

Newsletter
June 2010



www.eatrightatlanta.org

Message from the President

Dear Membership,

Our membership year is quickly coming to a close. Don't forget to vote for President-Elect, Secretary, & Nominating Committee. Please visit our website at www.eatrightatlanta.org to view profiles of all the candidates and cast your vote. Voting ends June 6. I encourage you to get involved with a committee and attend our quarterly Board meetings... ALL are welcome. Current openings for committees include membership, national nutrition month, and student liaison. We also need help planning the Film Festival. If you are interested in serving on a committee, please email me or Susan Bertucci, incoming president. We have had renewed interest in GADA this year and with more membership involvement, next year will be even better.

Exciting plans are in the works for this new membership year, which runs July 1 through June 30. GADA strives to provide our members with outstanding educational and professional development services as well as opportunities for networking. In the fall we will have our 3rd annual social at Atlanta Brewery and a cooking demo at Life University in their new kitchen facility. Our 2nd annual Film Festival will be held in the spring. We will also offer 2 – 3 other continuing education meetings & socials throughout the year. Please visit the "Upcoming Meetings" section of our website for details.

Speaking of the website, our new website should be fully functional by the beginning of the new membership year in July. The board has hired a web developer who has already begun the project. GADA is also on Facebook! If you are on Facebook, I urge you to join our group. This is just one more way to keep connected to GADA and other GADA members.

GADA had the opportunity to exhibit for free at GDA ACE this year. We had a wonderful turnout. Thank you to Kate Wiley for all her hard work to coordinate and man the booth. Thank you also to Monica Fink for designing a new brochure which was used at the exhibit. We ran a special membership fee (ADA Member \$25, Student \$5, Subscriber \$50). We had such an overwhelming response, we decided to extend the offer until June 30th.

I am now passing the baton to Susan Bertucci. Susan is already hard at work planning for next year. She has done a great job as our President-Elect and I know will be a fantastic President.

Have a wonderful summer! I'm looking forward to seeing everyone in the fall.

Warm Regards,
Betsy Dietsch

VOTE BY JUNE 6!

<http://www.surveymonkey.com/s/87XKS9L>

President – Elect

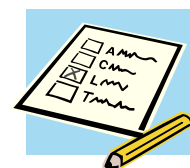
Arlene Murrell, MS, RD, LD, CLE
Monica Fink, MS, RD, LD

Secretary

Maria Cunto, MS, RD, LD
Maria Hock, RD, LD

Nomination Committee

Antonio Cain, RD, LD, MBA
Jillian Deppa, RD, LD
Theresa Hedrick, MS, RD, LD
Cathy McCarrol, MPH, RD, LD
Cheryl Gullickson, MS, RD, LD, CDE, CNSC



GADA Executive Board

Betsy Dietsch
President

Susan Bertucci
President-Elect

Sherry Coleman
Immediate Past
President

Monica Fink
Secretary

Kate Wiley
Treasurer

MEMBERSHIP

Membership application
is available online at:
[http://
www.eatrightatlanta.org/
membership.htm](http://www.eatrightatlanta.org/membership.htm)



Eating Locally

Brooke Schembri, MPH, CHES, Dietetic Intern

Spring has arrived in Atlanta and with that comes opportunities to buy delicious, local produce! Eating locally is more than a fad—it helps the environment by cutting down on transportation emissions and supporting sustainable agricultural practices. It is also a way to support smaller farms that struggle to stay afloat while competing with massive agribusinesses. In addition to participating in the numerous farmers' markets that operate in and around Atlanta on a weekly basis, many local farms offer a CSA subscription with drop-off locations throughout metro Atlanta. CSA stands for community supported agriculture and it allows you to buy a share of what a local farm produces each week (fruits, vegetables, and sometimes meats and dairy). The farm will drop off a box full of fresh, local, and usually organic foods at selected neighborhood locations, saving you a trip to the grocery store. Whether obtained at a local farmer's market or through a CSA delivery, the produce was likely picked that morning. You'll taste the sweetest strawberries, juiciest tomatoes, and crispiest cucumbers you've ever had, and you'll get the chance to introduce an assortment of new foods to your diet. For more information about eating locally, visit www.georgiaorganics.org or www.localharvest.org.

Treasurer's Report, 2009-2010

Nearing the end of our fiscal year, I would like to report the financial state of GADA. The good news is that we remained within our budget this year. However, the revenues we had anticipated from membership and the job line were not realized. Membership was slightly down, and the job line remained steady compared to 2008-2009. Although our revenues were down from what we anticipated, GADA revenues exceed expenses by \$199 as of May 5, 2010. Part of our increased expenses can be attributed to the redevelopment of our website. Per a request from the webmaster, the finance committee approved an amendment to the budget for \$3000 to cover the cost of a liaison between the GADA board and website designer, and the costs of redesigning the website. The Board felt this was a "capital expenditure" and that we had sufficient savings (\$14,000 approximately) to cover the cost, thereby approving the amendment. The estimated time to complete the work is 4-6 weeks, so look for our new website sometime this summer. We will keep you updated on the progress. GADA looks forward to renewed spirit and energy for 2010-2011 and will work hard to provide members what they need to increase membership, thereby increasing revenue. Thank you for your continued support and we hope to see you in the coming year!

-Kate Wiley, Treasurer 2009-2011

Congratulations to Atlanta Area Award Winners at ACE on April 30, 2010!

ADA Awards:

Outstanding Dietitian of the Year: Cathy McCarroll, MPH, RD, LD
 Emerging Dietetic Leader: Marisa Moore, MBA, RD, LD
 Recognized Young Dietitian of the Year: Tracy Smith, RD, LD



GDA Distinguished Service Awards:

Distinguished Service to GDA: David Orozco, MS, RD, LD
 Distinguished Service in Research: Meera Penumetcha, PhD, RD
 Distinguished Service in the Media: Betsy Dietsch, RD, LD
 Distinguished Service to a Community Member: Patti Garrett, MS, RD, LD
 Distinguished Service to a District: Kate Wiley, RD, LD
 Special Recognition Award: Ruth Gordon, MEd, RD, LD, SNS

ADA Outstanding Student Awards:

Coordinated Program: Holly Cheek (Georgia State University)
 Didactic Program in Dietetics: Caitlin Russell (Georgia State University)

What's New.....

1. The International Osteoporosis Foundation (IOF) has released new Vitamin D recommendations for older adults :
 - The estimated average vitamin D requirement of older adults to reach a serum 25OHD level of 75 nmol/l (30ng/ml) is 20 to 25 µg/day (800 to 1000 IU/day).
 - Intakes may need to increase to as much as 50 µg(2000IU) per day in individuals who are obese, have osteoporosis, limited sun exposure (e.g. housebound or institutionalized), or have malabsorption.
 - For high risk individuals it is recommended to measure serum 25OHD levels and treat if deficient.

(Osteoporosis International (OI DOI 10 1007/s00198-010-1285-3), May 2010)
2. Samia Mora and colleagues used Nuclear Magnetic Resonance (NMR) to investigate the relationship of NMR-measured lipoproteins and the development of future type 2 diabetes. The researchers followed 26,836 initially healthy women for 13 years, during which 1,687 developed type 2 diabetes. According to Mora, "Our study, which was conducted in a large population of healthy women, found that larger LDL and HDL particles were associated with lower risk and smaller LDL and HDL particles were associated with higher risk of diabetes. Even in women with normal triglyceride and HDL cholesterol measured by standard tests, having smaller LDL particles imparted higher risk of diabetes."

Diabetes.59(5):1153-60, 2010
3. Data presented on April 22, 2010 at the American Association of Clinical Endocrinologists (AACE) 19th Annual Meeting & Clinical Congress showed how a superabsorbent hydrogel significantly increased the post-meal feeling of satiety and reduced hunger between meals in obese patients. Attiva, composed of food-grade materials, is under development by Gelesis, Inc., a medical technology company. Attiva acts by swelling and taking up stomach volume. Data indicate that Attiva significantly increased the post-meal feeling of satiety, at 30 minutes after breakfast and dinner, and at 60 minutes after lunch and dinner. Attiva fills up the gastric and intestinal cavities; it induces a feeling of satiety that lasts longer than its transit time in the stomach. Afterwards, it safely degrades in the colon and releases absorbed liquids. When fully swollen, the product creates very small and individual gel beads that are mixed with the food in the stomach.
4. A great review of lactose intolerance has been recently published in the Annals of Internal Medicine. Authors conclude that most people with lactose intolerance or malabsorption can tolerate 12 to 15g of lactose per day. Shaukat, A, Levitt SA, Taylor,BC, et al. Systematic Review: Effective management strategies for lactose intolerance. Ann Intern Med April 19, 2010.

**CONGRATULATIONS**

Josephine Martin, PhD, RD receives the Marjorie Hulsizer Copher Award, the highest honor bestowed by the American Dietetic Association.