

## Message from the President



### **Hello Fellow CT AND Members!**

It has been a fantastic year and thanks to Shradha Chaubey for your leadership in the past year! I have thoroughly enjoyed working with our board and its members as President elect and now President! Thanks to our outgoing board and congratulations to all new elected officers. We also welcome our new members! I am grateful to those who have completed the membership survey so we can continue to proactively enhance member engagement and flourish with both networking and educational opportunities. Your voice is important!

I wanted to share a little about me as your president.

Why did I become a registered dietitian nutritionist? As a gymnast in high school, fitness was very important yet I saw family members with many chronic diseases and did not want to follow that path. I enjoyed learning about nutrition as that potential intervention.

I had the fortune of growing up with an Italian father and grandfather who loved to grow vegetables and preserve them for the winter. We had a second home in the Catskill Mountains, referred to as, "The Farm." Four hundred acres of beautiful land with three ponds and a stream. It was there I learned by visiting with local farmers on our road, how they raised dairy cows, fed them from the land, hay I helped bail! I always wondered why the baby calves disappeared however. The Farm was in my family for 59 years with great memories of organic vegetable gardening and where my daughters learned to love these traditions in having their own gardens.

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I earned my college education helping my family prune 40,000 Christmas trees each year in high school, but we left many to grow for the wildlife to enjoy! I received a bachelor of science degree from Syracuse University and master's degree in Nutrition Education and Community Nutrition at New York University. I was honored with the award, Recognized Young Dietitian of the year by the Academy of Nutrition and Dietetics (AND) and Presidential Award Business Women of the Year in 2007.

I have been involved in many AND evidence-based library projects and authored publications for the public and healthcare professionals including to support reimbursement for RDs in medical journals, AND Journal, and a reimbursement manual. Other publications included a training program for helping autistic adults, Eat Fit, Be Fit Health and Weight Management Solutions and chapters on Reflux in an international medical text. As chair of the Academy's Nutrition Payment Services, I shared my expertise in coding by speaking to our affiliates across the country. In 2016-22, I was delegate of the AND Vegetarian Nutrition Dietetic Practice Group, and remain on their speaker's bureau. I am honored to speak to so many affiliates on chronic disease prevention and advancing our food systems in sustainable methods. Over the years, I had the honor of offering plant-based nutrition intervention programs to large companies, the arch dioceses in NY, and even the entire town of Greenwich (teachers, police, highway department, librarians and more)! Currently, in my private practice, I enjoy teaching children and adults to use food and lifestyle as medicine both for prevention and treatment of chronic diseases. I accept most insurance plans.

As your leader, I am seeking the talents of diverse members to strengthen our affiliate and play an active role in shaping our future. If you are just beginning your career in nutrition or a long-time member, I encourage you to volunteer to serve on our board. Everyone has a special talent that can be shared to make our organization the best ever! We need your help to foster the initiatives you feel are important. Personally, volunteering advanced my own career. Please reach out to be part of our team!

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Thank you, Barbara Bush our manager for all you have done for our organization over the years and regret you will be stepping down. As a result, effective August 1, the Executive committee has chosen the national Academy to manage our state. We hope to enhance the value to members with more programs, resources and networking events. Below are a few pictures over the years in my career! We would love to spotlight you too and hope to hear from you and your professional and community activities!

Thanks again for this opportunity to serve!

Respectfully,

Linda Arpino, MA, RDN, CDN, FAND





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## Career Opportunities



**Check out the new job postings for a Supervisor- Site Nutritionist WIC position in Willimantic and for a Clinical Dietitian III – Pediatric GI at Baystate Health.**

at <https://www.eatrightct.org/>

Remember you must be logged into our website to view the job posting.

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## Upcoming Events

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## **Join the Connecticut Academy of Nutrition and Dietetics for a fun day out at the Yard Goats game June 25th at 1 pm.** Friends and

Family encouraged to join! If interested please complete the below form and email to [Jennifer.zarrilli81@gmail.com](mailto:Jennifer.zarrilli81@gmail.com). CT AND will send you an invoice for payment and you will be emailed your tickets. Thank you for support of this fundraising event! **A few Tickets are still available ! Come join the fun!** [49e66712d421/Yard Goats Connecticut Academy of Nutrition and Dietetics Flyer.pdf](https://www.ctand.org/49e66712d421/Yard-Goats-Connecticut-Academy-of-Nutrition-and-Dietetics-Flyer.pdf)

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## **Membership Committee**

Please take a couple minutes to complete our short membership survey so that we can begin planning for events for next year!

Please complete our survey [here](#).

**Lauren Karamavros and Hannah Goodman, Co-Chairs**

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## **Leadership Opportunities**

**We had a successful CT Academy Transition Meeting for the new Board of the CT Academy in Waterbury at St. Mary's Hospital.**

Most board positions are full but there is always room to add new members to various board committees. If you would like to get involved. Contact [info@eatrightct.org](mailto:info@eatrightct.org)

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## Public Policy Updates



### **Public Policy Call to Action**

Do you want to increase access to Medical Nutrition Therapy? Do you want improvements in reimbursement? Do you support policies which address food insecurity and health disparities? Join

the Public Policy Committee which meets once a month over Zoom. Contact [KerryCoughlin@gmail.com](mailto:KerryCoughlin@gmail.com).

### **School Meals 4 All CT**

CAND is a member of the coalition advocating for no-cost nutritious school meals for all Connecticut students. The recently passed Connecticut budget allocates \$16 million for school meals. While this represents progress, we will continue to

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work until we achieve universal school meals. See the statement below from Lucy Nolan, leader of the School Meals 4 All CT coalition.



@schoolmeals4allct | schoolmeals4allct.org



## State Legislative Update

The state legislative session has ended. This was an incredibly active season, and CAND advocated for several bills including school meals as noted above. Here are two more wins for food and nutrition:

- Although the bill to establish the Office of the Food Access Advocate did not pass, the state budget includes provisions for a Food and Nutrition Policy Analyst to create systems to connect organizations addressing food security across the state. The budget also provides tax incentives for grocery stores which open in food deserts.
- The CT Grown for CT Kids program was expanded to provide more locally grown food to students. The Connecticut Department of Agriculture will reimburse local schools for buying locally or regionally grown food.



## **Food Date Labeling Act of 2023**

The Food Date Labeling Act will reduce food waste by standardizing date labels on food products. We thank Senator Richard Blumenthal for introducing the Food Date Labeling Act of 2023 (S.1484) in the Senate. A similar bill (H.R.3159) has also been introduced in the House, and we thank Representative Jahana Hayes for co-sponsoring this bill.

## **Academy Provides Recommendations on Modernizing WIC**

In [regulatory comments submitted](#) to the U.S. Department of Agriculture's Food and Nutrition Service, the Academy of Nutrition and Dietetics provided input on USDA's request for information and comments on the proposed rule "Special Supplemental Nutrition Program for Women, Infants, and Children (WIC): Online Ordering and Transactions and Food Delivery Revisions to Meet the Needs of a Modern, Data-Driven Program".

As stated in the recommendations submitted, the Academy supports "WIC as a key federal nutrition program that provides nutrient-dense supplemental food to a significant number of women and infants in the United States and as critical intervention to improve health outcomes of babies, young children, and both pregnant and postpartum women." Read more [here](#).

## **Academy Advocates for SNAP Choice**

The Academy joined more than 20 organizations in urging congressional leaders in maintaining the ability for SNAP participants to choose the groceries they feel are best for their families, rather than items decided by the government. Read more [here](#).

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## **MNT Provider**

The [March/April/May 2023 issue of the MNT Provider newsletter](#) is available now! This edition includes:

- Crossroad: Informatics, Interoperability and Payment
- Ending of the PHE and Telehealth Considerations
- Licensure Compact Exploration Update
- Academy Launches New Tools on Health Care Payment Basics and Promoting MNT
- And more!

[Click here](#) to read the latest issue of the *MNT Provider*, as well as previous editions of the newsletter. Please note, *MNT Provider* is moving to a quarterly publication — look for the next newsletter in August 2023.

## **Licensure Map Update**

In response to member requests and suggestions for clarity, the Academy has updated the [licensure map](#) available on eatrightPRO.org. The improvements reflect a new, more judicious approach to the map to ensure members have the information necessary to practice lawfully. To view the information for your state, simply click on the state and a pop-out box will appear with links for more information. If you prefer to view the content in a different format, [this eatrightPRO page](#) features statute and regulatory information for your state, as well as links to your state's board/agency website, in a list form.

## **In the News: Greater Danbury Food Farmacy**

Read more about this wonderful example of Food is Medicine right here in our state! <https://www.newstimes.com/news/article/united-way-nuvance-greater->

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[danbury-food-farmacy-18081035.php](http://danbury-food-farmacy-18081035.php)

**Kerry Coughlin, Public Policy Panel Chair**

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## HOD Update



**The National Academy has chosen the CT Academy Delegate (Suvosree Chatterjee MSc, RDN, CD- N, CDCES) to lead as a Co-Chair for the National Academy Delegates POD's program for the year 2023-2024.** That means the CT AND

Delegate will take an active leadership role in planning and organizing the POD's program for the new delegates from different state affiliates, DPGs and MIGs. It's an honor for our CT Academy to serve in this role.

Congratulations Suvosree.

## HOD Seeks Members' Input: Critical Issues

As an Academy member, you know about trends affecting the nutrition and dietetics profession. Find out how the House of Delegates triages critical issues and submit an issue for consideration.

[Learn More](#)

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## Nutrition News



**Diet tracking: How much is enough to lose weight?**

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Keeping track of everything you eat and drink in a day is a tedious task that is tough to keep up with over time. Unfortunately, dutiful tracking is a vital component for successful weight loss, however, a new study finds that perfect tracking is not needed to achieve significant weight loss.

<https://today.uconn.edu/2023/06/diet-tracking-how-much-is-enough-to-lose-weight/>



## **Colorful fresh foods improve athletes' vision**

Nutrition is an important part of any top athlete's training program. And now, a new study proposes that supplementing the diet of athletes with colorful fruits and vegetables could improve their visual range. The paper examines how a group of plant compounds that build up in the retina, known as macular pigments, work to improve eye health and functional vision.

<https://news.uga.edu/colorful-foods-improve-athletes-vision/>



## **Low-flavanol diet drives age-related memory loss, large study finds**

Age-related memory loss is likely caused, in part, by lack of flavanols -- nutrients found in certain fruits and vegetables -- according to a large study in older adults.

<https://www.cuimc.columbia.edu/news/low-flavanol-diet-drives-age-related-memory-loss-large-study-finds>

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## **Be In the Know**



## **Health effects of the use of non-sugar sweeteners: a systematic review and**

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## meta-analysis

Don't use sugar substitutes if you are trying to lose weight, according to a new guideline from the World Health Organization.

<https://www.who.int/publications/i/item/9789240046429>

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## Medical Nutrition Therapy Provided by Dietitians is Effective and Saves Healthcare Costs in the Management of Adults with Dyslipidemia

Referral to nutrition care providers in the USA such as registered dietitian nutritionists (RDNs) for medical nutrition therapy (MNT) remains low. We summarize research on the effectiveness of MNT provided by dietitians versus usual care in the management of adults with dyslipidemia. Improvements in lipids/lipoproteins were examined. If reported, blood pressure (BP), fasting blood glucose (FBG) glycated hemoglobin (A1c), body mass index (BMI), and cost outcomes were also examined.

<https://link.springer.com/article/10.1007/s11883-023-01096-0>

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## EatRightCT News

### Senior Services Open House

Senior Resources Agency on Aging will be hosting an Open House on Wednesday June 28 from 8-11 am at our 19 Ohio Avenue, Norwich office. The array of programs and services offered throughout 56 towns of Eastern Connecticut (and that are also provided by our sister agencies across the state) will be reviewed.

[https://mcusercontent.com/80f15a4bb43672ee911456a30/files/0c578ed9-f80b-1997-eb65-31bf2697c148/Senior\\_Services\\_Open\\_House\\_Flyer.pdf](https://mcusercontent.com/80f15a4bb43672ee911456a30/files/0c578ed9-f80b-1997-eb65-31bf2697c148/Senior_Services_Open_House_Flyer.pdf)

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**By embracing cultural understanding of African American communities, health professionals can deliver equitable and effective care, promoting better health outcomes for all individuals.**

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**Happy Father's Day to all the dads out there.**

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## **CT Academy Member Spotlight**

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**Congratulations to Linda Arpino who is our CT Academy Spotlight Member for the month of June.**

Linda is our new President of The CT Academy of Nutrition and Dietetics. She also is the CEO and owner of Life Focus Nutrition, LLC with over 40 years in practice. To learn more about Linda go

to <https://www.eatrightct.org/member-spotlight-linda-arpino/>

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## EatRight News



<https://eatrightfnce.org/attendee-info/registration-details/>

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### **Practice Trends Article on eatrightPRO: Arsenic in Food**

Two types of arsenic compounds may be found in water, food, air and soil: organic and inorganic; neither can be detected by taste or smell. A new Practice Trends article on the Academy's website shows how registered dietitian nutritionists can

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assist parents in determining safer food choices for infants and young children and when counseling other at-risk populations, including pregnant women and people with celiac disease.

<https://www.eatrightpro.org/news-center/practice-trends/arsenic-in-foods>

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### **New Practice Trends Article: Adjusted or Ideal Body Weight for Nutrition Assessment**

Many resting metabolic rate equations used by registered dietitian nutritionists are based on actual body weight. In a new Practice Trends article on the Academy's website, learn about research evaluating the use of adjusted body weight and what to do if RMR can't be measured by indirect calorimetry.

<https://www.eatrightpro.org/news-center/practice-trends/adjusted-or-ideal-body-weight-for-nutrition-assessment>

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### **Practice, Advocate, Lead...with Academy Membership**

Academy membership provides the savings, tools and resources to help us make a positive difference in the lives of our patients, clients and communities. The Academy is made up of each one of us, and I encourage you to join us as we work to strengthen, diversify and promote our profession. Together we can continue to expand our reach, grow our expertise and improve the well-being of all people through practice, advocacy and leadership.

Take advantage of the many [benefits, savings and the support](#) provided through Academy membership. You can [renew your Academy membership online](#) or by calling the Academy's Member Service Center at 800/877-1600, Option 1.

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International callers can reach us at +1-312/899-0040, Option 1.

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## CEU Opportunities

### **Free Webinar: From Evidence to Empowerment: Supporting Bottle-Feeding Parents with Emerging Science**

**When:** June 29th @ 1:00 PM EST  
(10:00 AM PST)

Most infants receive bottles at some point in their first year, whether breastmilk or formula. However, some experts have concerns that bottle feeding may increase the risk of overfeeding and rapid weight gain. Join our panel of experts as they explore emerging research and bottle-feeding techniques that may help avoid these potential risks and positively impact infant health.

[https://healthcare.hibobbie.com/supporting-bottle-feeding?utm\\_campaign=Bottle%20Feeding%20Webinar%20June%202023&utm\\_source=email&utm\\_content=todaysdietitianeblast](https://healthcare.hibobbie.com/supporting-bottle-feeding?utm_campaign=Bottle%20Feeding%20Webinar%20June%202023&utm_source=email&utm_content=todaysdietitianeblast)

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### **Webinar: Advances in Wound Care**

Learn about evidence-based recommendations for prevention and treatment of wounds, with a focus on the role of nutrition in supporting healing therapies.

[Learn More](#)

### **Webinar: Appetite Stimulants in Older Adults**

Learn about appropriate indications and contraindications of common appetite stimulants as well as ways RDNs can work with an interdisciplinary team to recommend appropriate interventions. The webinar is free for Dietitians in

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Nutrition Support DPG members.

[Learn More](#)

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## Monthly Recipe



### **Crab Cakes with Spring Green Salad and Lime Dressing**

Eating well Test Kitchen July 21, 2018

#### **Ingredients**

Crab Cakes

- 1 egg white
  - 3 tablespoons light mayonnaise dressing
  - 1 tablespoon Dijon-style mustard
  - Few drops bottled hot pepper sauce
  - 3 tablespoons finely chopped red or green sweet pepper
  - 2 tablespoons snipped fresh parsley
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- 1 tablespoon sliced green onion
- 2 teaspoons snipped fresh dill or cilantro or 1/2 teaspoon dried dill
- 1 pound cooked fresh lump crabmeat or three 6- to 6 1/2-ounce cans lump crabmeat, drained, flaked, and cartilage removed
- 1 1/4 cups soft whole wheat or white bread crumbs, divided

#### Lime Dressing

- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

#### Spring Green Salad

- 8 ounces mixed baby greens (8 cups)
  - 1 head Belgian endive, sliced crosswise
  - 1 medium tomato, seeded and chopped
  - Nonstick cooking spray
  - 6 Lime wedges
  
  - To prepare Crab Cakes: In a large bowl, whisk together egg white, mayonnaise dressing, mustard, and hot pepper sauce. Stir in sweet pepper, parsley, green onion, and dill. Add crab and 1/2 cup of the bread crumbs; stir until well mixed. Set remaining bread crumbs aside. Using wet hands, shape mixture into six 1/2-inch-thick patties. Place in a 15x10x1-inch baking pan. Cover with foil or plastic wrap and chill for 30 minutes.
  - To prepare Lime Dressing: In a small bowl, whisk together olive oil, lime juice, minced garlic, salt, and black pepper. Set aside.
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- To prepare Spring Green Salad: In a very large bowl, combine greens, Belgian endive, and tomato. Cover and chill until ready to serve.
- Preheat oven to 300 degrees F. Place remaining 3/4 cup bread crumbs in a shallow dish. Dip crab cakes in bread crumbs, turning to coat both sides. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium heat. Add three of the crab cakes. Cook for 8 to 10 minutes or until golden brown and heated through (160 degrees F), turning once halfway through cooking. Transfer to a baking sheet; keep warm in the oven. Repeat with remaining crab cakes.
- To serve, toss greens mixture with dressing; divide among six serving plates. Top with warm crab cakes. If desired, garnish with lime wedges.

**Total Carbohydrate 8g3%Dietary Fiber 1g4%Protein 18g36%Total**

**Fat 9g12%Cholesterol 78mg26%Sodium 426mg19%**

## Stay Connected

We will be looking for a recipe for our July newsletter. If you run a food blog or are just passionate about cooking and healthy eating, please feel free to share your recipe with Barbara Bush at [info@eatrightct.org](mailto:info@eatrightct.org) by the end of this month. Please also let us know if you would like to share any other newsworthy information about yourself, comments, suggestions, or ask any questions.

**Also please like us and follow us on the social media**



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