

Maine Nutrition Council

Newsletter

Spring/Summer 2010

Message from the Chair

As the impact of nutrition and physical activity on personal and national health becomes more recognized, the opportunity grows for the Maine Nutrition Council (MNC) to contribute to the health of Maine citizens through nutrition education, research and advocacy. In April the MNC Conference Planning Committee delivered a conference that expanded the horizons of our nutrition knowledge equipping us with new tools to fulfill the MNC mission. The conference "Whole Foods and Your Health: Are Genes Your Destiny?" explored new research about the impact of food and nutrition on individualized genetic expression, mental health and subsequent generations. I extend my sincere thanks to the Conference Planning Committee for all that they did to make the conference a success.

At the state and national level it was a full year for nutrition and physical activity legislation and promotion. In Maine, laws were passed to study the quantity of physical education in schools, provide caloric information on menus by 2011 and assess students' Body Mass Index (BMI) in schools. To further the momentum, Maine was awarded two ARRA, or federal "stimulus" grants focused on improving nutrition and physical activity in the community. At the national level we had health care reform that addresses menu labeling and now are awaiting the outcome of the latest Child Nutrition Reauthorization Act

(CNRA). Two key elements of the CNRA bill are plans to raise the reimbursement rates of free and reduced lunch and strengthen the implementation of the wellness policy in school districts nationwide. Finally, First Lady Michelle Obama has initiated *Let's Move!* America's campaign to solve the epidemic of childhood obesity within a generation.

All of the excitement has not just been at the legislative level! The Maine Nutrition Council had its own statewide election to establish the new Board of Directors. Renee Page, Vice Chair and Membership Development Chair, organized the 2010-2011 MNC Board member election to return the membership to the original voting schedule, adding nominees to the ballot to complete previously abandoned terms. Thank you to all of the 2010-2011 MNC Board members for stepping up to round out the board and get the structure and election schedule back on track. We welcome any new members interested in learning more about how they can participate on the board to strengthen our Council. Thank you and enjoy the summer!

Mary Ellen Doyle
Chair, MNC



Mary Ellen Doyle, MNC Chair

Mission Statement

The Maine Nutrition Council contributes to the health and well-being of Maine's citizens through education, research and advocacy. The Council uses its resources to promote healthful nutrition practices, support education in the areas of food and nutrition, stimulate research in nutrition and physical activity, and promote changes in public attitudes and policies.

Inside this issue:

| | |
|--|---|
| Board of Directors: 2010-2011 | 2 |
| Katherine O. Musgrave Public Service Award | 2 |
| Scholarship Recipients | 3 |
| Annual Conference Report | 4 |
| Conference for Food Protection | 4 |
| Is it Necessary to Avoid Dairy for Those Who are Lactose Intolerant? | 5 |
| Front-of-Pack Nutrition Labeling: FDA Request | 6 |
| For Dietitian Musgrave, Life Just As Sweet at 90 | 7 |
| Fuel Up to Play 60 Delivers on First Lady's Platform | 8 |

Katherine O. Musgrave Public Service Award Recipient

Kirsten Walter of Lewiston was the recipient of the 2010 Katherine O. Musgrave Award. She was nominated by Erin Guay for her advocacy to ensure the availability of safe and healthful foods for all Lewiston/Auburn residents and leading nutrition and food system education statewide.

Kirsten's efforts toward creating healthier food systems and community nutrition education began when she was a student at Bates College. She established the "Hilltop Community Gardens" at Hillview Apartments, a low-income housing complex, as a model for community development and bringing a diverse population together. After graduation, and with backing from Saint Mary's Health System, beginning in 1999 Kirsten spent the next seven years transforming "Hilltop Gardens" into a larger, community-wide project called "Lots to Gardens". This project now includes fifteen gardens and green spaces, programs for children, youth, adults and senior citizens, apartment-side gardens, neighborhood vegetable stands, weekly community meals,

monthly cooking and nutrition classes, and community nutrition education trainings. The project includes activities at the Lewiston Farmers' Market and is involved in a Summer Youth Empowerment Program. These programs build knowledge and skills that lead to healthier lifestyles, self-reliance and positive community change.

Kirsten has also spearheaded an effort to assess Lewiston's food system by identifying barriers to obtaining healthy foods, leveraging new resources to solve identified problems, and determining how to involve the community in each and every aspect, from assessment to solutions.

In collaboration with the Maine Nutrition Network, the United Somali Women of Maine, and other community organizations, Kirsten has taken a leadership role in the Somali Nutrition Education Project which empowers Somali women to spread nutrition messages to others in an oral-based culture.

Kirsten helped to create the Nutrition Center of Maine and is the current Director. Since 2006, the Nutri-



Kirsten Walter (L) and Katherine O. Musgrave

tion Center of Maine has promoted healthy communities through advocacy and education. The Center focuses on health, hunger, community nutrition, youth development, and sustainable urban agriculture. It is the home of Saint Mary's Food Pantry, Lots to Gardens, and community programs including the Somali Nutrition Initiative. Kirsten's work in community health also includes sitting on the Boards of the Western Maine Public Health District Coordinating Council and the Androscoggin County 5-Year Physical Activity and Nutrition Strategic Planning Committee.

Board of Directors: 2010-2011 *

Chair: Renee Page

Vice Chair: Chuck Leithiser

Secretary: Karen Gallagher

Treasurer: Sarah Platt

Member-At-Large: Mary Ellen Doyle

Conference Planning Chair: Kate Yerxa

Committee member: Jean Ouellette

Legislative Chair: Alan Majka

Committee member: Jane Marden

Membership Development Chair: Chuck Leithiser

Committee member: Amy McClellan

Member and Public Relations Chair: Venus Gilley

Committee member: Jennifer Walsh

**Terms begin at the annual Board of Directors meeting following the Spring conference. The current Board of Directors were selected at the quarterly meeting held on May 27, 2010.*

4-Year Student Scholarship Recipient

Allison Roy received the 2010 Maine Nutrition Council (MNC) 4-Year Student Scholarship. Allison's goal is to "help people live long and healthy lives". With that in mind, Allison chose Human Nutrition as a major and is in her third year at the University of Maine in Orono. At the University, Allison has helped create and present a series of classes for UMaine employees and is an active member of the Nutrition Club. She has conducted a nutrition seminar for the Young Adult swim team at the

Bangor YMCA. She also volunteers for the Nutrition Department at Eastern Maine Medical Center, the EMMC Diabetes and Endocrine Nutrition Center, and has worked as a volunteer with the Dietitian at The Cedars retirement home in Portland. Allison notes that throughout her life she has been fascinated with food and how she felt after eating, and that she wants to share that curiosity and knowledge with the public.

Upon graduation Allison hopes to pursue her Master's degree and Reg-

istration as a Dietitian, after which she hopes to work in a clinical setting.



Allison Roy (L) and Chuck Leithiser

Culinary Arts Student Scholarship Recipient

Lauren Cox was awarded the 2010 MNC Culinary Arts Student Scholarship. In May 2010, Lauren graduated from the Culinary Arts Program at Eastern Maine Community College in Bangor. She has been active in many pro-

jects while at school by participating in the "Books to Eat" competition which raised money for the school library and preparing and serving two "Shindig Dinners" on campus, which raised money for scholarships. She has also been in-

strumental in "Legislative Dinners" at the college. Lauren plans to open her own bakery, specializing in wedding and celebratory cakes and hand-made chocolates.

Dietetic Technician Student Scholarship Recipient

Angela Nelson received the 2010 MNC Dietetic Technician Student Scholarship and is enrolled in the Dietetic Technology Program at Southern Maine Community College. Angela hopes to continue her education after graduating from that program and pursue Registration as a Dietitian, while focusing on behavioral nutrition and local agriculture.

Angela was active in all phases of a food drive, which involved adver-

tising, choosing locations for receiving food, safely handling and storing the food, and determining pick-up and delivery times. Proceeds from the food drive benefitted the Preble Street Teen Center. Angela also planned, budgeted for, shopped for, and prepared a nutritionally fit meal from scratch for 40 people at that center.

Angela already has an Associate's Degree in Horticulture and, with her family, has an organic garden in



Angela Nelson (L) and Chuck Leithiser

Hampden, Maine that sells to a local natural foods store.

Annual Conference Report

The Maine Nutrition Council's annual conference entitled, "Whole Foods and Your Health: Are Your Genes Your Destiny?" was held on April 7, 2010. Three keynote speakers explained how whole foods can interact with your genes and affect how those genes then express themselves.

The first speaker, Colleen Fogarty Draper, MS, RD, gave background information on the science of epigenetics. Epigenetics is the science of how our food choices, along with other lifestyle choices that affect our health, influence certain genes, either positively or negatively. She gave specific examples of how diet can affect weight management,



Colleen Fogarty

cardiovascular disease, the brain-gut connection, and ended with an example of a personal experience in her family with gluten sensitivity. She also discussed genetic testing and what commercial options for genetic testing are currently available.

James Joseph, Ph.D, a researcher at the Human Nutrition Research Center and co-author of numerous publications including the book *The Color Code*, explained the results of his research on blueberries and walnuts and how compounds in these foods can impact gene expression.



Dr. James Joseph

Elizabeth Ward, MS, RD, presented information on how food choices affect preconception and conception

outcomes, and the possible lasting effects of poor nutritional choices on birth outcomes.

The day ended with a panel discussion where the three speakers answered questions and summed up the major points of their presentations. Conference evaluation results indicated that participants thought the presenters were very successful in presenting their information in a very easy-to-understand format and found the information to be both "timely and provocative" and "critical new information."



Elizabeth Ward

We regret to inform you of the recent passing of Dr. James Joseph. We express our deepest sympathy to his family, friends, and colleagues.

Conference for Food Protection

Recently, Jayne Whiteside, MS, RD, LD and MNC board member, attended the Conference for Food Protection's biennial meeting in Providence, Rhode Island. The Conference is a non-profit organization established in 1971. The goal of the Conference is to identify emerging problems, formulate recommendations and develop practices that promote food safety and consumer protection. In between biennial meetings, work of the Conference is carried on by committees and the executive board.

Participants included regulators from state and federal government, industry (such as large supermarket chains, manufacturers), academia, professional organizations, and consumer groups. The structure provides a representative and equitable partnership among the participant groups.

The first day of the meeting featured a workshop that was related to retail food safety. The next few days focused on issues presented by three councils, work committees or individual submitters. The hot topics and issues that

the councils voted on included: food safety certification for restaurant managers, new temperature and cleaning guidelines, and certification of wild mushroom foragers.

This year there were four participants from Maine with approximately 400 participants from throughout the United States. The next meeting will be held in Indianapolis in 2012. For more information about the Conference for Food Protection, visit their website at www.foodprotect.org.

Is it Necessary to Avoid Dairy for those who are Lactose Intolerant?

People may avoid milk and other dairy products due to concerns about lactose intolerance, but eliminating these nutrient-rich foods may not only be unnecessary to manage the



condition – it could impact diet and health, concludes a panel of experts assembled by the National Institutes of Health (NIH), February 22-24, 2010.

The NIH Consensus Development Conference on Lactose Intolerance and Health was convened to examine the latest research on lactose intolerance and strategies to manage the condition and the health outcomes of diets that exclude dairy foods. Lactose is the natural sugar in milk and some people lack sufficient amounts of an enzyme that is needed to comfortably digest lactose.

After a thorough review of the scientific evidence, the Consensus Development Conference panel completed a draft consensus statement that is intended to correct some of the common misperceptions about lactose intolerance, including the belief that dairy foods need to be excluded from the diet.

Without low-fat and fat-free milk and other dairy products in the diet, it is hard to meet nutrient needs. Further, available research suggests people with lactose intolerance can tolerate at least 12 grams of lactose (the amount in about one cup of milk) with no

or minor symptoms. Plus, gradually reintroducing dairy into the diet can help manage symptoms and help those diagnosed with lactose intolerance benefit from dairy's unique nutrient package, including calcium, vitamin D, protein, potassium and other nutrients that are critical for bone health and more.

Experts also suggest drinking low-fat or fat-free milk (regular or flavored) with meals or a snack instead of on an empty stomach, trying small, frequent portions or buying lactose-free or lactose-reduced milk – which contain the same nutrients as regular milk. Yogurt and hard cheeses (the panel suggests cheddar, provolone and mozzarella) may also be more easily digested.

Conducted by the National Institutes of Health since 1977, the Consensus Development Program is an unbiased, independent, evidence-based assessment of complex medical issues. The purpose is to evaluate the available scientific evidence on a medical topic and develop a statement that will advance the understanding of the issue and help guide the advice given by health professionals and directed to the public.

Lactose intolerance is a topic that is frequently misunderstood, according to Dr. Robert P. Heaney, a prominent researcher at Creighton University who presented findings to the panel on the health outcomes of dairy exclusion diets.

“With modern diets, eliminating dairy from the diet – for any reason whatsoever – will result in poor nutrition

with long-term consequences for health,” said Heaney.

Heaney said people need a steady supply of calcium, vitamin D and other bone-building nutrients in milk early in life to lay a sturdy foundation. Depriving the body of these nutrients has the potential to impact bone health throughout the lifecycle. Additionally, low-fat and fat-free milk is the top food source of vitamin D, which has been linked to a growing range of health benefits.

African Americans have been found to have lower intakes of vitamin D, which is likely linked, in part, to their concerns about lactose intolerance.

Yet, even if you have lactose intolerance – and fewer people likely have symptoms of this condition than previously believed – it is still important to find ways to incorporate milk and other dairy products into the diet.

This is the same conclusion made by the National Medical Association (NMA), the nation's largest group of African American physicians. Dr. Wilma Wooten, president of the San Diego chapter of the National Medical Association, presented research on the ethnic prevalence of lactose intolerance to the panel. She said the NMA released its own policy statement that alerted African Americans that they may be at risk for nutrient deficits as a result of underconsumption of dairy foods. “Individuals with lactose intolerance should not avoid dairy products,” Wooten said.

See *Dairy*, Page 6

Dairy, continued

“This message should be reinforced to prevent the missed opportunity provided by the nutrient-rich package of low- and non-fat milk, hard cheese and yogurt with live active cultures.”

Prevalence Estimates for Lactose Intolerance

While the panel concluded that there is insufficient evidence to determine a true prevalence of the condition, one new study presented at the conference suggested the age-adjusted, self-reported prevalence may be as little as 12 percent of the U.S. population, on average. This recent data from a national sample of three ethnic groups indicated that 7.7 percent of European Americans, 10.1 percent of Hispanic Americans and 19.5 percent of African Americans currently consider themselves lactose intolerant.

These self-reported prevalence

rates are in contrast with previous higher estimates based on lactose maldigestion studies that over-estimated by wide margins the proportion of people who experience symptoms after consuming usual amounts of dairy foods.

Avoiding Health Risks

Beyond the recommendations of the NIH panel, several major health authorities agree that it is critical for people with lactose intolerance to consume dairy products every day to benefit from the unique nutrient profile of these foods.

The Dietary Guidelines for Americans encourage people with lactose intolerance to try lower-lactose dairy options (such as lactose-free milk, yogurt and hard cheeses) to ensure they get the important nutrients found in dairy.

The American Academy of Pe-

diatrics recommends children with lactose intolerance still consume dairy foods to help meet calcium, vitamin D, protein and other nutrient needs that are essential for bone health and overall growth. The group cautions that lactose intolerance usually does not require avoidance of dairy foods.

Additionally, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) supports lactose-reduced or lactose-free milk as a first choice before non-dairy options for those with lactose intolerance.

Find more resources at www.NationalDairyCouncil.org.



Front-of-Pack Nutrition Labeling: FDA Request

The U.S. Food and Drug Administration (FDA) has issued a request, in the Federal Register, for data and other information the agency can use as it considers ways to make nutrition information

more useful to consumers; for example, on “front-of-pack” labeling (the main display panel on products) and shelf tags in retail



stores. The deadline for submitting comments is July 28, 2010.

FDA is particularly interested in receiving data and information on:

- the extent to which consumers notice, use, and understand nutrition symbols on front-of-pack labeling or shelf tags
- results of research that assessed and compared the effectiveness of potential approaches to front-of-pack labeling

- graphic design, marketing, and advertising that can contribute to development of nutrition information that is more useful to consumers
- the extent to which nutrition labeling affects food manufacturers’ decisions about the contents of their products.

See *Labeling*, Page 8

For Dietitian Musgrave, Life Just As Sweet at 90

Reprinted with permission from the Bangor Daily News.

The plastic knife was no match for the chocolate sheet cake with its thick layer of white icing and purple flowers. Katherine Musgrave, wielding the knife, was getting the frosting all over her hand.

"I'm going to lick my fingers,"

Musgrave said in her Southern drawl, eliciting laughter from the 10 people in the room who watched her slice into her birthday cake.

It was unclear what was funnier — the thought of a 90-year-old

woman licking her fingers, or Bangor's best-known and beloved registered dietitian giving in to all that sugary goodness.

Musgrave celebrated entering her 10th decade Monday, the day of her birth in 1920, during an informal lunch party with the doctors, nurses and staff members in the Evergreen Woods offices of Drs. Jane Laeger, Ellen Bentley and Paul Shapero. Laeger and Bentley are gynecologists, and Shapero is an allergist.

Musgrave's work as an on-site dietitian for the three doctors is, amaz-

ingly, one of the jobs she still performs weekly. Musgrave is a professor emerita at the University of Maine and teaches an online course through UMaine's Division of Lifelong Learning, and can be heard Monday mornings during a nutrition segment on Bangor radio station WZON, during which she discusses ideas for healthy living.

She also runs the nutrition component of corporate wellness programs for several local companies.

UMaine awarded Musgrave an honorary doctorate of science in 2006. In 2002, she was presented the New England University Continuing Education Association Faculty Member of the Year Award.

Longevity runs in Musgrave's family. Her father and mother lived to 92 and 91, respectively, and two of her three brothers are still alive.

Musgrave regaled partygoers with tales of her upbringing on a farm in Tennessee and the early days of her married life, when she followed her husband across the country from posting to posting in the military.

As Musgrave picked at her cake, she turned serious when asked for her thoughts on the recent shooting death of a 19-year-old man on Cumberland Street in Bangor. An 18-year-old man has been charged in the incident.

"I think these kids who just pick up a gun and shoot have only seen [death] on TV or movies and have no idea about life and death," Musgrave

said. "I think it's a shame for kids to not know more about life and death and reality. ... [But] I think young people today have a lot of good principles. I'm not worried about them. There will be a lot I wish I could look down on, or look up on, whichever way I have to."

Musgrave cooks dinner — a healthy meal, she said, that includes a protein, complex carbohydrate, and fruit or vegetable — every night for herself and her husband, 91-year-old Stanley Musgrave, whom she married in 1944.

She said she traces her love of food and cooking to her childhood. Her mother hated to cook, she said, and gave her free rein to experiment in the kitchen.

"My feeling is if we can get children, in the first eight years of their lives, to like food and really appreciate food they'll eat right the rest of their lives," she said after the party wound down. "As a child I got to feel important, and children would today if parents would take time to let 'em make a few messes in the kitchen and enjoy creating."

Shapero called Musgrave the office's "inspiration" and told her to set aside the date in five years for her 95th birthday party.

"I'll be there," Musgrave said. "You may have to come get me, but I'll be there."



Katharine O. Musgrave
Picture courtesy of
www.umainetoday.umaine.edu/past-issues/summer-2010/weighing-in/

“Fuel Up to Play 60” Delivers on First Lady’s Platform

Fuel Up to Play 60 is joining the First Lady’s call to improve the health of our next generation. An in-school nutrition and fitness program launched in partnership by the National Dairy Council and the National Football League, Fuel Up to Play 60 shares the ambitious and attainable goals outlined in the First Lady’s childhood obesity platform. The program recognizes that many of today’s youth are overweight yet undernourished and encourages the availability and consumption of nutrient-rich foods – particularly low-fat and fat-free milk and other dairy products, fruits, vegetables and whole grains – along with 60 minutes of physical activ-

ity daily. Already impacting more than 59,000 schools nationwide, over 500 of which are in Maine, the program will further its progress by announcing the following commitment to the next generation:

Together with the involvement of the First Lady’s office, Fuel Up to Play 60 will expand its reach into more than 90,000 schools participating by the end of the next school year (May 2011), or more than 90 percent of schools nationwide. Fuel Up to Play 60 will ensure all schools have access to customizable and non-prescriptive program components such as curriculum materials, in-school promotional materials

and a program Web site, to facilitate positive changes in the school nutrition and physical activity environment. Ultimately, through its reach and impact in schools, Fuel Up to Play 60 will help youth take small steps toward developing and maintaining lifelong healthy habits.

More information about Fuel Up to Play 60 is available at FuelUpTo-



“One day, all Americans will be physically active and they will live, work, and play in environments that facilitate regular physical activity.”

To learn about the National Physical Activity Plan, go to <http://www.physicalactivityplan.org/index.htm>

Maine Nutrition Council

PO Box 246

Augusta, Maine 04330

info@mainenutritioncouncil.org

www.mainenutritioncouncil.org

Labeling, continued from page 6

The goal of this request is to make calorie and nutrition information available to consumers in ways that will help them choose foods for more healthful diets – an effort that has taken on special importance, given the prevalence of obesity and diet-related diseases in the U.S. and of increasingly busy lifestyles that demand quick, nutritious food. The FDA and the U.S. Department of Agriculture are working with public and private stakeholders to develop a voluntary front-of-pack nutrition label based on sound nutrition criteria, consumer research, and design expertise, to supplement the information in the Nutrition Facts box currently on labels.

To hear a speech in which FDA Commissioner Margaret A. Hamburg, M.D. discusses these issues at the 2010 Nutrition Summit hosted by the Department of Health and Human Services and the United States Department of Agriculture, please visit <http://www.fda.gov/NewsEvents/Speeches/default.htm> For more detailed information and instructions for submitting information, visit <http://edocket.access.gpo.gov/2010/pdf/2010-9939.pdf>