

NCM
Nutrition Care Manual®

PNCM
Pediatric Nutrition Care Manual®

SNCM
Sports Nutrition Care Manual®

AND Academy of Nutrition
and Dietetics

Inside NCM®

Centralized Nutrition Resources for Evidence-Based Practice

Winter 2022

A Special Message from Our Editor-in-Chief



Welcome to the first issue of Inside NCM®! My name is Chris Biesemeier and I am the Editor-in-Chief of the NCM®, a role I have held for over 10 years. I have been committed to promoting evidence-based practice (EBP) throughout my entire career. The NCM® is an exciting way to promote EBP to RDNs, NDTRs, and dietetic students, while also providing client/patient resources to convert evidence-based nutrition interventions into practical strategies that support disease management and nutritional wellness.



Mary Rybicki (Editor-in-Chief NCM® Diet Manual), Charis Spielman (Editor-in-Chief NCM® Client Education Library), Aida Miles (Editor-in-Chief PNCM®), Kate Davis (Editor-in-Chief SNCM®) and I have worked hard with our Academy partners, contributors, and reviewers to create up-to-date, evidence-based resources to support you in providing nutrition care and counseling to your clients/patients. In this newsletter, we have focused on our Client Education materials, one of our most valued NCM® resources. As you will read, many of the Client Education materials have been

redesigned into a PDF format, allowing for easier reading by your clients/patients.

We are very excited about the year to come and the updates that are planned for 2022!



What's NEW with NCM®

Redesigned Client Education Handouts

We've have listened and responded! We are excited to present a new, redesigned PDF format for recently updated NCM®, PNCM® and SNCM® client education handouts. This new colorful format is easier to read and more visually appealing.



Access handouts for:

NCM®

PNCM®

SNCM®

Maximize your NCM® Subscription



Choose HTML or PDF Handouts

Did you know that there are two formats available for client education handouts? Choose between the HTML and PDF version depending on your client's needs.

Carbohydrate Counting For Athletes With Diabetes

[Customize Menu](#)**HTML**[Download Client Ed](#)**PDF**[PDF](#)[Spanish](#)[View Nutrient Info](#)

HTML Version Benefits

- Customizable sample menus
- Ability to select content (tips, foods lists, sample menus) to meet the needs of clients/patients
- Ability to adjust font size
- Notes section to provide individualized information

PDF Version Benefits

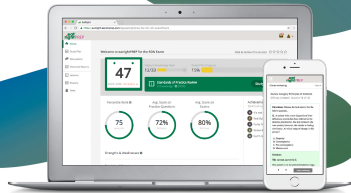
- Simple, colorful, easy-to-read format
- Blank sample menu to include client's food preferences
- Notes section to provide individualized information

Access handouts for:

NCM®**PNCM®****SNCM®**

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

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