Through the collaborative efforts of many members of the Board of Directors over the last couple years, the MAND website has officially been redesigned and updated. Improvements include making the website more user friendly, more compatible with new technology, and easily maintained. It will be a better tool for members to stay connected with each other and current events, as well as to access information needed to be effective nutrition professionals.

While still a work in progress, the website is up and running with the quarterly newsletters, an extensive public policy section, new graphics and the new MAND logo. Please check out the new look, at www.eatrightma.org!

Coming soon will be pictures and information about current members of the Board of Directors, as well as details about ANCE 2018. Employers and members will also be able to post job opportunities and events.
Happy fall! For many of us, September is a time of transition as we say goodbye to beach days and welcome the new school year. It is a natural time for reflection as we begin to think about our hopes and goals for the year ahead. For me, this feels like an especially poignant year as my children go through their own transitions; my son is beginning preschool and my daughter is starting to walk. While I wish I could pause the growth clock in my little ones, I eagerly anticipate all the developments that we have proposed for MAND in the months ahead. This year, we plan to:

• Update MAND’s vision, mission, and values
• Modify the structure of the MAND board
• Increase member volunteerism and engagement
• Engage more members in Academy action alerts and policy-related activities
• Increase utilization of social media
• Host several fun, educational, and networking events, including ANCE on March 23rd, 2018
• Finalize our updated website - see the exciting changes at www.eatrightma.org

I feel very lucky to be given the opportunity to lead MAND in all our efforts this year. I want to thank all our members for electing me to this position, as well as our board members who devote several hours per month to supporting RDNs and DTRs in Massachusetts. I am especially grateful to three people for mentoring me over the past year: MAND Administrative Director Maureen Kelly Gonsalves, Past President Valerie Machinist, and Public Policy Research Assistant Sarah Conca.

We are always looking for more dedicated volunteers to help us meet our goals. Volunteering with MAND is a great way to learn new skills, improve current skills, and help others achieve their goals (which I know you all want to do). In addition, it provides an opportunity to network with some amazing leaders in our field. Please consider nominating yourself or a friend to work with us.

I hope to see many of you in Chicago at FNCE and at our MAND events throughout the year. Please introduce yourself if you see me, or feel free to reach out anytime with questions or comments: president@eatrightma.org.

Best,
Kristen P. Schreck MS, RDN, LDN

president@eatrightma.org
Call to all former MAND Board of Directors

As part of the Academy of Nutrition and Dietetics Second Century Celebration of our first 100 years as an association, we would like to expand our own Massachusetts recorded history of former presidents and board members. The current Board of Directors listing of the Massachusetts Academy of Nutrition and Dietetics (MAND), lists officers from 1993 to the present. We are soliciting your input to expand our history to include as many former presidents and possibly their executive boards to honor their leadership and contributions to Massachusetts. Unfortunately, approximately twenty years of the MDA historical paper files were destroyed in a flood in the former management office. The setback from the flooding has only increased our motivation to compile the list and honor the past leadership during this 100-year historic celebration of the founding of our national association.

Thanks to the information compiled by former MAND Presidents Rena Prendergast, Sue Lewis and Susan Laramee, we have made major progress on identifying the names of past MAND presidents, but need to verify the information. You do not need to have been a past president to help in this endeavor. If you recall the name of your program director or preceptor who served on the MAND Board of Directors while you were a student, or while you were on their staff, please feel free to send me that information.

**Action:** If you served on the MAND Board of Directors prior to 1993, please email me your name and credentials, Board of Directors position and year(s) you served, credentials and 1-2 bullets of the major initiatives/project during your presidency. Please email to me at Cynthia.Bayerl@gmail.com by September 30th, 2017. Please feel free to contact me if you have any questions. We hope to have an updated listing on the MAND webpage with notification via the next MAND Newsletter.

**Cynthia Taft Bayerl, MS, RDN, LDN, FAND**

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**Congratulations to MDEF Scholarship Recipients!**

_Submitted by Mary Rowan Harrity, MS, RD, LDN, President, Massachusetts Dietitians’ Education Foundation_

Congratulations to the following recipients of the 2017 MDEF Scholarships:

- Dana Fryer, undergraduate at Boston University
- Yvette Penner, RD, CNSC, a MS candidate at Tufts University
- Meredith Briggart, Simmons College alum (BS, MS) and will enroll in the Simmons College Dietetic Internship

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**Socials for Success**

We would like to announce that Socials for Success events have been expanded to allow all MAND members to participate, not just those who have been dietitians for 5 years or less. We realized that all dietitians want to network, regardless of what stage of their career they are in, and that everyone would benefit from being able to engage with a more diverse group of colleagues. In order to ensure that we plan events that you are interested in attending, please complete this quick five question survey: [https://www.surveymonkey.com/r/RXHSTQR](https://www.surveymonkey.com/r/RXHSTQR)

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**Delegate Update**

_Dr. Joan Salge Blake, EdD, RDN, LDN, FAND_

**Hello Members!**

I am thrilled to be your elected delegate to represent your views and keep you abreast of the important activities occurring at the Academy of Nutrition and Dietetics. Our first House of Delegate meeting is in October at FNCE in Chicago. Feel to reach out to me at: salgeblake@comcast.net if you have any questions or concerns.
Eating Well for Cancer Prevention

Christina Chiu, MS, RD, CSO, LDN, CNSC

According to the American Institute for Cancer Research (AICR), about one-third of cancers in this country are related to modifiable factors: weight, diet, exercise. Factors we can emphasize to our patients as ways they can modify and in turn, decrease their cancer risk. There is strong evidence that extra weight, especially around the mid-section of the body, is considered the most harmful. It is linked with increased risk for several cancers including colon and post-menopausal breast cancer. Making patients aware of this may provide them additional motivation for weight loss.

What to eat more of?
The most important foods to encourage patients to focus on are minimally processed plant-based foods. Emphasize a wide variety of colorful fruits, vegetables, whole grains, and legumes and help patients plan meals that are two-thirds or more from plant-based foods. Encourage patients to eat numerous types of fruits and vegetables to ensure they get a wide range of phytonutrients.

What to avoid?
Alcohol: Alcohol is related to several types of cancer, including head and neck, esophagus, liver, breast, and colon/rectal cancer. People who use both alcohol and tobacco have an even greater risk of developing cancer. If patients do consume alcohol, they should be encouraged to limit their intake to no more than one drink per day (for women) and no more than two drinks per day (for men). In the United States, a standard drink is considered 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirits. If patients do not drink, there is no reason to start.

Processed meat: Limiting red meat and avoiding processed meat reduces the risk of certain types of cancer, especially colon/rectal cancer. Red meat includes beef, lamb, and pork, while processed meats are meats that have been smoked, salted, or cured either by salt or other preservatives. Processed meats include deli meats, bacon, hot dogs, and lox. Encourage patients to limit intake of red meat to less than 18 (cooked) ounces per week.

Supplements: Many patients inquire about taking dietary supplements, such as vitamins and extracts of herbs or foods to decrease cancer risk. Aside from specific deficiencies, supplements generally have not been shown to reduce cancer risk. In most cases, it is better to advise patients to choose the actual whole food rather than the supplement.

Miso-Roasted Tomatoes over Buckwheat Noodles
(Adapted from Food & Wine)

This recipe includes lycopene-rich roasted tomatoes which are in season from summer to early fall but are also available year-round. Make sure the buckwheat (soba) noodles are 100% whole grain. Shiro, or white miso, is lower in sodium than darker miso but still packs lots of flavor for this sauce. The sauce can be made ahead of time and reheated before serving which makes for a quick and delicious dish.

Ingredients:

- 1/4 C. Canola Oil
- 3 T. Rice Vinegar
- 2 T. Shiro Miso
- 1 T. Minced Fresh Ginger
- 1 T. Toasted Sesame Oil
- 1 T. Honey
- 2 tsp. Grated Lemon Zest
- 2 T. Fresh Lemon Juice
- Salt to Taste
- 2 Pints Cherry Tomatoes
- 8 Ounces Buckwheat Noodles
- 4 Scallions, Thinly Sliced

Instructions:

1. Preheat oven to 425 degrees. In a bowl, whisk the oil, vinegar, miso, ginger, sesame oil, honey, lemon zest and lemon juice until smooth. Season with salt to taste.

2. On a rimmed baking sheet, toss the tomatoes with 3 T. of the miso sauce and roast for 20 minutes, until the tomatoes are charred in spots. Empty everything into the bowl with the reserved sauce.

3. Cook the noodles per package instructions, normally 5-6 minutes. Rinse noodles under cold water. Drain, and place in a large bowl. Toss with scallions and sauce. Serves 4.

Christina Chiu, MS, RD, CSO, LDN, CNSC is a registered dietitian in the Vernon Cancer Center at Newton-Wellesley Hospital. She is particularly interested in helping patients realize that eating well for health can be realistic, achievable, and delicious all at the same time.
The Public Policy Workshop (“PPW”) is the Academy’s annual nutrition advocacy summit held in Washington, DC, where RDNs from every state affiliates meet to learn about the federal legislative process and the Academy’s public policy priorities related to the health of the nation and the dietetics profession.

Once again, this year, members of MAND’s Public Policy Panel (“PPP”), including our Public Policy Coordinator, Michael DeAngelis, made the trip to Washington at the end of June. Attendees gained insight into the issues and got training from “old pros” among the Academy membership on how to become the “nutrition voices” that members of Congress trust and respect. They heard about the great partnership from an Academy member from New Mexico and her member of Congress. They also heard about the importance of federal nutrition programs from former USDA Undersecretary Kevin Concannon.

On the second day of the conference, MAND members and RDNs from across the U.S. put their knowledge into action and headed to Capitol Hill to meet with members of Congress in their Senate and House offices. MAND’s delegation included members from the Boston area as well as a dozen dietetic interns from local internship programs. In all, meetings were held or information packets were dropped off for the staff of our two U.S. Senators and nine U.S. Representatives.

MAND members provided information and personal stories to Americans of all ages highlighting the importance of nutrition programs in schools, afterschool programs, daycares, as well as senior and congregate dining centers. They also discussed the Academy’s five tenets of responsible health care, with a focus on nutrition services as part of the commitment to prevention on the path to wellbeing.

Visit http://www.eatrightpro.org/resource/advocacy/action-center/public-policy-workshop/public-policy-workshop to learn more, and feel free to email publicpolicy@eatrightma.org for specific questions about attending the conference.

Sarah Conca, MPA, RDN, LDN is MAND’s Public Policy Research Assistant. She works with MAND’s Public Policy Panel and Board of Directors to increase awareness of and engage the membership in public policy and advocacy activities at the state and federal level.

Michael DeAngelis, MS, MPH, RD is MAND’s Public Policy Coordinator. He led MAND’s delegation to the 2017 Public Policy Workshop.
When my husband and I found out we were expecting our first child, my mind filled with questions. I expected that; but as a practicing dietitian and recently certified lactation counselor (CLC), nutrition wasn’t on my list of concerns. That is until a vicious morning sickness and odd aversions set in around week 8. I quickly realized each pregnancy presents unique nutritional challenges, most of which cannot be thoroughly addressed in a jam-packed visit to the obstetrician. Eating by new rules, with new tastes, and experiencing a slew of symptoms in the way warrants coaching, support, and follow-up to create a healthy lifestyle and best outcomes for both mom and her little one.

Nutrition is critical from pre-conception to the post-partum period. A Registered Dietitian’s expertise is valuable to achieve healthy and appropriate maternal weight gain, develop a nutrient dense diet, navigate food safety, and manage common pregnancy symptoms such as nausea, heartburn, constipation, and fatigue. Pregnant women are also more likely to experience eating disorder relapse. Once the baby is born, the questions remain as does the need for support. After all, you now have two diets to consider! What should I eat while I’m breastfeeding? What will or will not affect milk supply? What should I consider when deciding to breastfeed? If I’m not breastfeeding, how can I safely prepare a bottle?

Training to become a CLC reinforced and advanced my understanding of maternal nutrition and extended my knowledge of feeding to include not just mom, but her new sidekick as well. When my best friend brought her baby home from the hospital last spring she lamented, “you have people following you for 9 months and now I’m home and have no idea if my baby is getting enough milk, if I’m doing this right, or who to call.” The combined training and expertise of an RD/CLC allows the client to work with one skilled professional from pre-conception to post-delivery and beyond, building trust and improving continuity of care. Adding this credential is an opportunity for RDs to broaden their training and help guide expecting and new moms on how to best nourish themselves and their babies.

Danielle Lavallee, MS, RD, LDN, CLC owns and operates a private practice, Lavallee Wellness LLC, aimed at creating effective and sustainable behaviors to promote a lifetime of wellness.
Welcome New MAND Board Members!

Kristen P. Schreck, MS, RDN, LDN  
Position: President-Elect  
Area of practice: Instructor/Education

Monica Lebre, MS, RDN, LDN  
Position: President-Elect  
Area of practice: Instructor/Education

Kristine Welch Taylor, MS, RDN, LDN, ACSM-CPT  
Position: Treasurer-Elect  
Area of practice: Corporate Wellness & Nutrition

Nicolette Star Maggiolo, RD, LDN  
Position: Director of Education  
Area of Practice: Registered Dietitian for the Red Sox Foundation and Massachusetts General Hospital Home Base Program

Adrienne Hatch MS, RD  
Position: Director-Elect of Education  
Area of practice: Research and Military Nutrition

Amanda Cunningham RD, LDN, CPT  
Position: Director-Elect of Member Communications  
Area of Practice: Clinical Nutrition

Meghan Ariagno, RD, LDN, CDE  
Position: Director of Career Pathways and Awards  
Area of Practice: Bariatric Nutrition Coordinator

Christina Taddei MSF, RDN, LDN  
Position: Director-Elect of Career Pathways and Awards  
Area of practice: Weight Management and Sports Nutrition

Laura Kim RD, LDN  
Position: Socials for Success Co-Chair  
Area of practice: Outpatient

Bridgitte Carroll, MS, RDN, LDN  
Position: Socials for Success Co-Chair  
Area of practice: Integrative and functional nutrition within both a private practice and integrated medical clinic setting

Jocelyn Brault, MS, RD  
Position: State Professional Recruitment Coordinator and Diversity Liaison  
Area of Practice: Sports Nutrition and Wellness

Jessica Krefting, MS, RD, LDN  
Position: Social Media Manager  
Area of Practice: Renal Dietitian

Elizabeth G. Matteo  
Position: Director-Elect of Public Relations  
Area of Practice: Adult Outpatient/Campus Nutrition

Grace Ling, BA, DPD Certificate  
Position: MSDA President  
Area of Practice: Dietetic Intern, Tufts Medical Center

Anson Lai  
Position: MSDA Vice President  
Area of Practice: Tufts MS/DI program

www.eatrightma.org
Autumn Kale Salad

Prep time: 15 mins  
Cook time: 20 mins  
Total time: 35 mins  
Serves: 4

This is a refreshing, massaged kale salad served with sweet citrus vinaigrette. Make it an impressive and colorful main course for a lighter meal, or serve as side dish with your favorite hearty autumn entree.

Ingredients:

1 1/2 lb. Sweet Potatoes, Chopped  
1/4 C. Fresh Orange Juice  
2 T. Olive Oil  
1 T. Agave Nectar  
1 T. Apple Cider Vinegar  
1/2 tsp. Dijon Mustard  
1/2 tsp. Ground Ginger  
Pinch Ground Cinnamon  
Pinch Salt  
1 Bunch Kale (I used a mix of Red & Green Curly Kale)  
3 T. Dried Cranberries  
3 T. Eat Seed: Six Seed Super Blend

Instructions:

1. Preheat your oven to 350°F. Spread the chopped sweet potato over a baking sheet lined with parchment paper or a silicone mat. Bake for 20 minutes, and then remove from the oven.

2. In a small bowl, whisk together the orange juice, olive oil, agave nectar, apple cider vinegar, Dijon mustard, ginger, cinnamon, and salt.

3. Rinse the kale thoroughly, then tear it from the stems into bite-sized pieces. Place the pieces in a large bowl and pour the vinaigrette over them.

4. Massage the kale with dressing until it has reduced in size by half and is softer. Massaging the leaves just means squeezing and tossing at the same time.

5. Mix the sweet potatoes, cranberries, and seed blend into the salad and transfer to a serving bowl.

6. There will be excess vinaigrette in the bottom of the mixing bowl. Pour it into a spouted vessel and keep on the side if you’d like to add more to your salad while eating.