Greetings NJAND members! We started off the new year celebrating the Dietitian/Nutritionist Licensing Act [A1582/S2625] signed into Law on Monday January 13th, 2020 by Governor Phil Murphy; and now we are in the midst of the Covid-19 pandemic. Our lives, and those of our families, friends, co-workers, students, neighbors, healthcare professionals are upended as we valiantly navigate the unchartered waters of social distancing, quarantines, curfews, travel restrictions, daily infection control measures, and online learning, to manage the insidious SARS-CoV2 virus. Many of you are juggling double and triple duties as clinicians, educators, business owners, and healthcare managers, while homeschooling children and caring for family members. These are extremely challenging times, however, RDNs and DTRs have always been resilient and we will get through this together!

NJAND values all our members and we are here to provide support and information throughout these uncertain times. We thank the many RDNs in New Jersey who work on the frontlines of patient care as clinical RDNs/DTRs, and our RDNs who are also practicing Registered Nurses and Physician Assistants. We sincerely appreciate your superhero efforts in working, long, tireless hours caring for the sick.

Mark Your Calendars: In light of New Jersey’s social gathering restrictions to control and flatten the curve of infections, we have rescheduled the 88th Annual Meeting and Continuing Education conference for Friday, September 25, 2020.
Congratulations to the NJAND newly elected 2020-2021 NJAND Board Members.

**President Elect -** Marissa Sweeney  
**Delegate -** Kathleen Carozza  
**Region 1 Co-Chair -** Lindsay Smolinski  
**Region 2 Co-Chair -** Meredith Hesselein  
**Region 3 Co-Chair -** Amy Morel L’Horset  
**Region 1 Nominating Committee -** Melissa Eaton  
**Region 2 Nominating Committee -** Pinkin Panchal  
**Region 3 Nominating Committee -** Maria Stanish

We look forward to your resolute leadership.

**Resources:** Self-care, Payment Extensions-Options for Academy Dues and Telehealth  
* Visit Rutgers University’s Online Resources to Lift You Out of the Social Distancing Doldrums

*CDR will be holding off invoicing registration maintenance fee until mid-July & has implemented a 2-installment payment option, with the first payment due June 30 and the second due by September 15. For individuals experiencing a financial hardship that threatens their ability to maintain Academy membership, an application for a Financial Hardship Dues Reduction is available. Members may call Academy Member Service Center by phone 800/877-1600, ext. 5000 (M-F; 8 a.m. to 5 p.m. Central Time) or by email membership@eatright.org for assistance. Learn More HERE!

*CMS Gives Green Light to MNT via Telehealth for Medicare Beneficiaries. Read the full article HERE.  
LEARN MORE: Providing Nutrition Services via Telehealth During the COVID-19 Pandemic: What RDNs Need to Know

Thank you again for your service to the field of Dietetics and Nutrition-from clinical practice to management, community nutrition, business entrepreneurs and academia.

Wishing you and your family good health and safety,

Janet Reid Hector, EdD RDN  
President New Jersey Academy of Nutrition & Dietetics-2019-2020

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**Adapting to Technology to Shape Your Future**  
Submitted by Jeannette Kimszal, RDN
For many of us, this pandemic has dramatically changed our lives. Being socially distanced from our jobs and patients has created the need for new and unconventional ways to keep things going. Right now technology is more important than ever for the profession of dietetics. So how do we utilize technology to keep moving our businesses forward? The answer is simple. You must adapt.

The true end of this does not seem to be on the horizon. Things seem to be getting worse before they get better. I do not mean to be bleak, but unfortunately, this is the new normal. So we must get used to it. Instead of worrying about what is going to happen, think about ways that you can thrive.

The first thing to do is to move your business online if possible. This may seem like an overwhelming task if you have not entered the online waters. Don’t fret. There are a few easy steps you can take to get going.

**Look into Telehealth Practices** Medical professionals are already using telehealth to speak with their patients. The same should be done within the field of nutrition. This is a great way to get in touch with clients without leaving your house. Companies like Healthie and Practice Better offer ways for you to be with your patients without being there. Learn the Academy’s [guidelines for Telehealth during COVID-19](#).

**Set Up A Website** If you do not have a website, now is a time to set one up. With people online now more than ever, they may be in search of nutrition help. Having a website will help to spread your message to the masses. Learn how to start a website with this [free tutorial](#).

**Start a Social Media Account** Do you have a passion or cause that you care deeply about? You can talk to the masses by posting your tips on social media. Pantry ideas, cooking tips, shopping lists, and exercise classes are just some ways dietitians are reaching out to the community. Do you know someone who could use your help? Reach out to see what is needed.

**Start A Side Gig** If you find that you cannot focus on work right now the best thing to do is to focus your attention in another arena. Is there something you have a passion for but have been putting it off to the side? Now you may have time to invest in learning a new skill, hobby, or language. There are a ton of classes available to keep your mind occupied and away from watching the news. [Udemy](#), [Skillshare](#), and [Coursera](#) are just a few sites where you can learn something new.

**Help Another Dietitian with Their Business** If your job is closed down or you have no interest in starting your own business, there are ways you can continue to do nutrition work online.
One way to do that is as a virtual assistant. There will be a big need to help others online. Duties vary from job to job but can include administrative tasks, content creation, social media management, and more. One site to check out is Work in Well. It is launching April 15th and is taking applications now to be part of the team. Learn more here.

If this happened 30 years ago we would be in a completely different place. Today, thanks to technology there are many ways we can continue to spread our message of nutrition education.

Advocacy and Public Policy News
Submitted by Dan Dychtwald, MPH, MS

Public Policy Team News

Ambassador Recognition
Each quarter, we want to recognize the work of one of our many outstanding Ambassadors for the NJAND. This quarter, we recognize Meredith Hesselein, MS, RDN who has been a Public Policy Team member for several years and a former Public Policy Coordinator. Meredith also just recently represented the Academy as an expert witness for the Senate Education Committee regarding proposed changes to school meal nutritional content. A graduate of North Carolina Central University, Meredith has spent the last five years with the Sodexo K-12 schools program in Central Jersey.

Why is Meredith passionate about policy and advocacy? She explains, "I began volunteering with NJAND as the PAC coordinator in 2017, and eventually moved into the position of Public Policy Coordinator for 2018-2019. That year we had one of the biggest groups attend PPW in Washington DC since it occurred immediately following FNCE. That experience was such an enlightening experience and helped me understand exactly how impactful our voices can be when joined together for the same cause. If we don't support and actively participate in local, state, and national legislation, we can't make the changes we know will have the most positive outcome for everyone. And being active in public policy is contagious! When we actively participate in public policy, those around us see how easy it is to be heard and start taking action themselves."

Please join me in congratulating Meredith, our policy team, and all our ambassadors for their contribution to our profession and the NJAND. Next quarter, we will be profiling another ambassador. If you are interested in becoming an ambassador or would like more information on the program, please contact Rosemary at rosemaryodea@comcast.net.

Ambassador/Policy Updates

Current Public Policy Coordinator, Dan Dychtwald, recently represented the NJAND at the National Anti-Hunger Policy conference in DC. As part of the conference, Dan was able to network with many in the field from New Jersey
and is looking forward to building some lasting partnerships with these organizations. Dan will be sharing his learnings over the next several weeks with NJAND members, especially those concerning challenges to subsidized nutrition programs and childhood nutrition reauthorization. Public Policy Team members Dan Dychtwald, Chesney Blue, Karen Basedow, and Rosemary O'Dea were joined by Executive Director Megan Squires, AMG Owner AJ Sabbath, and Nate Stritzinger, Director of Grassroots Advocacy for the Academy, who recently conducted a day of policy and advocacy training for New Jersey DI students at Rutgers University. The event, organized by Rutgers faculty and NJAND member Pinkin Panchal, provided students with an overview of policy formation, legislative updates, and an introduction to advocating for the field of dietetics and the Academy. The day culminated with a policy debate between the participating schools and was judged by members of the Policy Team and attending faculty. Congratulations to all attendees and our thanks to the Policy Team and all our invited guest speakers.

Food & Culinary Trends
Submitted by: By Dina Aronson, MS, RDN

Cooking trends - Fueled by the Quarantine

One interesting by-product of the home quarantine is that America is getting back to cooking. Many people are forced to rethink the way they get meals, given their relative isolation and diminished food options. Those who are generally home-bound are now shopping less and have cut down on prepared or takeout meals which, even if widely available, are no longer economically sustainable for many.

This upsurge in cooking leverages us, the nutrition professionals, as experts to help clients, patients, and the public optimize health; whether that's via social media influence, blogging, PR, tele-counseling, consulting with food companies, or just basic communication. Historically, people have always cooked through pandemics; but in this age of food on demand with a tap on a screen, cooking meals at home is for many a foreign concept making a comeback -- maybe even with staying power to outlast the pandemic.

Cooking is a gift right now. It helps many people gain a sense of control, pass the time indoors, engage with their children, learn a new skill, find a creative outlet, and of course embrace a meaningful and rewarding way to nourish and nurture themselves, their families, neighbors, and the local needy community.

Cooking is love, cooking is health.
Cooking can also perpetuate poor quality diets, increasing the risk of compromised immunity. This is especially problematic when people focus their cooking on dessert baking, comfort foods, and processed cooking helpers. These foods are acceptable, of course, but not when they're the main focus or at the expense of fresh fruits and vegetables, whole grains, and other health-
Thank you, Internet.

Woefully, all but gone are the days of generational cooking - family recipes passed down from our parents and grandparents, taught lovingly apron to apron, offering nuance and cooperative problem solving that no YouTube video could offer. But technology is a boon, not a blight, because while people find themselves replacing Doordash and Grubhub with AllRecipes and Epicurious, we appreciate the role that technology and social media have played in how individuals - especially younger generations - get cooking information and instruction. I encourage people to use the internet and/or mobile apps to learn a cooking technique (check out YouTube channel Tasty for great cooking tutorials). One may get recipe ideas based on the ingredients they have (Yummly makes it easy and fun), to cook within a budget (check out BudgetBytes), to maximize whole plant foods (Forks Over Knives recipes), and more. My personal favorite sites that offer a suite of food and cooking information are The Kitchn and Delish.

Pantry Cooking

Due to hoarding and supply chain disturbances, just about everyone is having trouble finding everything they're looking for at the grocery store these days. In addition, multiple trips are exhausting and, let's face it, scary, with the social distancing rules and focus on safety and prevention. Most of us are forced to get at least a little creative in the kitchen, finding ways to make something appetizing out of what's in the pantry and fridge. The Google search term “pantry cooking” is at an all-time high and continues to trend up. As nutrition professionals, we can inform others on ways to make pantry cooking not only delicious and affordable, but health-supportive as well.

Kitchen Appliances and Gadgets

From Crockpots to Instapots, from bread machines to yogurt makers, modern innovation makes it easy to do pretty much everything from sprouting seeds to spiralizing sweet potatoes. It’s a good time to clean the dust off the machines we haven’t used in a while or invest in a new multi-use product in order to boost nutrition along with cooking skills.

DIY "Bars"

Millions of parents at home are seeking ways to keep their kids occupied and productive away from screens. ”Create-your-owns” are always a hit with kids of all ages and encourage fruit and veggie consumption. Breakfast ideas: make a pot of oatmeal and put out small bowls of assorted nuts, fresh fruit, dried fruit, granola, and seeds. If eggs are popular, see how many different (cooked or raw) veggies they can stuff in an omelet (leftover cooked veggies are also great for this). Lunch Ideas: Pita Pizzas (or corn tortilla pizzas for the gluten avoiders): start with a whole grain pita or English muffin or tortilla, spread on sauce and cheese and pile on the fresh veggies before baking in a 400 degree oven for about 10 minutes. Dinner DIYs can be a whole grain pasta bar, baked potato bar, salad bar, burger bar, or burrito bar, complete with a
wide assortment of colorful veggies, beans, spreads, and low-sodium and low-sugar sauces.

We all have to eat, and we’re all waiting out the crisis. This new wave of interest in cooking presents a unique opportunity to educate and encourage healthful eating.

Thank you.

From one essential worker to another, we appreciate all that you’re doing on the front line.

StrongerTogether
Traumatic brain injury (TBI) is a common diagnosis in the critical care unit. Following this type of injury patients are at risk of brain damage due to brain cell swelling and apoptosis. After a TBI, cerebral edema can lead to an increase in brain water and brain tissue volume. Cerebral edema can lead to elevated intracranial pressure, impaired cerebral microcirculation and eventual brain cell death. Cerebral edema is a major cause of increased intracranial pressure. An increase in intracranial pressure increases the risk for brain herniation and death.

An important component of TBI treatment is fluid management. Following a TBI mannitol and hypertonic saline are used to treat elevated intracranial pressure. Sodium is responsible to maintain the concentration, volume and osmolality of the extracellular compartment. Sodium normally ranges from 135-145 meq/liter. These therapies are used to cause osmotic diuresis. This action increases the osmotic gradient and pulls water out of the brain tissue. All free water and free water flushes for tube feedings are avoided. IV fluids that contain free water include D5 %W and .45NS and are not used. An example of a hypertonic solution is 3% NS. 3% NS contains 513 meq/liter sodium. The use of mannitol and hypertonic saline can have negative consequences, including acute renal failure, making it important to monitor the patient’s electrolyte levels, BUN and creatinine trends and fluid status closely. In addition, it is important to be mindful of feedings that are initiated. If free water is not allowed, it may be best to start with an isotonic, moderate protein formula. A high protein formula will increase the renal solute load and can contribute to dehydration in the fluid restricted state. Monitoring parameter goals also include:

- Systolic blood pressure >90 mmHg
- Mean arterial pressure (MAP) >65 mmHg
- ICP <20 mmHg

Another component of care in the TBI population can include the use of propofol. Propofol is a sedative which has a short half-life and can decrease the brain’s activity and is helpful in cerebral pressure regulation. Propofol contains calories (1.1 kcal/ml) and should be included in nutrition assessment when calculating total calorie intake. Triglycerides should be monitored frequently due to associated hypertriglyceridemia. Nutrition monitoring in the patient should include a frequent review of fluid intake, weights and lab trends. In addition, patients should be monitored for the discontinuation of the TBI treatment protocols in order to meet increased protein and calorie needs.
Boosting Immunity with Functional Medicine during COVID-19

Submitted by Monika Mahajan, MS, CHN, RDN

Over the past few weeks, most conversations have been dominated by the coronavirus pandemic. We’ve seen panic buying of toilet paper, shortages of hand sanitizers and an onslaught of products claiming to supercharge the immune system - from herbal tea cleanses and elderberry syrup to MCT oil and other concoctions. (Spoiler alert, they don’t work!) Since the coronavirus (COVID-19) outbreak in 2020, the sales of functional food products have skyrocketed. Between January 27th and February 11th, the sales of vitamins grew by more than 2,000% compared to the previous year.

This global pandemic has caused people to become even more aware of protecting their health and turning to practices that seem necessary to defend it. However, many social media posts have unfortunately been full of misinformation. Functional foods like herbal teas, especially kombucha and green teas and elderberry syrups, being top of the search engines. While herbal medicines may help address some symptoms of COVID-19 and are good for our overall health, at this time they cannot prevent, treat or cure coronavirus.

Recently, organizations like the USDA and the Federal Trade Commission have put strict regulations on companies selling teas, essential oils, colloidal silver and other products that claim to prevent, treat or cure COVID-19, the disease caused by the novel coronavirus. WHO also posted an infographic about garlic stating that it’s a healthy food with antimicrobial properties but there is no evidence that it can protect from COVID-19. The major driving factors of the global functional foods and drinks market are the increasing health awareness and busy lifestyles, addressing perceived nutritional shortfalls and increasing consumer interest.

All foods are functional to some extent because all foods provide taste, aroma and nutritive value. However, some foods are now being specifically studied
for their added physiologic benefits which may help reduce chronic disease risk and/or help optimize health. The concept of functional foods was first developed in Japan in the 1980’s. Another term often used interchangeably is “nutraceuticals”. This is a very active area of research today because there is an association between diet and dietary constituents and health benefits, the consumer self-care phenomenon and rapid growth of the health and wellness market.

I looked up some research and found a few human and animal studies about the effects of tea consumption and flu virus. Studies suggest that the high amounts of catechins in green tea may have antiviral activity and the polyphenols might help enhance immune function and increase the natural killer cell activity and cytokine levels. The mechanism of action proposed is: 1) inhibition of attachment to the host cell, 2) replication inhibition and 3) inhibition of the protein neuraminidase (NA). Although the antiviral activity has been demonstrated, the clinical evidence to support it is weak and requires further long-term investigation. Furthermore, most of these studies were either short term, conducted on animals and/or had a small number of subjects. Hence, based on the limited evidence, it is not enough to assume that these foods will cure or prevent flu or cold.

**Bottom-line:** As healthcare professionals we should direct the public to the right information and resources; and inform them that at this time these products or supplements can only help boost immunity and overall well being but not prevent and or cure the sickness.

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**Nutrition, Health, and Wellness Trends: Staying Well While Socially Distancing**

Submitted by Grace Engels, RDN

If you yourself have not been diagnosed, you probably know of many who have. Whether it’s a client who you are now working with via telehealth, or a friend posting on Facebook, chances are you know someone who’s got it! And no, I’m not talking about COVID-19. The diagnosis: Excessive intake of nutrients related to social distancing as evidenced by increased snacking and mindless eating (how’s that for a PES statement?). Social distancing is effectively slowing the spread of COVID-19 in some states, but it is also effectively increasing boredom in our lives. With suggestions to avoid large groups, eschew restaurants, and stay six feet away from each other if we do decide to meet up, our options for activities have significantly been reduced. And along with that, being home for extended periods of time can suddenly mean that our kitchens look like very well-stocked 24-hour all-you-can-eat buffets.

So, the next time a client or friend asks you for some help in improving the food and lifestyle choices whilst sheltering in place, consider sharing the following tips with them:

- Separate Work and Food Spaces. Help quell mindless eating by being
Separate Work and Food Spaces. Help quell mindless eating by being intentional with locality of consumption. Stay away from eating at your work desk or on the sofa. Have standards in place for yourself to help avoid developing bad habits—standards such as only eating meals at the dining room table.

- Prepare Snacks Ahead of Time. Have healthy options ready to go so that when a craving does hit, you aren’t searching for that bag of Doritos. Cut-up veggies stored in clear containers in the refrigerator or a fruit bowl out on the counter are good options. Be sure to pair fruits and veggies with a healthy fat or protein to make the snack even more satisfying!

- Consider if You are Hungry, or Just Having a Craving. If it’s been a good amount of time since you last ate, you are probably hungry. But if you know you are just experiencing a craving, take 15 minutes. Find an activity to take your mind off those Doritos, like playing a quick card game with someone or going for a walk. If after this time you are still having the craving, have some Doritos, but do it mindfully. Have one portion size, enjoy it, and move on with your day.

- Make a Schedule. Bring some structure back into your life by setting meal and snack times. Just make sure to do your best to stick to them.

- Break Out Those Workout Videos. With gyms closing and state parks swarming with people, home-workouts may be what you need. Dust off those Insanity or Jillian Michaels CDs and add a home-workout to your schedule!

- Shop Mindfully. Don’t buy unhealthy foods because they are shelf stable; there are so many healthy options that last including eggs, cheese, squashes, grapes, potatoes, apples, carrots and celery. Have frozen or canned foods on hand for when fresh ones run out; think whole grains like brown rice, low-sodium canned veggies, and single-ingredient frozen fruits and veggies.

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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.

Find and Post Jobs Here!

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

The number of professional networking groups has grown to ten...
Sample of public domain pictures from USDA-ARS 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
- Union 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?