Welcome Note from the President

Firstly, I would like to thank you for electing me as KAND’s president. It is an incredible honor that I am truly humbled by. There are many changes this year. The biggest change, as many of you already know, is that we have decided to move forward this year without employing Adrienne Grizzell with Management INC. Adrienne had been our Executive Director for the past 17 years. We truly are thankful to her for her many years of service to our organization and it was a difficult decision to make. Financially, we just could not continue to make it work. Membership across the nation is down, not just in Kentucky. Our reimbursement from the Academy decreases when our membership is down. It has left our organization financially strained for the past few years, which limits what we are able to do. We want to be able to do more and unfortunately, that typically involves spending money. I hope this helps clear up any confusion that any of you may have regarding this decision. It was in no way a personal decision and it was quite difficult for us. This decision has come with some challenges as we, the board, are now performing all of the tasks that she was responsible for in her position. However, it has come with great opportunity as well. For the first time in almost two decades we have more funds to put into our organization and do more for our members.

My personal goals for KAND are as follows:

- Form more collaborations with other like-minded professional organizations.
- More involvement in the community/ have more of a community presence as KAND (i.e. volunteering, participating in walks/run representing KAND, having tables at health fairs/farmers markets, etc.).
- Obtain more sponsorship.
- Work toward better Medicaid reimbursement in KY for RD provided MNT outside of the Health Dept.
- Engage our membership more often...increase communication with membership.

We recently sent out a survey to not only our current members, but other RD/RDNs in the state that are not members to gauge what they would like from KAND and what we can do to improve our services to the RDs in Kentucky. We are using this survey to help guide us. We truly value what you have to say and we want to make KAND as beneficial as possible to all Nutrition Professionals and students in Kentucky. You will notice this year that our website is going to get an overhaul and you will begin receiving a lot more communication from KAND via email and social media about what we are doing and various events in and around Kentucky. Be on the look out for more posts and emails from us.

If you would like to become involved with KAND or would like to reach out to us about any issues or questions you may have, please email KentuckyAND@gmail.com. Please visit our website at www.KentuckyEatRight.org. You can also follow us on Twitter at @KentuckyAND and on Facebook at @KYEatRight. We are currently working on our Instagram account as well.

Sincerely,
Susan Wilson, KAND President
Could the Ketogenic Diet be a Treatment for Alzheimer’s Disease?

WRITTEN BY: MADISON GONSALVES

A ccording to the Alzheimer’s Association, Alzheimer’s Disease (AD) is the common type of dementia that causes problems with memory, thinking and behavior. Research on AD has advanced as scientists are trying to understand the disease process and find a cure, this has led to a new study finding that the ketogenic diet may be an effective treatment. AD is often characterized by memory loss; this memory loss may be due to flawed blood sugar use in the brain. The ketogenic diet is a high-fat, low-carbohydrate diet which leads to a decrease in blood sugar and use of another energy source in the body, called ketones, which may be helpful for managing AD.

A recent study tested this theory by giving ketogenic formula to patients with mild-to-moderate AD and measuring their mental function. This study was broken into 2 parts, a single trial and a 12-week trial. In the first part, patients were given a sugar pill or ketogenic formula. Two hours after feeding, ketones in the blood were measured and a mental test was given. The first part found an increase in ketones in the sample given the ketogenic formula but no improvements in mental function were measured. In the second part of the study, patients drank ketogenic formula daily for 12-weeks. Every 4 weeks the patients were given a mental test and ketones were measured. After 12 weeks, patients had increased memory and mental function.

Although these results are promising, since there was such a small sample size, more research needs to be conducted in order to support the use of ketogenic formula as a treatment for AD. If you or a loved one has been diagnosed with AD, talk to your doctor about treatment options or learn more about how to manage AD on https://www.nia.nih.gov/health/how-alzheimers-disease-treated.

References:
https://www.alz.org/alzheimers-dementia/facts-figures
https://ac-els-cdn-com.ezproxy.uky.edu/S0304394018307304/1-s2.0-S0304394018307304-main.pdf?_tid=d727b2c9-cff7-4bff-b8c4-1c0815588796&acdnat=1549504936_33a93e116083c0b6e89eaf1868057bd1
Failed dieting attempts are why those with a family or personal history of obesity, heart disease, or cancer are hesitant to try a plant-based diet. The difference in a fad diet and a plant-based diet is that a plant-based diet is not only a quick and temporary fix or a fleeting trend; it is a sustainable diet that is filled with nutrient-dense foods that may ward off disease. What does a plant-based diet look like? A plant-based diet focuses on most calories coming from foods that grow from the earth. When you think plant-based, think whole grains, beans, legumes, nuts, seeds, fruits and vegetables as your primary nutrient suppliers. A study following British vegetarians, meat eaters, vegans and fish eaters found that the vegetarian groups (including plant-based vegans) had the lowest rate of cancer development than any other group. While unsure of if it is consuming large quantities of nutritious plant foods that ward off cancer, or if the animal products themselves are causing cancer, it is apparent that a plant-based diet could be a preventative method in preventing cancer.

In November 2018, findings from a 16-week randomized clinical trial were released revealing one group of participants following a plant-based vegan diet and a control group continuing with their omnivorous diet. All 75 participants had a starting BMI between 28 and 40. This study displayed a dramatic decrease in BMI for only those participants following a plant-based vegan diet, and a decrease in fat mass was also associated with a decrease in animal protein.

What does this mean for us? Applying this information to our lifestyles is as simple as adding in recipes that are predominantly plant-based. An easy lunch to try is a whole grain bowl with quinoa or brown rice, dark leafy greens, chopped tomatoes, avocado, black beans, and your choice of herbs and seasonings. According to the latest research, you can be trying new recipes, feeling healthier and fighting disease while you are at it.

References:
Whitney currently serves as the Clinical Nutrition Manager and Director of the Dietetic Internship at the University of Kentucky Hospital in Lexington, Kentucky. In her role, she is responsible for the management and operation of the clinical nutrition department at the hospital including overseeing the clinical dietitians, bedside feeding tube placements, and preparation of infant formula and human milk. She is passionate about ensuring that those who care for patients have the tools and resources necessary to do so. Whitney is active in the local, state, and national dietetics community; she currently serves as Vice Chair of the Clinical Nutrition Management’s Informatics Committee as well as Kentucky’s Consumer Protection Coordinator. She holds a Bachelor of Science in Dietetics as well as a Master of Health Administration from the University of Kentucky, and completed her Dietetic Internship at Baylor University Medical Center. Whitney is also the proud mom of a 1-year old growing boy named Nolan.

Whitney currently serves as the Consumer Protection Coordinator (CPC) on the Public Policy Panel. Her job as CPC is to keep the KAND Board and membership informed about consumer protection issues as well as monitor the activities of the state licensure board. Her involvement with KAND started in 2010 when she took on the position of webmaster. Although at first she was not familiar with how to run a website, she ended up serving in that role for two years! Since then, she has served as State Policy Representative, President, and Delegate for KAND. In her current position, she is excited to ensure that KAND has representation at as many state licensure board meetings as possible. Whitney hopes to serve as a resource to anyone who has questions about licensure and/or how to report statute violations. Finally, she is excited to be part of a newly refreshed Public Policy Panel, who will be bringing policy and advocacy back to the forefront of our organization!
Student Spotlight:
Bethany Crask

Bethany graduated from Western Kentucky University, Summa Cum Laude, in May of 2019 with a major in Hospitality Management and Dietetics and a minor in Psychology. She will be going on to complete her internship at the University of Kentucky in January of 2020.

She currently works at the Medical Center in Bowling Green as a Dietary Aide and Nutrition Technician. Bethany also works at the local farmers market once a month handing out samples of nutritious recipes people can make with the ingredients they can find there. Bethany is interested in both nutritional counseling and school food service, specifically low income feeding services.

Active Member Spotlight:
Morgan Stidman

Morgan Stidman grew up in a rural town in Wisconsin, and completed the coordinated program at Viterbo University in 2011. Here, she completed her clinical rotation at Hazard Appalachian Regional Healthcare Medical Center, where she has worked for over four years. Stidman also precepts interns from Viterbo University, University of Kentucky, and Oakwood University. She is working on her MS in Clinical Nutrition through the University of Alabama distance program. For her capstone project, she wrote a systematic review on the effect of nutrition support teams on appropriate parenteral nutrition use. The review was accepted to the FNCE poster sessions, and will be submitted for publication to the ASPEN Journal of Parenteral and Enteral Nutrition this fall.

Stidman is beginning her first term on KAND’s Reimbursement Committee, and received the KAND Recognized Young Dietitian of the Year Award and Viterbo University’s Rising Professional Award. Outside of work, she enjoys spending time with her husband, cat, and horse, and also volunteers as head coach for a youth soccer program.
Cucumber, Corn, and Bean Salsa

2-3 large cucumbers
2 tomatoes
1 yellow bell pepper
1 small red onion
¼ cup chopped fresh cilantro
¼ cup black beans
½ cup fresh whole kernel corn, cooked
1 ounce package dry ranch dressing mix
½ cup cider vinegar
2 tablespoons sugar, optional

Wash all vegetables. Finely chop cucumbers, tomatoes, bell pepper, and onion. Combine in a large mixing bowl with chopped cilantro. Drain and rinse beans and add to chopped vegetables. Add corn. If using canned corn instead of fresh, drain off liquid prior to adding to vegetables. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour over vegetables and mix well. Serve immediately or refrigerate until chilled.

Yield: Makes 20 ½ cup servings.
Nutrition Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky Cucumber

SEASON: June to September.
NUTRITION FACTS: Cucumbers are naturally high in water; a one-half cup serving contains only 7 calories.
SELECTION: Choose firm, fully green cucumbers with no yellowing or soft spots. Cucumbers suitable for slicing and eating are 6 to 9 inches long with small, white spines on the surface that rub off easily. Pickling cucumbers are smaller and have black spines on the surface.
STORAGE: Store unwashed cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated for up to 3 days.

PREPARATION: Wash under cool, running water to remove visible dirt. You may want to remove the seeds in mature cucumbers by cutting lengthwise and scooping seeds from the center with a spoon.
FOR PICKLING: Follow recipe instructions. Four pounds of cucumbers yield 5 to 6 pints of pickles.

Source: www.fruitandveggiesmatter.gov
Blog Spotlight: Amy Lorraine Nutrition

Looking for a new blog? Visit AmyLorraineNutrition.com/blog. Amy is a dietitian in Lexington, Kentucky who seeks to shed some light on the nutritional misinformation out there. Her posts cover current nutritional trends such as gut health, intuitive eating, how to choose healthy yogurts, and even product reviews. Amy earned her undergraduate and graduate degrees from the University of Kentucky and strives to keep up to date on the latest research regarding nutrition and health. She adopts a personable, yet professional tone that leaves the reader feeling more comfortable in their knowledge of nutrition.

Upcoming Events

**LAND September Meeting:**
Monday, September 16th at 6:00 PM at Norton Women’s & Children Hospital
Topic: "Performance Nutrition Team from UofL"
Please RSVP: https://www.surveymonkey.com/r/SBH2DQV

**BGAND September Dinner Meeting:**
Thursday, September 19th at Malone’s Prime in Lexington
Topic: "From Roots to Practice: Innovative Ways to Connect Clients, Patients, and Communities to Local Foods"
More info: https://www.bluegrasseatright.org/

**LAND is hosting an upcoming social event at Pinot’s Palette:**
Thursday, October 17th at Pinot’s Palette in Louisville
Cost will be $35, bottles of wine will be half-price and snacks will be provided.
Please RSVP by August 29th: www.surveymonkey.com/r/67CPDSF

Questions or comments about the newsletter? Please contact the KAND Newsletter Editor, Liz Combs, at elmars2@uky.edu