

NCM
Nutrition Care Manual®

PNCM
Pediatric Nutrition Care Manual®

SNCM
Sports Nutrition Care Manual®

Academy of Nutrition
and Dietetics

Inside NCM®

Centralized Nutrition Resources for Evidence-Based Practice

Fall 2023

A Special Message from Our Board-of-Editors



It is my pleasure to introduce the newest edition of Inside NCM®. I am Dana Scheunemann and I have served on the NCM® Board of Editors (BOE) for the past 2 years. As an educator, I emphasize the importance of using an evidence-based product like the NCM® for learning and for obtaining patient education materials. The NCM® is a valuable resource that I have used as a teaching tool during lectures and for classroom assignments.



This issue of Inside NCM® highlights upcoming updates to several nutrition care sections and handouts in the NCM® products. These updates include lifecycle nutrition topics, enteral nutrition, and injury recovery and GI issues in athletes. Additionally, this issue presents information on the editorial process and sample menus.

On behalf of the BOE, I hope that you will find these latest updates and information valuable to your practice.

What's NEW with NCM[®]



Coming Soon!

Content updates to be published next month:

NCM[®]

- Two fully updated nutrition care sections:
 - Breastfeeding and Lactation Support
 - Enteral Nutrition
- One updated client education handout:
 - Breastfeeding Nutrition Therapy

PNCM[®]

- Two fully updated nutrition care sections:
 - Breastfeeding and Lactation Support
 - School-Age Children
- Two updated client education handouts:
 - Breastfeeding Nutrition Therapy
 - School-Age Children Nutrition Therapy

SNCM[®]

- Two fully updated nutrition care sections:
 - Gastrointestinal Issues in Athletes
 - Rehabilitation for Injury and Surgery
- One updated resources section:
 - Energy
- Two updated client education handouts:
 - Nutrition Therapy for Athletes with Gastrointestinal Issues
 - Nutrition During Rehabilitation for Injury/Surgery: What Athletes Need to Know

Check out the year-to-date 2023 updates from:

NCM®

PNCM®

SNCM®



Editorial Process for Content Updates

Have you ever wondered how NCM® is updated? Our editorial process consists of multiple steps to ensure content is evidence-based and accurate. Subject matter experts will write new content or update existing content, which is then reviewed by a member of the BOE and NCM® editorial staff. Finally, the content then goes through multiple rounds of thorough review by peer reviewers with subject matter expertise and our Editors-in-Chief.

We base our content strategy for updates on popularity (determined by page view analytics) and when the content was last updated.

Email us your area of expertise and CV/resume at ncmeditor@eatright.org if you are interested in becoming a contributor for the NCM® Suite.

About Client Education Sample Menus

Each nutrition therapy client education handout includes a sample menu. These sample menus are developed using MyPlate and meet the USDA Dietary Guidelines for Americans (when appropriate for the condition). The USDA Thrifty Food Plan is also used during sample menu development to ensure menu items are economically feasible for the average consumer.

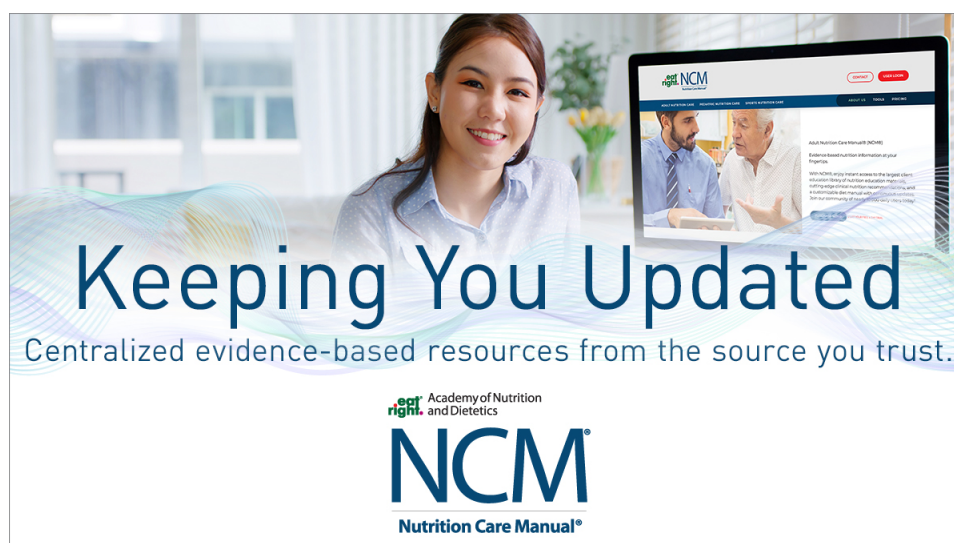
Patient or client food preferences can be included in the client education handouts by using the blank sample menu, adding notes, or customizing the sample menu. Lacto-ovo vegetarian and vegan sample menus are available in NCM® and PNCM®.

The following sample menu example appears in the NCM® Acute Hepatitis Nutrition Therapy handout.


Acute Hepatitis Sample 1-Day Menu [View Nutrient Info](#)

Breakfast	2 eggs scrambled with: 1 tablespoon olive oil ¼ cup green pepper ¼ cup shredded mozzarella cheese 1 slice whole wheat bread with: 3 tablespoons peanut butter 1 cup coffee (take small sips throughout meal)
Morning Snack	½ cup Greek yogurt 1 ounce unsalted walnuts
Lunch	Grain bowl made with: ¾ cup cooked rice ¼ cup black beans ¼ cup red onion ¼ cup cucumber ¼ cup tomato 2 ounces mozzarella cheese 3 tablespoons hummus 12 ounces of water (take small sips throughout meal)
Evening Meal	4 ounces tilapia, cooked ¼ cup broccoli, cooked 1 medium sweet potato, baked 2 teaspoons unsalted butter 12 ounces of water (take small sips throughout meal)
Evening Snack	½ cup cottage cheese, low sodium ¼ cup peaches, fresh or canned in 100% fruit juice

We hope you enjoyed this issue of Inside NCM®! Please let us know your thoughts and send ideas for future issues to ncmeditor@eatright.org.



Keeping You Updated
Centralized evidence-based resources from the source you trust.

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