

W I N T E R 2 0 1 7

The Northern Lights

The Northern Michigan Dietetic Association

Dear fellow NMDA members,

I hope that everyone is having a productive winter season and is embracing the snowy beauty that northern Michigan has to offer, despite the chilly temperatures!

The NMDA board has established the date and location of the spring conference and is working towards finalizing topics and speakers. We hope you will take advantage of this great opportunity.

Please note, that the Academy of Nutrition and Dietetics Elections will take place February 1st through the 22nd. There are two people running from Michigan: Barbara Ivens for Director at Large and Sandy Parker for the Nominating Committee. It would be great to see our state represented at the national level. Voting can take place online. If you cast your ballot, you will receive a coupon for \$5.00 off a purchase at eatrightstore.org.

In this issue you will find:

- *Important dates to remember*
- *Member news*
- *Information on this year's National Nutrition Month & Registered Dietitian Nutritionist Day*
- *Spotlighted member*
- *Recipe*
- *Information on the new food label*

Best,

Julie Poole, MS, RD/NMDA Secretary & Newsletter Editor

SAVE THE DATE

- Academy of Nutrition and Dietetics Elections: February 1st- February 22nd
- National Eating Disorders Awareness Week: February 26th- March 4th
 - 2017 theme: “It’s Time to Talk about it”; NEDA encourages everyone to get screened for eating disorders. See <http://nedawareness.org> for more information.
- National Nutrition Month: Month of March
- Registered Dietitian Nutritionist Day: March 8th
- MAND Spring Conference: May 4th & May 5th, at the Eberhard Center in Grand Rapids
- NMDA Spring Conference: May 17th in Kalkaska

Winner of MAND Conference Registration

Congrats to Eileen Mikus, MS, RD, CDE who won a free registration to the Michigan Academy of Nutrition and Dietetics Spring Conference!

NMDA Conference Registration Drawing

Are you interested in winning a free registration to NMDA’s Spring Conference **plus** a one-night stay in a hotel? If so, email Amy Britton at abritton@mhc.net to have your name entered into a drawing!

YOUR NMDA BOARD MEMBERS

President: Amy Britton, RD; abritton@mhc.net

President Elect: Lynette Maxey, RD, CDE; lmaxey@mhc.net

Treasurer: Kimberly Hornacek, RD; khornacek@mhc.net

Secretary/Newsletter Editor: Julie Poole, MS, RD; julie.poole1@gmail.com

Nominating Co-Chairs: Connie Farrier, RD; cfarrier@mhc.net

& Chelsea Fitzpatrick, RD; chelsea.r.simon@gmail.com

Webmaster: Meghan Damman, RD; mdamman@mhc.net

NMDA website: www.upnorthrd.com

National Nutrition Month & Registered Dietitian Nutritionist Day

March is National Nutrition Month, and the 2017 theme is “Put Your Best Fork Forward”. This “serves as a reminder that each one of us holds the tool to make informed food choices. Making small changes during National Nutrition Month and over time, helps improve health now and into the future.” If you would like to inform NMDA of what you or your organization is doing for National Nutrition Month, email julie.poole1@gmail.com, and an email will be sent out to the members.

Registered Dietitian Nutritionist Day will take place on March 8th. This is a great opportunity to remind the public that RDN’s are the food and nutrition experts and of the important role they play in promoting optimal health.

Source: <http://www.eatright.org/resources/national-nutrition-month>

SPOTLIGHTED MEMBER: PATTI HENRICK, RD, CDE

Patti Henrick, RD, CDE received her Bachelor’s degree in Food and Nutrition from Southern Illinois University and completed her internship at St. Luke’s Hospital in Cleveland, Ohio. She has been a Certified Diabetes Educator since 1993 and completed the Lifestyle Coach Training for the National Diabetes Prevention Program in 2015. Patti worked in the dietary department of her local hospital in high school and during college breaks and vacations. Through working closely with the dietitians, she became interested in the profession and decided to pursue a major in dietetics.

Patti has worked for Sodexo Corporation most of her career, beginning in 1978. The majority has been spent at Munson Medical Center and has included clinical, outpatient, consultant, and management positions. She has also worked as the District Support Dietitian for Sodexo (then Marriott). Additionally, she has served as adjunct faculty at Northwestern Michigan College, where she taught nutrition for the culinary arts and nursing programs. Moreover, Patti consulted for a MDCH WIC and MSS program and nursing homes for a year.

Currently Patti is a full-time Dietitian/Diabetes Educator for Munson’s Diabetes Education Program, where she provides individual and group education for DSMT, MNT, Pre-diabetes, and the Diabetes Prevention Program. She states: “I continue to love working with our variety of patients on nutrition education and lifestyle change.”

Outside of work, Patti enjoys all outdoor activities including walking, hiking, snowshoeing, and cross-country skiing. She has been quilting for 30 years and likes to read, cook, and spend time with her family.

RECIPE CORNER

It is convenient to grab a jar of spaghetti sauce from the store shelf, but consider making your own! If you make a double batch, you can freeze it for future use. I replaced the ground beef in this recipe with ground turkey and was pleased with the final product.

BEV'S SPAGHETTI SAUCE

INGREDIENTS:

- 1 ½ lbs ground beef
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced (to taste)
- 2 bay leaves
- 1 teaspoon oregano
- 1 teaspoon dried basil
- 1 teaspoon Italian seasoning
- 1 teaspoon salt (or to taste)
- Ground pepper
- 1 (6 ounce) can tomato paste
- 2 (16 ounce) cans tomato sauce
- 1 (28 ounce) can diced tomatoes
- 8 ounces fresh mushrooms, sliced and sautéed in butter (optional),
- Parmesan cheese, freshly grated (optional)

DIRECTIONS:

- Brown the ground beef, onion and garlic in olive oil with bay leaves, oregano, basil, Italian seasoning, salt and pepper.
- Add tomato paste, tomato sauce and diced tomatoes.
- Stir well and bring to a simmer over medium heat.
- Cover and simmer for 1½ hours.
- Use sauce to top your cooked spaghetti.
- Top with sautéed mushroom.
- Pass the Parmesan.

Source: <http://www.food.com/recipe/bevs-spaghetti-sauce-26217>

Key Changes to the Nutrition Label

Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

New Label

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

RACC's for serving sizes updated to reflect what people are actually eating

Bigger type size for Calories & Serving Size; Calories from Fat removed

Updated DVs: 50g Added Sugars, Sodium decreased from 2,400mg to 2,300mg, Fiber is now 28g

Fiber has been defined

Added Sugars are now required and given a %DV of 50g

Vitamins A & C are no longer required; Vitamin D & Potassium have been added as required along with Calcium & Iron

Footnote table goes away and statement changed to explain what DV means

Single Size Containers: RACC of at least 100g or 100mL, containing less than 200% of RACC - must be labeled as Single Serving

Dual Column: For products that are larger than a single serving, but may be consumed in a single or multiple sitting - a dual column will need to also need to show the calories and nutrients a per package, as well as per serving. For example: pint of ice cream or 24-ounce bottle of soda.

Compliance By:
July 28th, 2018

Manufacturers with less than \$10 million annual sales will have an extra year to comply.

Contributed by Sue Blair, RD, CDE and fellow NMDA member
Source: www.fda.gov