



The Newsletter of
the Chicago Dietetic
Association



Nutrition In Chicago

CDA 3910 W Byron St. #1E, Chicago, IL 60618-4039

November 2007

From the Editors

The editors of NIC encourage your contribution of information or writing for future editions of NIC. Please see our contact info on the back page of this newsletter. Have a healthy and happy holiday season!

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What the Nutrition Professional Needs to Know about Alli

Jennifer Wagner, MS, RD, LDN, CNSD

The first and only over-the-counter (OTC) weight-loss product, alli (pronounced al-eye), hit the store shelves this past summer with a lot of hype. Consumers were ecstatic about being able to buy it without a prescription and jump-start their weight loss. Concerns probably crossed many nutrition professionals' minds as this product was launched. Would consumers use alli appropriately? What should I tell my clients if they ask my opinion about alli?

What is alli?

The Food and Drug Administration approved orlistat as the first OTC weight-loss aid for overweight adults. Since 1999, orlistat has been sold as the prescription medication Xenical, which is dosed in 120 mg capsules. Now it is marketed under the brand name alli in a 60 mg capsule for adults ages 18 and older. The only difference between alli and Xenical is that alli is half the dose of Xenical. In conjunction with a reduced-calorie, low-fat diet, alli claims to help people lose 50% more weight than diet alone.

Dosage

Dosage recommendations for alli are to take one 60 mg capsule with each meal containing fat (or up to one hour after a meal) and to not exceed three capsules daily. A reduced-calorie, low-fat diet and exercise program is suggested to accompany alli as a comprehensive weight loss program until the weight loss goal is

met. Fat grams should not exceed 15 grams per meal and snacks should either be fat-free or very low-fat.

How does alli work?

Weight loss occurs because alli disables the gastric and pancreatic lipases thereby blocking fat absorption and calories. Approximately 25% of ingested fat is not digested. Instead, the fat is eliminated from the body in bowel movements causing some fat malabsorption. To prevent the fat-soluble vitamins from being depleted, a daily multivitamin at bedtime is recommended.

Side Effects and Interactions

Since alli causes some of the ingested fat to be malabsorbed, eating a higher amount of fat (>15 grams per meal) can cause undesirable side effects such as urgent bowel movements, diarrhea, and gas with oily spotting. These side effects can reinforce the need to eat a lower fat diet. Conversely, it may deter those consumers who are less dedicated to changing their eating habits away from alli.

Comprehensive Weight Loss Plan

The focus of alli is a comprehensive weight loss plan that includes diet and exercise changes that complement the weight-loss aid. The educational materials include a Guide to Healthy Eating, Daily Journal, Calorie and Fat Counter, Quick Fact Cards, and free access to an

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Chicago Dietetic Association



How does the Dinner Meeting RSVP work?

The dinner meetings have been more successful than we could have imagined! In order to allow for the best experience for our members, the number of attendees is limited according to the venue capacity. The evite goes out to all current members and RSVPs are accepted in order they are received. Please understand that RSVPs are accepted for the evitee only (please do not RSVP for a colleague). There is a waiting list created in case additional space becomes available due to cancellations. If you should need to cancel, please contact Megan Sliwa at 773-454-3510; if you "no-call, no-show" you will be wait-listed for future meetings. While we are looking for larger venues to accommodate a larger percentage of our members in the future, please respect the system today.

Thank you!

STEPPING UP TO THE PLATE

With the end of baseball season, the CDA year begins. Our organization hopes to serve our members. We want to provide you with what you want and need. However, we need your help as well. In August, I attended an IDA leadership retreat. One of our discussions involved volunteering, creating member value, and engagement. When any of our members volunteer for a committee, it is important that they are recognized and thanked. Our organization would not exist if people did not volunteer for positions and sign up for membership. CDA is all about our volunteers. It is our responsibility to work together and promote the dietetics profession as nutrition experts.

At the retreat, we learned that people choose to engage in activities because they perceive it to be in their best interest to do so. Networking at meetings engages us with other dietitians. It is important to match personal rewards to what results are provided. Some of

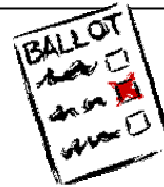


Barbara Fine, RD, LDN
CDA President

our members have specific skills that are useful for certain roles. Others can gain leadership and communication skills from volunteering for a committee and/or holding an elected position. People want to contribute to something greater than what they can accomplish alone, be part of a highly motivated team of committed people, and learn from colleagues they respect.

I started small in my involvement with CDA. First I was involved with different committees, then I was a committee chair, and then I became an elected officer. Through my time with CDA, I have met more interesting dietitians and many that I call my friend. Our personal connections make working together fun. We are a small community of dietitians and it is important that we stick together and help each other grow. If you have any questions or comments, do not hesitate to email me at barbwfine@yahoo.com.

Nominations Requested!



CDA is currently soliciting nominations for the offices of President-elect, Secretary, Treasurer-elect, and Nominating Committee. Below are recommendations for each of the offices:

President-elect

- A minimum of three years experience as a CDA chair or committee member
- Excellent written and verbal communication skills
- Experience in developing long and short-range strategic goals and business plans

Secretary

- Chair or committee member for a minimum of two years
- Demonstrated ability in taking minutes and routing communication through an organization
- Experience in developing long range plans

Treasurer-elect

- Demonstrated experience with fiscal responsibility
- Minimum of two years experience as a CDA chair or committee member
- Experience in developing long and short-range strategic goals and business plans

Nominating Committee

- Minimum of one year experience as a CDA committee member

Please submit your nominations for these offices, or for more information, contact Colleen Lammel-Harmon at colleen.lammel@ChicagoParkDistrict.com, colleen.lammel@sbcglobal.net, or 708-567-5506.

Remember CDA relies on its members' involvement for continued success!

Nutrition in Chicago

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individualized online action plan at <http://www.myalli.com>. There are lessons about meal planning, managing hunger, making food and lifestyle changes, grocery shopping, weight loss tools and access to a message board.

The nutrition educational materials that come with alli were developed by Registered Dietitian, Sylvia Klinger. Sylvia is a Chicago-area based dietitian and founder of Hispanic Food Communications. She is also the spokesperson for alli. She developed all of the alli menus and wrote many of the alli website articles. She currently assists with consumer communications, and is one of the alli message board moderators along with two pharmacists, two other RDs, and two exercise physiologists. One of the most exciting parts of the job to Sylvia is that she is able to “reach out to millions of people” via the message boards to promote lifestyle changes. She literally answers thousands of questions, but also encourages alli consumers to follow-up with dietitians in their areas for further weight loss counseling. She links them to the Find a Nutrition Professional on the American Dietetic Association’s website.

Sylvia has found that the most successful users of alli are those eating a little fat with each meal along with a balance of carbohydrates and protein. She discourages people from eating too few calories and encourages them to follow an appropriate calorie level without skipping meals. “A lot of coaching is needed for these people” reports Klinger and “people are scared of eating any fat.” She says the average weight loss for most people using alli is one to two pounds per week and the average length that most people are on alli is for approximately six months.

The most important facts that Sylvia emphasizes is that the diet and exercise

modifications are lifestyle changes and that they have to maintain these changes for their health. As we all know, weight loss takes time and even with alli, there is no magic weight loss solution.

Who is alli appropriate for?

Weight-loss medications are not appropriate for everyone. People who have had an organ transplant, are taking cyclosporine, are not overweight, or are pregnant or breastfeeding should not take alli. People on thyroid medication or warfarin should talk with their physicians before taking alli as some interactions may occur. Since alli is OTC, most people may not seek out the opinions of a healthcare professional to see if it is right for them. For some, alli may be a jump-start to their weight loss endeavors whereas for others it may not fit into their lifestyles. As nutrition professionals, however, we must provide people with the facts and emphasize that alli is designed for those who can make long-term lifestyle changes and follow a reduced-calorie, low-fat meal plan. It is also essential to recommend alli users to follow-up with a dietitian for individualized nutrition education and dietary modifications. Educational resources for healthcare professionals are available on alli’s website at <http://www.allihcp.com>. There you can find patient assessment guidelines, a quiz, and a dietitian-specific online area along with online dietitian support.

References:

Alli Key Facts. Alli for Healthcare Professionals. Available at: <http://www.allihcp.com>. Accessed October 13, 2007.

Congratulations to CDA’s RYDys

Congratulations to Colleen Lammel-Harmon and Holly Maloney on receiving the Recognized Young Dietitian of the Year award from the American Dietetic Association! Members eligible to receive this honor are 35 years of age or younger and demonstrate leadership qualities and performance in legislation, research, public relations, education, community outreach, management, and other areas related to the profession. Their contributions on the job and in the community merit this recognition.



THANK YOU FOR YOUR SUPPORT!

The members and officers of the Chicago Dietetic Association want to thank our sponsors for their support. The following companies have given funds this year that have reduced the cost of our dinner meeting format, allowing CDA to cover the rest with budgeted funds: **Abbott Nutrition, Nestle Nutrition, Optioncare, University of Chicago Celiac Program, Bards Beer, Enjoy Life Foods, Soy Joy, Larabar, Organic Valley, and ARAMARK.**

Quick Bites



A Nurturing Relationship: Mothers as Eating Role Models for Their Daughters

In a survey of 1000 teens from Teen People magazine, 39% of teens admitted to worrying about their weight. Mothers can play a key role in helping their daughters establish healthy eating without dieting and love their bodies. How do they do this? Mothers *must* love and appreciate their own bodies, model healthy eating behaviors, have family meals, and stay physically active. This article is a must read for dietitians and mothers alike. As dietitians, it is our responsibility to educate moms on the impact they have in shaping their daughters' self image and relationship with food.

Today's Dietitian
September 2007, pp
62-68

From Your ADA Delegate

Diane Sowa, MBA, RD, LDN

Have you wondered what dietetics practice will look like in 2017? Are you prepared to meet the challenges and seize the opportunities presented to you in the next 10 years? The ADA staff and HOD members working with the Leading Futurists, LLC staff in Washington DC have compiled a report that visions the environment that practitioners may be working in by 2017. The environmental scan identified 11 themes that may change our practice. I would like to share some of these themes with you.

Aging- The US population is getting older. By 2014, 70 million Americans will be between 50-68 years old. The aging population will have significant health needs creating a huge impact on the US economy. Baby boomers, in their quest to stay young, will demand a more active healthy lifestyle and pursue healthful spa-style living, functional foods and complementary medicine services to stay healthy. Yet, we may see an older work force as some baby boomers decide to stay in the work force longer. Many practice opportunities will become available to dietitians as the demand for health care services and nutrition products explodes.

Fast – Food, Eat-and-Run Society with Busy Lifestyles-The increased use of convenience foods and more frequent eating out at a wide variety of American and ethnic fast foods establishments and restaurants will have a huge impact on the nutritional status of Americans. Dietetic professionals will be challenged to become advocates for good nutrition, putting pressure on the food producers to offer healthier foods and becoming knowledgeable in ethnic foods. Dietitians will need to use creative approaches to educate and motivate consumers to make healthy food choices.

Obesity- The NHANES data estimates 66% of US adults are either overweight or obese. Chronic diseases associated with obesity are increasing. The CDC estimates 21 million, ~7%, of Americans are diabetics. If something is not done, 48 million people in the US will

be diabetic by 2050; globally 350 million people by 2025. Preventive care is critical in lowering the incidence of both obesity and diabetes; a huge education and behavioral challenge to all health professionals.

Global Explosion in Communication-The world is connected. Our increasing utilization of technology, growing dependency on the internet and more powerful and intelligent systems on the web have aided people in finding information and making more informed decisions. Dietitians are beginning to utilize technological devices and software products to interact with their clients, using web cams for MNT; pod casts to provide nutrition information; eblast motivational newsletters, etc.

Science and Technology's Revolution-How many chronic diseases are the result of multiple gene interactions? What is the environment's impact on gene expression? What are you going to tell your clients about gene testing? Nutrigenomics is in its infancy stage, but scientists are beginning to unravel the complex interactions between genes, the environment and the causes of certain diseases in people. Medical nutrition therapy in the future may be individualized and tailored to the gene make-up of the client. Are you prepared to answer your clients' questions on nutrigenomics?

This is just a short overview of trends that are occurring that will shape future dietetic practice. The scan appeared in the back of the July issue of your journal. *The Profession of Dietetics at a Critical Juncture: The 2006 Environmental Scan for the American Dietetic Association*. S39-S57. Put this on your must read list!

Respectfully,
Diane Sowa, MBA, RD, LDN
IDA Delegate

Nutrition in Chicago

Dietitians Descend Upon D.C.

Jamie Sutton, MS, RD, LDN, 2007 CDA Legislative Chair

In my position as the Director of the Coordinated and Didactic Dietetics Programs at UIC, I often tell prospective students that dietitians are increasing their earning potential. I explain that one factor in this gradual upsurge in pay is the expansion in Medicare and, inevitably, insurance company coverage of the services we provide. Until last fall, I had never considered how RDs were gaining ground in this area. That is when the opportunity to attend the ADA's Public Policy Workshop (PPW) arose. I was encouraged by fellow CDA members to apply for one of CDA's annual scholarships to attend the PPW. I applied and was happily offered the opportunity to attend.

After attending a first-timers meeting where we learned about the hard work ADA's DC office is doing to support nutrition-related bills, we began a two day journey into the minutiae of nutrition, politics, lobbying, and specific bills currently affecting our field. Two of those bills included appeals for an overall increase in Medicare's Medical Nutrition Therapy (MNT) coverage and to add pre-diabetes to the MNT coverage under Medicare. I finally realized that this was how dietitians would earn the insurance coverage they and their patients deserved. There were also several other nutrition-related bills up for consideration, including the 2007 Farm Bill. After learning the specific goals of these bills and why ADA wanted to strongly support them, our goal was to act as grassroots ambassadors for our field by meeting with various officials to assert our cause.

Armed with our new knowledge of the political process and the desire to influence key food, nutrition and health initiatives we arrived on Capitol Hill to

gain support for our goals. The Hill did not disappoint that day. For those of us who had never been to DC before, simply entering the Dirksen Federal Building gave us butterflies in our stomachs. After a briefing with all PPW attendees, the Illinois delegate broke off into groups of twos or threes and met with senators and representatives from throughout our state. We discovered that the majority of legislators were very supportive of our efforts. We had lengthy discussions on the various hats dietitians wear, as well as gave personal nutritional advice for some of the aides. We left feeling that we had made an impact. A fact confirmed by subsequent letters and emails.

The challenge is to ensure that our voices continue to be heard, as there are many other factions competing for that budgetary money, and we want to be sure that the funds go toward a worthy cause. I urge each of you to attend the PPW at some point in your career. It will give you a broader understanding of and appreciation for our field. You are encouraged to apply for one of CDA's annual scholarships. I also ask that you sign up for On the Pulse, a weekly email briefing on the latest politics impacting dietitians, at the following web address: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_947_ENU_HTML.htm. And finally, know who your representative is and make sure that he or she knows who you are. Write letters asking for support of specific bills, attend town hall meetings, and simply ensure that he or she knows who to turn to for nutritional advice—you, the food and nutrition expert!

If you are interested in receiving a scholarship to attend the ADA Public Policy Workshop from February 4-6, 2008 please contact Jamie Sutton at jsutto4@uic.edu for an application.



Effects of Lifestyle Intervention on Health Care Costs: Improving Control with Activity and Nutrition

This study evaluated health care costs in an obese population with type 2 diabetes. The control group received only written education materials whereas the intervention group utilized a registered dietitian as a case manager for 147 participants. The study found that dietitian-led lifestyle interventions did not increase health care cost. Conversely, mean total health plan costs were \$3,586 lower compared to usual care. Although this study was small, this is a great start in showing the cost benefit of incorporating registered dietitians as an integral component of medical care.

Journal of the American Dietetic Association
August 2007, pp 1365-1373

Quick Bites



Tea Drinking is Associated with Bone Density Benefits in Older Women

Fifteen hundred women aged 70-85 years old were randomly selected for this 5 year prospective trial which evaluated the effects of tea consumption on areal bone mineral density (aBMD) - an independent predictor for hip fractures related to osteoporosis. The results of the cross-sectional analysis found that total hip aBMD was 2.8% higher in tea drinkers compared to non-tea drinkers. The prospective study found that tea drinkers lost only 1.6% of their total hip aBMD compared to 4.0% in non-tea drinkers. This finding sheds more light into the benefits of drinking tea.

American Journal of Clinical Nutrition Vol 86, pp 1243-1247, (2007)

Holiday Recipes!

Sweet Pumpkin Dip



Ingredients:
 2 pkgs. (8 oz. each) cream cheese, softened
 1 can (15 oz.) LIBBY'S® 100% Pure Pumpkin
 2 cups sifted powdered sugar
 1 teaspoon ground cinnamon
 1 teaspoon ground ginger

Directions:
 Beat cream cheese and pumpkin in large mixer bowl until smooth. Add sugar, cinnamon and ginger; mix thoroughly. Cover; refrigerate for 1 hour. Serve with fresh fruit, bite-size cinnamon graham crackers, gingersnap cookies, toasted mini-bagels, toast slices, muffins and/or English muffins.

Serves 15.
 Nutrition information per serving: 180 calories, 11 g fat, 35 mg cholesterol

NOTE: For a lower-fat version of this recipe, substitute light cream cheese (Neufchâtel) for cream cheese.

Source:
www.verybestbaking.com

Sweet Potato Puff



Sweet Potato Mixture

3 cups fresh (cooked) sweet potatoes
 4 egg whites
 ¼ cup sugar
 1 tsp. vanilla
 2 Tbsp. flour

Topping

3 Tbsp. flour
 ½ cup brown sugar
 2 Tbsp. butter
 ½ cup chopped pecans

Preheat oven to 350°F. Apply vegetable oil cooking spray to 1 ½ quart casserole dish. Using a food processor or mixer, smooth together all sweet potato mixture ingredients and pour into dish. To make topping, crumble flour, brown sugar, and butter in small bowl; stir in pecans. Sprinkle over sweet potato mixture. Bake for 30 minutes until golden brown.

Serves 10.
 Nutrition information per serving: 196 calories, 6.4 g fat, 6 mg cholesterol

Source: Shape magazine November 1992

Sweet Potato and Squash Bake



Ingredients:
 Cooking spray
 ½ pound sweet potatoes, peeled and cut into 1-inch cubes
 2 pound acorn squash, peeled and cut into 1-inch cubes
 2 tsp canola oil
 1 Tbsp unpacked brown sugar
 ½ tsp ground cinnamon
 ¼ tsp ground nutmeg

Instructions:
 Preheat oven to 375°F. Coat an 8-inch square pan with cooking spray.

Place sweet potatoes and squash in prepared pan. Drizzle with oil and sprinkle with sugar, cinnamon and nutmeg; toss to coat mixture well.

Bake, covered with aluminum foil, for 35 minutes, stirring occasionally.

Serves 6 half cup servings.

Source:
www.weightwatchers.com

Nutrition in Chicago

New Products to Check Out!



Garden Harvest Toasted Chips are “crispy, crunchy chips baked with 100% whole grain and a 1/2 serving real fruit or vegetables per ounce of chips” according to www.gardenharvest.com.

Flavors include Vegetable Medley, Tomato Basil, Banana, and Apple Cinnamon. A one ounce serving provides 120 calories, 3.5 grams fat, 3 grams of fiber, and 17 grams of whole grains. Obviously better than a potato chip but not as good as a vegetable.



Progresso Light® Soups are the only soups with a zero POINTS® value per serving with the endorsement of Weight Watchers® per www.progressosoup.com. Each serving has ~4 grams of fiber, a full serving of vegetables, and 60 calories. The five flavors include Italian-Style Vegetable, Vegetable & Noodle, Home-Style Vegetable and Rice, Savory Vegetable Barley, and Southwestern-Style Vegetable.



New Quaker Simple Harvest™ Instant Multigrain Hot Cereal is made from only natural

ingredients like whole oats, whole wheat, barley, and real fruit and nuts. The three varieties are maple brown sugar with pecans, apples with cinnamon, and vanilla, almond, and honey. Each packet contains 150 to 160 calories and 4 grams of fiber. For more product information visit www.quakersimpleharvest.com/index.cfm.



Kashi has done it again! Introducing 3 varieties of all natural frozen pizzas: Mediterranean, Roasted Garlic Chicken, and Five Cheese Tomato. Each features a stone-fired crust made with Kashi's signature 7 whole grains and flax seed. Each serving provides 4 g fiber, 14 g protein, and 260 mg omega 3's. Now that's amore!

Useful Websites



Who doesn't like free? Especially during the holiday season. Check out these websites for free samples of healthy food products for you, your family, and your patients!

www.dietitiancenter.com – free samples of Mrs. Dash, Molly McButter and Sugar Twin.

www.bellinstitute.com – sponsored by General Mills. Free reproducible handouts are always available and occasionally you can get free samples of Fiber One cereal too!

www.kraftfoods.com – sign up to receive a free subscription to Food and Family Magazine.

Call For Award Applications

The Chicago Dietetic Association recognizes the accomplishments and leadership of its members through the ADA awards program. You are encouraged to nominate a colleague or yourself for an award!

The following are the ADA awards that CDA members can receive:

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

The Chicago Dietetic Association will nominate the awardees to the Illinois Dietetic Association for recognition at the state level.

If you would like an application please contact Ann Engles at aengles@earthlink.net. Or applications can be found at <http://www.eatrightillinois.org/Members/awards.asp#1>. Please forward all completed applications to Ann Engles at the above email address.

**Deadline for
submissions for
the next NIC is
2/1/08**



Chicago Dietetic Association

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Calendar of Events

<p>Wednesday, January 9, 2008 SSDA meeting: A Plate Full FULL Presentation: The Main Course: Finally! A Super Easy, Step-By-Step Guide for Making a Nutrition Diagnosis, Mary Ann Hodorowicz, RD, LDN, MBA, CDE</p>	<p>Wednesday, February 20, 2008 CDA meeting: Meeting the Food and Nutrition Needs of Future Eaters: Taking an Ecological Approach to Food and Health, Angie Tagtow, MS, RD, LD</p>
<p>Wednesday, January 16, 2008 WSDA meeting: Government Affairs, Mary Ann Hodorowicz, RD, LDN, MBA, CDE; School Nutrition: Lead the Way, Julie Moreschi, MS, RD, LDN, Deepa Handu, PhD, RD, LDN, Catherine Arnold, EdD, MS, RD, LDN</p>	<p>Saturday, February 23, 2008 WSDA February Seminar: Focus on Women's Health</p>
<p>February 4-6, 2008 ADA's PUBLIC POLICY WORKSHOP Washington, DC For more info visit http://www.eatright.org and click on conferences and events</p>	<p>Saturday, March 1, 2008 NSDA meeting: The Nutrition Care Process, presenter TBA</p>
<p>Wednesday, February 6, 2008 NSDA meeting: Back to Basics: A Healthy Approach to Common Cooking Techniques, Chef Brad Hirt</p>	<p>March 19-20, 2008 Illinois Dietetic Association Spring Assembly Oak Brook Marriott, Oak Brook, IL http://eatrightillinois.org/ContinuingEd/springassembly.asp</p>
<p>Saturday, February 9, 2008 SSDA meeting: Innovative Concepts in Nutrition, Ingalls Dietetic Interns</p>	<p>Wednesday, April 16, 2008 CDA meeting: Alternative Medicine: A Dietitian's Perspective on Foods that Can Save Your Life, David Grotto, RD, LDN</p>

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The opinions expressed in this publication are not necessarily those of the editors or of CDA. Original manuscripts, comments, suggestions, or personal viewpoints regarding printed material are welcome.

For more information on dietetic district meetings including CDA, NSDA, SSDA, and WSDA visit <http://eatrightillinois.org/Districts/index.asp>.