



North Carolina Dietetic Association Newsletter Summer 2017

President's Pen:

Jennifer Anderson Logan, MPH, RD, LDN

Hello NCDCA members! I am honored to serve as your President for the 2017-2018 year!

Prior to my current role, I had the pleasure of serving on both the Durham-Chapel Hill and Charlotte Dietetic Association Boards. I have witnessed firsthand the passion and dedication of the diverse and multitalented dietitians across the state. I would like to take this opportunity to thank the many dietitians who have helped pave the way and supported us in getting to where we are now. I would also like to thank those of you who are currently involved in NCDCA and actively helping us advance our profession and evolve as an association.

I am excited to take this opportunity to announce that we are changing our name to the North Carolina Academy of Nutrition and Dietetics (NCAND). As we continue to grow in the 21st century, aligning ourselves more closely with the Academy of Nutrition and Dietetics will help increase public awareness of our association, as well as affirm our position as the leading food and nutrition experts in NC.

We have an exciting year ahead of us, filled with regional meetings, webinars, a networking/social event and silent auction, internship fair, poster sessions, member awards and more!! Visit the website (<https://www.eatrightnc.org/>) and stay tuned for emails containing more detailed information.

I hope you enjoy the rest of your summer and look forward to seeing you at the Regional Meeting in Wilmington on September 15th. I welcome your feedback and look forward to serving you this year!

Jennifer Anderson Logan, MPH, RD, LDN
President, North Carolina Dietetic Association



Save The Date!

2017-2018 NCDA Regional Meetings:

NCDA Regional Meeting in Wilmington

Friday September 15, 2017

Terrace on Sir Tyler

Wilmington, NC

For more information:

<https://www.eatrightnc.org/ncda-regional-meeting-in-wilmington-2017>

NCDA Regional Meeting in Durham

Friday December 1, 2017

Archie K. Davis Conference Center

Durham, NC

For more information:

<https://www.eatrightnc.org/ncda-regional-meeting-in-durham-2017>

NCDA Regional Meeting near Charlotte

Friday March 2, 2018

Gastonia Conference Center

Gastonia, NC

For more information:

<https://www.eatrightnc.org/ncda-regional-meeting-near-charlotte-2018>

You're Invited...

Wednesday, September 13th

DCHDA kickoff meeting & fundraiser event

With [Dr. Kelly D. Brownell](#),

Dean of Duke's Sanford School of Public Policy and

Director of the [World Food Policy Center](#)

Prior to joining the faculty at Duke, Brownell was at Yale University where he was the James Rowland Angell Professor of Psychology, professor of epidemiology and public health, and director of the Rudd Center for Food Policy and Obesity. Brownell has advised the White House, members of congress, governors, world health and nutrition organizations, and media leaders on issues of nutrition, obesity and public policy. He was cited as a "moral entrepreneur" with special influence on public discourse in a history of the obesity field and was cited by *Time* magazine as a leading "warrior" in the area of nutrition and public policy.

Location: [Duke Center for Integrative Medicine](#)

Catered dinner to be provided by [Meriwether Godsey](#).

Want more info?

Contact: kenlynyoung@gmail.com

We want to hear from you!

Do you know of a North Carolina dietitian doing great, innovative work in their community or area of practice? If someone comes to mind email their name and contact information to lizhurley10@gmail.com and they may be featured in a Member Spotlight on social media or in our quarterly newsletter!

Policy & Legislative Updates:

State-level Happenings

Modernize Dietetics/Nutrition Practice Act

As NCDA began a new membership year, the 2017 Long Session of the North Carolina General Assembly came to a close. During the Long Session, NCDA's public policy team worked with our lobbying team at Ken Melton & Associates. While we were able to successfully move [House Bill 357 – Modernize Dietetics/Nutrition Practice Act](#) out of the House with a unanimous vote in May, we were unable to get any movement in the Senate in the closing weeks of the session.

At the end of the session, lawmakers passed an adjournment resolution that adds two more special sessions before the end of 2017 – one in August and another in September. A variety of topics may be addressed during these sessions, but it remains unclear whether our bill will be eligible for consideration during these sessions. It is possible we may need to hold off until the 2018 Short Session, which is slated to begin at the end of April or early May. We will continue to strategize with our lobbying team and identify opportunities to garner support and pass this important piece of legislation. Updates will be provided as we have them.

Healthy Food Small Retailers/Corner Stores

The 2017 – 2018 fiscal year budget will provide \$250,000, in non-recurring funding, to support increased availability of fresh agricultural products at small retail stores in food deserts in the state.

Local Liaisons

We are looking for NCDA members across the state to serve as liaisons to their respective State Representatives and Senators. Having local liaisons will link faces and stories with dietitians and create stronger presence and recognition of the valuable work we do. The NCDA public policy team will provide guidance for when to contact your legislators and what to discuss. If you would like to be part of this valuable, low time commitment team, please reach out to the [NCDA office](#).

National Happenings

Public Policy Workshop

In June, nine NCDA members from across the state met with all fifteen of North Carolina's Congress people to discuss the importance of nutrition education in the farm bill as well as prevention programs funded through the Federal Public Prevention Fund.

Action Alerts

Action Alerts remain open for:

1. Resolution recognizing 100th anniversary of the Academy of Nutrition and Dietetics
2. Oppose cuts to vital health care services in better care resolution act
3. Support nutrition education programs paired with nutrition assistance programs

New action alerts are set to open soon regarding the Treat and Reduce Obesity Act of 2017 and the Preventing Diabetes in Medicare Act (H.R. 3124).

Your voice is important to your Representative and Senators, as well as for creating a voice for our profession and organization. [Please take 30 seconds to complete action alerts](#) when they are sent to let the Congressmen and women of North Carolina know that we are passionate about legislation that will enable us to effectively and efficiently share our expertise and improve the health of our fellow constituents! Additionally, taking action will ensure that our state can continue to get financial support for legislative activities.

The North Carolina Dietetic Association (NCDA) is excited to announce that we are becoming **The North Carolina Academy of Nutrition and Dietetics (NCAND)**!

The formal name change will be happening over the course of the next few months, but we want to make sure all of our loyal members are aware of the change.

Look for more exciting details, and information about a contest to design a new logo for NCAND!

Banh Mi Burgers

Tessa Nguyen RD, LDN

Servings: 4

Serving size: 1 burger with 1 tablespoon citrus mayonnaise and ½ cup quick-pickled vegetables (410 grams)

Prep time: 25 minutes

Cooking time: 15 minutes

Ingredients:

Pickled vegetables:

- ¼ cup (60 milliliters) rice vinegar
- 1 tablespoon sugar
- ½ cup (120 milliliters) water
- 1 cup shredded carrots
- 1 cup shredded daikon (radish)
- ½ cup julienned scallions, white part only

Citrus mayonnaise:

- 1 cup reduced-fat olive oil mayonnaise
- 2 tablespoons (30 milliliters) orange juice
- ¼ teaspoon orange zest
- ¼ cup sliced scallions, green part only
- ¼ cup chopped cilantro
- 1 minced jalapeño, seeds removed

Turkey burgers:

- 2 tablespoons (30 milliliters) orange juice
- ¼ teaspoon orange zest
- ¼ cup chopped cilantro
- 1 pound ground 93-percent lean turkey breast
- 1 teaspoon salt
- 1 teaspoon finely ground pepper
- ¼ teaspoon ground ginger
- 1 teaspoon granulated garlic
- ¼ cup sliced scallions, green part only
- 4 whole-grain buns

Cooking note: Other cooking method options include grilling outdoors or pan-searing on the stove.

Nutrition per serving: CALORIES 426; TOTAL FAT 13g; SAT. FAT 3g; CHOL. 51mg; SODIUM N/A; CARB. N/A; FIBER 3g; SUGARS N/A; PROTEIN 33g; POTASSIUM N/A; PHOSPHORUS N/A



Photo Credit: Jason Little and Food & Nutrition Magazine

Instructions:

1. To make pickled vegetables, combine vinegar, sugar and water in a small saucepan. Bring to a boil over high heat, then turn off heat and stir in carrots, daikon and scallions. Pour into a medium mixing bowl and chill in the refrigerator for at least 30 minutes.
2. To make citrus mayonnaise, stir together mayonnaise, orange juice and zest, scallions, cilantro and jalapeño in a small mixing bowl. Chill in the refrigerator for at least 15 minutes.
3. To make burgers, combine orange juice and zest, cilantro, turkey, salt, pepper, ginger, garlic and scallions in a medium mixing bowl. Form 4 equal-sized patties from the mixture.
4. Preheat grill pan for 5 minutes over medium heat, then mist pan with cooking spray. Sear burgers for 7 minutes on one side before flipping and cooking the other side. Cook patties until the internal temperature is 165°F (74°C).
5. Serve burgers immediately with 1 tablespoon citrus mayonnaise and ½ cup quick-pickled vegetables.

Recipe featured in the [July/August Issue of Food and Nutrition Magazine](#).

Have a recipe you would like to contribute to the NCDCA Fall Newsletter? Email recipes to lizhurley10@gmail.com.



Follow NCDCA on
twitter [@eatrightncl](https://twitter.com/eatrightncl)



Follow NCDCA on [Facebook!](#)