

Dietitians' Corner – Conference Luncheon Wrap-up

By Barbara Wakeen, MA, RD, LD, CCFP, CCHP

Happy Fall Everyone!



This Dietitians' Corner is a summary of the **Dietitians in Corrections Networking Luncheon** at ACFSA and other hot topics of the quarter.

The DIC Networking Luncheon in Norfolk welcomed 18 RDs along with the Good Source staff who graciously sponsored our luncheon once again. Thank you Good Source!

Joe Montgomery presented a summary of the Menu and Nutrition Standards survey results of which many of you participated earlier this summer. The original goal of the survey was to gather information on nutritional standards; however, in our zeal to be all-inclusive, the survey resulted in a lengthy document.

A summary of some of the high points:

- There were 110 participants in total with appx 70 – 90 who answered most of the questions.
- More than half housed adults, with twelve (12) housing juvenile/adolescents only.
- The majority of the respondents from single facilities represented county/parish/city/community facilities with others from federal, state/provincial and private facilities. For multi-facility respondents, these were divided equally between state/provincial and the county/parish/city/community.
- Most of the facilities were self-operated (70 of 85 who responded).
- Of seventy-three (73) respondents, all held some type of accreditation – ACA, NCCHC, JCAHO, ICE, etc.
- Nineteen (19) of sixty three (63) offered different calorie levels to males and females.
- Seasonal menus were offered by 40% of seventy (70) respondents.
- 62.1% of sixty six respondents serve coffee.
- Overall, the calorie levels ranged from 2000 – 4000 kcal.
- The nutrient standards used in menu planning resulted in overlapping data with multiple standards being used – DRIs, RDAs, Food Guide Pyramid, MyPyramid.gov, 2005 Dietary Guidelines, 2010 Dietary Guidelines, 2006 AHA Recommendations, DASH Recommendations, ACA Standards, NCCHC Standards and the NSLP/SBP Child Nutrition Standards.
- Nutrient standards for analysis included – DRIs, RDAs, EARs, AIs, ULs, Nutrition Facts Panel and RDI. Again, with forty nine (49) respondents, we had overlapping data in this area.

Continued on Page 6



...we are all making changes toward healthier menus, especially in terms of trying to reduce the sodium content.



- Allowances for a percentage less than 100% of adequate nutrients were acceptable by 35.1% of respondents (37 answered)
- Recent menu modifications noted included:
 - Heart-healthy menu
 - Reduced sodium and fat overall
 - Altered protein sources with increased soy
 - More baked items and less fried foods
 - Fortified beverages
 - Low sodium meats
 - Milk substitutes/alternates
 - Increased fiber, reduced fat/sodium, zero trans-fat,
 - Reduced fat milk
 - Vegan/vegetarian options
 - Reduced portions and calorie levels

Although this isn't unlike previous queries, we are all making changes toward healthier menus, especially in terms of trying to reduce the sodium content.

- Another topic (and current hot topic) that drew lots of discussion was allergy diets. Practices range from no alternates (as menu contained more than adequate nutrition) to honoring individual allergies. Some have adopted an 'Allergy Diet' menu that eliminates most allergens.
- Finally, the AMA Policy on 'Dietary Intake of Incarcerated Populations' was announced. (Note the policy listed in the previous Insider.)

Other Hot Topics

- **Religious diets** continue to be points of discussion. Procedures for religious diets include pork-free and common fare menus, Halal and Kosher menus and kitchens, and pre-packaged Halal and Kosher meals – shelf stable and frozen.
- **Milk alternates** are increasingly popular where permitted. These range from being a fortified drink in various flavors to a 'milk-like' beverage containing similar calories as milk. Some of these contain some dairy; there are also vegan versions as well. All contain varying nutrients similar to that of milk and more. Protein and calories are limited in some.

Membership Information

If you would like to be added to the Dietitians in Corrections networking EML, please email me directly at bwakeen@neo.rr.com. This is an informal discussion group and your name/email address will be listed in each email sent to the group. You do not have to be a dietitian to be on the list.

If you are interested in joining the DHCC Corrections Sub-unit or if you are already a member and want to subscribe the DHCC EML or be listed in the directory, visit the DHCC web site at www.dhccdpg.org or contact Joe Montgomery at diet-n-corr@wolfecreek.net. Emails communicated through this group are sent through a private email address.