



## June 2010 Newsletter

### **Unintended Weight Loss — Evidence Analysis Library Offers New Guidelines**

A review of the American Dietetic Association Evidence Analysis Library project on Unintended Weight Loss in Older Adults.

[From Today's Dietitian, by Becky Dorner, RD, LD](#)

### **2010 C-Dif Guidelines**

Clinical Practice Guidelines for *Clostridium difficile* Infection in Adults: 2010 Update notes that “Administration of currently available probiotics is not recommended to prevent primary CDI, as there are limited data to support this approach and there is a potential risk of bloodstream infection (C-III).”

[Read the full article from Chicago Journals](#)



### **Experts Provide New Definitions for Malnutrition**

An international panel of nutrition experts has released new and universally applicable definitions of malnutrition to help researchers, clinicians and healthcare workers identify and treat malnutrition.

[From McKnight's News](#)

[See Preliminary paper from JPEN March 2010](#)



### **Summer Holidays Food Safety Success Kit**

The non-profit Partnership for Food Safety Education has developed a resource for families ready to bring their celebrations outdoors -- everything the family needs to plan and enjoy a safe, fun, easy, tasty cookout at home! ...Colorful consumer education materials you can download, customize and use in your summer community outreach.

[From Partnership for Food Safety Education](#)

### **Excellent Sensitivity Training Video *What do you see?* By Amanda Waring**

“This film has been acknowledged as one of the most valuable tools to highlight dignity and respect for the elderly... My film has been used around the world to re-enforce person centered care and the expectation of treating others as you would wish to be treated...”

[Order the DVD here](#)



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### Top News

#### Keeping up with Mother – barely



This is not so much a tribute to my mother on Mother's Day as a plea for help: "How do I keep up with her!" My mother is 94, going on 49. I am somewhere in between, going on old and creaky. My mother takes each day at a gallop...

[Read this upbeat story from NJ.com](#)

#### 'Dirty Dozen' Produce Carries More Pesticide Residue, Group Says

If you're eating non-organic celery today, you may be ingesting 67 pesticides with it, according to a new report from the Environmental Working Group.

[Article and video from CNN Health](#)



#### TV Food Advertisements Promote Imbalanced Diets

Making food choices based on television advertising results in a very imbalanced diet... Investigators found that a 2,000-calorie diet consisting entirely of advertised foods would contain 25 times the recommended servings of sugars and 20 times the recommended servings of fat...

[Learn more](#)

#### Make Small Changes to Prevent Diabetes

Nearly 24 million American children and adults have diabetes while 57 million have pre-diabetes. Making small changes in nutrition and activity levels can help prevent the onset of type-two diabetes. Registered dietitian, Rebecca Scritchfield joined us to talk about these changes.

[Article and video](#)

#### Xtreme Eating 2010

With two out of three adults—and one out of three children—overweight or obese, you'd think that restaurants would have some interest in keeping their patrons alive and dining out longer. With mandatory calorie labeling on the horizon for chain restaurants, you'd think that restaurants would be dropping high-calorie items from their menus... Nope...

[Article from Center for Science in the Public Interest](#)



#### 2,000-Calorie Milkshake Tops List of Worst Drinks

A milkshake containing 2,010 calories - equivalent to eating 68 strips of bacon or 30 chocolate chip cookies - has topped a list of the 20 worst drinks in America.

[Read more from Men's Health magazine](#)