



May 2010 Newsletter

NCAL's 2010 Assisted Living State Regulatory Review

Published in March 2010, this 222-page report offers a state-by-state summary of assisted living regulations covering 21 categories; provides contact information for state agencies that oversee assisted living activities; and includes each agency's Web site address.

[View the report](#)

Romaine Lettuce Recalled Over E. Coli *Contaminated Lettuce Used in Salad Bars and Restaurants in Eastern States*

Romaine lettuce sold in 23 states and the District of Columbia may be contaminated with dangerous *E. coli* O145 bacteria and has been recalled...Twelve people have been hospitalized, including three with life-threatening hemolytic uremic syndrome (HUS) caused by the bacterium.

[From WebMD](#)

[See the FDA Press Announcement](#)



Experts Urge FDA to Mandate Salt Reduction

Experts are urging the FDA to set new federal standards for the amount of salt that food manufacturers, restaurants, and food service companies are allowed to add to their products, suggesting the standards be phased in gradually so salt-loving Americans can adjust over time.

[Access the IOM report, "Strategies to Reduce Sodium Intake in the United States"](#)

[View the video from MSNBC](#)

[ABC features Cynthia Sass, RD, MPH on importance of lowering sodium](#)

New Online Tools to Help Americans with Diabetes Take Small Steps

With nearly 24 million children and adults in the U.S. living with diabetes, chances are you know someone in your life affected by the disease. The Diabetes Care Coalition has developed a website to offer easy ways to manage diabetes through entertaining video tips!

[Share it with colleagues and clients!](#)

USDA Announces New Standards for Salmonella and Campylobacter

New Standards Will Help Prevent Tens of Thousands of Illnesses Per Year. Agriculture Secretary Tom Vilsack today announced new performance standards to reduce Salmonella and Campylobacter in young chickens (broilers) and turkeys, fulfilling another key recommendation of the President's Food Safety Working Group.

[Read the USDA press release](#)





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Think Twice Before Taking Popular Heartburn Drugs

Pills that turn off the stomach's acid spigot are some of the most popular medicines in the world. But a bunch of new studies looking at their side effects could lead doctors and patients to rethink their casual use.

[From NPR News](#)



Senior Actresses Betty White and Elaine Stritch are the New 'Eldercool'

Suddenly, Betty White is the coolest chick in America - even if she's no spring chicken. In a stunning pop culture turn of events, White has won over the Facebook generation, the group who mobilized to put the 88-year-old comedienne back in the spotlight.

[Read the story from the NY Daily News](#)

[Watch Betty White on Saturday Night Live on Hulu.com](#)

[Watch Elaine Stritch on NBS's 30 Rock](#)

Achieve Better Health: Your Guide to Nutrient-Rich Eating

Eating right helps you feel great and stay healthy so you can achieve better health, but sometimes it's hard to know what advice to follow or how to get started. The Nutrient Rich Foods Coalition Web site offers easily accessible and reliable information to help you eat the nutrient-rich way — that means choosing nutrient-rich foods first within each of the five basic foods groups and selecting less nutrient-rich options as calories allow.

[Learn more!](#)

New FoodInsight Web site

The International Food Information Council Foundation provides food safety, nutrition, and healthful eating information to help you make good and safe food choices. Great information including an extensive video library.

[Visit now](#)



First lady offers 70 goals to tackle child obesity

Women could help reduce childhood obesity by maintaining a healthy weight when they become pregnant and by breast-feeding their babies, a government panel has found.

The suggestions were among 70 recommendations in the panel's report. First lady Michelle Obama released the findings Tuesday as part of her campaign against childhood obesity.

[Read the story and watch videos from MSNBC](#)