<td>1%</td>
<td>15%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>25%</td>
<td>30%</td>
<td>30%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>20%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>25%</td>
<td>30%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
</tr>
</tbody>
</table>

- **Naturally Occurring**
- **Good Source = 10%–19% DV**
- **Excellent Source = 20%+ DV**

### PRICE

<table>
<thead>
<tr>
<th></th>
<th>Per ½ Galon</th>
<th>Per 8oz Serving</th>
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</thead>
<tbody>
<tr>
<td>COW’S MILK</td>
<td>$2.05</td>
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</tr>
<tr>
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<tr>
<td>RICE</td>
<td>$3.46</td>
<td>$0.43</td>
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Clinical Corner:
Taurine and the critically ill enterally fed patient

Submitted by: Eleanor Schiavo MS, RD, CNSC

Taurine, a conditionally essential amino acid, may play an important role in the recovery of the critically ill enterally fed patient. It is established that a patient on long-term parenteral nutrition and neonates can develop taurine deficiency. Taurine needs also appear to be increased in the critically ill enterally fed patient.

Taurine is a free-existing, sulfur-containing amino acid that is synthesized from methionine and cysteine in the brain and liver. Dietary sources of taurine are primarily meat and dairy products. Plant foods contain an insignificant amount of the amino acid.

A usual intake of taurine in the American diet ranges from 40-400mg/day. Taurine is needed for fat metabolism as a part of bile conjugation, cellular reactions such as membrane stabilization and in retinal and cardiac function. It also plays a critical role in the body's immune and inflammatory responses.

Normal taurine levels are maintained by homeostasis between the synthesis, catabolism and renal excretion of taurine. However, in periods of stress, such as sepsis, a taurine deficiency can develop-- with negative consequences. The inflammatory process commonly seen in the intensive care patient increases the metabolic demand due to protein catabolism. The total amino acid pool becomes depleted in the presence of sepsis or shock.

One study evaluated amino acid concentrations in 33 enterally fed patients with either septic or cardiogenic shock. The study determined that amino acids were deficient at intensive care unit admission but with the exception of taurine, increased with enteral nutrition. A decrease in taurine was associated with severity of organ failure and length of mechanical ventilation. The enteral formulas used in this study did not contain added taurine.

Evaluation of the taurine content of enteral formulas found an inadequate amount of taurine to meet the increased demands of the stressed patient. In addition to inadequate intake from enteral formula, it has been suggested that production of taurine by the body may be insufficient to sustain the normal plasma taurine level. Many enteral formulas contain soy proteins which are poor sources of taurine.

The use of immune-modulating formulas containing taurine was compared to standard enteral formulas. Forty-five enterally fed septic patients were randomized into one of three enteral formula groups: 1) standard formula, 2) immune-enhancing enteral nutrition providing 10mg Taurine/kg/day or 3)
Immune-enhancing enteral formula providing 30 mg Taurine/kg/day. The subjects were monitored over a two-week period. Blood samples were evaluated intermittently for serum C-reactive protein, total leukocyte count, Interleukin 6 and 10. The results of this study found that a taurine dose of 30 mg/kg/day had an immune-modulatory effect and improved clinical outcomes. (3).

Taurine is not routinely added to adult enteral formulas although renal and immune-enhancing formulas will have higher levels. Based on the current evidence, supplementation of standard enteral formulas may be of benefit to the critically ill patient. (5)

Reference


NDTR NEWS

Submitted by: Patricia Gibbons, BS, NDTR

Did you know that the Commission on Dietetic Registration offers tools with which we can navigate our career opportunities? I happened to stumble upon this page after I received our National affiliate newsletter, so I checked it out. Here is the link:

https://www.cdrnet.org/opportunities?
set_ga_opt_in_cookie=1&set_ga_opt_in=Save+Settings

The New Year is a great time to reinvent ourselves, and such opportunities for reinvention do exist for Dietetic Technicians. The site describes several Position
Descriptions (PD’s) and offers suggestions for employers on better ways to use our credential for their benefit. Such PD’s include hospital, retail, community (WIC, Meals on Wheels, food pantry’s, etc.), food service and clinical.

Over the last year, I have increased my exposure with Morris County Seniors by phoning each new Morris County Nutrition Project client. This has allowed me to have a dialogue with shut- ins who would otherwise not be able to talk with anyone all day long. I have also been a personal health advocate for my husband and my sister.

During the last quarter of 2018, I met with CUMAC, one of the New Jersey Academy of Nutrition and Dietetics Alliance Partners. CUMAC is the largest food agency is Passaic County. We are setting up a food tasting table, utilizing staples that are given out on a regular basis. For the winter, we will be sampling Black Bean Soup. In 2019, it is my hope that I can make a difference in the lives of those less fortunate and help them to make healthier food choices, because, after all, that is why I entered the field of Dietetics. What will you be doing in 2019 to better utilize the DTR credential that you worked so hard for?

Have a blessed year!

2019 Top Food and Nutrition Trends

Submitted by Monika Mahajan, MS, RDN

Every year the Food and Nutrition Expo in Washington DC provides prophetic glimpses into emerging trends for the following year. In 2018 those appear to be foods with sustainable environmental benefits and the use of cannabis (CBD) in Medical Nutrition Therapy (MNT). Highlights included plant-based foods, plant-based milks, pre- and probiotics, more keto-paleo and low FODMAP friendly foods, collagen and so much more.

1. Is Being Vegan the New You?

Over the past few years, becoming vegan or vegetarian is increasingly popular. The trend has caught everyone’s attention, including celebs like Miley Cyrus, Ariana Grande and politicians like Cory Booker. Most restaurants today offer vegetarian/vegan choices. Even delis and corner shops in most metro areas carry options. To cater to this demand, the food industry is producing creative products like Hardbites beet tortillas and parsnip chips, Brad’s Naked kale chips, Rhythm’s carrot sticks, etc. As dietitian-nutritionists, it's important to educate the public that just because it says "vegan" does not mean that it is necessarily healthy: vegan cookies and cakes are still cookies and cakes! Also, rules on portion sizes still count.

2. CBD in MNT and CBD- infused foods

CBD is increasingly available. We are going to see it being used widely in MNT even though it's not a cure-for-all. Historically, CBD has been found beneficial...
for the management of everything from chronic pain and insomnia to gastrointestinal disorders and more. 2019 is a good time to brush up on the appropriate uses of cannabis for your patients. A derivative of CBD from hemp seeds that does not have the same effects as marijuana will be infused into foods like hard candies, coffee, gummies and more - be mindful!

3. Gut Health

Every year, more research is being conducted on the microbiome-aka, gut health. While we are just scratching the surface on this topic, the food industry is already using this as a business opportunity to create more low-FODMAP products. Companies like Day Two and Ubiome are venturing into creating individualized solutions based on your unique microbial make-up. Probiotics are still hot, but prebiotics are not far behind. Notice at the grocer’s how the aisles showcase sprouted lentils and legumes and an ever-expanding offering of yogurts, kefirs and fermented foods. While more research is needed to determine their benefits, it shouldn’t hurt to include some pre- and probiotics in meals or supplements.

4. Foods with sustainable benefits

As sustainability continues to be a main focus and concern globally, more people are becoming aware of their carbon footprints and are gravitating towards eating environmentally friendly foods such as grass-fed beef over conventional beef, and locally grown foods. This new awareness is also encouraging people to rethink their options and many are turning to vegetarian diets. Converts to vegetarian diets look for meat alternatives to provide their protein. As this trend grows, food manufacturers will offer more faux meat choices like the famous Impossible burger, which seems to be popping up everywhere.

It's great that people want to reduce their carbon footprints and food waste and we want to encourage them. It's also a good opportunity to educate them on how they can achieve this and teach new vegetarians about plant-based proteins and faux meats, which are obviously highly processed foods. It will be interesting to see how these trends shape up over the new year.

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!

Farm to Fork: Fall Edition - Region 1 Fall Event
On October 18, twenty-six registered dietitians, dietetic interns and members of the South Jersey region had an amazing time at our fall event at Duffield’s Farms in Sewell, New Jersey.

We began our evening with a scenic hayride tour of Duffield’s farm. We watched the sunset as we rode through the farm and shared fun conversation. We then returned to our pavilion where a beautifully prepared meal was waiting for us: finger sandwiches, butternut squash soup, a tasty fall harvest salad and apple cider. We heard from David Duffield who taught us about his family’s business and the hard work farmers do daily to ensure consumers get the freshest produce. We were surprised to learn how many different kinds of pumpkins there are!

After David spoke, we took a break and sampled a delicious pumpkin dessert made by Chrissie Duffield-Bittner, RDN and apple cider donuts, of course! As we ate our sweets, Chrissie discussed the role of registered dietitians in the farming community and how important it is to support local farms. Everyone had a blast as we learned about farming, ate delicious food and had a chance to network. A huge thank you to Chrissie, David and everyone at Duffield’s farm for making our event such a success. We hope to see you in the spring!

Professional Networking Groups and Listservs bring members together!

The number of professional networking groups has grown to nine 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
- Hunterdon County
- 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**.

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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**