

Nutrition Notes

July – August, 2024

Updated Nutrition Standards in Schools: On April 24, 2024, the USDA's Food and Nutrition Services published a final rule updating child nutrition programs to align with the 2020-2025 Dietary Guidelines for Americans. Key changes include phased limits on added sugars and updated sodium limits for the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Child and Adult Care Food Programs (CACFP). This rule aims to improve child health by reducing sugar and sodium intake in school meals and will go into effect on July 1, 2024.

Collagen Controversy: Collagen is vital for the health of skin, bones, tendons, and other connective tissues, but natural production declines with age. Collagen supplements, derived from sources like bovine or marine collagen, are popular for improving skin, hair, nails, and joint health, though scientific evidence on their effectiveness is limited. A balanced diet rich in vitamin C, zinc, and protein can support natural collagen production while offering additional benefits that foods themselves offer.

Cherries for Gout Treatment and Prevention: Cherries may help manage gout due to their high levels of anthocyanins, which have anti-inflammatory properties that can reduce the frequency and intensity of gout attacks. Additionally, cherries can lower uric acid levels in the blood, helping to prevent gout flare-ups. As with all foods, it is important to consider the risks (such as impact on blood sugar) as well as the benefits based on individual needs and preferences.

Magnesium – Who, What, When, Where and How? Magnesium is essential for many bodily functions, including muscle and nerve regulation, blood sugar control, and bone health. The best forms of magnesium supplements for absorption are magnesium chloride, citrate, and chelates like bisglycinate. Magnesium oxide is cheaper but less absorbable and more likely to cause diarrhea. The amount needed varies by age and sex, with sources including legumes, nuts, seeds, whole grains, leafy greens, and fortified foods. Many people in the U.S. may not get enough magnesium, particularly older adults and teenagers, which can lead to deficiencies affecting overall health. Due to these factors, personalized advice from healthcare professionals on magnesium intake and supplementation should be considered.

Case Study: 50yo female w/gastroparesis, who is an avid runner, is working on reducing constipation frequency while ensuring adequate energy intake and balance. Her management plan includes a detailed fiber plan w/consideration for soluble and insoluble sources, inclusion of anti-inflammatory foods, alterations to meal schedule/timing, and supplementation w/digestive enzymes, magnesium, ginger, and aloe. Food journaling is utilized for trend monitoring and discussion in sessions. With MNT, s/s now in control w/improvements noted to health and quality of life. Patient continues to be seen quarterly.