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EFAD News

- Breaking professional boundaries in Berlin/Germany

ICDA Board of Directors

Alert from the ICDA Board

COVID-19 ALERT

All representatives of ICDA member countries, please check the home page of ICD 2020 every week (www.icda2020.com). Updates on COVID-19 and ICD 2020 are being posted by the organizing committee. Kindly inform your members, especially those who plan to attend the ICD 2020.

Feature Article

Front of Pack Nutritional labeling regulation: news from Israel

Carmit Safra RD BSc, MSc ¹, Ronit Endevelt RD, Bsc, Msc, Ph.D. ¹,²

¹Nutrition Division, Public Health Services, Ministry of Health, Israel
²School of public health University of Haifa

On 1 January 2020, regulations concerning the nutritional labeling came into force. This action was a breakthrough, which requires a prominent red mark on the front of the food packaging, if sodium, saturated fat and/or sugar, exceed threshold values. This move was initiated and led by the Nutrition Division of the Health Ministry under the management of Prof’ Ronit Endevelt and the Division staff, together with the Food Service and other departments of the Public Health Services at the Ministry of Health, and the lead of the general manager of the Ministry of health and his vise manager.
As dietitians and nutritionists, we know about the big gap between the written dietary recommendations, and the supermarket, where decisions are made. We always explain to our patients/friends/family what to eat and what to buy, but at the point of sale, with habits and temptations, it is difficult to make the right healthy decisions.

The purpose of the icons on the front of the pack is to help consumers in various food stores to choose better. The icons will help the general population, and patients get answers to questions that arise in the shopping path. Like which yogurt should I choose? That’s a cereal deal, does it contribute to my health too? Or - which crackers contain less sodium?

Indeed, for years there has been no significant change in the incidence and prevalence of obesity in adults and children and in diabetes, and chronic morbidity is increasing in Israel. At the same time, the food industry is developing ready-to-eat products with increasing availability. These products are often rich in sugars, saturated fats, and sodium and ultra-processing. These components are associated with overweight, obesity and chronic comorbidities.

Many studies in the field show that front of pack labels help consumers understand the nutritional content of the product and make a more informed decision than having the information on the back of the packaging. Indeed, in Chile, many report a more informed choice, a significant reduction in not-recommended food consumption, and less attention to marketing statements. Dozens of other countries have also opted for the front of pack labeling voluntarily or regulatorily.

Judgmental symbols in the front of the pack enhance the food environment, as they are understandable among all consumers for their range of understanding, including children even before reading. In addition, such symbols encourage product reformulation.

To create the change, the World Health Organization recommends Judgmental symbols on the front package as part of comprehensive measures to promote a healthy diet. In recent years, dozens of countries have led or supported the development of FOPNL (Front pf pack nutritional labeling. Based on this, the Israeli Ministry of Health has set regulations on that matter. The regulations include two main issues:

1. A prominent front of pack logo indicating that the food contains a high amount of sodium, sugars and / or saturated fats

2. Additional information at the nutritional information, back of the pack, including the amount of sugars from the total carbohydrate and expressing this amount in household measures. For example, the amount of sugar in (g) in one teaspoon: 4 grams of sugar in a teaspoon

The following table lists the red icon threshold values. These values will change in 2021 and will be stricter:
As with any rule, there are exceptions. The regulations specify red symbol exemptions and sugar spoon expression in products such as Food supplements, infant formulas, and food containing only one component and very small packages.

An important section in the regulation emphasizes that the fact that food is not marked with red symbols does not justify its marketing as if it is recommended or meets the requirements of the Ministry of Health.

Indeed, we already know about a very significant decline in the sugar, sodium and saturated fat levels of various products. The food industry has done a great job of reducing these components to avoid the red symbols.

But as with all realities, there are going to be conflicts. For example, diet drinks, which are not recommended by us especially for children, will not be marked with a red symbol, Tahini (Sesame spread) with salt added not for technology reason is not just one component of food, and therefore will no longer be exempt from the red symbol and will be marked by for its saturated fat values.

This is the red FOPNL

To complete the move, the Ministry of Health recommends a green, voluntary symbol, reflecting the new nutritional recommendations.

The ministry has appointed a committee to determine the conditions for the green symbol. The principles that accompany the committee's work are:

• The new dietary guidelines for Israel, in light of the Mediterranean diet.
• Attention to the whole food and the degree of processing and not only on its components
• Determine food groups and conditions for the symbol according to the best foods and not the best product relative to the category

The food groups agreed to the green symbol include milk, yogurt, cheese, tofu, soy drink, certain vegetable oils, seeds and nuts, grains, legumes, tahini, tahini salad, fish, eggs, poultry, fruits and vegetables. Each group was assigned separate nutritional profiling that constitutes the conditions for the symbol.

This is the green labeling

It is also important to know that green markings may also contain unpacked foods, such as fruits, vegetables, nuts, whole grains, and unprocessed fish and eggs.

The green labeling will be on products but also as shelf signs

This picture demonstrates an example of shelf signs

Information and Reminders

International Congress of Dietetics (ICD), 2020

2020: IT’S TIME FOR ICD!

2020 is the year that the world of nutrition comes to Africa. Register online for the International Congress of Dietetics (ICD) at www.icda2020.com. Early bird registration closes on 31 March 2020.
<table>
<thead>
<tr>
<th>REGISTRATION FEES</th>
<th>EARLY BOOK &amp; PAY BY 31 March 2020</th>
<th>LATE BOOK &amp; PAY AFTER 31 Mar 2020</th>
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<td>Workshops are not included in the registration fee and will be held on Wednesday 16 September 2020 from 08h00-12h00. Only one workshop can be attended.</td>
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<td>SOCIAL FUNCTIONS</td>
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<td>Welcome Function: 16 September 2020</td>
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<tr>
<td>Congress Dinner: 17 September 2020. Congress Delegates only. Seats are limited.</td>
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**ICD TOUR PACKAGES**

Enjoy some downtime after the congress with four culturally rich tours around the beautiful city of Cape Town. The tours will take place on Sunday 19 September and are limited to 40 people per tour. Go to [http://www.icda2020.com/index.php/tours](http://www.icda2020.com/index.php/tours) for more detailed information on the ICD Tour Packages.
KEYNOTE SPEAKERS

Simon Barquera, Mexico
Medical doctor with a Master and PhD in Nutrition from Tufts University. Currently serves as a leader in the field of obesity, diabetes and cardiovascular risk and is Director of the Nutrition and Health Research Centre at the National Institute of Public Health of Mexico.

Joanne Baumgartner, Switzerland
Senior Scientist at the Human Nutrition Laboratory of ETH Zurich in Switzerland and an Extraordinary Associate Professor at the Centre of Excellence for Nutrition of the North-Wes University (NWU) in South Africa. She holds an MSc in Food Science and Nutrition and PhD in Human Nutrition from ETH Zurich.

Renee Blaasw, South Africa
Associate Professor in Therapeutic Nutrition at the Division of Human Nutrition, Stellenbosch University, South Africa. Main research interests include nutrition support of critically ill patients, Hospital malnutrition, Nutritional management of gastrostomy, enteral feeding and Probiotics and Nutritional Epidemiology.

Stuart Gillespie, United Kingdom
Senior Research Fellow with the Poverty, Health and Nutrition Division of the International Food Policy Research Institute (IFPRI). CEO of the Transform Centre for Hunger and Nutrition. Former Executive Director of the Leveraging Agriculture for Nutrition in South Asia (LANSNA) consortium and leader of the SPEAR Bagship (Supporting Policies, Programs and Enabling Action through Research) of the Agriculture for Nutrition and Health (A4NH) research program.

Corinna Hawkes, United Kingdom
Currently Director of the Centre for Food Policy at City University of London, UK. She has worked for 20 years with UN agencies, government, universities and civil society to build evidence on the role of unhealthy diet and its prevention and to take it to the international level to support the design of more effective food policies to improve diets and prevent obesity and non-communicable diseases.

Amos Laar, Ghana
PhD, University of Ghana, and President, African Nutrition Association. He currently leads the Implementation of ProfOFAAR International Network (WIN) project, a joint initiative of ProfOFAAR and The African Nutrition Fund. He is also the Lead for Monitoring and Action Support modules in Ghana with support from colleagues and collaborators. Founder of health is global monitoring think tank and President of African Nutrition Association.

Yogan Pillay, South Africa
Deputy Director-General for Health Programmes in the national Department of Health. Prior to his appointment as DGCD, he held the positions of Chief Director of the National Nutrition, HIV and Chronic Disease Programme, and director for the district health system – all in the National Department of Health. He holds a PhD in public health from Johns Hopkins University.

Intiaa Soלאman, South Africa
Qualifed as a medical doctor at the University of Natal Medical School in 1984 and trained in private practice, which he terminated in 1994 to concentrate on Gift of the Givers Foundation (GOF) which he founded in 1995. GOF developed an international network of more than 200 activities in 70 countries worldwide. Soלאman is a dedicated humanitarian organisation.

Kevin Whelan, United Kingdom
Professor of Dietetics and Head of the Department of Nutritional Sciences at Kings College London. In 2012 he was awarded the Nutrition Society Cuthbertson Medal for clinical nutrition, in 2017 he was appointed a Fellow of the Royal Society for Health, and in 2018 delivered the Dr Elsie Meldrum Memorial Lecture.
STAY IN TOUCH
Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans:
www.facebook.com/ADSAorgza
www.twitter.com/ADSA
Blog: http://nutritionconfidence.wordpress.com
Website: http://www.adsa.org.za
Email: info@adsa.co.za or adsacomms@gmail.com

Executive Committee
Association for Dietetics in South Africa (ADSA) www.adsa.org.za

National Dietetic Association Reports
Country - Taiwan

News from Taiwan Dietitian Association

Nutrition for critically ill patients was seen in Taiwan
In 2015, a globally known public safety incident, the Dust Explosion at Formosa Fun Coast happened in Taiwan. The incident affected 499 patients with an average burn area over 40%, of which 95 patients received critically
ill notification. All healthcare professionals were devoted at the rescue, including Registered Dietitians as well. Non-stop case report meetings, rounds, multiple times of multidisciplinary team discussions daily, resulted in the world’s lowest death rate of 3% in this incident.

Nutrition status has always been a critical but challenging area in the care of critically ill patients. The nutritional status of patients was significantly correlated with the incidence of complications, the length of ICU stays, the days of respirator use, and even the days of antibiotic use. The death rate of those with energy deficiency was 76%, which was significantly higher than 27% of those with sufficient energy. The challenges of nutritional care in the critically ill patients are that patients often have multiple comorbidities, complex complications and accompanied by multiple gastrointestinal symptoms, making nutrition intervention difficult to be implemented. Registered Dietitians’ clinical judgement and competency of evidence-based practice are extremely important as the patient’s condition change rapidly; the nutrition intervention has to be adjusted accordingly along the care process.

Taiwan values the importance of clinical multidisciplinary teamwork. The dietitians in critical care have already implemented nutritional care process in the ICUs. The Ministry of Health and Welfare, National Health Insurance Administration of Taiwan has provided compensation to the hospitals of each
dietitian visit at the ICUs since October 2019. Taiwan Dietitian Association is honorably accredited as certification center of critical care dietitians. This acknowledges both Taiwan Registered Dietitian’s profession, and contribution.

Sarah Wu, MS, RD, CNSC
Senior Dietitian, Dianthus MFM Clinic
Secretary of International Affairs, Taiwan Dietitian Association

Country – Australia

News from Dietitians of Australia (DA)

Supporting members and advocating for dietetic jobs in
Aged Care

On 1 July 2019, new Aged Care Quality Standards were introduced in Australia, providing an opportunity for DAA to support members working in this space. To help dietitians understand their role in meeting the new Quality Standards, DAA developed an online webinar series, Translating the Aged Care Quality Standards. Delivered through our Centre for Advanced Learning, it also includes exploration of how dietitians can advocate for improved food and nutrition processes through practical case studies and information.

The commencement of the National Aged Care Mandatory Quality Indicator Program, which includes reporting of unplanned weight loss in residential aged care, provides opportunity for DAA to raise awareness and influence stakeholders to act on malnutrition. To advocate for the importance of good nutrition and the role of dietitians, our Chief Executive Officer and Executive Manager, Policy & Professional Services met with the peak body for service providers in aged care, Aged and Community Services Australia. We discussed ways that DAA could work with their organisation, such as developing a template for a food and nutrition policy to be used by aged care providers. We have also just completed a submission to the Royal Commission into Aged Care relating to Program Design.

Supporting members at a grass roots level will help drive greater involvement by dietitians, which is needed to decrease the prevalence of malnutrition in our aging population. In Australia, dietitians generally act as consultants to service providers in aged care. Having the tools to work
efficiently with this population can support dietitians to realise opportunities available. DAA is undertaking a project to update and extend our Menu Audit Tool, to assist dietitians in the assessment of food and nutrition systems, then make recommendations to inform improvements to aged care service providers.

DAA remains active in the Aged Care space while we wait for findings to be handed down from last year’s Aged Care Royal Commission. We continue to look for ways to improve the health and wellbeing of older Australians and to increase employment opportunities for dietitians.

**DAA Member achievements**

**WHO intern appointment:**

It is exciting times for DAA, one of our members, Joyce Haddad, APD has been appointed as an intern for the World Health Organisation (WHO). In February, Joyce will relocate to WHO Headquarters in Geneva, Switzerland for an 18-week internship within the WHO Department of Nutrition for Health and Development. Joyce is looking forward to contributing to projects with global impact and influence, to better the health of the population. We wish Joyce the best with her internship!

**Australia Day accolades:**

As a part of recent Australia Day celebrations on 26 January, it was great to see several dietitians recognised for their outstanding contribution within their communities. DAA congratulates the following dietitians on their achievements:

- DAA Fellow, Professor Peter Williams OAM, recipient of a Medal of the Order of Australia
• Dr Megan Rossi, named as the Young Australian Achiever of the Year in the UK
• APD Jennifer Ellick recipient of an Australia Day Achievement Award from Metro North Hospital and Health Service (Queensland)
• APD Eden Barrett, recipient of the Young Australian Women Students of Achievement Award (New South Wales)

Smart Eating Week

From 10 to 16 February, Accredited Practising Dietitians (APDs) around Australia will host events, to help build healthier communities through greater awareness of health and nutrition, and to educate the community of how an APD can provide support.

In 2020, the campaign’s main focus will be APDs having an impact at the grass roots level. APDs are encouraged to host community events to present a 30-minute label reading session, with the session notes, presentation and consumer handout provided by DAA. APDs can adapt this to their audience as required, and may choose to develop a different presentation, or host an alternative activity, to meet their audience needs.

Through hosting events around the country, our collective voice will help raise awareness of the support APDs can provide, when health is prioritised. The Smart Eating Week campaign continues DAA’s call for a new National Nutrition Policy, demonstrating the important role of nutrition education in our communities.

Sally Moloney

Country – Greece

News from Hellenic Dietetic Association

The Hellenic Dietetic Association celebrated its 50-year anniversary at the highly successful 15th Hellenic Congress on Nutrition and Dietetics. The Hellenic Dietetic Association is proud to present the key features and success factors of the 15th Hellenic Congress on Nutrition and Dietetics that took place in Athens, Greece, on 13-15 December 2019. Being the most important Greek scientific event on Nutrition and Dietetics, and one of the most successful nutrition events in Europe, the congress was attended by more than 2000 delegates.

One of the most important moments of the 15th Hellenic Congress on Nutrition and Dietetics was the plenary event to celebrate the launch of the
Hellenic Dietetic Association 50 years ago. In a sentimental celebration, past presidents of the Hellenic Dietetic Association since its creation in 1969 were invited to give a speech and receive an honorary award.

For the scientific program of the congress, this year the Hellenic Dietetic Association joined forces with the Hellenic Society for Clinical Nutrition and Metabolism (GrESPEN) to co-organize the 15th Hellenic Congress on Nutrition and Dietetics together with the 4th Hellenic Congress on Clinical Nutrition and Metabolism. With the participation of 167 expert speakers, including leading academics, scientists and well-respected professional dietitians-nutritionists from Greece and abroad, the two major scientific events hosted 79 sessions, comprising of round tables and symposia, invited lectures, oral and poster presentation sessions as well as educational seminars, clinical tutorials and LLL courses.

The role of the Dietitian - Nutritionist in promoting health, nutrition education and scientific knowledge was a key topic of the scientific program. One of the success factors of the Hellenic Congress on Nutrition and Dietetics over the recent years is the level of advanced education and professional practice of Dietitians – Nutritionists in Greece. Research on diet, food, nutrition and their effects on health is progressing and constantly evolving in the last 20 years in Greek Universities, and Greek Dietitians – Nutritionists are playing a key role by actively leading or participating in research projects. The bi-annual Hellenic Congress on Nutrition and Dietetics is a great opportunity for researchers dietitians – nutritionists to present their work and share their findings with their peers.
The congress also provided the opportunity for delegates to get informed on the most updated clinical nutrition recommendations on certain diseases, to attend the latest scientific evidence and public health policies regarding the prevention, management and care of obesity and related non-communicable diseases such as diabetes, cardiovascular disease and cancer, and to get an insight of scientific developments on emerging research topics such as sustainable diets, innovations in food science and technology, nutrigenomics and the effect of diet on gut microbiota, among a number of other subjects.

As socially responsible and sensitized members of the society, Dietitians-Nutritionists in Greece are actively supporting the notion that what and how people eat affects not only our body’s but our planet’s health as well. In this context, during the preparation and the whole duration of the 15th Hellenic Congress on Nutrition and Dietetics, the Hellenic Dietetic Association took environmentally sustainable actions such as recycling, food leftover offerings and no-food-waste activities, meeting the standards of international conferences.

We are proud to have organized one of the most successful local nutrition and dietetics conferences in Europe and we look forward to the 16th Hellenic Congress on Nutrition and Dietetics that will take place in Athens, Greece, in 2021.
News from The Academy of Nutrition and Dietetics

Undernutrition is a prevalent global issue, with 150 million children experiencing stunting and 20% being underweight\textsuperscript{1}. In Guatemala, stunting in children under 5 years old can range from 50% to up to 70% in areas with a high indigenous population, putting these children at risk for negative developmental and economic outcomes\textsuperscript{2,3}. It is important to look for feasible and realistic interventions for this global issue. Eggs are a rich source of all nutrients that the American Academy of Pediatrics considers critical for brain development during the first 1000 days of life. The Academy of Nutrition and Dietetics and its Foundation are partnering with Think Healthy Group and Wuqu’ Kawoq/Maya Health Alliance for the project: The Effects of Complementary Feeding of Eggs on Infant Development and Growth in Guatemala: The Saqmoló Study. Through the help of Wuqu’ Kaoq, study partner and non-governmental organization working with vulnerable indigenous communities in Guatemala, this study will examine the effects of a one egg per day intervention in children ages \sim 6\textendash12 months in rural central Guatemala. Study planning is currently in progress and should begin later this year.


Wimpfheimer-Guggenheim Global Information Sharing Experience in Nutrition and Dietetics at U.S. Universities

As a result of the very successful pilot program in spring 2019, the Academy of Nutrition and Dietetics Foundation (Foundation) is pleased to announce that it will again offer the Wimpfheimer-Guggenheim Global Information Sharing Experience in Nutrition and Dietetics at U.S. Universities. This opportunity engages and promotes collaboration with members of the nutrition and dietetics international community.
Collaborators from the 2019 program had positive things to say about the experience. Iowa State University in Ames, Iowa was the lead host for this project. "We were thrilled to be selected as the pilot site for the first Global Nutrition Exchange," said Erin Bergquist, senior clinician with the Dietetic Internship Program. “Our program has a strong commitment to engage in international nutrition. We’ve partnered with…the Academy Foundation in the past and have always found it to be a valuable partnership.”

Nathalie Neumann, the inaugural recipient of this award, noted, “Despite differences, [global dietitians’] jobs and our goal remain the same. The common desire to help people [and] to advise patients based on the latest research…I learned a lot and realized once again how useful it is to invest in international exchanges to learn from each other and to support each other.”

Diane Stadler, PhD, RD, LD, who hosted Nathalie at Oregon Health & Science University for the second part of Nathalie’s time in the U.S., shared, “One of my favorite observations was seeing Nathalie participate in our interprofessional culinary medicine class...She jumped right in to help a team of medical students, dental student and nursing students prepare a healthy low-cost, nutritious meal for a family of four in 30 minutes. She taught the entire class how to make whole wheat spätzle from scratch! And shared other interesting facts about the foods she liked to eat, foods that were part of holidays and traditional celebrations, and current food trends in Germany.”

**Country – Brazil**

News from Brazilian Nutrition Association (ASBRAN)

In 2015, Asbran published norms prohibiting partnerships with industries, companies, and institutions that market, promote, advertise, or encourage drinks of low nutritional content, alcoholic beverages, foods that are transgenic or contain high amounts of sugar, saturated fat, trans fat, or sodium, or products for weight loss or "esthetic nutrition" for which there is no supporting scientific evidence. The ban also affects companies that commercialize ultra-processed foods, fast-food chains, and policies and practices that conflict with health.

With the mobilizing theme "Commensality and society: where culture, science and food meet," CONBRAN 2020 will redefine directions for nutrition in Brazil, establishing new goals and strategies aligned with the concepts of healthiness and sustainability. It will also bring together dozens of professionals from the Ibero-American community.

Over these three days, the participants will discuss issues of science and practice in the areas of Clinical Nutrition, Sports Nutrition, Collective
Feeding, Food Technology, Collective Health, and Professionalization, defending actions to guarantee healthy eating environments, including regulatory and fiscal measures as well as professional practices in tune with this critical scenario.

Marina Romano

Executive Co-Ordinator (ASBRAN)

Country- France

News from The French Association of nutritionist -dietitians (AFDN)

The French Association of nutritionist -dietitians (AFDN) has been working since 2017 with the French Clinical Nutrition and Metabolism Society (SFNCM) on the harmonization of standard and therapeutic diets in health facilities, with the aim of:

- Covering patients’ nutritional needs and adapting to them to patients’ pathophysiological situation as well as the needs of hospitalization.
- Respecting the patient to give the diet its full meaning: nutritional, and personal preferences (taking into account the choices, the time of meals...).
- Rationalizing and harmonizing practices related to diet prescriptions.
- Reducing constraints that could lead to restrictions on the provision of meals (food choices for food preparations, implications of priced meals, consequences of palatability and consumption of dishes).

After a 2017 report on hospital feeding, the two associations formed a steering group made up of members of AFDN and SFNCM. The steering group proposed recommendations based on the results of the 2017 report and data from the literature. These recommendations were submitted to 50 national experts (25 dietitians and 25 medical doctors) who formalized a consensus, according to the Delphi method. This work culminated in 23 recommendations in 2019:

1. It is recommended that the food supply includes several choices.
2. It is recommended that the standard diet meets the recommendations for prevention and health promotion.
3. Apart from a personalized diet, it is recommended that the standard diet provides a minimum of 2000 kcal /day
4. It is recommended that the nutritional values (energy, proteins, lipids, carbohydrates) of the food supply are accessible, especially to the prescriber and the dietitian.
5. It is recommended that any diet should be prescribed at the patient's admission and fitted to the clinical situation.
6. It is recommended that all types of therapeutic diets should be reassessed during hospitalization and at discharge by the prescriber, and if necessary by a dietitian and / or a nutritionist.
7. It is recommended not to combine more than 2 restrictive therapeutic
foods because of the risk of undernutrition.

8. It is recommended that meals supplied can be split by offering more than 3 meals a day.

9. It is recommended that the textures and adaptations be established according to the international IDDSI recommendations/guidelines.

10. In hospital, apart from a specialist nutrition opinion, the prescription of a therapeutic diet aimed at weight loss is not recommended.

11. It is recommended to adapt protein intake according to the stage of Chronic Kidney Disease and nutritional status.

12. It is not recommended to prescribe a hypolipidic therapeutic diet (<35% of the Total Energy Intake), with the exception of primary hypertriglyceridemia major and chylous effusions where a strict restriction of lipids is needed (<30 g per day, excluding medium chain triglycerides).

13. The standard diet is suitable for the diabetic patient without excluding foods and desserts containing sucrose.

14. It is recommended that the standard diet provides a regular supply of carbohydrates with each meal.

15. It is recommended that the quantities of carbohydrates are known and provided in each dish served.

16. If a therapeutic low salt diet is indicated, it is recommended not to restrict the salt intake (NaCl) to less than 5g/day (i.e. about 2g of sodium /day), except in the event of severe acute decompensation (for a very short time).

17. That a diet titled "acid-free and / or spice-free" has no indication (except oral, digestive hypersensitivity or food allergy).

18. It is recommended not to exclude from the" strict low- fiber " diet (10-14g fiber / d, generally called low in residue or without residue), pulp free fruit juices, potatoes, white bread, milk and milk derivatives.

19. It is recommended to reserve strict low-fiber diet (10 to 14g / d of fiber) for therapeutic purposes in symptomatic intestinal strictures and for diagnostic purposes in some digestive explorations or for symptomatic purposes.

20. On medical prescription, a diet low in fiber (15-20g fiber / day) may have indications in the hospital in regard to digestive symptoms.

21. It is recommended not to exclude all dairy products as part of lactose intolerance.

22. Except where celiac disease is medically diagnosed, gluten-free diet is not recommended.

23. For the prevention and management of undernutrition, it is recommended to offer a diet enriched with energy and / or proteins to respond to the undernutrition.

Ghislain Grodard,
Chairman
**Country - Finland**  
News from The Association of Clinical and Public Health Nutritionists in Finland

The Association of Clinical and Public Health Nutritionists in Finland: 50th anniversary this year

The Association of Clinical and Public Health Nutritionists in Finland is celebrating its 50th anniversary this year. This association was officially formed in the year 1970 and the very first post of a dietitian was also established same year in a Finnish hospital.

The number of dietitians working in the health care sector is now around 200. Compared to the zero situation about 50 years ago, the development is positive. However, the current number of is still insufficient and increasing the number, is a permanent task for our association.

We are celebrating our anniversary year by renewing our website and we will also organize a get-together party for our members. As a part of the program, we will be reviewing the achievements the association has made, evaluating the current situation and also forecasting future events.

We will especially, try to re-energize our members within this our anniversary year. The spirit of our current strategy is “Together we are more”. We want to concretize it by inspiring our members to organize local Nutrition Days where the benefits of the work of dietitians will be made visible.

Leena Rehardt,  
Executive Director

**Country – Canada**

News from Dietitians of Canada

*Update of the Integrated Competencies for Dietetic Education and Practice Complete July 2020*

A rigorous review and update of the education and practice competencies that underpin dietetic education in Canada is expected to be complete by the end of July 2020.

Over the last three years, a dedicated working group of educators supported by a practice indicator expert, has undertaken a major update to the Practice Competency (PC) and Practice Indicator (PI) statements that are used in curriculum development and for entry-to-practice regulation in Canada. At
the same time, the Statement of Entry-level Proficiency has been modified and it has been recommended that programs use an adaptation of Miller's Pyramid of Clinical Competence to guide the nature of assessment required of the Performance Indicators. It is expected that after final consultation with stakeholders in dietetics education, regulation and the association in June, the updated ICDEPs will be publicly available in English and French.

This project was funded by PDEP, an unincorporated collaborative inter-organizational network bringing education, regulatory and professional association sectors together to work on priority issues at the intersection of their roles. The Integrated Competencies for Dietetic Education and Practice (ICDEP) Working Group is the task group formed by the Partnership for Dietetic Education and Practice (PDEP) to complete this work between 2017 – 2020.

**Country – Caribbean**

**News from Caribbean Association of Nutritionists and Dietitians (CANDi)**

The Caribbean Association of Nutritionists and Dietitians is the professional Association for all Nutritionists and Dietitians in the Caribbean. The Association promotes excellence in the practice of Nutrition & Dietetics thereby contributing to the improvement of the nutritional status and overall health of the peoples of the Caribbean Region.
In lieu of the increases in chronic non-communicable disease, the USC HEALTH AND WELLNESS PROGRAM, caters to the faculty and staff of the South Caribbean Conference, and University of the Southern Caribbean. The program covers physical activity where participants, once they have registered are required to go to the gym for approximately 3 days at their convenience.

On another day they participate in lecture/education sessions on nutrition or mental health catered to the work environment. On the final day they all participate in some food preparation sessions where they learn to make nutritious vegetarian dishes.

Additionally, each participant gets assessed by the gym instructors which is followed by nutrition assessments and counseling which is done in part by senior student dietitians supervised by the clinical instructors.

The program includes three cohorts and is directed by Dr Claudette Mitchell and Mr Leroy Pierre.
Mr. Akim Williams
Dietetic Intern (Prospective CANDi Member)

Delicious Vegan Taco
Akim (R) featured with colleague.

Dorothy Graham-Charles, MSc.
President
Caribbean Association of Nutritionists and Dietitians (CA)

Awards and Grants

Academy of Nutrition and Dietetics Foundation Update
Wimpfheimer-Guggenheim ICDA Welcome Fund

The Academy of Nutrition and Dietetics Foundation Wimpfheimer-Guggenheim ICDA Welcome fund provides financial support to new ICDA members. Contact Nicci Brown at nbrown@eatright.org for information.

Wimpfheimer-Guggenheim Global Information Sharing Experience in Nutrition and Dietetics at U.S. Universities

As a result of the very successful pilot program in spring 2019, the Academy of Nutrition and Dietetics Foundation (Foundation) is pleased to announce that it will again offer the Wimpfheimer-Guggenheim Global Information Sharing Experience in Nutrition and Dietetics at U.S. Universities. This opportunity engages and promotes collaboration with members of the nutrition and dietetics international community. International dietetics
professionals and students are encouraged to visit the Foundation’s website to apply to be selected for this opportunity.

**Announcements & Calendar of Events**

**COBRAN 2020**

(Congresso Brasileiro de Nutrição), the largest nutrition congress in Latin America, will be conducted on August 2020 by Asbran, the Brazilian Nutrition Association, and will be attended by more than 3,500 people. The event will be promoted in accordance with the partnership criteria, which excludes exhibitors and supporters that generate conflicts of interest with healthy and proper eating.

August 12-15, 2020 – Belém – Brazil
Registration and information: [www.conbran.com.br](http://www.conbran.com.br)

**Academy’s Food & Nutrition Conference & Expo™**

Make plans to attend the 2020 Food & Nutrition Conference & Expo™, October 17-20 in Indianapolis, Indiana. Experience dynamic educational opportunities not available elsewhere. Gain access to new trends, perspectives from expert speakers and applications that you can apply to practice. Plus, review products and services from over 380 exhibitors showcasing the latest and greatest offerings in food and nutrition.

Visit [www.eatrightFNCE.org](http://www.eatrightFNCE.org) to learn more.

**Academy of Nutrition and Dietetics Membership**

Apply for Academy membership by completing an [International Membership Application](http://www.eatright.org) and [International Verification Form](http://www.eatright.org)
returning it to the Academy with payment. International Academy members can gain access to career enhancing benefits, such as member discounts on products and subscriptions, complimentary access to the *Journal of the Academy of Nutrition and Dietetics*, *Food & Nutrition Magazine*® and the Evidence Analysis Library®, as well as exclusive networking opportunities through dietetic practice group membership. Materials and additional information can be found [online](https://). 

**For more information** visit [www.eatrightPRO.org](https://www.eatrightPRO.org) or by phone at +1-312/899-0040, ext. 5000, Weekdays, 8 a.m. – 5 p.m. Central Time (callers within the United States can reach us at 800/877-1600, ext. 5000), or [email](mailto:).

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**EFAD News**

Breaking professional boundaries in Berlin/Germany

The German Association of Dietitians (VDD) was honored to host the 12th EFAD conference in Berlin/Germany last November. More than 400 dietitians from Europe and overseas followed the invitation of EFAD. The truly diverse range of topics included over 70 lectures, plus poster tours and the “meet the expert” opportunity. Related to the work fields of nutrition therapy, prevention, research and teaching topics for discussion reached from patient centered care, working with vulnerable groups, hot topics in research to media communication and clinical practice. In addition awarding outstanding colleagues for their contribution to dietetics was an encouraging and impressing part of the conference. There was also the possibility to discuss latest research and innovations with industry representatives in the exhibition area. The University of Applied Science Neubrandenburg under leadership of Prof. Luzia Valentini organized an assessment street with diverse assessment tools and trained staff that encouraged conference participants to experiences different techniques of physical assessment.

The conference ([https://efadconference.com/](https://efadconference.com/)) started Friday the 1st November with welcome notes by EFAD Honorary President Mrs. Annemieke van Ginkel-Res and the President of the German Association of Dietitians
Mrs. Uta Köpcke. Key notes to the role of dietitians in the important area of sustainability and the presentation of the representative of the Federal Ministry of Food and Agriculture/Germany, Mr. Lorenz Franken about Meeting the UN sustainable Development Goals – Germany’s contribution regarding nutrition and sustainable consumption pointed out the important role of dietitians for the health care systems and society in general.

The pre-conference workshops and the Student’s Day on Thursday 31 October attracted more than 100 students from all over Europe. Organized by ENDietS – The European Network of Dietetic Students the day started with details to the background of ENDietS presented by former president’s Practical placement experiences abroad and thesis presentations from students for students and 2 workshops about ENLP – European Nutrition Leadership Platform concluded the day. ENDietS belongs to EFAD and has according to its guidelines a General Meeting as well and a social event for networking in a restaurant finished up a busy day.

Simultaneously to the student day the 30th General meeting of the European Federation of the Associations of Dietetics took place. 60 Delegates from 29 European Countries discussed, listened and voted on several business topics. Next to the classical business topics became the issue - Proposal to Extend Country of Origin of EFAD members to include WHO European Region member states – a positive vote which paved the path to accept the Association of Nutrition and Dietitians in Israel as Full Member. FINALLY!

At the non-business meeting in the afternoon Full, Affiliate & Education Associate members of EFAD were warmly welcomed. The presentation of the White Paper – Sustainable Health through the Life Span (http://www.efad.org/en-us/reports-and-papers/efad-reports/efad-white-paper/) was a good introduction to the topic Sustainable Health and a great document to share for the NDAs of the member countries. The following WHO Workshop lead by Dr. Julianne Williams, Technical Officer WHO Europe with the topic – How can dietitians support WHO in the prevention and control of NCD's across European Region, led to inspiring discussions how dietitians can contribute to sustainable health in diverse settings. The day became a round up with a Berlin sight-seeing bus tour followed by a visit to a food market for dinner. The 12th EFAD Conference including the pre-program was again a great chance to learn, share and network. It showed by a wide range of organizations invited to present results or options of cooperation with EFAD the active role of the European umbrella organization.

Manuela Thul & Uta Köpcke

ICDA Delegates of VDD - German Association of Dietitians