

**NCM**  
Nutrition Care Manual®

**PNCM**  
Pediatric Nutrition Care Manual®

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Sports Nutrition Care Manual®

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# Inside NCM®

Centralized Nutrition Resources for Evidence-Based Practice

*Summer 2023*

## A Special Message from Our Editor-in-Chief



I'm excited to introduce the fifth edition of Inside NCM®, a newsletter for all three products in the Nutrition Care Manual® suite. I'm Melinda Boyd, DCN, MPH, MHR, RD, FAND, and the Editor-in-Chief, NCM® Suite Education and Client Education. I'm the newest member of the team of Editors-in-Chief and look forward to supporting the growth of this wonderful professional resource. I have experience using the NCM® in clinical practice, and I know how important it is to have up-to-date, evidence-based information that is easily accessible.

In this issue of Inside NCM®, you'll find information about our recently published NCM®, PNCM®, and SNCM® updates. You'll also learn more about using the nutrition care sections. Don't forget your free CPEU for the 2022 NCM® Suite Updates Webinar, where you can learn about the NCM® process for rolling updates.



I'm joining four highly skilled professionals—Christina Bieseemeier

(Editor-in-Chief, NCM®), Mary Rybicki (Editor-in-Chief, NCM® Diet Manual), Aída Miles (Editor-in-Chief, PNCM®), and Kate Davis (Editor-in-Chief, SNCM®). Together we work with the respective Boards of Editors and the NCM® Academy Team to provide you with useful tools to support your success as a nutrition provider. As always, we welcome your feedback and questions on content in all the NCM® products.



## What's NEW with NCM®

### **Rolling Updates**

Check out our most recent updates:

#### **NCM®**

- 3 fully updated nutrition care sections: Dysphagia, Hepatitis, and Irritable Bowel Syndrome
- 2 updated client education handouts: Hepatitis and Irritable Bowel Syndrome

**[Full NCM® Update Summary](#)**

#### **PNCM®**

- Updated client education handout: High-Calorie Nutrition Therapy

**[Full PNCM® Update Summary](#)**

#### **SNCM®**

- Updated nutrition care section: Hydration
- Updated client education handout: Tops Tips for Fueling Athletes as They Age

**[Full SNCM® Update Summary](#)**

**2022 NCM® Suite Updates Webinar**

Check out the 2022 NCM® Suite Updates Webinar featuring the 2022 clinical content updates for NCM®, PNCM®, and SNCM®. After viewing the webinar, complete the quiz to receive 1 free CPEU. Our webinars are free for everyone, so please forward to your colleagues.

[View the Webinar](#)



### **Learn About Our Nutrition Care Sections**

Across NCM® Suite, we offer more than 200 nutrition care topics organized according to the Nutrition Care Process. All components of the Nutrition Care Process are discussed; however, you may find the most practical applications in the Comparative Standards and Nutrition Intervention sections. Comparative Standards, the last section of the Nutrition Assessment, presents estimated energy, protein, and other nutrient needs significant to the nutrition care topic. You can quickly find the most relevant practice recommendations via the Nutrition Intervention section.

The following example of a Nutrition Intervention section appears in NCM® Celiac Disease.

## Nutrition Intervention

### Nutrition Prescription

The patient's individualized recommended dietary intake of energy and/or selected foods or nutrients is based on current reference standards and dietary guidelines and the patient's/client's health condition and diagnosis. Following are nutrition interventions and recommendations for adults with Celiac disease.

Nutrition Intervention	Recommendations
General healthful diet	Recommend a strict, lifelong gluten-free diet incorporated into a well-balanced diet ( <a href="#">Raiteri, 2022</a> ). The EAL concludes that there is insufficient evidence for the role of a low FODMAP diet in the management of gastrointestinal symptoms other than abdominal pain in those with celiac disease ( <a href="#">Roncoroni, 2018</a> ).
Gluten-free diet	Recommend removal of all gluten-containing foods with >20 ppm per serving ( <a href="#">Raiteri, 2022</a> ). Recommend a strict removal of wheat, rye, and barley and their derivatives ( <a href="#">Raiteri, 2022</a> ).
Carbohydrate-modified diet	Adherence to the gluten-free dietary pattern may result in a diet that is below the acceptable macronutrient distribution range (AMDR) for carbohydrates. Recommend a dietary pattern that meets the AMDR for carbohydrate (Thompson, 2016).
Fat-modified diet	Adherence to the gluten-free dietary pattern may result in a diet that is above the AMDR for fat. Recommend a dietary pattern that meets the AMDR for fat (Thompson, 2016).
Fiber-modified diet	Adherence to the gluten-free dietary pattern may result in a diet that is low in dietary fiber. Recommend a dietary pattern that meets the dietary fiber requirements (Thompson, 2016).

**Want to see more examples of Nutrition Intervention sections?  
Explore these recently updated Nutrition Intervention sections  
today!**

NCM®  
Hepatitis

PNCM® Type 1  
Diabetes

SNCM® Eating  
Disorders

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](mailto:ncmeditor@eatright.org).



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