Dear Students,

Let me begin by expressing my deepest sympathy to those of you who lost friends and family in the tragedy of Tuesday, September 11, 2001. This is a very sad time - beyond what can be expressed in words. My thoughts, prayers, and support go out to all of you. I am overwhelmed with pride and admiration for the people of New York City who kept a sense of calm and camaraderie in such an unthinkable situation. I am also proud to belong to a nutrition community filled with proactive peace-seeking individuals that I’m so fortunate to interact with every day.

Although I wish it were under different circumstances, I would like to welcome all of our returning students, as well as our incoming class, to the Program in Nutrition. I hope that you have found ease in scheduling your classes and coordinating your work schedules. Whether you are preparing to graduate this year, or just beginning your graduate studies, I urge you to take full advantage of the resources at Teachers College, Columbia University, and New York City.

This year will mark the inaugural year in which the Program in Nutrition will publish its own newsletter, The Grapevine. The aim of The Grapevine is to keep students current and informed about issues surrounding food, nutrition, and society. As editor of The Grapevine, my personal goal will be to support articles that will encourage you to take an active role in facilitating social change, whether locally, nationally, or internationally to improve nutrition conditions. As nutrition students and professionals, we truly can help to change our environment.

Look in our first issue for an update on Medicare Medical Nutrition Therapy Legislation, a book review of Eric Schlosser’s Fast Food Nation, an article on the Slow Food Movement, a seasonal recipe for Apple & Blueberry Cobbler, Green Market locations, and profiles of our new students. Take a moment to get to know your classmates. They will quickly become your colleagues and critical sources of collaboration.

Most importantly, The Grapevine is intended to be for the students, and run by the students. I know you have valuable viewpoints and passionate connections to food and nutrition. Look inside for details on how you can become involved in writing news briefs, feature stories, restaurant reviews, and seasonal recipes for The Grapevine.

While I was fortunate not to have experienced direct personal loss on September 11th, these events have reaffirmed my own commitment to do my best to make a difference in this world. I feel privileged to belong to a department that allows our voices to be heard.

In peace,

Emily Bergeron, Editor
TC Students Can Make a Difference in Medicare Legislation

By Emily Bergeron, Nutrition and Public Health Program

Your efforts are needed to improve important legislation on the new Medicare Medical Nutrition Therapy (MNT) benefit. The American Dietetic Association is asking supporters to submit letters to the Centers for Medicare and Medicaid Services (CMS) to improve proposed regulations that CMS released earlier this month. Whether you are a member of the ADA, a supporter of nutrition-related services for the public, or someone that would like to see our seniors receive better health care, your help is needed to influence this policy change.

In December of 2000, the dietetics profession was finally rewarded when the Medicare MNT legislation passed to extend Medicare coverage for senior citizens to receive outpatient services for diabetes and renal disease. The legislation, scheduled to be implemented in January of 2002, also recognizes registered dietitians as Medicare providers. “This action is a monumental achievement for the nation, for our seniors who rely on the Medicare program for their health care and for the dietetics profession,” wrote Jane V. White, former President of the ADA, in a message to ADA members following passage of the legislation. While passage of the legislation was a significant accomplishment, there is more work to be done.

The ADA has expressed four major concerns with the regulations CMS proposed:
1. Reimbursement rates are too low.
2. The definition of renal disease and diabetes needs to be expanded.
3. The definition of ‘treating physician’ must be clarified.
4. Coordination of benefits needs to be improved.

Reimbursement rates are too low
Congress has set the reimbursement rate for dietitians providing MNT for diabetes and renal disease to be 85 per cent of the physician rate for the same service. ADA feels CMS has actually proposed a rate that is much lower than the rate Congress projected. According to the rate Continued on page 10

Supporting the Relief Efforts

Many relief organizations have indicated they are most in need of monetary donations. To make a donation, or learn more about how you can help these organizations, go to:

www.helping.org
Let’s face it…summer is officially over and we are all about to tackle yet another fall semester. The arrival of cool weather again means back to work and school, but the fall also provides us with an array of delicious seasonal fruits and vegetables. In fact, did you know that there will be over 2,500 varieties of apples grown in the U.S. this year? Although Granny Smith, Golden Delicious and Red delicious are most popular, why not taste a succulent Fuji, Gala or Braeburn apple? With only 80 calories, 0 grams fat and 5 grams of fiber, go ahead and take a bite out of an apple today!

As if eating apples out of hand isn’t good enough, try dicing some Granny Smith apples on top of your oatmeal or add some Gala apples to your pancake batter. For a sweet snack or quick breakfast, core a Rome apple, sprinkle with cinnamon, sugar, raisins and walnuts, and “bake” in the microwave until tender. This Apple – Blueberry Cobbler recipe makes for a perfect between seasons snack or dessert, combing end of the summer blueberries and fall apples. I sometimes substitute the blueberries with pears or peaches and always save the leftovers for breakfast. Just pop it in the microwave for 2 minutes, pour yourself a cup of coffee and dig in.

Seasonal Recipe Corner: The Time is Ripe for Apples...

*By Anita Giglio, Nutrition and Education Program*

4 medium apples of your favorite variety
1 ½ cups fresh or frozen blueberries
½ cup orange juice
1 cup flour
1 tbsp sugar
1 ¾ tsp double acting baking powder
½ tsp cinnamon
½ cup skim milk

*1/3 cup fat-free egg substitute

1. Preheat oven to 375°F
2. Core and slice apples into 1/4 inch slices.
3. In medium deep-dish casserole pan, combine apples, blueberries and orange juice; set aside.
4. To prepare topping, in a medium bowl combine flour, sugar, baking powder and cinnamon. Add milk and egg substitute. Stir until mixture forms soft dough.
5. Dollop tbsp size pieces of dough evenly over fruit mixture.
6. Bake 15-20 minutes, until apples are soft and topping is golden brown.

Makes 4 servings

Per serving: 256 calories, 1 gm fat, 0 gm saturated fat, 1 mg cholesterol, 267 mg sodium, 4 gm fiber, 184 mg calcium

*I have also substituted 1/3 cup egg-whites and found no difference in taste.

Source: Anita Giglio’s Kitchen

Program in Nutrition Website Updated

The Program in Nutrition website has recently been revamped. The new site is a user-friendly comprehensive source of information on the program. The site features information on the program’s mission and goals, faculty, degrees offered, the dietetic internship and much more! Get to know faculty members by reading about their research interests, biographies, and publications. Use the site as a primary tool in planning your TC education by learning about degree options and course descriptions. Go to the site for details on the dietetic internship admission requirements, internship components, and frequently asked questions. Coming soon to the site will be descriptions on careers of our graduates. To get to the site go to: www.tc.columbia.edu/~academic/nutri. The site can also be accessed from the TC home page by clicking on Academic Departments, then Health & Behavior Studies, then Nutrition and Education.

A special thanks to Dr. Lora Sporny, Ed.D, R.D., Adjunct Associate Professor; Katherine Roberts, M.P.H., Technology Fellow and Ed.D. student in Health Education; and Lewis Chang, M.S., TC graduate, for their contributions in updating our new site!
TC Welcomes New Students to the Program in Nutrition

Nanaefua Baidoo
Nanaefua comes to TC from Los Angeles, California where she attended UCLA and studied Neuroscience and Psychobiology. Her professional interests include clinical nutrition, internal health and nutrition paradigms.

Applied Physiology and Nutrition, nbaidoo@hotmail.com

Julie Beerntsen
Julie has been a resident of NYC for seven years. She obtained a B.A. in Psychology from the University of Wisconsin–Eau Claire and an M.A. in Counseling from New York University. She plans to pursue interests in sports nutrition, behavior change, and student development.

Applied Physiology and Nutrition, jab396@columbia.edu

Jennifer Black
Jennifer is originally from Ontario, Canada. She studied Nutritional Sciences at the University of Toronto.

Nutrition and Public Health, j.black@utoronto.ca

Erica Brilhart
Erica is from Amherst, MA. She studied Exercise Science at Skidmore College and is interested in research, clinical work, and teaching.

Applied Physiology and Nutrition, ericabrilhart@hotmail.com

Katherine Brooking
Katherine is a native of New York City. She studied French Literature at her undergraduate institution Barnard College, Columbia University. Katherine also studied International Banking and Finance at Columbia University's graduate School of International and Public Affairs. She is interested in studying the relationship between chronic disease and diet.

Applied Physiology and Nutrition, kbrooking_7@yahoo.com
TC Welcomes New Students to the Program in Nutrition

Jennifer Cheng
Jennifer is originally from Hong Kong. She attended Cornell University where she studied Nutritional Sciences.

Nutrition and Education, Dietetic Internship joc6@cornell.edu

Lynn Cialdella
Lynn is from Olean, NY. At her undergraduate institution Bucknell University, she studied Accounting and Statistics. She also obtained an MBA in Marketing from the University of Chicago. Lynn is interested in working with teenage girls, female athletes, and business professionals.

Applied Physiology and Nutrition, lcialdella@aol.com

Caroline Cundiff
Caroline is originally from Richmond, VA. She obtained a B.A. in Psychology from the University of Virginia and a B.S. in Nutrition from James Madison University. She is interested in public health policy planning, diet/disease relationships, and the value of plant-based diets in promoting health. Caroline is a recipient of the Kathryn E. Smith Memorial Scholarship (ADA Foundation) and the Margaret McDonald Scholarship (Virginia Dietetic Association).

Nutrition and Public Health, Dietetic Internship cc2023@columbia.edu

Leslie Dantchik
Leslie is a native of New York City. She studied Communications at SUNY Buffalo. Leslie is interested in eating disorders and diabetes in both children and adults.

Applied Physiology and Nutrition, dant237@aol.com

Lois Duke
Lois is from Fairfield, CT. She attended Simmons College where she studied English and French. Her interests include cardiovascular health, childhood obesity, and wellness.

Nutrition and Education, lotusblossom66@hotmail.com
Ari Garber
Ari is from Syracuse, NY. He studied Nutritional Sciences at Cornell University. Ari is interested in becoming a physician, as well as a registered dietitian.
Applied Physiology and Nutrition, abg10@cornell.edu

Jennifer Gulick
Jennifer is originally from Thornwood, NY. She attended Marymount College where she studied Nutrition. Jennifer is interested in the role of physical fitness in health promotion.
Applied Physiology and Nutrition, Dietetic Internship blondie21177@aol.com

Kevin Heffernan
Kevin is a New York native, originally from the Bronx. He studied Exercise Science at the University of Scranton. Kevin is interested in sport and exercise nutrition, ergogenic aids, and resistance training in health.
Applied Physiology and Nutrition, kevinheffernan@msn.com

Jamie Kaufman
Jamie comes to TC from her hometown of Miami, FL. She attended the University of Florida where she studied Nutrition. Jamie is interested in private practice and working as a dietitian in an exercise facility setting.
Applied Physiology and Nutrition, Dietetic Internship jams1017@aol.com

Kate Labzda
Kate is from Islip, NY. She received a B.S. in Dietetics from James Madison University. Kate is interested in weight management and women’s nutrition.
Nutrition and Education, labzdaky@hotmail.com
Michael LaFountain
Michael is originally from Syracuse, NY. He attended Alfred University where he studied Athletic Training. Michael is interested in becoming a physician in Sports Medicine and working with health and wellness issues in the general population.

Applied Physiology and Nutrition, lafounmf@hotmail.com

Karen Smith
Karen comes to TC from the University of California at Berkeley where she studied Nutrition. She is originally from Austin, TX. Karen is interested in ecology, gardening, and women’s health.

Nutrition and Education, Dietetic Internship karelizasmith@aol.com

Sarah Spool
Sarah is from Worcester, MA. She studied Nutrition at Simmons College.

Applied Physiology and Nutrition, Dietetic Internship sarah.spool@simmons.edu

Vicky Vlahou
Vicky is originally from Athens, Greece. She attended South Bank University in London where she studied Nutrition. She is interested in clinical nutrition.

Nutrition and Education, v2010@hotmail.com

Shalyn Yamanaka
Shalyn is from Napa, CA. She studied Biology and Asian Studies at Bowdoin College. Shalyn is interested in exercise and nutrition.

Applied Physiology and Nutrition, syamanaka@alumni.bowdoin.edu

Information not available for: Colleen Montgomery and Christina Stroup.
Book Review: *Fast Food Nation* by Eric Schlosser

*By Emily Bergeron, Nutrition and Public Health Program*

*Fast Food Nation* is the result of two years of in-depth investigation of the fast food industry by Eric Schlosser. Schlosser provides a riveting examination of the fast food industry in a style that uniquely combines reporting and personal experience. Schlosser’s painstaking efforts to disclose what’s behind the cheerful cashiers, ubiquitous menus, and fast service will enlighten even nutrition professionals that have spent a lifetime studying food. Schlosser charges that fast food is more than just hamburgers, fries, and cokes of minimal nutrient density. Fast food is a reflection of the changes the American society has endured since the post war era. Schlosser travels from California where the McDonald brothers founded the first golden arches, to the New Jersey turnpike where the majority of the nations food additives are manufactured, and across the globe to European nations where the appearance of America’s fast food franchises signify the beginnings of the spread of western culture to new generations. In addition to exploring how fast food has contributed to global ill-health, the book exposes intriguing aspects of fast food, such as how the relationship between Walt Disney and Ray Croc, founder of the McDonald’s corporation, influenced the development of both Disneyland and McDonald’s. Issues on the exploitation of child labor and efforts to advertise to our youngest and most susceptible consumers are uncovered. Schlosser also investigated the discouragement of employee unionization to improve working conditions, practices of the meat packing industry, and the use of federal funding intended for small independent businesses to finance new fast food industry restaurants. Schlosser not only upturns vivid images of the fast food industry for us to ponder, but also provides his thoughts on what we can do change legislation and monitoring policies. He also reminds us that, “Even in this fast food nation, you can still have it your way,” by following the simple business laws of supply and demand, and stop purchasing the food. *Fast Food Nation* is an excellent reference for food and nutrition professionals as Schlosser has thoroughly indexed the book and included reference notes to acknowledge his sources and provide readers with the ability to pursue further research. I recommend this book as a must read for nutrition professionals or anyone interested in fast food and the American culture. I found the book to be thought provoking and encouraging to make you want to bring about change in our fast food nation.

The Slow Food Movement

*By Randi Wolf, Ph.D. M.P.H.; Research Assistant Professor*

Now you’ve read about our Fast Food Nation, but have you heard about the ‘Slow Food Movement?’ The Slow Food Movement began in Italy in the 1980s as a reaction to plans for a fast-food restaurant in Rome. Although the movement originated in Italy, Slow Food has grown into an international movement with over 60,000 members across five continents. The Slow Food Movement sees itself as an antidote to the fast-food culture, microwave cooking, and eat-and-run meals that have infiltrated our lives. The Slow Food Movement encourages us to slow the pace of our lives so that we can savor our foods and beverages. Basically, ‘slow foods’ are traditional, fresh, locally grown foods that are served during leisurely, relaxing meals. The emphasis is on the pleasure of eating, the company of friends and family sitting around a table, and enjoying delicious foods and wines. ‘Quiet Pleasures’ are the only way to oppose the frenzy of ‘Fast Life’ threatening our environments and landscapes, says the Official Slow Food Manifesto.

Suggestions on how to join the Slow Food Movement include the following:

1. Shop for fresh, local produce and baked goods at farmers markets.
2. Patronize restaurants that specialize in local or regional foods.
3. Keep family traditions alive. Think about the foods your grandparents prepared for holidays or family gatherings, and try to replicate what you can.
4. Prepare more meals at home and enjoy them around the table with friends and family.

Slow Food U.S.A. has recently opened an office in New York City. For more information, visit their website at www.slowfood.com.
NYC Green Markets
By Emily Bergeron, Nutrition and Public Health Program

When I first moved from my rural hometown in New Hampshire to NYC, I didn’t expect anything to remind me of home. New Hampshire is a state where distance can be measured by farm stands instead of blocks, and there just may be more fresh produce in home gardens than in the grocery stores. Luckily for me, I learned of NYC’s Green Markets early on and was hooked from my first visit. Not only do the Green Markets remind me of home, but they also provide the freshest fruits and vegetables grown and harvested by regional farmers. NYC Green Markets have provided city residents with locally grown seasonal produce since 1976 and continue to thrive. While most of the Green Markets sell fresh produce, many have expanded to sell other food products produced and grown by regional farmers, such as fish, beef, pork, lamb, poultry, eggs, dairy products, honey, maple syrup, and plants. With the fall season underway you can expect to see an abundance of northeastern broccoli, cauliflower, cabbage, pears, apples, and grapes starting to appear in the markets. Purchasing from the Green Markets means you’ll also be supporting local agriculture. Benefits of supporting local agriculture include: reducing the use of natural resources, preserving local farmland, and saving money that you would have paid for packaging, advertising, and transporting foods from distant places. With 28 locations throughout Manhattan, Brooklyn, Queens, the Bronx, and Staten Island there is sure to be a Green Market close to where you live. Here are the locations and times for Green Markets in Manhattan. For locations in Brooklyn, Queens, the Bronx, and Staten Island and more information on NYC’s Green Markets, visit the web site for The Council on the Environment of New York City at www.cenyc.org.

### Manhattan Locations and Times

**Markets run from 8:00 am - 6:00 pm, unless otherwise specified**

- **Bowling Green**
  - Broadway & Battery Park Place
  - Thursday, 8:00 am – 5:00 pm (Year Round)

- **Thomas Paine Park**
  - Worth & Pearl Streets
  - Friday (Year Round)

- **Tribeca**
  - Greenwich Street between Chambers & Duane Streets
  - Wednesday & Saturday, 8:00 AM – 3:00 PM (Year Round)

- **Tompkins Square**
  - East 7th Street & Avenue A
  - Sunday, 10:00 AM- 6:00 PM (Year Round)

- **3rd Street**
  - East 10th Street & 2nd Avenue
  - Tuesday, 8:00 AM – 7:00 PM (June - December)

- **Abingdon Square**
  - West 12th Street & Hudson Street
  - Saturday, 8:00 AM – 1:00 PM (Year Round)

- **Union Square * **
  - East 17th Street & Broadway
  - Mon., Wed., Fri., & Sat. (Year Round)

- **Dag Hammarskjold**
  - East 47th Street & 2nd Avenue
  - Wednesday & Saturday (May – November)

**Balsley Park**
- West 57th Street & 9th Avenue
- Wednesday & Saturday (May to December)

**77th Street – I.S. 44**
- West 77th St. & Columbus Avenue
- Sunday, 10:00 AM – 5:00 PM (Year Round)

**7th Street**
- West 97th Street between Amsterdam & Columbus Avenues
- Friday, 8:00 AM – 2:00 PM (June - December)

**Columbia**
- 116th St. & Broadway
- Thursday (June - November)

**Harlem**
- Adam Clayton Powell Office Bldg.
- 125th St & Adam Clayton Powell Blvd
- Tuesday, 8:00 AM – 3:00 PM (July - October)

**175th Street**
- West 175th St. & Broadway
- Thursday (Mid June - December)

* Union Square is the largest of the Green Markets.
Continued from page 2

CMS proposed, ADA calculated the hourly reimbursement rate for an MNT individual assessment and intervention conducted by a dietitian to be $62.42. This means that if you reverse the 85 percent discount rate, the physician rate for this service would be $73.44. However, the ADA feels the rate a physician would likely use for this service would be $138.88. This is a large discrepancy between the calculated physician rate CMS proposed ($73.44) and the rate a physician would likely charge ($138.88). A discrepancy in the physician rate translates into low reimbursement rates for dietitians. In fact, the lower rate CMS proposed would mean dietitians would only be reimbursed 45 percent of the $138.88 a physician would likely charge for this service, not the 85 percent Congress had projected. The ADA expressed additional concerns because CMS did not establish rates for facility and non-facility settings, stating, “CMS is virtually omitting the practitioners in private practice settings, further reducing the access of beneficiaries to these vital services.”

The definition of renal disease and diabetes needs to be expanded

Under the current CMS proposal, ‘renal disease’ is to be defined as chronic renal insufficiency and post-transplant care provided within 6 months after discharge from the hospital. The ADA recommends that the definition of renal disease should be broadened to all non-dialysis renal disease, not just chronic renal insufficiency and post-transplant care. This definition would ensure that patients with a range of renal complications could benefit from receiving MNT services from dietitians. ADA also recommends that diabetes benefits be extended to include gestational diabetes, in addition to Type 1 and Type 2 diabetes. Currently, CMS does not include gestational diabetes in its definition. While generally beneficiaries must be 65 or older to be eligible for Medicare, younger individuals with disabilities are also eligible to receive Medicare. Therefore, it is important to extend the definition of diabetes to include gestational diabetes for these individuals so they can receive nutrition counseling if needed during pregnancy.

The definition of ‘treating physician’ must be clarified

ADA also found that the proposal is unclear in defining which physician can refer patients to receive MNT. Instead of interchangeably referring to ‘treating physician’ and ‘referring physician’, ADA recommends CMS specify that primary physicians and physician specialists treating diabetes or renal disease are allowed to refer patients for MNT. This specification will ensure that vague definitions like ‘treating physician’ and ‘referring physician’ will not preclude patients from receiving vital MNT services.

Coordination of benefits needs to be improved

Medicare benefits for diabetes already exist under the Diabetes outpatient Self-Management Training services benefit (DSMT benefit). DSMT provides comprehensive diabetes training in which nutrition is only one component of the program. Because of this existing benefit, coordination of the DSMT benefit with the new MNT benefit will be necessary. The ADA recommends that CMS reevaluate the coordination of benefits to ensure patients will get the time and attention they deserve. CMS must account for changes in diagnosis, the lifecycle of disease states, and individual needs of patients suffering from disease. Better coordination of benefits would mean more effective care for patients and more coverage for MNT provided by dietitians.

So what can we do?

While the ADA will submit their comments and recommendations regarding the proposed regulations, it is imperative that supporters of this improved legislation submit individual comments to CMS as well. The ADA has asked supporters to submit letters outlining the above mentioned recommended changes to CMS. A sample letter with further instructions, as well as the proposed regulations published by CMS and ADA’s concerns are available on the 5th floor of Thorndike Hall in Cynthia Green’s office and through the members only section of the ADA website at www.eatright.org/gov. Time is running out! Get your letter in today and send one original and three copies, to:

Centers for Medicare and Medicaid Services
Department of Health and Human Services
Attention: CMS – 1169 – P
PO Box 8013
Baltimore, MD 21244-8013

Congratulations to Bridget Quinn, Nutrition and Public Health Program, for receiving the Mary L. Hamrich Memorial Scholarship from the ADA Foundation for the Dietetic Internship!
Fresh off the vine...

- **www.nutrition.gov** is a new federal resource that provides easy access to all online federal government information related to nutrition. Users can find the latest information on food facts (e.g. food guide pyramid, food labeling), food safety (e.g. food-borne illness, biotechnology), health management (e.g. fact sheets on chronic disease), food assistance (e.g. USDA funded programs), and research (e.g. new grant opportunities and government projects). This website is a portal to comprehensive nutrition information with an extensive scientific reference section all now easily accessible in one place.

- On August 9th President Bush announced that federal funds will be awarded for research on 64 existing human embryonic stem cell lines. Stem cells are non-differentiated cells derived from human embryos that may have the potential to create a variety of human blood and tissue cells. Researchers will begin examining uses of the stem cells, including possible cures and treatments for diseases such as cancer, diabetes, Alzheimer’s, and osteoporosis. The approval of federal funds for the research has been the center of ethical controversy because in order to obtain the stem cell the embryo must be destroyed.

- **www.nutritionhandouts.com** is a new website started by TC graduate Andrea Chernus, M.S., R.D. The site features nutrition handouts that can be used by nutrition professionals to help educate patients and clients. The handouts cover a variety of topics, including cardiovascular disease, high blood pressure, gastrointestinal disorders, and sports nutrition. Each original handout costs $9.99 and can be duplicated for distribution to patients or clients.

WANT TO WRITE FOR THE GRAPEVINE?

We are looking for student writers to contribute:

**Feature Articles** - Keep our program up-to-date by writing about a food or nutrition related issue.

**Restaurant Reviews** - Think you can eat healthfully on a student budget at a Manhattan restaurant for dinner? Take along some friends to review a restaurant of your choice and tell us about it. Your challenge is to dine on $25.00 or less per person (drinks & tip included). In addition to cost, be sure to describe the healthfulness of the meal, décor, and service!

**Seasonal Recipe Corner** - We want to hear what interesting dishes you can make with seasonal foods.

We are already starting to work on our next issue. Share your ideas with us and be sure to include the following:

1. Your Name
2. Program of Study
3. News brief title
4. Summary of your idea in 4-5 sentences.
5. Correspondence information: E-mail address, phone number, and current mailing address

Send your ideas via E-mail to: grapevine@columbia.edu

We’ll let you know if your proposal is approved and the deadline for your article.