



## President's Letter

November-December 2009

Dear BADA Members,

I received 37 emails through 4 different email addresses today. Nine of them were sent to me personally (I read those), and the other 28 were sent to a group (I probably read about half of those). Of all the emails I read, I probably retained about 10% of the content. So to do the math for you, I retained information equivalent to 2.3 emails today, or 6% of the emailed information available to me. Unfortunately, I probably missed something good.

This brings me to my conundrum as BADA president: in an age of click-of-the-finger mass communication, I feel more detached from BADA members than ever! We can post announcements to the website, listserv, email list, and Facebook page, but is it having an impact? According to my airtight statistical analysis, 94% of it is white noise.

The intention of BADA's online announcements is to promote professional development, networking opportunities, promotion of dietitians in the community, or public policy advocacy. The goal of all of these activities is to support our members. The ongoing challenge is *how can we better support our members? How do we close the information overload disconnect?*

I view this challenge in two parts. First, we need our members to communicate with us. In other words, we need to know if the opportunities we are promoting are relevant to you, or if they miss the mark. What adds value to your membership? What works well? What do you wish worked better? To achieve this, we will be sending out a survey via email this week. Your responses will help to shape our goals and initiatives in the coming year.

Second, we need to effectively communicate with our members. This means breaking through the white noise. First, we plan to update the design of our website and mass emails to provide a more streamlined, user-friendly format. Second, we are considering a "less is more" strategy in regard to our events: fewer total events throughout the year, though the few events we do host will be more substantial.

One great opportunity I had recently to learn more about members' perspectives was the Bay Area Nutrition Mini-Conference hosted by BADA and the SFSU Dietetic Internship Program. It was really exciting to meet so many BADA members there and receive feedback about the event. The member involvement and enthusiasm from that half-day seminar is a great example of what I want BADA to be. Thank you to all who attended!

How can we keep the momentum going? On your end, the survey is a great first step to guide the BADA board's initiatives. On our end, we'll continue to look for ways to stand out in your daily swarm of information.

Until next time,

Elizabeth Boeckelman, MS, RD

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## Explore, Exchange, & Engage at FNCE 2009 by Sarah Koszyk, RD

“Explore, exchange, and engage” was the motto for the 2009 ADA Food & Nutrition Conference & Expo (FNCE), held October 17-20<sup>th</sup>, in Denver, Colorado. The motto held true throughout the event. The excitement started during the opening, when Suze Orman gave a motivating and powerful financial speech. She inspired attendees to pave their way towards their financial success and provided helpful tips. Next began the networking, networking, and more networking. Different dietetic practice groups held their own galas, events, and social networking meetings full of amazing people, interesting ideas, and inspiring moments. I was able to meet other dietitians and dietetic students from all over the United States, all sharing their career paths, their up-to-date research, and their hot-topic ideas.

Sunday, Monday, and Tuesday continued to be just as exciting as the opening festivities, with over 130 lectures to attend and over 350 vendors at the expo, selling new products and services and reinforcing existing ones. Lecture topics ranged from weight management to brand-new research areas to private practice tools to food service to diabetes care—and on and on. The exploration of ideas and the engagement with the presenters after the lectures was excitement enough to provide me with a new list of a thousand things to do to increase my personal dietetic practice and enhance my skills as a dietitian.

The Expo portion was also bubbling with activity and energy. I am always amazed at how many samples, coupons, and bags the different companies give away for promotion. My suitcase was stuffed by the end of the conference. The multitude of products and services continued to add more ideas and tasks to my already growing list.

I highly recommend attending the FNCE conference. Denver proved to be inspiring and motivating. I explored many new arenas within the field of dietetics, I engaged many new and familiar faces, and I exchanged enough information to last me till next years 2010 FNCE in Boston. Will I see you there?



### **BADA Members:**

**Did you know that BADA members can participate in a Professional Mentoring Program? The Professional Mentoring Program matches up experienced dietetics professionals with those that are new to the field or new to a specialized area of dietetics. If you are interested in exploring a different aspect of dietetics, but aren't sure where to start, we can help by matching you up with someone experienced in that area of dietetics. We can also try to match up students and new RDs/DTRs who are interested in finding a mentor. And, if you are a dietetic professional who loves your job and would like to offer support and advice to others by becoming a mentor, we would love to hear from you as well. If you are interested in being a mentee or mentor, please contact Wanda Siu-Chan at: [siuchan@sfsu.edu](mailto:siuchan@sfsu.edu) and an application form will be sent to you.**

**I look forward to hearing from you soon!**

**Wanda Siu-Chan, MS, RD**

**BADA Professional Mentoring Chair**



## Orange Rosemary Roasted Root Vegetables (serves 6)

I make this recipe for my family at Thanksgiving every year. It is a great alternative to the sugar/warm spices/marshmallow/maple syrup direction in which yams are often taken. These veggies are pretty sweet without all that extra help!

### Ingredients:

- 3 medium yams
- 2 medium parsnips
- 3 medium rutabagas
- 2 tablespoons extra-virgin olive oil
- Zest of 1 medium orange
- ~3-4 sprigs fresh rosemary
- Pinch of salt
- Cracked black pepper to taste

### Directions:

1. Preheat oven to 400F.
2. Peel parsnips and rutabagas; wash yams and leave skins on.
3. Cut root vegetables into 1-inch pieces (or bigger, if you prefer, though cooking will take longer) and place in large bowl.
4. Mix in small bowl: olive oil, orange zest, rosemary leaves, and salt.
5. Pour oil mix over veggies; mix to coat.
6. Spread on 2 baking sheets to leave veggies ample room to roast.
7. Roast for a total of ~40 minutes of until nicely browned and soft to a fork. 20 minutes in, mix/flip veggies and switch positions of the baking sheets.

## Basic Root Vegetable Soup (servings vary)

My favorite thing about making soup is its versatility (and that there are always plenty of leftovers). In this recipe, feel free to experiment with different root vegetables—for the most part, they behave the same way as far as prepping and cooking goes, but offer slightly different flavors. If you're daring, you can experiment with the herbs as well, but bouquet garni is a foolproof approach! Also check out my list of possible variations to the recipe at the end.

### Ingredients:

- 2 tablespoons extra virgin olive oil
- ½ medium yellow onion, chopped
- 3 medium garlic cloves, peeled and smashed
- 2 stalks celery, chopped
- 1 cup low sodium chicken or vegetable broth
- 1 tablespoon dried bouquet garni herbs, or to taste
- Cracked black pepper, to taste
- 2 carrots, peeled and cut into ½-inch pieces
- 2 parsnips, peeled and cut into ½-inch pieces
- 1 medium potato, washed and unpeeled, cut into ½-inch pieces
- 2 turnips, peeled and cut into ½-inch pieces

### Directions:

1. Place large stockpot on low heat.
2. Add olive oil, onion, garlic and celery; cook until onions look translucent (~5 minutes).
3. Add stock, cracked pepper and bouquet garni: turn heat up to high.
4. Add root vegetables; bring pot to a boil then turn down to let veggies simmer until soft to a fork (~15 minutes)

Can also consider adding:

- ✦ 1 tablespoon chopped pancetta or bacon (add during step 1, consider cutting back the oil to 1 tablespoon in this case)
- ✦ Chopped greens, like the ones you cut off the top of your turnips! Otherwise, kale, chard, escarole, arugula, spinach...anything goes, really! (add toward the end of step 4)
- ✦ Cannelloni or garbanzo beans (canned/drained or previously cooked; add during step 4)
- ✦ Red pepper flakes (these find their way into 90% of the savory items I cook)
- ✦ A sprinkle of shredded/shaved aged cheese (Parmesan or Gruyere work well—add when serving)



## Foodie vs. RD by Tali Sedgwick, SFSU Dietetic Intern

I recently attended a low-key community event in the Mission, where UC Berkeley professor and microbial ecologist Dr. Chapela (you may know him from the film *The Future of Food*) and Zelig Golden, a lawyer from the Center for Food Safety were scheduled to discuss genetically engineered food. As I waited for the event to begin, I started chatting with the woman next to me. She mentioned being a “nutrition professional,” so I asked if she was a registered dietitian. She replied that she preferred calling herself a “foodie and nutrition educator” and was reticent to align herself with the RD community.

This brief chat illuminated a tension I have sensed since first starting my second-career path to become an RD. While I am currently in the midst of my dietetic internship, I already feel conflicted about what to call myself and how to explain what I now do.

Like my new foodie friend, I feel like my multiple interests, passions, and education are not accurately reflected in the “registered dietitian” title. I have an appreciation for holistic/complementary medicine and for community education, but I’m also intensely interested in public policy and clinical nutrition. I am an advocate (and consumer!) of sustainable, organic foods; non-toxic cleaning supplies and cosmetics; and I’ve been actively involved in promoting clean, free public water.

The term “nutritionist” has a nice ring to it, and I suspect most people in the general public don’t really know the difference, but I embrace my years of schooling and months of evidenced-based clinical experience that are leading to my (pending) RD. Additionally, “nutritionist” is not a regulated term, and I know that unfortunately many individuals sell themselves as experts, despite limited knowledge or experience of clinical dietetics.

As more people enter this rapidly evolving field, it becomes more diverse, and I have increasingly started to see new breeds of RDs:

- An “environmental” RD, a professional, who is just as interested in calculating the carbon footprint of their food service department as they are calculating caloric needs.
- A “foodie” RD, who collects cookbooks along with textbooks.
- A “health educator” RD, who spends hours of their own time creating wellness policies for local schools.
- A “biz whiz” RD, who develops a best-selling line of snack packs and a “public relations” RD who helps promote them.

The possibilities are endless!

I know I’ll be proud of the RD title when I get it. I have worked very hard for it. I plan to proclaim my credentials proudly—while also celebrating my other interests and helping to redefine this important industry.



*Come join us for a CE event on January 27th!*

Dr. Jean-Marc Schwarz from UCSF will discuss the relationship between fructose and fatty liver disease.

Time: 6:30 to 8:00pm

Location: Morgan Hall - UC Berkeley

More details to come — contact email [veromonti@yahoo.com](mailto:veromonti@yahoo.com) with questions.

Interested in social networking with BADA members?

Check out our Facebook page: <http://www.facebook.com/group.php?gid=27940399716&ref=ts>



## Member Spotlight : Peter Mak, RD

Peter Mak is an outpatient registered dietitian at the San Francisco Veteran's Affairs Medical Center. A recent graduate and a veteran of Operation Iraqi Freedom (2003), Peter talked about working at the VA, his passion for nutrition, and his reasons for becoming an RD.

**Educational background:** I attended U.C. Davis as an undergrad and then I went to the U.C. Davis Medical Center for my dietetic internship.

**What inspired you to go into this field?** My buddies in the Marine Corps inspired me. After we left Bagdad, but before we came home, we were stationed in Kuwait. We were still in a combat zone, but it was considered a much safer place. It was here that we did some rest and recuperation; we had all lost a good deal of weight during the fighting. But in Kuwait we guarded an ammo depot, we rested, we ran in the evenings (because of the heat), and we ate good and healthful food (imported fruits and vegetables, yogurt, etc.). Some of the guys asked me for workout plans or would ask me what kinds of food they should eat to lose weight, build muscle, and feel more healthy. It was rewarding to be helpful and motivating to the guys I was working with. That's when I started to think about a nutrition degree.



**Do you think being a veteran helps you with your job?** Definitely. I work at a VA hospital—I have a special connection with these guys and I can relate to them. Sometimes they'll tell me where and when they were stationed; we can chat about the armed forces and they know that I've been there and that I understand. The Marines also gave me lots of direction, confidence, and drive to do my best.

**How do you think being a male dietitian helps (or doesn't help) you with your job?** Of course, the majority of the patients I see at the VA are men and that can help me relate with them and counsel them very effectively. On the other hand, sometimes I find the men would rather listen to a woman....

**What's your favorite part of working in nutrition?** Working at the VA gives me lots of great experiences. Shaking a World War II Veteran's hand and hearing all of the great history behind the wrinkles, while being able to help him or her nutritionally. I like to work with all types of people from different cultural backgrounds, which you certainly get somewhere like the VA. I also love the interdisciplinary care we deliver here and I like being a part of such a great team. I see lots of energy, care, and compassion going into each patient and it's great to have the collective knowledge of all the staff working there.

**A work accomplishment or experience that you are proud of:** One of my duties is home enteral nutrition care; it's rewarding to get patients to a point where they are able to accept their situations. I had a patient with tongue cancer, chemo and radiation, and a very unstable housing situation who had undergone a lot of weight loss. The hematology/oncology staff and I all worked together to help this man and he said afterwards that we'd helped him through a very dark time. I saw him last week and he thanked me and all the staff again for our work with him.

**Any part of your home and family life that you're willing to share with the BADA community:** I'm glad to be living and working in San Francisco after spending time in Davis. I went to high school in San Francisco and I know the city well. Until recently, my little sister was here too, but she's now attending Emory University/Oxford College in Georgia. I do miss her, even though I try to look tough in front of her.

**On any given day, we might find you...** Depends on the day! Mondays I might be in the downtown clinic, working with a population that is mostly homeless, with some alcohol/substance abuse. I split the rest of my time between the hematology/oncology clinic, the morbid obesity clinic, selected surgeries, and home-based primary care.

**As a new dietitian, what advice do you have for students or new grads?** Stay open, don't limit your options. For example, I didn't know all the things that my job would entail before I began working at the VA and I've already worked in more—and different—areas than I expected to. This is a good thing—it's been very challenging and interesting and I really value my time here.





The prevalence of childhood obesity in the U.S has increased in the last 30 years with greatest impact in adolescents (5 to 13% increase) and communities of low socioeconomic status and minority groups (CDC). One in seven low income pre-school aged children is obese (CDC). As a result, children as young as 5 years old are being diagnosed with high cholesterol, high blood pressure, and impaired glucose tolerance. As the obesity epidemic continues to spread, it becomes more apparent that school meals play an important role in contributing to this epidemic.

More than 10.5 million children rely on the School Breakfast Program (SBP), and more than 30.5 million children rely on the National School Lunch Program (NSLP) to be fed on a daily basis. The quality of school meals is not only important for proper growth and development, but can play a crucial role in the prevention of childhood obesity.

To receive federal reimbursement, school meals must meet the regulations established in 1995 by the Nutrition Standards and Meal Requirements. These regulations specify the amount of nutrients that must be provided in each meal, how the meal must be executed, and how it must be presented on the student's tray.

### So what have children been eating at school?

The Institute of Medicine (IOM) report indicates that school children are not eating enough whole grains, legumes, dark green and orange vegetables. Fruit intake is primarily from juice. The most popular food items consumed at school are: sandwiches, pizza, burgers, cold cereal, bread, corn based salty snacks, cookies, popcorn, and pasta dishes. Milk intake exceeds recommendations in the youngest age group but decreases with age and is primarily from 2%, regular milk or flavored milk. Meats and meat alternates come primarily from burgers, sandwiches, chicken and pork. Children consume an average of 570 calories from solid fats and added sugars. The highest contributors of solid fat are sandwiches (including burgers), fried potatoes, and pizza with meat. The highest contributors of added sugars are regular soda and non-carbonated sweetened drinks.

Due to advances in research, changes in the Dietary Guidelines since 1995, and a vast increase in the prevalence in childhood obesity; the U.S Department of Agriculture asked the IOM to revise the standards and requirements set for the SBP and NSLP. On October 20<sup>th</sup>, 2009 the IOM released new recommendations to make school meals

- Increase the amount and variety of fruits, vegetables and whole grains
- Increase emphasis on low fat or fat free milk products
- Set a minimum and maximum level of calories
- Increase the focus on reducing the amounts of saturated fat and sodium provided.

more healthful. The recommendations are based on the 2005 Dietary Guidelines for Americans set by the Department of Health and Human Services, the USDA, and the IOM's Dietary Reference Intakes.

### New IOM Recommendations:

#### Other Requirements:

The committee recommends the USDA work together with the food industry, state agencies, professional organizations, advocacy groups and parents to reduce sodium content of foods by 2020.

Students can select from two different meals that differ in the number of foods that can be declined. (By law, all high schools are required to allow students to decline a number of food items to reduce waste). However for the meal to be reimbursed, the student must select a fruit at breakfast and a fruit or vegetable at lunch.

(Continued on page 8)



**Implications:**

Pros: The government is targeting childhood obesity through schools by providing healthier menu options. The key is to make the new menu items exciting and appealing to students so they want to consume them. Therefore the food industry must produce foods that are tasty, healthy and affordable. This is a step forward. Increasing the production of healthier menu options for schools by food companies may result in healthier foods overall for the American consumer.

Cons: Even if healthier options are available on the menu, children are ultimately the ones that decide whether they will select the healthy choice or not. Therefore children and their families must be educated about making the right choices. Dietitians play a very important role here.

In addition, children have the option of purchasing non-nutritious snacks and high calorie drinks from school vending machines. Vending machines should provide food products that follow similar guidelines set for the SBP and NSLP.

For more information visit: [www.iom.edu/schoolmeals](http://www.iom.edu/schoolmeals)

**Comparison of Current Requirements and New Recommendations**

Reference: IOM Report Brief Released 10/20/09

<b>Changes in Minimum Amounts and Types of Food: Breakfast</b>		
Food Item	Current Requirement	New Recommendation
Fruit	1/2 cup per day	1 cup per day
Grains and Meat/Meat Alternates	2 grains <b>or</b> 2 meat/meat alternates <b>or</b> 1 of each per day	1.4–2 grains per day <b>plus</b> 1–2 meat or meat alternates per day (Range reflects difference by grade group.)
Whole Grains	Encouraged	At least half of the grains to be whole grain-rich
Milk	1 cup	1 cup, fat content of milk to be 1% or less

<b>Changes in Minimum Amounts and Types of Food: Lunch</b>		
Food Item	Current Requirement	New Recommendation
Fruit and Vegetables	1/2 - 1 cup of fruit and vegetables combined	3/4 – 1 cup of vegetables <b>plus</b> 1/2 – 1 cup of fruit per day
Vegetables	No specifications as to type of vegetable	Weekly requirements for dark green and orange vegetables and legumes <b>and</b> limits on starchy vegetables
Meat/Meat Alternates	1.5–3 oz equivalents (daily average over 5-day week)	1.6–2.4 oz equivalents (daily average over 5-day week)
Grains	1.8–3 oz equivalents (daily average over 5-day week)	1.8–2.6 oz equivalents (daily average over 5-day week)
Whole Grains	Encouraged	At least half of the grains to be whole grain-rich
Milk	1 cup	1 cup, fat content of milk to be 1% or less



## Interview: Leslie Mikkelsen from the Prevention Institute

*Leslie Mikkelsen is a Registered Dietitian and Managing Director for Prevention Institute in Oakland, California. Her current project is a sign-on letter for nutrition and health professionals called *Setting the Record Straight: Nutrition and Health Professionals Define Healthful Food*. We contacted her to find out more about the subject and why she thinks it's so important for dietitians to get involved in food and nutrition policy advocacy when it comes to food labeling.*

### **The Bayleaf: Welcome, Leslie. Why don't you tell us a little bit about yourself, your background, and about the Prevention Institute?**

I have been working in the field of nutrition and health for twenty years now. I started my career working in Food Banks in New York City and Alameda County, CA, where I directed programs to address hunger and mobilize community advocacy. I began working at Prevention Institute a decade ago, directing the organization's activities related to creating healthy food and activity environments through policy and environmental change. Prevention Institute is a national public health organization committed to preventing illness and injury *in the first place* by promoting policies, organizational practices, and collaborative efforts that improve health and quality of life and foster social equity. In 2001, we cofounded the Strategic Alliance for Healthy Food and Activity Environments, a statewide coalition that has reframed the issue of food and activity as one of governmental and corporate accountability, not just personal choice. One of my longstanding interests and commitments is to foster a healthy, sustainable and equitable food system. I have been a part of California's Sustainable Agriculture Working Group, the Kaiser Permanente Food Policy committee, and have co-chaired the Healthcare Without Harm working group focused on combining access to healthy food through a sustainable food system.

### **Tell us a bit about *Setting the Record Straight: Nutrition and Health Professionals Define Healthful Food*.**

*Setting the Record Straight* is a sign-on letter that puts forth a definition of healthful food that looks beyond nutrients by acknowledging that truly healthful food comes from a food system where food is produced, processed, transported, and marketed in ways that are environmentally sound, sustainable and just. It grew out of several conversations we had over the years with like-minded nutritionists that shared Prevention Institute's belief that it is not enough to call a food healthy merely because it contains certain nutrients. In the summer of 2008, we decided to put our vision down on paper and recruited a group of nutritionists from across the country who also wanted to stand up for a definition of healthful food that acknowledges the broader ways in which the current food system impacts health. *Setting the Record Straight* also challenges food and beverage companies to produce food that reflects these principles.

### **How can other health professionals use *Setting the Record Straight*?**

*Setting the Record Straight* lays out a clear set of principles for healthful food:

- Healthful food is wholesome: it includes whole and minimally processed ingredients and naturally occurring nutrients; it is produced without added hormones, antibiotics, artificial colors, flavors or unnecessary preservatives.
- Healthful food is produced, processed, and transported in a way that prevents the exploitation of farmers, workers, and natural resources, and the cruel treatment of animals.
- Healthful food should be available, accessible, and affordable to everyone.

As a result, it can be used by health and nutrition professionals as a framework for developing programs, shaping community food systems, and advocating for food, nutrition, and agriculture policies that truly promote health. Currently the principles laid out in *Setting the Record Straight* are being considered as the foundation for a food guidance policy of a large 1300 acre urban park. As yet another example, *Setting the Record Straight*'s principles may also be used to determine vendor criteria for a regional food conference.

### **Why do you feel it's important for RDs to get involved with *Setting the Record Straight*? How can interested BADA members find out more?**

As registered dietitians we are first and foremost health professionals; we all have an important role in influencing not only the public's food choices but also in shaping institutional and public food policies. It is our responsibility to take a holistic view about how food impacts health. In practice this means that it does not make sense for us to focus exclusively on a food's nutrients and proclaim it healthy but, for example, ignore the fact that it was grown with pesticides known to be harmful both to the health of farm workers and our eco system. As health professionals, we cannot afford to ignore the symptoms of an unsustainable and ultimately harmful food system; instead we should join together and promote the comprehensive definition of healthful foods laid out in *Setting the Record Straight*. I invite all your readers to endorse the principles and share it amongst their colleagues by visiting <http://preventioninstitute.org/sa/settingtherecordstraight.html>





## 2009-2010 BAY AREA DISTRICT BOARD MEMBERS

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