

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

Spring 2023

A Special Message from Our Editor-in-Chief



My name is Mary Rybicki, and I am the Editor-in-Chief of the NCM® Diet Manual. I have been fortunate enough to have been involved with the creation of the NCM® Diet Manual section since its inception in 2016. Much of the Diet Manual content has been updated over the last two years and is supported by the excellent content in the Client Education, Nutrition Care, and Resources sections of the NCM®.

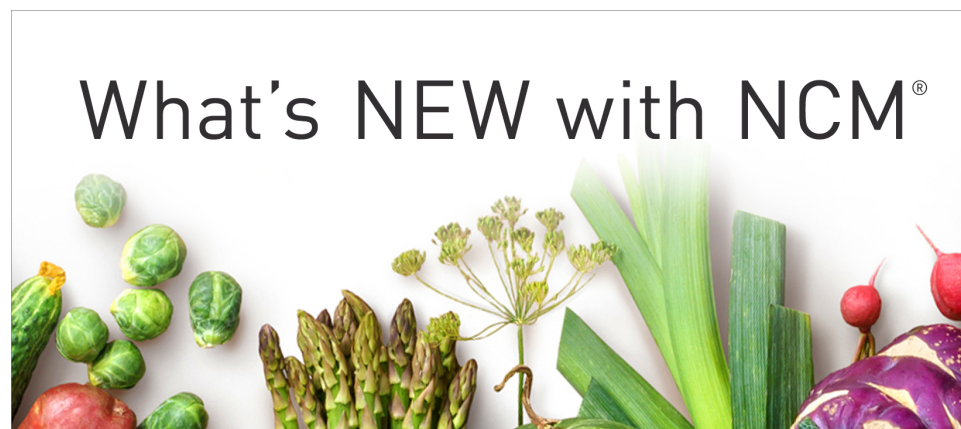


I'd like to highlight my favorite parts of the NCM® Diet Manual:

1. The [Process for Annual Diet Manual Review and Implementation](#) provides a step-by-step plan to ensure all stakeholders at your facility are connected on evidence-based nutrition practice while promoting regulatory compliance.
2. Within the [Process for Annual Diet Manual Review and Implementation](#), we offer a premade "Letter to the Health Care Team or Diet Manual Approval Committee" summarizing the updates by calendar year.

3. The International Dysphagia Diet Standardization Initiative (IDDSI) [resources](#) give you the confidence to continue IDDSI implementation at your facility while adhering to the current standard of practice for texture-modified diets.

I am joined in my role as Editor-in-Chief of the NCM® Diet Manual by four highly skilled professionals—Christina Biesemeier, Editor-in-Chief NCM®, Charis Spielman, Editor-in-Chief NCM® Client Education Library, Aída Miles, Editor-in-Chief PNCM®, and Kate Davis, Editor-in-Chief SNCM®. We have very supportive Boards of Editors as well as the NCM® Academy team to provide direction with the goal to attain useful, updated resources. As always, we welcome your feedback and questions on content in all the NCM® Products.



Rolling Updates

Check out our most recent updates:

NCM®

- 2 fully updated nutrition care sections including Celiac Disease and Heart Failure
- 5 updated client education handouts for Celiac Disease, Fluid Restriction, Heart Failure, and Sesame Allergy

[Full NCM® Update Summary](#)

PNCM®

- 3 fully updated nutrition care sections including Adolescents, Eating Disorders, and Type 1 Diabetes
- 13 updated client education handouts for Adolescents, Dysphagia, Eating Disorders, Type 1 Diabetes
- New resource for PNCM® Diet Order Terminology and Definitions
- Template added for PNCM® Diet Manual Crosswalk

Full PNCM® Update Summary

SNCM®

- 1 fully updated Eating Disorders nutrition care section
- 2 updated client education handouts for Eating Disorders

Full SNCM® Update Summary

Quick Guides for Assessing Food/Nutrition and Culture

We continue to collaborate with the International Affiliate of the Academy of Nutrition and Dietetics and have published two additional Quick Guides for Assessing Food/Nutrition and Culture for Lebanon and Mexico. The guides will help you gather relevant nutrition-related information from clients/patients belonging to diverse ethnic backgrounds.

Access guides for:

NCM®

PNCM®

SNCM®



Utilizing Calculators

You asked. We listened. Across NCM® Suite, we offer over 25 calculators from BMI to energy expenditure. Save time and eliminate human error by utilizing the calculators which automatically default to the accurate evidence-based equation. Calculator results can be printed or saved in NCM®.

REE/EEE Calculator Results Diagram

Is the patient mechanically ventilated?

- NO → [Mifflin-St Jeor](#) formula used to calculate REE.
- YES → Does patient have trauma?
 - YES → [Ireton Jones 1992](#) formula used to calculate REE.
 - NO → Patient has **BMI >30 and is >60 years**: The [modified Penn State equation \(SU\) 2010](#) equation was used to calculate REE.
 - NO → Patient has **BMI <30 and is any age** OR Patient has **BMI >30 and is ≤60 years**: The [Penn State Equation \(PSU\) 2003b](#) was used to calculate REE.

Try these calculators today!

[NCM® REE \(Resting Energy Expenditure\)](#)
[PNCM® DRI Estimated Energy Requirements \(EER\)](#)
[SNCM® EEE \(Exercise Energy Expenditure\)](#)

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.



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