

House of Delegates Update

Karen Bellesky, RDN, LDN - MAND Delegate



Good day! I hope all of you have had a great summer. As the House of Delegates prepares for their face to face meeting the two days before FNCE, I wanted to alert you of the information I need from you.

The issue being discussed this Fall is nutrition reimbursement, which no matter what type of job you may have, may have an impact on you.

To access the information for the fall meeting, please go to:

HOD web site: <http://www.eatright.org/hod/>
Member web site >> (green section on left)
>> Governance >> House of Delegates

Find the Fall 2013 Meeting Materials and the many resources available on this web page. These resources will prepare you for the discussions at the HOD meeting: <http://www.eatright.org/Members/content.aspx?id=6442471140>

My suggestion is to read the executive summary (about four pages) and/or the fact sheet (about two pages). If time allows, you can also read the backgrounder (about 35 pages).

Once you have read some of the material please answer the attached questions (there are three questions) and email them to Becky, Executive Director of the Maryland Academy of Nutrition and Dietetics at [excdiretor@eatwellmd.org](mailto:execdiretor@eatwellmd.org). She will pass them along to me, without any names. *Becky will need your name should you want to be in the drawing for a gift card through VISA.* Thank you in advance for your responses. The due date for the responses is October 7, 2013.

The other piece of information I wanted to share was that I hosted two district parties for Congressman John Sarbanes, a supporter of nutrition. Although the groups were small, Congressman Sarbanes gave us time to discuss nutrition issues before Congress as well as his grass roots campaign plan.

HOD Member Feedback is on page 9 or [click here](#).

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House of Delegates

For more information about the Academy of Nutrition and Dietetics House of Delegates review these fact sheets from the A.N.D. Website:

[Fact Sheet: House of Delegates — What It's All About](#)

[Fact Sheet: Academy Governance 101 — The More You Know](#)

[Fact Sheet: Knowledge-Based Strategic Governance](#)

[Fact Sheet: "Representation Of" and "Representation For"](#)

[Fact Sheet: Delegates are a Resource for You!](#)

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Articles or ads for the next publication must
be received no later than
November 19, 2013

Estimated date of distribution is
December 17, 2013

Advertising Rates

1/4 page: \$25 1/2 page: \$50
3/4 page: \$75 Full page: \$100

The Newsletter Editor reserves the right to charge current advertising rates for articles submitted by individuals promoting a product or service within their article or by-line.

We reserve the right to edit for length, style or clarity.

Information submitted for publication MUST be submitted electronically and received by the DEADLINE. Send publication information and PAYMENT to

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Mailing address is Chesapeake Dietetic Lines/
MAND PO Box 212, Severna Park, MD
21146

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Message from the President

*As summer is coming to a close I wanted to let the members of the Maryland Academy of Nutrition and Dietetics know your Board of Directors have been busy at work planning a successful year. I want to welcome our new board which is full of new and diverse talent. I am happy to say that my longtime friend **Sonal Patel** will be working with me as President-Elect. Sonal and I have had a variety of work and professional experiences that help bring a diverse perspective to the organization.*

*The Public Policy Panel has met and is currently scheduling interviews to hire a lobbyist for MAND that can assist our organization. Having our voice heard in the political arena is critical for our profession to grow and maintain our scope of practice. Many events are being planned including Legislative Day in early 2014. I would recommend that every member become familiar with public policy and understand how policies relate to all areas of our profession. **Barbara Hoffstein**, our State Policy Representative has promised to make sure our voices are heard. **Kelly O'Connor**, our Public Relations Chair will help promote MAND achieve our strategic plan, "The Public recognizes trusts and chooses Registered Dietitians as the preferred food and nutrition expert."*

The Annual Planning Committee has started to organize and plan the 2014 Annual Meeting. The committee is searching for speakers and exhibits that will expand the knowledge of our members with the latest scientific data and "Best Practices" in the field of dietetics. The Annual Meeting is always an educational event and also a great place to network. We will be honoring our award winners at the Annual Meeting, so watch for information and nominate those that you know are deserving of recognition.

I hope to see many of our members at the Food & Nutrition Conference & Expo in October. MAND will travel to Houston for the conference and will be hosting a member reception, look for information to come. As president, I will be busy at FNCE attending Academy Leadership functions representing MAND.

I am very excited to return as president of the Maryland Academy of Nutrition and Dietetics. Many things have changed since I started my involvement with MAND, a new name, new logo, new website, eBlasts, but one thing that has not changed is that the organization is always growing and evolving, which I love.

I know we will have a great year, and last I want to thank Jessica Kiel our Immediate -Past President for her leadership and hard work.

Please visit our web site <http://www.eatwellmd.org> for current information.

Thanks,

Linda Paren
MAND President 2013- 2014

Maryland Academy of Nutrition and Dietetics 2014 Annual Awards!

It is never too early to start thinking of your deserving nutrition and dietetics colleagues you may want to nominate for the 2014 Annual Awards. Nominations are due March 5, 2014. Contact MAND President-Elect, Sonal Patel at healthybite@comcast.net or visit the awards web page at <http://www.eatright.org/affiliates/> for nomination information.

Awards include:

Outstanding Dietetics Educator	Recognized Dietetic Technician of the Year
Outstanding Dietetics Student	Emerging Dietetic Leader
Recognized Young Dietitian of the Year	Outstanding Dietitian of the Year

We look forward to hearing about our brilliant membership through your nominations.



It's almost here! The **2013 Food & Nutrition Conference & Expo** will be hosted in Houston, Texas, from October 19 through 22. This year's theme is "Insights to Action" and from the material already available, it is sure to live up to this claim. FNCE is an exciting display of what the nutrition and dietetics profession has to offer. Not only is it a great way to earn CPEU hours, it is a fantastic way to recharge your batteries and reignite your passion for the field. Networking events, poster sessions, dozens of lectures, and of course, the expo, are just some of the things that you will find in Houston this October. For any of you attending, the Maryland Academy of Nutrition and Dietetics is also hosting a member reception. We hope to see many of you in Houston!

Some featured tracks include MNT and Clinical Nutrition, Public Policy, Technology for Practice, Students and New Professionals among others! The Food & Nutrition Conference & Expo web site is available at www.eatright.org/FNCE/. *New this year is a FNCE app available for Apple and android devices which puts great FNCE information at your fingertips.*

From the Editor

While summer is drawing to a close and many are anticipating the changing of leaves and the arrival of crisp autumn air, we can take a cue from our surroundings and reflect on what changes we have experienced and what that means for our path ahead. I sure have a great deal of change to celebrate with this turning of seasons. With all of these recent changes, it can be very tempting to finally slow down and settle in to my newfound routine, but with a look outside and the reminder that the seasons never stop changing, I am determined to continue to push myself to do the same. I challenge each and every one of you to take some time to reflect on and celebrate what has changed for you, but to also set new goals for yourself and embrace future change. Lets all make a goal for continued growth whether it's in your personal, work or another facet of your life. Maybe it is the desire to continue your education or to take that trip you've been dreaming of. Whatever it is, I encourage you all to set your sights high and make it a reality.

Now summer is turning into fall, winter is close on the horizon, but there is a promise of spring up ahead. With this in mind, look back on everything you've accomplished, but do not forget to continue to set goals, dream big, and push for continuous growth.

Wishing each of you the best in all you do,
Natasia Tomlinson, Editor, Chesapeake Lines

Program Available www.nutrition.org/meetings/clinical

PRESENTATION HIGHLIGHTS

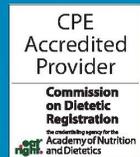
- ★ The Changing Paradigm: A History of Dietary Guidance and Recommendations in the U.S.
- ★ Fortified Foods, Dietary Supplements and All Else Missing from the Dietary Guidelines for Americans
- ★ Are Nutrient-Gene Interactions Ready for Prime Time?
- ★ Is it Ever Too Early to Intervene in Childhood Obesity?
- ★ Bariatric Surgery in Obese Children and Adolescents
- ★ Can SNAP Improve Nutrition and Reduce Obesity?
- ★ The Gluten Controversy: Much More than Celiac Disease?
- ★ New Technologies for Monitoring Food Intake
- ★ Evaluating and Implementing Popular Diets for Your Patients: From the Mediterranean to the DASH Diet

ABSTRACT SUBMISSION

The Call for Abstracts for the conference is now open. For information and abstract submission instructions visit www.nutrition.org/meetings/clinicalabstracts. Deadline for abstract submission is September 20, 2013.

CONTINUING EDUCATION CREDITS AVAILABLE!

ASN (Provider #NS010) is accredited and approved by the Commission on Dietetic Registration (CDR) as a provider of Continuing Professional Education (CPE) programs for Registered Dietitians.



This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Tufts University School of Medicine (TUSM) and the American Society for Nutrition. TUSM is accredited by the ACCME to provide continuing medical education for physicians. This activity has been approved for *AMA PRA Category 1 Credit*.™

Tufts University School of Medicine Office of Continuing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's COA. This activity provides Contact Hours for nurses.

This activity has been approved for a total of 14 Category 1 continuing education contact hours for CHES/MCHES in health education by the National Commission for Health Education Credentialing. *Maximum advanced-level continuing education contact hours available are 0.*

FEATURED SPEAKERS

David Heber, MD, PhD

Professor, UCLA Department of Medicine, founding Chief of the Division of Clinical Nutrition, at the David Geffen School of Medicine, UCLA, and UCLA School of Public Health

Joanne L. Slavin, PhD, RD

Professor, Department of Food Science and Nutrition, University of Minnesota

Roger Clemens, DrPH

Adjunct Professor of Pharmacology and Pharmaceutical Sciences within the USC School of Pharmacy

Heather Leidy, PhD

Assistant Professor, Nutrition & Exercise Physiology, University of Missouri

CONFERENCE INFORMATION

With timely updates on nutrition science that could impact the 2015 Dietary Guidelines for Americans, this meeting will discuss integrating evidence-based research findings into clinical practice. Registration rates begin at \$275 for ASN members. Discounted rates also available for one day registration, students, young professionals, and more.

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Abstract Submission Deadline

September 20, 2013

Early Registration Deadline

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Hotel Reservation Deadline

November 15, 2013

Register Now www.nutrition.org/meetings/clinical

Chia Seeds: Friend or Foe?

By Nicole Garafalo, Sodexo Mid-Atlantic Dietetic Intern

At one point in time, chia seeds were nothing more than a plant that grows to resemble an animal, but are now surfacing as a hot food item. Although this item is seemingly easy to rule out as a health food, chia seeds deserve a second look.

What are Chia Seeds?

*Chia seeds come from a plant in the desert known as *Salvia hispanica*, which is a plant from the mint family (1). Chia seeds are thought to be originally from Central America where it was a staple in the diet of the Aztec's (1). Chia seeds are an excellent source of fiber, omega-3 fatty acids, protein, iron, calcium, magnesium, phosphorus, and zinc. Many of these nutrients when consumed in adequate amounts contribute to reducing the risk of developing cardiovascular disease by helping to lower cholesterol, triglycerides and blood pressure (1).*

The following table displays the nutrient contents of dried chia seeds:

<i>Nutrient per 1 oz dried chia seeds</i>			
<i>Water (g)</i>	<i>1.64</i>	<i>Phosphorus (mg)</i>	<i>244</i>
<i>Energy (kcal)</i>	<i>138</i>	<i>K (mg)</i>	<i>115</i>
<i>Protein (g)</i>	<i>4.69</i>	<i>Na (mg)</i>	<i>5</i>
<i>Total fat (g)</i>	<i>8.71</i>	<i>Zinc (mg)</i>	<i>1.3</i>
<i>Carbohydrate (g)</i>	<i>11.94</i>	<i>Fatty acids – saturated (g)</i>	<i>.944</i>
<i>Fiber, total dietary (g)</i>	<i>9.8</i>	<i>Fatty acids – monounsaturated (g)</i>	<i>.655</i>
<i>Ca (g)</i>	<i>179</i>	<i>Fatty acids – polyunsaturated (g)</i>	<i>6.709</i>
<i>Iron, Fe (mg)</i>	<i>2.19</i>	<i>Lipid – ALA (g)</i>	<i>5.055</i>
<i>Mg (mg)</i>	<i>95</i>		

Table 1.1 Nutrient content for dried chia seeds from USDA Nutrient Data Laboratory (2).

How to Use Chia Seeds

More recently, chia seeds have been incorporated into a variety of foods such as in Dole's Nutrition Plus line of products including "Chia and Fruit Clusters", "Milled Chia Seeds", and "Whole Chia Seeds".

Chia seeds were initially popular among athletes, however, chefs, food bloggers and health-conscious consumers are now more frequently incorporating them into their daily diet (3).

Once chia seeds are mixed with water, they form a gel-like substance that can be used in several different mediums. Examples of ways to use chia seeds in cooking include

Continued on page 6

acting as a replacement for oil or eggs as a binding agent, or as a thickener in pudding and hot cereals (3,4). Chia seeds absorb up to twelve times their volume when added with water which can be helpful to add bulk (fiber) while cooking without excess additional calories or fat (5). Additionally, the sprouts of chia seeds are edible and can easily be added into fresh dishes such as salads and sandwiches (1).

Chia Seeds & Research

Research is very limited in studying the different effects and health benefits of consumption of chia seeds in humans. In one study, participants consumed a diet pattern that contained a mixture of dehydrated nopal, chia seeds, oats, soybean protein, sweetener and flavoring. The discussion in this study suggested there is potential for chia seeds with high omega-3 fatty acid and antioxidant content to promote a decrease in the inflammatory response (6).

A separate study set out to determine if adding chia seeds to conventional therapy would result in an improvement in major and emerging cardiovascular risk factors in individuals with type 2 diabetes (7). The chia seeds were provided in two forms, ground seeds and in specially made bread. The supplements were given at a level of 15 g per 1000 kilocalorie intake which was calculated accordingly for each subject using the Harrison-Benedict equation with a light activity factor of 1.3 (7).

The study had the following results: after twelve weeks of consuming chia seeds, participants had approximately doubled the level of plasma ALA and EPA when compared to the control group, and when compared to baseline blood pressure measurements, while participants were consuming chia seeds, systolic blood pressure dropped by 6.3 ± 4.2 mmHg to 123 ± 16 mmHg which represents a 20 ± 1 percent reduction (7). Consumption of chia seeds did not have as significant of an impact on diastolic blood pressure as it only decreased by 3 ± 1.3 mmHg when participants were consuming chia seeds, which represents a seven percent reduction in diastolic blood pressure in comparison with the control group (7).

Additional research reviewed by the author included a study on use of chia gel as a replacement for eggs or oil in cake formation (4). Chia gel was formed by mixing one part chia seeds with nine parts water by weight for 30 minutes and then replacing either eggs or oil or both in different combinations to determine the effects on nutritional content, basic functional properties, and sensory characteristics of the products when compared to the full oil and egg recipe (4). The results of this experiment indicated that chia gel may replace up to 25 percent of either oil or eggs within the cake recipe without significantly changing the functional and sensory characteristics of the final product (4).

Summary

As nutrition experts, it is important to keep up to date on the newest food trends. Based on limited applicable research reviewed for this article, chia seeds seem to be an interesting and worthwhile food to be added as part of a healthy diet. Chia seeds may prove to be a very promising addition on a regular basis as they are of high nutritional value with mild taste and unique physical properties.

The versatility of chia seeds may allow individuals to increase the nutrient density of every day foods such as hot cereal and sandwiches. Ultimately, it is up to the consumer whether they choose to use chia seeds as food or as a pet.

(Chia Seeds: Friend or Foe?, Continued from page 6)

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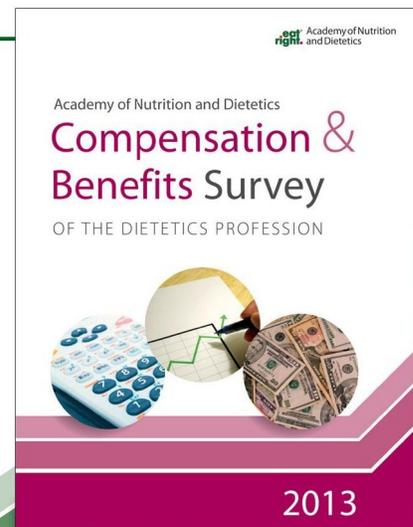
 Academy of Nutrition and Dietetics

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Probiotics: Are They Safe in Clinical Practice?

By Lara Snead, Sodexo Mid-Atlantic Intern

Probiotics have been ingested by humans for thousands of years as they have been believed to provide health benefits (1). With increasing studies and research on probiotics, they are gaining further support for their effects on prevention and treatment of a wide range of health problems and diseases. There is even strong evidence for their efficacy in some clinical scenarios, though further research is needed in certain areas. The following article will discuss the health benefits and possible risks of using probiotics in clinical practice.

*Probiotics are a type of bacteria often referred to as “good” bacteria as they help to maintain a natural balance of microflora in the intestines, and when given in an appropriate amount, can help provide health benefits to the host. The human digestive tract contains about 400 different types of probiotic bacteria that decrease the growth of harmful bacteria (2). The two most common probiotics are from the species *Bifidobacterium* and *Lactobacillus* that are often used in fermented dairy products, such as yogurt and kefir (1), and are also found in supplemental form.*

*In clinical settings, many patients are given probiotics to prevent diarrhea, gas, and cramping associated with antibiotic use. When patients are taking antibiotics for a bacterial infection, the antibiotic kills both the “good” and “bad” bacteria. An overall decrease in beneficial bacteria in the GI tract can lead to digestive problems such as diarrhea, irritable bowel syndrome, and intestinal infections (3). Many patients are prescribed probiotics while running their course of antibiotics to prevent those undesirable side effects. *Lactobacillus* (*Lactinex*) is used often in healthcare settings when patients are taking an antibiotic, but in order to achieve the full health benefits of the probiotic, *lactobacillus* products should be taken at least two hours before or after the antibiotic (4).*

*What many people don't know is that probiotics are not regulated as drugs, and instead are marketed as food ingredients, dietary supplements, or “medical food.” In the United States, the Food and Drug Administration (FDA) has provided eight probiotics with the status “GRAS” which stands for Generally Recognized As Safe (5). However, there is no regulatory oversight when manufacturing probiotics, thus no requirements to display safety, purity, or potency before marketing probiotics, which can lead to significant inconsistencies in the stated and actual contents of the probiotics (1). Commercially, probiotics have become increasingly common as more people are becoming aware of the health benefits associated with them. With this widespread use of probiotics in both the community and healthcare settings, clinicians need to have an understanding of the risks associated with probiotic treatment. According to the Food and Agriculture Organization of the United Nations/World Health Organization's (FAO/WHO) 2002 Guidelines for the Evaluation of Probiotics in Food, “probiotics may theoretically be responsible for four types of side-effects: (1) systemic infections, (2) deleterious metabolic activities, (3) excessive immune stimulation in susceptible individuals, and (4) gene transfer” (6). There have been several reports linking *Lactobacillus* and other bacterial sepsis to the ingestion of probiotic supplements. However, no reports have been described in healthy persons – all cases of probiotic sepsis occurred in patients who were described as having their immune system compromised, having chronic diseases or debilitation (1). One trial reported increased mortality in patients with acute pancreatitis when probiotic treatment was involved; additionally, bowel ischemia was significantly increased in those patients treated with probiotics. Based on current data, probiotics should be avoided in patients who are immunocompromised, critically ill, and those with serious comorbidities, and caution should be used with elderly populations, those with central venous catheters, short bowel syndrome, prosthetic material or hardware, and abnormal cardiac valves (5). Seeing how no probiotic is approved by the FDA for clinical use, it is important for clinicians to discuss with patients the proper use of probiotics and the possible adverse consequences they can impose. Patients should also be aware of the limited data available on probiotic use in disease treatments and the issue of quality control in the manufacturing of the supplements (5).*

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(Probiotics: Are They Safe in Clinical Practice?, Continued from Page 8)

Ultimately, the use of probiotics in clinical practice is lacking adequate evidence and further research is needed in studying the effects of probiotics in specific disease states, as well as the development of probiotic preparations.

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Member Feedback for House of Delegates Fall 2013 Meeting

DUE DATE: OCTOBER 7, 2013

1. Please identify any questions or comments you have about the material you read re: Nutrition Services Delivery and Payment: The Business of Every Academy Member.

2. Where do you work (hospital, out-patient, food service, private practice, doctor's office, etc.)? Do you know if your salary is covered through any type of reimbursement? If so, how (grants, third party reimbursement, general funds, room and board costs, patient pays, etc.)?

3. Other comments you may have about this topic::

Click [here](#) for the Word version of this form.

The Maryland Academy of Nutrition and Dietetics seeks to empower its members to be Maryland's food and nutrition experts.