A Message from the President

Elizabeth Hanna, MS, RDN

Dear NJAND members,

I hope everyone enjoyed National Nutrition Month and RDN Day Celebrations last month! We thank all of our RDN Members and volunteers for being such valuable and credible sources of food and nutrition information to communities throughout the state.

Thanks to the tireless efforts of our Executive Director and board members, NJAND’s Alliance Partnerships have grown tremendously over the last two years. Our Alliance Partnership 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 as well as advocating for policies that promote the health and wellness of NJ residents. Currently, our Alliance Partners include the NJ Public Health Association, the Food Bank of NJ, 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.

Election results were sent out via our weekly e-blast. Congratulations to our new, incoming board members!

President Elect: Toni Bowman  
Treasurer Elect: Danielle Revere  
Secretary: Jaclyn Ranalli  
Region 1 Co-Chair: Caitlyn Devlin  
Region 2 Co-chair: Mandy Enright  
Region 3 Co-Chair: Donna Duardo  
Region 1 Nominating: Sarah Fine  
Region 2 Nominating: Christina Frescki  
Region 3 Nominating: Daniella Data

This spring, our regional co-chairs and our PNG (Professional Networking Group) Coordinators planned several fun and exciting events dedicated to celebrating RDN day. Pictures from events were posted in our weekly e-blast as well as on our social media pages. To join in on the fun and find out about future events, keep an eye out on what’s planned the next several months by checking out our e-blasts or by following and "liking" us on Instagram, Facebook, Linkedin and subscribing 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 5 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 focused 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 their dissemination to the public on their social media pages.

Since the Dietitian/Nutritionist Licensing Act was voted out of the Assembly Health and Senior Services Committee in September, NJAND has been meeting with opposing groups besides Certified Nutrition Specialists to negotiate moving the bill forward and to address concerns. On March 26th, our Executive Director, President of our Advocacy Firm, the Academy's Senior Director of Government and Regulatory Affairs and I met with several groups that brought up concerns to legislators regarding our Licensure bill. In addition to the CrossFit Trainers representative and the Americans for Prosperity of NJ representative, we met with the Holistic Healing Council Nation and a nutritionist practitioner, who had written her concerns regarding the welfare of her job in a recent news article. A representative from one of our bill's sponsors, Assemblyman Conaway, was also present to provide the groups with some insight into how and why the bill was crafted over the years and how strongly the Assemblyman's stance was on particular issues. Most of the opposition stemmed from the Holistic Healing Council.

Discussions regarding the bill's title protection, scope of practice, dual pathway
for RDN's and CNS's, why licensure vs. a certification was being sought out by NJAND, and the importance of having a board dedicated to allow for a reporting mechanism if the law was violated or malpractice which caused harm/risk to the public, were main points that were tackled. Overall, the meeting served its purpose and was productive in clarifying and addressing concerns brought up by opposing groups. As per our Advocacy firm, we are hoping that once the bill leaves the appropriations committee, we can obtain a vote from the assembly and senate to move it forward in June and that it reaches the Governor’s desk during the lame-duck session in the fall. Again, many thanks to AMG, our lobbying group, as well as Pepin Tuma, the Academy’s Senior Director of Government and Regulatory Affairs for their guidance, support and input throughout this process.

We are proud to announce that our Ambassador program has grown and we have been able to secure ambassadors for 49 out of 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 two of our three region were hosted by AMG to help support and prepare our ambassadors to begin communicating with legislators. 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. 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 our members and Board members for dedicating their valuable time and effort to ensure that our organization thrives. Above all, we value members who are making positive changes for the future of our profession.
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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* Accelerated, part-time program
* Take one course at a time, yet complete two 8-week courses per term
* User-friendly online environment
* Technology support

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Savor and Stroll Culinary Tours in Morristown, NJ
Submitted by: Kathleen Carozza, MA, RDN, FAND
In March, member partner, Kathleen Carozza celebrated the first-year anniversary of Savor and Stroll Culinary Tours, her food and walking tour business.

She offers two tours, the Classic Savor and Stroll and a new tour, Savor, Sip and Shop and will also customize tours for your group.

The Classic Savor and Stroll tour takes participants through the historic streets of Morristown with samplings from a total of six restaurants and food shops in town. This tour is about 3-3¼ hours and covers about 3 miles with opportunities to shop at two specialty food shops, a chocolatier and olive oil and vinegar taproom. The tour includes lots of information about the history, unique sites in town and some tidbits about the food which equals a large lunch or small dinner in quantity. This is a great walking tour for a group of friends, couples or for multiple generations. Spend time with your parents or adult children that includes something for everyone, eating, walking, site seeing, and history.

The second tour is Savor, Sip and Shop! This tour is about 4+ hours and includes tastings from 4-5 restaurants and food shops, a wine tasting and shopping at 3-4 non-food specialty boutiques and shops. This is perfect for a friends' day out, or a great couples tour. This tour can be customized for bridal parties or other groups, like those to celebrate milestone birthdays.

Check out the website at www.savorandstrollculinarytours.com to book your tour now!
School Breakfast and Lunch

TAKE A SUMMER BREAK, TOO

USDA’s Summer Food Service Program Can Help

School meals can help children get the nutrients they need for growth and development. This is especially true for the 1 in 6 who live in a food insecure household. The dilemma is that those children who ate nutritionally balanced meals during the school year may be at risk of food insecurity in the summer. That’s where USDA’s Summer Food Service Program offers a solution: Free, nutritious meals for kids in the summertime.

Collectively we will work together to:
- **Increase awareness** of the important role Summer Meals can play in helping to nourish children and keep them healthy not hungry in the summer.
- **Engage and empower** families and communities to embrace, promote and use the Summer Food Service Program.
- **Provide resources** to help schools, sponsors, communities and the media to champion summer meals.

Find out about free summer meals for children in your community, and how you can help, at [www.summerfood.usda.gov](http://www.summerfood.usda.gov)

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For more information, contact:
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Clinical Corner: Enterocutaneous Fistulas and Nutrition Management

Submitted by: Eleanor Schiavo MS, RD, CNSC

The development of an enterocutaneous fistula (ECF) can occur after a patient has a gastrointestinal surgery such as lysis of adhesions or bowel resection for cancer. This complication presents many nutrition related challenges including loss of fluid, electrolytes, minerals, and protein. As a result, there is a high risk for the development of dehydration, electrolyte imbalance, and malnutrition. The goals of nutrition intervention are to meet nutrient requirements, maintain fluid and electrolyte balance and enhance spontaneous ECF closure whenever feasible.

An enterocutaneous fistula is defined as an abnormal connection between the gastrointestinal tract and the skin. Symptoms that may indicate the development of an ECF include persistent ileus following surgery, elevated temperature trends, increased white blood cell trends, abdominal tenderness, development of a wound infection, and drainage of succus entericus. Succus entericus is the intestinal juice that is excreted from the small intestine containing various enzymes such as erepsin, lipase, lactase, enterokinase, and amylase, along with mucus.

Fistulas are classified by output. Output is classified as low, medium or high depending on the volume of drainage over a 24-hour period: Low-output <200 ml; moderate-output 200 to 500 ml and high output >500ml. The loss of protein through the succus fluid is high. Protein loss from high-output fistulas includes 75 g of desquamated cells and 75 g of digestive enzymes. An ECF is also characterized by site of origin: simple or complex, end or lateral fistula, and presence or absence of distal obstruction.

Medical intervention of enterocutaneous fistulas includes IV fluids, repletion of depleted electrolytes, and antibiotics to prevent sepsis. Somatostatin or its synthetic analog, octreotide, is used to control pancreatic and biliary secretions—especially for high-output fistulas.

The primary goal of nutrition support is to prevent malnutrition. Enterocutaneous fistulas are characterized by an increase in enteric losses and a hypercatabolic state. Nutrition requirements are about 1.5 to 2.5 g/kg/d of protein and 1.3 to 1.5 times the basal energy expenditure of calories. In addition to calorie/protein supplementation, adequate volumes of fluid and electrolyte replacements are needed. Dehydration and hyponatremia are common with high-output enterocutaneous fistulas. The output from the fistula, urine and stool/ostomy should be measured daily. A decline in urine volume can be an indicator of dehydration. Significant losses of potassium, chloride and bicarbonate ions can occur depending on the origin of the fistula.

The mode of nutrition support is determined by the volume of fistula output.
Enteral feeding is considered with low-output fistulas or when enteral formula can be infused into healthy, unobstructed bowel (proximal and distal to the fistula) and whether fistula output can be managed. If not, then parenteral nutrition may become necessary until the volume of drainage is controlled and surrounding tissue can be protected. If not receiving parenteral nutrition, vitamin and mineral supplementation (particularly zinc and copper) may be necessary.

References
3) Medical Definition of intestinal juice https://www.merriam-webster.com/medical/intestinal%20juice

NDTR NEWS
Submitted by: Patricia Gibbons, BS, NDTR

Happy Spring everyone! I hope that Winter treated you well. I’m quite sure that people who suffer poverty and food deprivation are happy that Spring is here as cold is no fun. The NJ Academy of Nutrition and Dietetics is working on its strategic goal to feed the hungry in our communities.

Two years ago, we started volunteer efforts with MEND, an Essex County based agency. In the Summer of 2018, I was on an NJAND WebEx meeting and discussed ways to get involved in community efforts around our state. For many years, I have volunteered at CUMAC (http://www.cumac.org) the largest pantry in Passaic County. My words during that meeting were something along the lines of, "If we want to reach out to communities within our state, we need to reach out to the other 20 counties". After I talked about my prior involvement, Megan Squires and I set up a meeting with CUMAC’s relatively new Executive Director, Mark Dinglasan. At that meeting we discussed ways to determine client outcomes. Amidst all of this, CUMAC became one of our Mission Alliance Partners. Recently, The Community FoodBank of New Jersey, Southern Division also became our partner.

In the Fall, Megan had another meeting with Mark and the topic of food demonstrations came up. Someone at that meeting asked me if I would be interested in taking on this endeavor. I was so excited as I had been trying to plug this idea for several years. We had a series of meetings to discuss the logistics of a program, which I am currently spearheading.
Each month, we develop a new recipe using ingredients that clients might not be familiar with. For January, we developed a low sodium, low-fat black bean soup. In February, we packed the protein into bread and made French Toast with low-fat milk. We also made a low-sugar blueberry syrup to drizzle on the French Toast. The frozen Maine blueberries were in 3-pound bags, which were government apportioned. Clients didn't know what to do with them. Voila, the blueberries disappeared! We used odd breads for the French toast as well: whole grain, Ciabatta, etc.

For March, we prepared a low-sodium chicken stir-fry with brown rice. Each recipe included a double-sided Spanish/English recipe card for the clients. In April, the USDA is providing 2-pound bags of lentils with which I will prepare lentil soup and perhaps, a simple lentil side dish.

CUMAC is in the process of expanding its space with grant money after which they hope to be doing educational presentations. I'm really excited to do a presentation on the Nutrition Facts Label. I dedicate about 5 hours a week on behalf of NJAND to this endeavor and it is heartwarming to know that I taught people to make food both healthy and delicious. I'm so happy that NJ Academy of Nutrition and Dietetics is making a difference in its communities. After all, making a difference is why I became a Dietetics professional.

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**Lose Weight Without Losing Your Mind**

*Submitted by Monika Mahajan, MS, RDN*

Sometime back, TIME magazine carried an excellent article titled "The Weight Loss Trap - Why your diet isn’t working for you". One of the things it talked about was how the obesity epidemic has fueled the weight-loss industry (worth $66.3 billion) selling everything from diet pills to meal plans and fancy gym memberships. At the same time, the government is providing an estimated $931 million in funding for obesity research.

But are diets or surgeries the solution?

Emerging research shows that individuals react differently to different diets: what works for one patient may not work for another. Also, many diets are not sustainable because they do not fit a lifestyle in the long run or might be deficient in some nutrient. Research shows that for weight loss, every diet is effective short term (6 months to a year) however, after that period, most people tend to either plateau or regain weight. This happens because weight loss is associated with metabolic regulation of gut hormones and leptin that drive energy stores back to initial levels. One of the other theories is that when someone loses weight, the metabolism slows down -reinforcing that the body wants to hold on to every calorie it gets.

We must also remember that the two regulatory systems, the homeostatic and hedonic pathways, greatly influence our eating behaviors. So, for an effective
weight loss, a diet must be highly personalized, addressing the sociology of weight stigma, human behaviors and a person’s relationship with food. The mind, hormones, food composition and the environment all contribute to weight gain or how much weight someone loses. It’s not just about calories in vs. calories out anymore. This makes it even more important to address obesity with an interdisciplinary approach.

While weight-loss surgery is one of the most effective—but drastic—ways to lose weight, it is just a tool to help patients get to their goal weights. Ultimately, what dictates how much weight patients lose and keep off depends upon their basal metabolic rate and their lifestyle that still needs to include eating right and exercise. Adherence to nutrition guidelines after weight-loss surgery is crucial to being successful. It must be remembered that the body is adaptable and the stomach is a stretchable pouch, so if people don’t stick to the guidelines, they can easily regain the weight.

**Bottom line:** Weight loss is a journey that requires discipline, commitment, compliance, support and a healthy lifestyle change that incorporates exercise. Obesity, like any other disease, needs constant management.

Here are a few tips:

* **Eat less from a box and more from the earth:** Add more fruits and vegetables to your diet and limit your intake of processed foods like pasta, chips, cookies and snack bars. Several studies show that fruits and vegetables have anti-inflammatory and cancer-fighting properties that help prevent diseases.

* **Create a health-promoting lifestyle:** Make one change and stick to it until it becomes “you”. It’s easier to stick to a change when you can include it in your lifestyle. No time for breakfast? Make yourself a fresh breakfast smoothie with fruit, veggies and a protein source to avoid binges later. Lose weight without losing your mind

* **Drink up:** Make sure you are well hydrated. Water is your best friend: add herbs or pieces of fruit like oranges, strawberries or lemons if you need some flavor.

* **Exercise to boost your metabolism:** While exercise alone does not cause weight loss, it does boost metabolism and can positively impact your cardiovascular health, bone density and muscle tone. Try to get in at least an hour of daily exercise with a target of 5 days a week.

* **Don’t resolve emotions with food:** This is a big one. Many people eat when they are bored or feel anxious or vulnerable. You don’t need to bury your emotions, celebrate them or run away from them. Don’t feed into those emotions with comfort foods. Just simply sit quietly, acknowledge your feeling and move on with your day.

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**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.
**Student Scope**

Submitted by: Ryan Galan,  
Senior, Foods and Nutrition Program, College of Saint Elizabeth

The College of Saint Elizabeth’s food recovery chapter has been fully operational and has continued to grow. The Campus Kitchen at CSE has now partnered with a local grocery store, Trader Joe’s and is now recovering 1,000 pounds of food a month. With this community partnership the Campus Kitchen at CSE has seen a real increase in fresh fruits and vegetables. The Campus Kitchen at CSE is also providing nutrition education to a local after school program and a teenage women’s transitional housing program by implementing healthy cooking classes using the recovered food.

On March 27th the Nutrition and Wellness Club at CSE hosted a guest speaker, Johanna Burani MS, RD, who addressed her work with the Village Angels of Tanzania and malnutrition in the elderly and poor of Northwestern Tanzania. Planned for the end of April, we look forward to a food demo performed by junior Tristan Symons. Tristan is a former Marine who was deployed to Afghanistan in 2012 and he will be explaining how to prepare Meals Ready to Eat (known as MREs) and will discuss the nutritional quality of the meals.

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**Professional Networking Groups and Listservs bring members together!**

The number of professional networking groups continues to grow! We now have ten groups 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)
- Bergen County
- Central Jersey
- Essex County
- Greater Morristown Area
- Hunterdon County
- Hudson County
- Jersey Shore
- South Jersey
- Union 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](https://www.ars.usda.gov) 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**

![Facebook](facebook-icon.png)  ![Twitter](twitter-icon.png)  ![Instagram](instagram-icon.png)