

Dietitian's Corner

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

Greetings ACFSA Members!

If you attended the ACFSA International Conference in New Orleans, I hope you enjoyed it and learned as much as I did. For those who did not attend the conference or the **Dietitians in Corrections (DIC) Networking Luncheon**, I will share the discussion topics.

First, I would like to thank Good Source Solutions for sponsoring our luncheon and helping our meeting to be a success!

The DIC Networking Luncheon welcomed 26 RDs and two Orleans Parish guests, along with the Good Source staff. We were truly an international group this year with luncheon attendees from Australia and Canada, and US Islands of Puerto Rico.

The hot topics were the changes to National School Lunch Program/School Breakfast (NSLP/SBP) program regulations, the change in RDA for Vitamin D and religious diets.

We had a lively discussion on meeting the regulations for the NSLP/SBP while still meeting calorie requirements. For those institutions participating in these programs, these new regulations have presented a challenge in both meeting the criteria and the associated costs while still meeting the nutritional needs of our populations. For those who aren't familiar, there are requirements for maximum/minimum calories, types of milk, number of servings of fruit and vegetables, types of vegetables to be offered, whole grains and more – it's like a big puzzle and making all the pieces fit. With a maximum calorie range for 9th – 12th graders (and all younger based on the Residential Child Care Institutions ruling) of 750 – 850 calories, 1 cup fruit and 1 cup vegetables at lunch, this requires, the rest of the calories to

be made up at breakfast, dinner and snack. In the 2013 school year, breakfast modifications will bring further challenges. Details of the new standards can be found at <http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>.

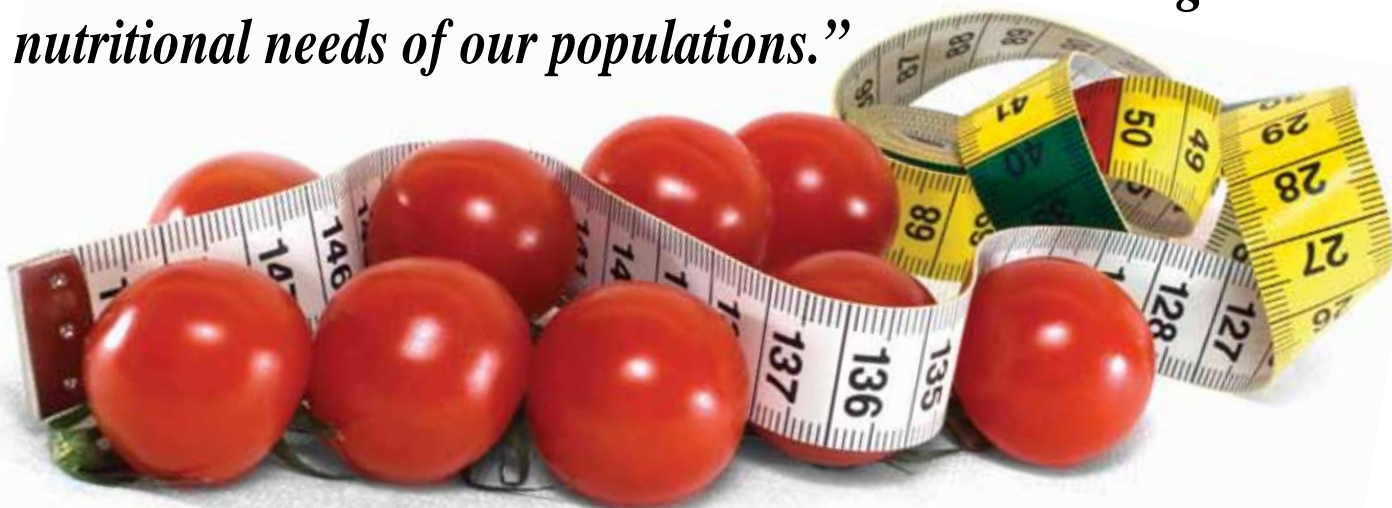
The change in the RDA for Vitamin D to 600 IU vs. the Nutrition Facts Panel that still reflects 400 IU was included in RD queries and the meeting discussion. This discrepancy challenges analysis data to be altered to reflect the most current values. Further discussion addressed that since Vitamin D isn't required on the Nutrition Facts Panel, we aren't held liable as there may be missing data. Finally, the insurance to meet the DRI/RDA is to offer dairy and Vitamin D fortified beverages to meet the DRI/RDA value.

Religious diets are the hot topic at every luncheon as well as online queries. This year, Paulette Johnson, MS, RD, CDN **Assistant Commissioner, Nutritional Services Division NYC Department of Correction** reported on a law suit document just released regarding Halal Meals. Paulette shared that the NYCDOC serves approximately 42- 47% Halal meals per day (47% in 2005). The NYCDOC Halal meal program includes Halal entrees purchased from certified Halal vendors, dedicated storage equipment and small wares such as freezers, refrigerator storage, kitchen equipment, color coded meal trays, utensils, transport and service equipment.

Also, on the Religious diet subject was noted an article on Religious Diets entitled *Rewriting Leviticus*, by Rabbi Gary Friedman in the July/August edition of the AJA publication **American Jails**. This edition of **American Jails** is dedicated to religious issues in jails. Rabbi Friedman frequently offers guidance on some of the kosher diet queries, with the most recent one being a 'kosher nutri loaf.'

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Other queries of the quarter included:

- ‘Sobering stations’ to provide special foods and beverages to inmates upon intake. Most provide nothing special; however, a few offer Gatorade type beverages.
- Master menus and associated savings.
- Accommodations and diets for aging/elderly inmates.
- Operational Changes – ranging from none to reduced calories to gender related menus and more. I presented this information in the **Trends in Nutrition** session. I have received many requests for a copy of the presentation. If you would like a copy of the presentation, email me @ bwakeen@neo.rr.com for a copy of the PPT.

Marlene Tutt, MS, RD, DHCC Corrections Sub-unit Chair – presented information on DHCC membership, FNCE and Pre-FNCE events. Visit the DHCC web site at www.DHCCdpg.org for details of all the events.

The Nutrition and Food Service Management in Correctional Facilities Manual, 3rd Edition was available for purchase w/2011 addendum. DHCC will be updating the Addendum to reflect the latest ACA Standards, NSLP/SBP Guidelines and more. This manual can be purchased via the DHCC web

site at dhccdpg.org and The Academy of Nutrition and Dietetics web site www.eatright.org.

Conferences

NCCHC

**National Conference on Correctional Health Care
October 20 – 24, 2012**

Las Vegas, NV

www.ncchc.org

Membership Information

If you would like to be added to the Dietitians in Corrections networking listserv, 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 Marlene Tutt at [<lnetutt@yahoo.com>](mailto:lnetutt@yahoo.com). Emails communicated through this group are sent through a private email address.