



"New Beginnings!"

A Message from our President

Chesney Blue, RDN

2015-2016 President - New Jersey Dietetic Association

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Chesney Blue, RDN

Dear NJDA Members,

Spring is finally here which is the perfect time to do a little "spring cleaning" or start a "new beginning" in our lives to help cultivate our careers, communities, family, friends and businesses. As the 2015-2016 FY year winds down, NJDA has started a "new beginning" with a goal of improving member value, professional knowledge and community service to YOU! This year we applied to and was awarded a diversity mini grant to enhance and promote the various cultural aspects in the field of dietetics to be implemented in the cities of Camden and Newark. Our regional education and networking events were planned with YOU in mind to focus on trends in practice such as agriculture and farming, exercise, stress management and school nutrition. We also upped our communication efforts by sending out more eblasts to communicate news, started an Instagram account and discussed exciting useful topics on nutrition in our newsletter. The success and interest in our statewide National Nutrition Month culinary demos and virtual 5k were big hits! The board of directors worked on updating our bylaws and the membership team continues to work hard on providing benefits for your Academy/NJDA membership. We are ending this FY on a good note with a lot of projects focused on the mission of our organization's new strategic plan.

I hope to see you all at our 84th Annual Meeting conference in Long Branch, NJ, at Ocean Place Resort and Spa, May 6, 2016, to learn more on trending topics in dietetics. So do I sound really excited of what's to come in NJDA's future? Definitely, and I hope you are too! I am so grateful and honored to have served as your 2015-2016 President of NJDA and I'm excited to see the association grow as leaders in the field of dietetics and healthcare. I like to leave you with this quote to sum up our year and to continue the enthusiasm: "It always seems impossible until it's done" - Nelson Mandela.

Sincerely in Service,
Chesney Blue, RDN

Dairy and the 2015 Dietary Guidelines: All You Need To Know

Feature Article Sponsored by American Dairy Association and Dairy Council, Inc.

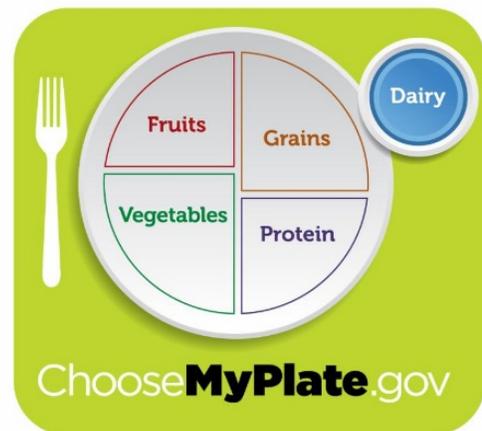
On January 7, 2016, the Department of Health and Human Services (DHHS) and the United States Department of Agriculture (USDA) released the 8th edition of the [Dietary Guidelines for Americans](#) (DGA). The 2015 DGA provides dietary recommendations for Americans ages two years and older, and is the cornerstone of federal nutrition policy in the United States.

The 2015 DGA affirms the vital role that dairy foods provide in the diet and reminds Americans that they will continue to benefit from three daily servings of low-fat and fat-free dairy. The DGA states that current intakes of dairy foods for most Americans "are far below recommendations of the Healthy U.S. - style Pattern" and call for a change to increase consumption of more dairy products. Milk, cheese, and yogurt are important answers to the question of how Americans should change their diet for the better.

While people eat foods, not nutrients, the nutrients in food do matter. Low-fat or fat-free dairy foods are fundamental to all of the patterns recommended by the DGA: Healthy US-style Pattern, Healthy Vegetarian-style Pattern and Healthy Mediterranean-style Pattern. That's because low-fat and fat-free dairy foods offer a unique set of nine essential nutrients, including calcium, vitamin D and potassium, which most people do not get enough of in their diets.

The good news for people across the country is that dairy foods taste great, are accessible almost anywhere, contain essential nutrients and come in a variety of options (including lactose-free, low-fat, fat-free or lower sodium) at a reasonable cost. In fact, you can get three servings of milk for less than \$1 a day (with each serving at about 25 cents). And with 8 grams of protein in every 8 ounces, milk is a natural source of high-quality protein, meaning it provides the full mix of essential amino acids our body needs.

For more information on dairy's role in the diet, visit the American Dairy Association and Dairy Council [Health & Wellness](#) page, or contact our registered dietitian, [Stacey Jackson, MS, RDN, CDN](#) via email or by calling 914-615-9286.



There's a huge market for experienced, innovative nutrition intervention. And as the population ages and insurance companies continue to cover medical nutrition therapy, there will be even more demand and opportunity for seasoned nutrition consultants like Catherine Harrison!

We asked several dietetic professionals across the state...

Remember when you graduated with your dietetics degree? Fresh on the scene of our amazing field, ready to dive in and soak up as much experience as possible? Of course you do! Truth is, we have many students across the state who are graduating this spring, about to embark on that same journey!



In an effort to wish our NJ students well, we asked them to give one piece of advice for those entering our amazing field, here's what they said...

"Don't always stick with what's comfortable for you - you could be missing out on many opportunities if you never leave your comfort zone!" - Megan Squires, MS, RDN (Middletown, NJ)

"Never stop learning - never stop advancing your practice. Think creatively, network, and collaborate with colleagues across all healthcare professions. Brag a little and participate a lot. Find a mentor, take some risks and believe in yourself! The ongoing success of our profession depends on you." - Cris Carlin, PhD, RD (Cherry Hill, NJ)

"Don't be afraid to step outside of your comfort zone and try new opportunities when they present themselves. Whether it ends up being a success or failure, you will still come away with invaluable experience that you can carry forward into your career." - Christopher Gunning, RDN (New Brunswick, NJ)

"Energy and enthusiasm are keys to success! Volunteer your expertise and participate on committees and the Board of your professional organization(s). Remember, policy is important to ALL dietetic and nutrition education work whether in the community, a healthcare facility, industry, university or private practice. The sky is the limit and you choose the work you do. Good luck and glad to have you aboard in the profession!" - Karen Ensle EdD, RDN, FAND, CFCS (Westfield, NJ)

"Remain active within your professional association (NJDA). Volunteer - you will meet new colleagues and networking develops additional professional opportunities." - Rosemary O'Dea, MA, RDN, LDN (Sewell, NJ)

Best of luck to you!

Are you a NJ nutrition professional with something to share?

We would love to include your article in an upcoming NJDA eNews!

Email your NJDA eNews co-editors, Cris Carlin and April Schetler, for more info!

Take Charge of Your Career!

Megan Johnston-Mullin, MS, RD, CSP

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Have you ever felt complacent in your career? Maybe you have wondered what other opportunities exist for nutrition professionals?

I am certain that many RDs who have been in the field of nutrition long enough, have encountered these feelings at some point. I myself, a pediatric dietitian at a large teaching hospital, began to ask myself these very same questions. I had been working at The Children's Hospital of Philadelphia, in the outpatient GI and nutrition clinics for about 14 years. I loved working with pediatric patients and I had made strong connections with so many families over the years. Despite having a fulfilling career, I began to feel that it was time for a change. I explored many different opportunities in education, community nutrition, and sales. I decided to take a position with Abbott Nutrition, as a pediatric specialty sales representative.

I was excited for the opportunity to grow within a large corporation such as Abbott. I knew that the transition would be challenging, but I was motivated to work hard and use my nutrition knowledge in a new way. My science background helps me to understand the different disease states and their nutritional management. This enables me to support my customers and the patients they treat. There are still many sales skills that I have I have not mastered, but I will continue to embrace the learning process and work hard towards sharpening my skills and achieving my goals.



I empower you to take charge of your career! Be confident in yourself and the skills that you have as a nutrition professional to take your career to the next level!

Participants Needed



Monarch Media, Inc. has been funded by the USDA to conduct a study of online training support for dietitians using Motivational Interviewing (MI). Study participants will access the online training for 30 minutes/week over four weeks. They'll receive a \$25 stipend and coded feedback on two sessions using MI techniques.

For further study information, please visit www.misavvy.com or contact Rithika Murkerjee-Mora at rithika@monarchmedia.com

New Approaches in Cancer Treatment

MD Anderson Cancer Center at Cooper

[Samantha Farr, RD](#), [Joanna Myers Casale, RD, CSO](#) and [Linda Goldsmith, MA, RD, CSO](#)

At MD Anderson Cancer Center at Cooper, the dietitians are fully integrated into the multidisciplinary oncology team and collaborate throughout the patient's



Advanced nutrition services at MD Anderson Cancer Center at Cooper are provided by Samantha Farr, RD, Joanna Myers Casale, RD, CSO and Linda Goldsmith, MA, RD, CSO.

treatment regimen. For example, they provide improved and timely nutrition intervention for patients facing colorectal surgery. Working with MD Anderson Cooper head colorectal surgeon, Stephen McClane, MD, Joanna Myers Casale implemented a perioperative colorectal protocol for MD Anderson Cooper patients. Based on the 2012 ERAS (Enhanced Recovery After Surgery) recommendations, Joanna and her team assess patients for the likelihood of malnutrition using Subjective Global Assessment and provide oral nutrition supplements to appropriate patients in the perioperative setting to improve outcomes. Per ERAS protocol, they have also implemented a carbohydrate loading drink to improve post-operative glycemic control.

Integrative Oncology Focuses on Optimizing Cancer Treatment and a Return to Wellness

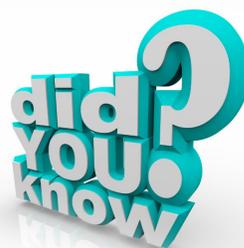
In the spring of 2015, MD Anderson Cooper launched an integrative oncology program. The program philosophy is centered on clinical expertise, education and research, emphasizing optimal cancer treatment and a return to wellness. Under the leadership of Pallav K Mehta, MD, the program strives to incorporate the three pillars of a healthy lifestyle: nutrition, physical activity and emotional health into the patient's care plan. In line with this philosophy, the registered dietitians guide patients through treatment and meet with them privately or in groups after treatment is completed. Diet and exercise are an integral part of good health and that doesn't change when you are a cancer patient. Emerging research shows that embracing a healthy lifestyle may reduce the risk of cancer recurrence. The registered dietitians assist patients in identifying their goals to wellness and the barriers to achieving them. Discussions around intentional physical activity are common for these dietitians, even in the face of intense cancer therapy regimens. Being a survivor means being empowered and our RDs are here to support that journey!

Did you know NJDA members get discounted benefits?

(Dental/Vision/Teledoc and more)

Check it out here!

www.eatrightnj.org/discounted-benefits-program/



The NJDA wishes to thank our Annual Meeting sponsors:

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