

## **New Jersey Academy of Nutrition and Dietetics 2024 Conference Highlights**

<https://www.eventbrite.com/e/the-91st-annual-meeting-of-the-njand-tickets-856912697947>

### Optimizing Nutrition Education in the First Five Years of Life

\*This speaker was from and sponsored by the Dairy Association, so keep that in mind\*

- Just the right amount of protein is very important for early children
  - Too little can equate to stunting and too much can equate to higher BMI later in life and dehydration
- Milk and water are the best drinks for the first five years of life
  - Cow's milk offers nutrition and water offers hydration
    - Cow's Milk is better than dairy milk alternatives because dairy milk alternatives lack nutrition and are not as bio available.
- Breast Milk is amazing and a superfood, but needs to be supplemented with iron vitamin D
- Meat and eggs are good First foods for iron and vitamin D supplementation
- Early childhood needs a lot of calcium for their bones because early bone fractures can lead to more as you get older
- Everyone should be taking a vitamin D supplement because we cannot get enough from our food
- Food judgment equates to internalized shame that can last a lifetime and cause food and eating disorders that can start as early as ages one to three.
- Every food has a place so we must normalize all foods and prevent binary, black and white thinking. I.e. good and bad foods or cutting out whole food groups. It is about nourishing your body in more facets than just pure “health”
  - It's not about changing diets it's about supplementing and changing our perspective on toxic food ideas
- Early food education is the most important thing in ages one to five to establish the building blocks for health and development
  - For toddlers, we should be talking about food and building food language and food descriptors
  - For preschoolers, it should be about fun and autonomy, allowing them to build and pick their own meals and playing nutritional games

### How to Eat to Handle Stress

- Blood sugar fluctuations throughout the day correlates with mood and hormones.
  - You don't feel good when your blood sugar is low, can be mean and in a bad mood
  - When your blood sugar is stable, you're able to control your mood and appetite and have more energy
  - Scheduled mealtimes can also help decrease stress
  - When your blood sugar is stable, able to control your mood appetite and have more energy meal times can also help decrease stress
- Protein for breakfast is a great way to start the day for blood sugar stability throughout the day
- Eat veggies before any meal, as the start to any meal to stabilize blood sugar throughout your meal and digestion process after the meal. It will lower blood sugar.
  - Having one tablespoon of vinegar before any meal will also help stabilize and lower blood sugar
    - a great way to do this in conjunction is to have a small salad with a vinegar dressing before your meals
- Sleep can be enhanced by warm milk, magnesium cherry juice, not having large meals before bed, kiwis. and not drinking alcohol

### LGBTQ IA+ Competency in Food

- We should be trying to partner with more LGBTQ specific organizations to teach at since they are such an underserved population in the health care system
- Nutrition counseling can often be covered by insurance, but people are unaware
- There are many barriers to medical LGBTQ spaces, particularly in trans spaces
  - Trans People are a very underserved population in the nutrition field and healthcare providers and nutritionist feel uncomfortable dealing with this population and have no knowledge regarding the subject
  - More research and education is desperately needed

### Metabolism and Obesity

- If weight ever comes up in a class, ask how they feel about their weight and health and if there were any changes in their bodies in the last year.

- Let the client guide the conversation because they know their body best and BMI is silly