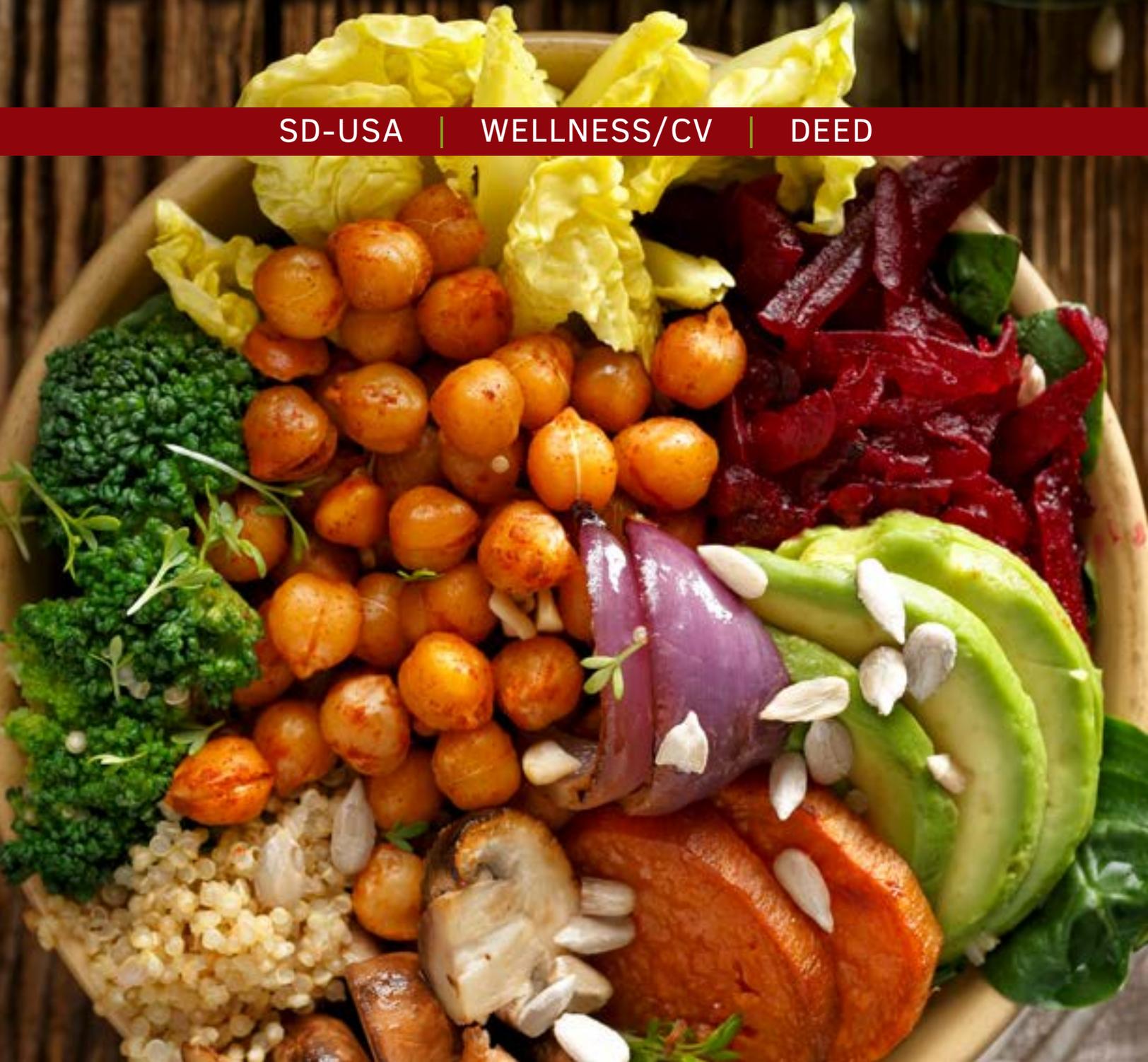


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Letter from the Editor:

The new year often brings with it new resolutions and new behaviors. For dietetic professionals, this focus on improvement tends to manifest itself as an influx in our clientele at the start of the year. Whether our clients come to us looking to make a change to improve upon themselves in some shape or form or address a lingering need, they turn to us wide-eyed as the nutrition experts and expect us to have our pulse on today's hottest trends. Like I said in my letter last month, it's so important we keep up with the research and with what is going on with our colleagues within the field. The expectations that our clients bring with them are yet another reason why.

This issue of *SCAN Connection* focuses on 3 hot topics and trends that you are sure to encounter in the new year. You can always count on athletes to get injured, so we've turned to some of the best in the field to get their take on what they're doing to prevent and treat these injuries. Something else you can count on like clockwork is the media to cause a stir and consumers to jump on board. For many reasons plant-based eating is on the upswing, and it's our job to help our clients who are looking to make a switch do so appropriately and avoid turning a healthy practice into an unhealthy outcome. This leads me to our final feature article, which highlights a new method developed by dietitians for addressing nutrition rehabilitation in eating disorders. As SCAN dietitians, not only are we keeping up with the trends, we're making them!

As always, please feel free to reach out to me or any of the section editors if you have comments, concerns, ideas for upcoming issues, or an interest in writing for our publication. We welcome your input and look forward to seeing you at the upcoming SCAN Symposium in May!

And now, it's time to connect...

Rebecca Rivera Torres, MS, RD



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Want to write for our newsletter? Have thoughts on something you read? Or, maybe you just have a great topic for an article you'd like to see covered? Connect with one of the Sports Dietetics-USA, Wellness/CV, or DEED subunit section editors above today!

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Are you reaping all the benefits of your SCAN membership?

We have myriad resources available, including ready-made fact sheets to use with your patients; *PULSE*, our peer-reviewed publication; and continuing professional education (CPE) via *PULSE*, webinars, sessions at FNCE, and Symposium. Go one step further and join our complimentary subunits to get more in-depth topic information and networking by accessing your My Profile area on SCAN's website, scrolling down to Membership Details, and checking the boxes for any (or all!) of the subunits that interest you. And, what better way to network and discuss nutrition advances and best practices with other RDNs like yourself than to converse directly via our **electronic mailing lists (EMLs)**? Don't forget, we're social too! Like us on **Facebook** and follow SCANdpg on **Twitter**, **Instagram**, **LinkedIn**, and **Pinterest**. So, what are you waiting for? Be in the know and make your SCAN connections today!

Follow SCAN



Real-world Athletic Injury Nutrition

By Yasi Ansari, MS, RDN, CSSD

Nutrition plays a vital role in injury prevention and recovery. A variety of trends are taking place to help athletes meet their goals. We caught up with a few sports dietitians to discuss which trends they are following for decreased injury risk and optimal recovery from injury.

Pratik Patel, Director of Performance Nutrition with the New York Giants, told us one of his favorite pre-training regimens includes vitamin C and gelatin. As research suggests, adding gelatin to an intermittent exercise regimen helps improve collagen synthesis, which plays a role in injury prevention and repair of tissues.¹ He blends orange juice with gelatin and provides it to his athletes each day. He also adds antioxidant-rich turmeric—to smoothies, shakes, and snacks—and garlic—to meals—for athletes on a daily basis. Patel encourages the addition of omega-3s and dietary nitrates (eg, beets and spinach) and emphasizes protein intake before bed, as research suggests protein ingestion before sleep increases whole-body protein synthesis rates during post-exercise overnight recovery.²

Kylene Bogden, a functional sports dietitian who works with the Cleveland Clinic, stresses to her athletes the importance of whole foods for recovery. She first encourages “fermented foods as often as possible” for gut health.³ To help athletes meet this goal, she provides them with examples, such as consuming one-quarter cup of kimchi or sauerkraut or 6 to 8 ounces of low-sugar Kombucha daily. She also adds spices to recovery shakes and makes her own homemade turmeric shots. One way Bogden says she gets athletes on board with her homemade juices is, “I physically walk up to each individual athlete, hand it to them, and as they drink it, explain why it is beneficial. I then make signage for that spice or ingredient to leave up in the locker room for a few weeks.”

Bob Calvin, a sports dietitian at EXOS, shared with us his game plan for injured athletes. He discussed that their team “will work on simple habits and build until they come up with the most consistent and comprehensive plan that athletes are able to operationalize.” A few of his musts for recovery from injury include, “staying hydrated, prioritizing protein, upping the color quotient [highlighting green leafy veggies, pineapples, papayas, and tart cherries], cutting back on carbohydrate intake [adjusting intake depending on injury status and amount of activity], spicing it up [incorporating more spices],



protecting the digestion system [with yogurt and fermented foods], and supplementing wisely [with the use of multivitamins, a variety of amino acids, and antioxidants].

While there are a variety of recovery cocktails out there, it is important to choose the ones that best fit your athletes' needs, availability, and budget. Some teams might create individualized smoothies, while some might only have access to chocolate milk. Remember that common practices as simple as consistent protein intake and eating a lot of fruits and vegetables are great ways to help athletes prevent and recover from injuries.

AUTHOR'S BYLINE

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WHILE THERE ARE A VARIETY OF RECOVERY COCKTAILS OUT THERE, IT IS IMPORTANT TO CHOOSE THE ONES THAT BEST FIT YOUR ATHLETES' NEEDS, AVAILABILITY, AND BUDGET.

The Continuing Trend of Vegetarian Diets

By Linzy Ziegelbaum, MS, RD, CDN, and
Rebecca Rivera Torres, MS, RD

In 2017, the cinematic documentary, “What the Health,” seemed to reinvigorate the plant-based eating trend in the mainstream. For many people, this film, along with its many similar counterparts that have graced the big and small screens over the last decade, provided enough “things that make you go hmm” to ignite an increase in interest in this way of eating. In fact, International Food and Restaurant Consultants Baum and Whiteman predict plant-based dining will be 2018’s trend of the year.¹ While this article isn’t an attempt to discuss the merits of the newest, or any other for that matter, controversial health and food commentary, it is meant to be a reminder of the science that dietitians, as the nutrition experts, need to keep in mind when (not if) a client shows up declaring, “I want meatless Monday every day!”

The Academy of Nutrition and Dietetics 2016 position paper states that when planned correctly, both vegetarian and vegan diets are nutritionally adequate and are appropriate for all stages of the life cycle.² These diets have been shown to provide health benefits, prevent some diseases, and be environmentally sustainable. The term vegetarian has multiple subsets: lacto-ovo vegetarian includes eggs and dairy products; lacto-vegetarian includes dairy but no eggs; ovo-vegetarian includes eggs but no dairy; and vegan does not include dairy or eggs, and often excludes honey. Results of a 2016 national Harris Poll commissioned by the Vegetarian Resource Group showed that 3.3% of the population, or about 8 million adults, are vegetarian.³ This same poll also showed that 37% of the adult US population eat vegetarian at least some of the time when dining out. Fast forward merely a year, and we see that 6% of US consumers now consider themselves fully vegan.⁴

The 2015-2020 Dietary Guidelines for Americans include a healthy vegetarian eating pattern that reflects the dietary preferences of vegetarians that was not previously included in the 2010 guidelines.⁵ Nutrients of concern for vegetarian diets typically include protein, calcium, vitamins D and B12, iron, zinc, iodine, and omega-3 fatty acids. Dietitians can help clients plan nutritious vegetarian diets by helping them navigate the available food options and incorporate more variety in their diets.

Vegetarian diets that include adequate legumes, nuts, soy products, and whole grains will likely provide adequate protein in the diet.^{2,5} However, the increased intake of phytate-containing legumes and whole grains often seen in vegetarian diets can lead to lower absorption of both iron and zinc, thus suggesting an increased need for these nutrients, whether by natural food, fortified food, or supplements, in this population.⁶ Similarly, many plant-based foods either vary in iodine content, depending

on the content in the soil used to grow them, or contain goitrogens that interfere with iodine uptake in the body. Iodized salt and iodine supplementation can help balance the needs of this population. Calcium and vitamin D are additional nutrients that may have to be addressed using fortified foods or supplements, especially for the vegetarian subsets who don’t consume dairy and the vegan population.² While calcium is commonly found in leafy greens, similar to iron and zinc, the specific food composition can inhibit its uptake.

Vitamin B12 is primarily found in animal-based foods, causing it to be a nutrient of concern for vegetarians.⁷ While milk and eggs contribute some B12 for lacto-ovo vegetarians, research has shown that relying on dairy milk, milk products, and eggs alone for B12 intake is not enough due to the losses during cooking and absorption rates. Likewise, the Academy of Nutrition and Dietetics position paper on vegetarian diets states, “Fermented foods (such as tempeh), nori, spirulina, cholera algae, and unfortified nutritional yeast cannot be relied on as adequate or practical sources of B12.”² Therefore, it is important that dietitians assess their patient’s intake and recommend additional fortified foods including, for example, fortified cereals, soymilk, and nutritional yeast, as well as supplements as needed.

Very little omega-3 fatty acids can be made in the body; therefore, they must be consumed through food. While alpha linoleic acid (ALA) is found in plant products, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) mainly occur in fatty fish and other seafood.⁸ While seaweed and microalgae do contain small amounts of EPA and DHA, the levels are too minimal to consider them adequate standalone vegetarian food sources. However, some foods are now fortified with EPA and DHA from marine or algal sources to help vegetarians meet their needs. Similarly, since some ALA is converted to EPA and DHA, it is also important for vegetarians to focus on consuming adequate ALA through ground flax seeds, chia seeds, hemp seeds, walnuts, and canola oil.

Recent research has further confirmed the health benefits of vegetarian and plant-based diets, from improvement in cardiovascular health to decreased obesity and diabetes.^{1,9-14} However, it is worth pointing out that the health benefits of these diets are only seen when the diets are high-quality, “healthy” diets, and the reverse impact on health is seen if they are unhealthy.^{11,15} This is further evidence of the impact dietitians can have when helping clients adopt vegetarian eating practices. Keeping the aforementioned nutrient needs in mind and incorporating more variety into a client’s diet—get them thinking less refined pasta and bread and more ancient grains (a health trend in its own right) like quinoa, fonio, spelt, teff, and millet—and the meatless switch just might be beneficial and long term.

ARTICLE CONTINUED ON NEXT PAGE ➞

The Continuing Trend of Vegetarian Diets (continued)

AUTHOR'S BYLINE

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The Plate-by-Plate Approach:

a new method for nutritional rehabilitation in eating disorders

by Wendy Sterling, MS, RD, CSSD, and Casey Crosbie, RD, CSSD

Ask any doctor, psychiatrist, therapist, or dietitian, “What is the most effective method used to refeed a child with an eating disorder?” and the answers will vary widely. As registered dietitians with nearly 30 years of combined experience treating eating disorders (EDs), we developed the “Plate-by-Plate” approach as a way to address and treat EDs. It is a step-by-step guide for parents who are using family-based treatment (FBT), the most researched and effective method for ED treatment to date.¹ Parents are empowered to take over their child’s nutrition entirely—meal preparation, grocery shopping, and all choices regarding food planning—in the face of their child’s inability to do so, “for now.” This approach helps parents navigate the high-calorie demands of weight restoration, while helping them get their children comfortable eating foods they used to love. They learn what meals should look like; how to determine the ratio of nutrients; how to increase volume as treatment continues; and how to help reduce their child’s obsessiveness around food, all while using only a plate. The dietitian works with the parents, not the child, and teaches flexibility where there is no one “right” way.

Implementing the approach

The Plate-by-Plate approach is built on 3 key aspects:

- 1) Parents are put in charge of all aspects of food.
- 2) Parents use only a plate to determine how much to feed their child.
- 3) There is an emphasis on variety and exposure to all foods.

No measuring or counting calories is involved. This helps kids become less obsessive and rigid, as well as more flexible, eventually assisting in a

seamless transition back to healthy eating.

Often kids with EDs need to work on eating fewer fruits and vegetables, which contribute to gassiness and bloating without adding caloric density; reducing protein, which causes fullness, making consumption of other meals difficult; and increasing intake of starches, fats, and dairy. As mentioned, unlike other methods used in ED treatment, the Plate-by-Plate approach does not rely on exchanges, calorie-counting, measuring, or food labels, as this can increase obsessiveness around food and place an extra burden on parents. Instead, this approach is based on a recommended plate set up of 50% grains/starches, 25% protein, and 25% vegetables/fruits, with dairy and fats at each meal. The percentages can be adjusted based on individual nutrition goals. See the sidebar for a summary of the steps necessary to implement the Plate-by-Plate approach.

Variety and exposure

Often kids with EDs end up being comfortable with only a small selection of foods, typically those they perceive as “safe,” “good,” or “easy.” Encouraging them to, instead, choose a variety of foods helps to excavate remnants of ED thinking, while shaping them into a confident and fearless eater. On the other hand, children with EDs are also likely to have become fearful and avoidant of the foods that used to be their favorites. Parents working with the Plate-by-Plate method are taught to address these concerns using “exposure therapy.” Exposure works by having a person confront something that creates anxiety and allowing them, through repeated exposures, to “habituate” to it. Repeated exposure to a scary/avoided food teaches the child to become desensitized to it over time. Parents are asked to come up with lists of foods to target during this process and to serve those foods repeatedly, under different circumstances each time.

Assessing compliance

To assess how a client is doing, the dietitian can link with a client or parent via a food logging app called Recovery Record. Recovery Record was designed specifically for ED

treatment and allows the user to log their food intake, along with photos, thoughts, and urges. The dietitian can review the logs and coach the client and parent between sessions on how to make improvements.

Summary

The Plate-by-Plate approach is a simple strategy to help with the nutritional rehabilitation of children and adolescents struggling with EDs. This approach can help them meet medical goals—such as restoration of weight, resumption of menses, normalization of heart rate and blood pressure—while simultaneously working toward normalized eating. Parents play a key role in this approach, leading their child through nutritional rehabilitation and, eventually, helping them transition to eating independently.

AUTHOR'S BYLINE

Wendy Sterling, MS, RD, CSSD, and Casey Crosbie, RD, CSSD, reside in the Bay Area of California. They are co-authors of “How to Nourish Your Child Through an Eating Disorder: a Simple, Plate-by-Plate Approach to Rebuilding a Healthy Relationship with Food,” forthcoming from *The Experiment* in Spring 2018. The book is currently available for preorder on Amazon.

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Outline of the Plate-by-Plate Approach to Treating Eating Disorders

STEP 1:

CHOOSE A 10"-SIZED PLATE

STEP 2:

PLATE ALL FOOD GROUPS and IN THE RIGHT RATIOS

STEP 3:

THE PLATE SHOULD BE 100% FULL

STEP 4:

3 MEALS + 2-3 SNACKS EACH DAY
(snack = 2-3 food groups at one time)

STEP 5:

INCLUDE VARIETY

STEP 6:

THE FINAL REVIEW: HOW DOES THE PLATE LOOK?

Spotlight on Symposium

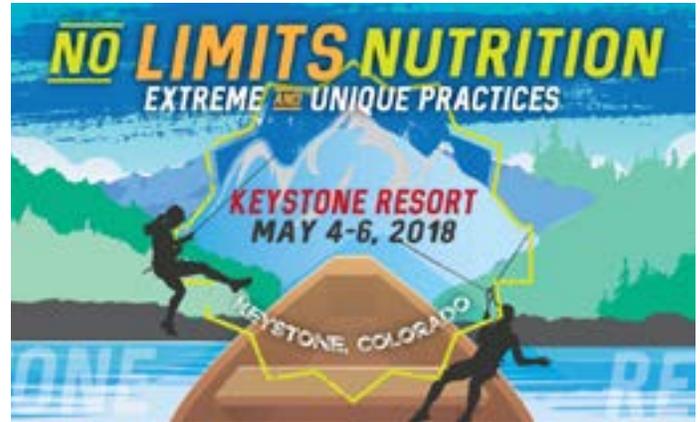
SCAN Connection Editorial Team

With the 34th Annual SCAN Symposium only a few months away, we decided to catch up with Symposium Chair, Stella Volpe, PhD, RD, LDN, FACSM, to find out more about this exciting upcoming event.

For those of you who've never been to Symposium, it's time to jump aboard! This conference brings professionals and students from all areas of SCAN together for 3 days that are jam-packed full of learning, networking, and fun! There is opportunity to gain continuing education credits, as your fellow SCAN members and other experts will present on a wide array of material significant to our field, and poster sessions will highlight research being performed by current and future nutrition professionals. Additionally, there is an exhibit hall that offers opportunities to interact with SCAN members and nutrition vendors showcasing their latest offerings.

For a new twist, Stella told us, this year there will be a slightly different format to the conference programming. "We have set up the schedule to have presentations in the morning and the afternoon, with longer breaks in the middle of the day." This will allow the option for attendees to "take activity breaks, shopping breaks, or participate in workshops," she explained. For those who choose, there will be 2 workshops that will take place during these midday breaks: "No Kitchen? No Problem! Planning and Preparing Foods for Outdoor Adventures" and "Food on the Go; Any Court, Pool, Field, Slope, Rink, Road, Trail." She also reminded us that the backdrop for Symposium this year is "beautiful Keystone, Colorado," so there is plenty to explore. SCAN-led activities will include options for hiking, long runs, yoga, bike rentals, and more.

THIS YEAR THERE WILL BE A SLIGHTLY DIFFERENT FORMAT TO THE CONFERENCE PROGRAMMING. "WE HAVE SET UP THE SCHEDULE TO HAVE PRESENTATIONS IN THE MORNING AND THE AFTERNOON, WITH LONGER BREAKS IN THE MIDDLE OF THE DAY."



Whatever you choose to do, just make sure you seize the opportunity to soak in all the knowledge you can, catch up with your colleagues, and make new connections. You never know where these relationships will lead you. Take Stella for example. At last year's Symposium, she won the 2017 SCAN Distinguished Scholar Award, and this year she's chairing Symposium after a suggestion from her friend and fellow SCAN member Enette Larson-Meyer, PhD, RD, CSSD, to get more involved.

The SCAN Connection Editorial Team



For more information on registering for, exhibiting at, or sponsoring this year's Symposium, No Limits Nutrition: Extreme and Unique Practices, visit <https://www.scandpg.org/symposium2018/>.

We look forward to seeing you May 4 to 6 in Colorado!

Resources and Events

Events to Connect With Colleagues and Learn

Ongoing/On-Demand Events

SCAN offers on-demand webinars

For information: <https://www.scandpg.org/cpe/>

CDR offers online continuing education modules in various areas and ongoing opportunities to become board certified in sports dietetics (next exam window - July 9-27, 2018).

For information:

<https://www.cdrnet.org/products/assess-learn-online-continuing-education-modules> and <https://www.cdrnet.org/certifications/board-certification-as-a-specialist-in-sports-dietetics>

IAEDP offers on-demand webinars

For information: <http://www.iaedp.com/webinars-schedule/>

Eating Recovery Center offers on-demand webinars

For information: <http://www.eatingrecoverycenter.com/professionals/on-demand-professional-development>

Renfrew Center offers ongoing, in-person conferences

For information: <http://renfrewcenter.com/events>

Conferences

April 5-8, 2018

ACSM's Health & Fitness Summit & Exposition, San Diego, CA.

For information: www.acssummit.org

April 19-21, 2018

International Conference on Eating Disorders, Chicago, IL.

For information: <https://www.aedweb.org/aed-events/iced>

May 4-6, 2018

34th Annual SCAN Symposium, No Limits Nutrition: Extreme & Unique Practices, Keystone, CO.

For information: <https://www.scandpg.org/symposium2018/>

May 22-24, 2018

Collegiate and Professional Sports Dietitians Association (CPSDA) Annual Conference, Indianapolis, IN.

For more information: http://www.sportsrd.org/?page_id=1808

May 30-June 3, 2018

American College of Sports Medicine (ACSM) Annual Meeting, Minneapolis, MN.

For information: www.acsmannualmeeting.org

June 9-12, 2018

American Society for Nutrition's Nutrition 2018, Boston, MA.

For information: <https://meeting.nutrition.org>

June 18-20, 2018

National Wellness Conference, St. Paul, MN.

For information: [National Wellness Institute, www.nationalwellness.org](http://www.nationalwellness.org)

July 9-27, 2018

CDR Board Certified Specialist in Sports Dietetics examination (at various U.S. sites). Postmark deadlines for applications are April 20-May 31, 2017 (application fee rises with later postmark).

For information: [Commission on Dietetic Registration: www.cdrnet.org](http://www.cdrnet.org)

Resources to Connect With Your Patients

- **American Association of Diabetes Educators** (www.diabeteseducator.org)

AADE's patient resources include a diabetes goal tracker app, tip sheets and handouts, and a listing of diabetes self-management education sites that are searchable by state.

- **American Heart Association/American Stroke Association** (www.heart.org)

AHA and American College of Cardiology recently released new blood pressure (BP) guidelines. Hypertension is now classified as systolic BP 130 mm Hg or higher—or diastolic BP 80 mm Hg or higher. For details, see <http://professional.heart.org/hypertension>

Refer stroke patients to the “Patient Guide to Making Rehab Decisions” and “Patient Quick Sheet to Rehab Planning” at http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/Recovery-Resource-Page-for-Patients_UCM_496025_Article.jsp

Several of AHA's infographics focus on sodium including myths and facts and dietary sources. See <https://sodiumbreakup.heart.org/infographics>.

- **Centers for Disease Control and Prevention** (www.cdc.gov)

CDC's Heart Age Predictor, adapted from the Framingham Study Heart Age Calculator, is available at <https://www.cdc.gov/vitalsigns/cardiovascular-disease/heartage.html>

- **Clinical Lipidology Resource Center** (<http://nlaresourcecenter.lipidjournal.com/Home/Triglycerides>)

Sponsored by the National Lipid Association and the *Journal of Clinical Lipidology*, this website features triglyceride and HDL resources for health professionals plus an infographic and tear sheets on triglycerides for patients.

- **Learn Your Lipids** (www.learnyourlipids.com)

Learn Your Lipids, a foundation of the National Lipid Association, can help patients find a lipid specialist. From the home page, click on Find a Lipid Specialist, and search by city, state, certification, or provider name.

- **National Stroke Association** (www.stroke.org)

NSA offers several resources to raise stroke awareness such as e-cards, stroke images, and social media posts. Select Promotional Tools at <http://www.stroke.org/stroke-resources/raise-awareness-stroke/stroke-awareness-resource-center>.

- **Produce for Better Health Foundation** (<http://pbhfoundation.org>)

Produce for Better Health Foundation offers free downloadable nutrition education resources including recipe cards, brochures, tools for managing diabetes, and activity books for children. Click on https://pbhfoundation.org/pub_sec/edu/nut_cat/

- **Training & Conditioning** (www.athleticsearch.com)

Training & Conditioning is a publication for professionals involved in the training, conditioning, rehab, and care of competitive athletes, and sports dietitians are frequent authors of T&C articles. Sign up for a FREE subscription at www.athleticsearch.com/subscribe2.html.