

# Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA ACADEMY of NUTRITION and DIETETICS



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## President's Message— Greetings Montana Dietitians!

October kicked off with an excellent trip to FNCE in Boston. The FNCE conference is an amazing experience and you might think of attending next year. FNCE 2017 will include the 100<sup>th</sup> anniversary celebration of the Academy of Nutrition and Dietetics. If you are interested in being involved with the Academy's celebration and *Second Century Campaign* as a second century liaison, please let us know. *See picture on page 4!*

**MTAND Membership Survey.** We look forward to knowing your thoughts, interests and professional needs. Please take the few minutes needed to complete this important survey. Fill out the survey through December 31 at <https://www.surveymonkey.com/r/MTANDsurvey>.

**Future Education Model.** The Accreditation Council for Education in Nutrition and Dietetics (ACEND®) has been working on future standards for the dietetic professional. ACEND has developed a draft copy of the new standards and seeks your input. Please consider adding your comments – you do not need to take the full survey nor review all the standards. However, I do encourage you to look at the standards pertinent to your area of dietetic practice and give ACEND your insightful perspectives. The deadline for public comments on the proposed *Future Education Model Accreditation Standards* is **December 30, 2016**. Comments can be made at:

<https://www.surveymonkey.com/r/FEMComments>. A copy of the **Future Education Standards** is posted on the ACEND Standards webpage [www.eatrightacend.org/ACEND/Standards](http://www.eatrightacend.org/ACEND/Standards). The November **Update** includes clarification to topics raised by educators at the recent FNCE meeting and answers to questions raised at recent town hall meetings and at FNCE.

**March 6, 2017** is MTAND day at the Helena Capitol Rotunda. This is an all-day event with many opportunities to be involved. The MTAND Public Policy Committee is hard at work making this a spectacular day with meaning. Highlights will include a MTAND table, RDNs speaking in person to the value of having nutrition experts in our state. Your MTAND Public Policy Committee wishes to demonstrate the positive impact of RDN work in Montana. Be involved!!! Contact myself or Kirsten Krane ([kirsten.kander33@gmail.com](mailto:kirsten.kander33@gmail.com)) if you want to participate or need more information.

Thank you for all the great work you do! You are impressive professionals and I am so honored to work with you! Have a wonderful holiday season and stay in touch. - Coleen Kaiser, MTAND President, [coleenk@montana.edu](mailto:coleenk@montana.edu), (406)994-5002.



### Newsletter Mission



- Provide factual, informative, and interesting information.
- Provide insight and inventive ideas to people interested in dietetics in Montana.
- Promote healthful lifestyles through ideas and contributions.

# Goal-Setting Tips for You and Your Clients!

By Kelsie Larsen and Bromley Maharg, Dietetic Interns

Happy New Year!! It's the time of year for a fresh start, a clean slate and of course new year's resolutions. The most common resolutions made each January after the holiday season surround health, nutrition and wellness.

Whatever the goal, it seems almost everyone starts thinking about how to become a healthier person at this time of year. Although most people start with the best intentions, research in the Journal of Clinical Psychology discovered that by the end of the first two weeks in January over a quarter of people that made resolutions had already stopped working towards their goals. Here are some reasons people may fall short of their resolution and how to get around them.

## Road blocks of New Years Resolutions:

### 1. The goal is overwhelming

The problem is that we often end up going to the extreme and then getting burned out or giving up because we weren't realistic about our starting point. So how can we prevent this from happening? *Solution:* Start small! If your overall goal is losing weight, start with stepping stone goals of 5 pounds. Beginning small with more attainable goals will help to stay positive in working towards your long term goals.



### 2. Setting non-specific goals

One of the largest mistakes is setting a vague goal. When setting a new year's nutrition goal, the more unspecific the resolution the easier it is to break the resolution.

*Solution:* Set "SMART" goals. The acronym SMART stands for:

**S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely. Using the SMART criteria

will make it easier to follow through on your goal.

- Make sure that it has a Specific and Measurable value to it. For example:

**Three** days a week I will go to the gym. If it is specific and measurable it will be easier to stick to and harder to make excuses about.

- Set a goal that is Realistic and Attainable. For example: Monday, Wednesday and Thursday I will commit to waking up early and/or not making evening plans so I can be sure to get up and go to the gym. Avoid "should do" type goals. Instead, focus on what you "will do," or "can do."
- Set an amount of Time that you are going to spend on this goal. For example: I will go the gym three days a week for **three weeks**. Once the time is up assess and reset. For example, were you able to get to the gym 3 times per week like you wanted to? If not, why not? If so, do you want to add more?

### 3. Stress and life get in the way of goals

Sometimes things out of our control happen that cause us to stray from our goals. Stress is a common reason people stop perusing nutrition goals and fall back into the same, *easy* pattern.

*Solution:* Cultivate patience for yourself. You will need to practice and refine your goals to find ones that actually work for you. It is important to not get discouraged when getting off track with your nutrition goals! You can also jump back into it. If stress is a regular part of your life, [here is a strategy from the TED stage](#) for handling stress.

Resources:

1. Mukhopadhyay, A., & Johar, G. (2005). Where There Is a Will, Is There a Way? Effects of Lay Theories of Self-Control on Setting and Keeping Resolutions. *Journal of Consumer Research*, 31(4), 779-786. doi:10.1086/426611
2. Norcross, J. C., Mrykalo, M. S., & Blagys, M. D. (2002). Auld lang Syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers. *Journal of Clinical Psychology*, 58(4), 397-405. doi:10.1002/jclp.1151
3. <http://goodforallpharmacy.com/wp-content/uploads/2015/07/Dec1.png>
4. <https://www.lakeviewhealth.com/images/articles/how%20to%20set%20new%20years%20goals.jpg>
5. <http://www.sarahruns26.com/wp-content/uploads/2016/01/Make-Things-Happen.jpg>

*This Quarter's Quote*

"The dream is free.  
The hustle is sold separately. -Unknown



## Research Update: SHHC

**Strong Hearts Healthy Communities (SHHC)** aims to reduce cardiovascular (CVD) morbidity and mortality, improve quality of life, and reduce CVD-related health care burden in Montana rural communities through development and implementation of a community-informed intervention. The participants were women 40 and older who were physically inactive at baseline and overweight or obese. There were 6 rural, medically underserved experimental sites in Montana. These sites included Broadus, Columbus, Thompson Falls, Forsyth, Harlowton, and Glasgow. The women participated in hour-long classes that met twice per week for 6 months. Each class included 15-30 minutes of aerobic exercise/and or strength training, goal-setting, nutrition education based on dietary guidelines and Mediterranean dietary pattern, as well as healthy snack demos and tastings. Preliminary evidence suggests SHHC is promising for reducing CVD risk by reducing weight and caloric intake and increasing physical activity and functional fitness in midlife and older overweight/obese women.

- Lynn Paul, EdD, RDN, [lpaul@montana.edu](mailto:lpaul@montana.edu), (406) 994-5702.

## Feed Your Gut Right

By Jamie Kaplan, Dietetic Intern

Most of the time, we are taking precautions to prevent the growth of bacteria. However, certain bacterial strains are actually beneficial for our gut.

**What is Fermentation?** Fermentation promotes the growth of desirable bacteria, which contributes to a healthy bacterial population in the gut called our “gut microflora.” Types of fermented foods include: Yogurt, Kefir, Sauerkraut, Kimchi, Tempeh, Miso, and more!

### Potential Benefits of Eating Fermented Foods

- Increases the availability of certain **vitamins and minerals**.
- A healthy gut microflora can **boost the immune system**.
- May help with **inflammation, allergies and autoimmune disorders**.
- Some studies have shown that a healthy gut microflora can also assist in **maintaining a healthy weight**.
- The safe consumption of fermented foods has been shown to help reduce bacterial translocation, which can cause serious infections in HIV patients.

### Choosing Fermented Foods at the Store

Unfortunately, most fermented foods in grocery stores have been pasteurized. This high heat process kills most bacteria, including the healthy bacterial strains. Michael Fox, RDN, says a fermented product with live cultures should release gas when the container is opened. He points out that even if the food no longer contains live cultures, the pasteurized ferments still have other health benefits inherent to the food such as fiber.

For those who are consuming fermented products for the first time, add them slowly to your diet to allow the gut to adapt. Introduction of fermented foods too quickly may cause some bloating and flatulence.

**Fermented foods not only can have many health benefits, but also can add some great flavor to dishes. Try incorporating some fermented foods into dishes this holiday season!**

**Some delicious ideas include: Kefir eggnog, Christmas Kraut with cranberry, apple-spiced kombucha, and more!** If you would like to ferment your own foods, it is important to follow a recipe from a credible source. It is also vital to provide the correct environmental conditions for the “good” bacteria to grow, while stopping the “bad” bacteria from taking over.

Sources:

[http://www.nutritionletter.tufts.edu/issues/10\\_2/current-articles/Discover-the-Digestive-Benefits-of-Fermented-Foods\\_1383-1.html](http://www.nutritionletter.tufts.edu/issues/10_2/current-articles/Discover-the-Digestive-Benefits-of-Fermented-Foods_1383-1.html)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4303846/>

<https://www.sciencebasedmedicine.org/everything-you-always-wanted-to-know-about-fermented-foods/>

<http://www.fao.org/3/a-i2477e.pdf>

Michael Fox, MS RDN LN; [www.nourishmontana.com](http://www.nourishmontana.com)





From right to left: Anna Diffenderfer (FNCE badge on), Colleen Miller, Coleen Kaiser (back), Anna Harrower Kasperick, Tami Waite (back), Jacquelyn Contant, Leah Roble (in the 'C'), Jenna Gorham, Lacy Stephens. *See article on page 1!*

## Announcements

Great news – Chelsey Clark, RDN, LN, CLC, has stepped into the previously vacant **Reimbursement Specialist** position for the MTAND Public Policy Committee! Thank you, Chelsey! Work is underway to get Chelsey connected to folks in the national Academy Public Policy Office. Welcome Chelsey! Many thanks as well to the MTAND Public Policy Committee and Chair, Kirsten Krane.

**Save the Date**  
MTAND  
**Food and Nutrition Summit**  
**(FANS)**  
Billings, Montana  
June 7-9, 2017

## Community Calendar Now Available!

If you have an event, meeting, or etc...you'd like added to the community calendar on the MTAND web site: [www.mtand.org](http://www.mtand.org), please contact Kristin Norderud at [knorderud@gmail.com](mailto:knorderud@gmail.com).



## Membership Opinion: MRT/LEAP-Related CPE Credits

Perhaps you read the email sent by the Commission on Dietetic Registration (CDR) on September 30, 2016 regarding discontinuance of CPE credit for MRT/LEAP related activities. As a dietitian using MRT/LEAP I write to tell you of its factual inaccuracies. The email read: “while there are many evidence-based methods for diagnosing food allergies, current evidence does not support the use of the mediator release assay (MRT test) for diagnosing a food allergy, as noted in the recent Food Allergies position paper.” **The key error: MRT is not a test for food allergy so obviously it can’t be used to diagnose food allergy!** MRT stands for Mediator Release Test, a blood test patented by Oxford Biomedical Technologies (OBT) which identifies *non-IgE (non-allergic) food sensitivity pathways*. MRT is an in vitro clinical tool providing data for 120 foods and 30 food chemicals. MRT identifies reactive foods in people with conditions ranging from Irritable Bowel Syndrome (IBS) to fibromyalgia, migraines, arthritis and many more.

LEAP is an elimination diet using anti-inflammatory foods based on the patient’s MRT results. It’s different from traditional elimination diets which assume that all foods the patient starts with are safe. When working with the patient to design the diet the trained dietitian’s nutrition care process considers test results, current medical condition and diagnosis, previous interventions, known and/or suspected trigger foods, known food allergies, chemical sensitivities, current medications and supplements, lifestyle, motivation and food preferences. Find more information at [nowleap.com](http://nowleap.com).

The email from CDR references *Practice Paper: Role of the RDN in the Diagnosis and Management of Food Allergies* in the October 2016 issue of the Journal of the Academy of Nutrition and Dietetics. The purpose and scope of this practice paper is described: “This paper will explore the role of the RDN in working with patients and clients with immunoglobulin E (IgE) mediated food allergy; therefore, all references to food allergy in this paper will specifically refer to IgE-mediated food allergy.” Under “Defining and Identifying Food Allergies” the paper continues: “According to Fleischer,<sup>7</sup> most adverse food reactions are not due to allergy. Food sensitivities and intolerances, for which there are few evidence-based clinical laboratory tests, will not be discussed in this paper.”

The gist of my concern begins on p 1623 under sub heading “Diagnostic Tests not Recommended for Food Allergy Diagnosis.” The writers of the practice paper misquoted an Expert Panel, then based their conclusions on the specious quote. The December 2010 Expert Panel Report sponsored by the National Institute of Allergy and Infectious Diseases (NIAID) of NIH whose Guideline 12 states:

“The EP recommends not using any of the following [non-standardized tests for the routine evaluation of IgE-mediated FA](#): Basophil histamine release/activation, Lymphocyte stimulation, Facial thermography, Gastric juice analysis, Endoscopic allergen provocation, Hair analysis, Applied kinesiology, Provocation neutralization, Allergen-specific IgG4, Cytotoxicity assays, Electrodermal test (Vega), Mediator release assay (LEAP diet).”

The practice paper’s authors reference the NIAID report as follows:

“According to the NIAID there are a variety of [non-evidence-based tests](#) that should not be used for diagnosing a food allergy.<sup>6</sup> Namely, basophil histamine release/activation, lymphocyte stimulation, facial thermography, gastric juice analysis, endoscopic allergen provocation, hair analysis, applied kinesiology, provocation neutralization, allergen specific IgG, cytotoxicity assays, electrodermal test (Vega), and [mediator release assay \(LEAP diet\)](#).<sup>6</sup>”

The position paper’s writers reworded the quote to say something which its authors did NOT say by changing “non-standardized” to non-evidence based” and omitting the term “IgE.” Changing “non-standardized tests for the routine evaluation of IgE-mediated FA” into non-evidenced based tests for diagnosing a food allergy is misleading. Either authors of the practice paper and CDR are unaware that MRT/LEAP is not used for food allergies or they intentionally hid this fact. In the first scenario, neither did their research; in the second they deliberately misled and violated Principle 6 of the ADA Code of Ethics. “The dietetics practitioner does not engage in false or deceptive practices or communications.”

Many RDNs who use MRT/LEAP have written to the AND president, CDR Chair, and Manager, Academy Position and Practice Papers requesting the paper be withdrawn and corrected. Responses to date ignore concern about the inaccuracy and restate the erroneous wording of the practice paper. A letter I received signed by the Chair of Academy Positions, the Chair of CDR, and the Manager of Academy Position and Practice Papers stated: “While there are many evidence-based methods for diagnosing food allergies, current evidence does not support use of the MRT for diagnosing a food allergy, as noted in the recent Food Allergies practice paper. The Commission on Dietetic Registration action to discontinue awarding CPEU credit for completion of LEAP/MRT related activities was based on the Practice Paper published in the October 2016 *Journal of the Academy of Nutrition and Dietetics* and in response to practitioner concerns regarding the scientific evidence-base for this program.”

-Pat Bollinger, MS RD [pbolling@bresnan.net](mailto:pbolling@bresnan.net) 406-443-0134.

Dear Fellow Dietitians,

As the seasons are changing, I hope you are new ways to enjoy the outdoors.

Recently, I had the opportunity to attend FNCE in Boston with a fun group of RDs from our state. I would encourage all of you to put this conference on your 'Bucket List' as it something to experience! Thousands of RD's in one place is truly a motivating and energetic atmosphere. Next year's meeting will take place in The Windy City and home of the 2016 World Series Champions October 21-24. We would love to have you join us!

I am excited to share with you a preview of MTAND FANS 2016. Our annual conference will take place June 7-9th at the Big Horn Resort in Billings. You may notice this year's conference is taking place during a different week than usual. This new date reflects your preferences as voiced in the post-conference survey.

Anna Kasperick and Leah Roble are our fearless conference planners this year. They have been working hard to plan another great conference. If you are interested in presenting at this conference, please e-mail me your contact information and topic proposal. Additionally, if you know a coworker, community member or friends that you think would be a good addition to our conference, please pass their information along to me. Anna, Leah and I are looking forward to putting on a diverse conference that will appeal to all RDs in our great state.

As we look towards the remainder of 2016, Coleen and I will be sending out a membership survey to learn more about your vision for MTAND. Please keep an eye out over the next couple weeks. Also, please encourage your RD friends to fill out the survey whether they are currently a member of AND/MTAND or not. We value your opinions!

I hope you all are having an enjoyable fall and I look forward to hearing from you soon!

- Colleen Miller, MTAND President Elect, [colleen.miller@abbott.com](mailto:colleen.miller@abbott.com) or (406) 208-3162 .

## Food For Thought—Fall/Winter 2015



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### In This Issue

Check out some great articles from our interns and a thought-provoking piece about MRT/LEAP. Save the date for 2017 MTAND FNCE!

As always, if you have ideas, thoughts or would like to submit an article for the next newsletter, contact

Kim Pullman, Newsletter Editor,  
[kpullman@mt.gov](mailto:kpullman@mt.gov).

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for the next issue:

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**July 30**

**November 30**