

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

Winter 2023

A Special Message from Our Editor-in-Chief



It is my pleasure to introduce the third edition of Inside NCM®, a newsletter for all three Nutrition Care Manuals®. I'm Kate Davis and I've been the Editor-in-Chief for the SNCM® since 2018. I'm proud of the fact that the NCM® products provide evidence-based nutrition recommendations to inform practice and to make your life as a practitioner easier!



In this issue of Inside NCM® you will find the details about the NCM® and SNCM® updates this past fall. As you might have read in the Summer 2022 issue, we previously released all updates once a year, but we will now release rolling updates throughout the year when they are ready. This means an even better line of products for you because they are always up-to-date. This issue will also include information about the newly updated handouts and translations available in the various products.

I am joined in my role as Editor-in-Chief by four wonderful dietitians—Christina Biesemeier (Editor-in-Chief NCM®), Mary Rybicki (Editor-in-Chief NCM® Diet Manual), Charis Spielman (Editor-in-Chief NCM®

Client Education Library), and Aida Miles (Editor-in-Chief PNCM®), who each work closely with a respective Board of Editors.

Thank you for utilizing the NCM® products! We hope you have found the NCM® products to help you do your job more easily, efficiently and effectively. We look forward to helping you continue to shine as a practitioner in 2023!



Rolling Updates Reminder

The NCM®, PNCM®, and SNCM® nutrition care sections and corresponding client education handouts will now be updated on a rolling basis instead of annually. This will provide the most up to date and evidence-based nutrition information as soon as it is finalized, which positively benefits you and your clients and patients.

We will keep you informed of updated nutrition care sections and corresponding client education handouts and you can also access the year-to-date summaries anytime. Moving forward, we will include the update year on nutrition care sections and client education handouts.

IMPORTANT NOTE: The NCM® Diet Manual will continue to be updated on an annual basis. That way, you can continue the recommended [process](#) for annual diet manual review and implementation at your facility.

Be sure to check out our most recent updates:

NCM®

- 11 updated Diet Manual sections including 20 NCM® Diet Manual diets
- 2 fully updated nutrition sections including Chronic Obstructive Pulmonary Disease (COPD) and Oncology General Guidance
- 19 updated client education handouts

Full NCM® Update Summary

SNCM®

- 19 fully updated and brand new sports-specific fueling handouts

Full SNCM® Update Summary



Redesigned PDFs

Did you know that the redesigned PDF format is available for updated handouts? The PDF versions are simple, colorful, and easy-to-read. We've added the year so you know when a handout was last updated. If you prefer providing handouts without the year in the title, the PDF format only includes the update year in the footer.

General, Healthful Nutrition Therapy (2022)

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GENERAL, HEALTHFUL NUTRITION THERAPY (2022) 

Available Translations

Curious which client education handouts have translations available? We offer Arabic, Chinese, Spanish, and Vietnamese translations for NCM® and PNCM®, and Spanish translations for SNCM®.

All Translations

All Translations

Other Resources

Anemia

Bariatric Surgery

Behavioral Health

Burns

Cardiovascular

Congenital Sucrase-Isomaltase Disease

All Translations

Customize Menu

Download Client Ed

Spanish

Client Ed	Topic Area
1,600 Calorie Sample Meal Plan	Weight Management
Acute Kidney Injury Nutrition Therapy	Renal

Access translations for:

NCM®

PNCM®

SNCM®

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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