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Hello Dietetic friends

As many of you know, for the past year I have been rewriting the Dyslipidemia section of the Nutrition Care Manual for the Academy of Nutrition Dietetics. Last week I was told that the section was rejected for publication. I was basically given 2 reasons:

1. Practice guidelines of other “well respected institutions” were not considered

My response: Wasn't my charge to review the current literature and update our guidelines. Shouldn't we be the ones to establish nutrition guidelines and the other groups follow us? Don't we need to be the leader in nutrition policy and have the medical and heart associations follow us regarding nutrition?

2. My guidelines weren't “reflective of scientific practice and the Academy's views at present”

My response: If we are ever to change as the science evolves we will need to at some point change from what we have said. Isn't now that time?

Over the last few years I have given heart health talks at many state AND groups: South Carolina, Florida, Texas, California, Iowa, Kansas, New Mexico, Montana, Nebraska, Louisiana, and Utah. Many attendees asked about sending in letters of support if there was resistance to the new guidelines. Even though I am no longer working on the manual, your response could help the next author.

My idea for Medical Nutrition Therapy for Cardiovascular Disease is simple and I attached my CVD MNT proposal to this email along with a second document with the scientific rationale for the guidelines.

The therapy for Dyslipidemia:

- Should be food based and not nutrient based
- The focus should be on therapies with scientific support: increasing fruits, vegetables, pulses, whole grains, soluble fiber, phytosterols
- Limiting added sugar and refined carbohydrates should be a focus.
- Cholesterol and total fat are no longer a target for therapy
- Reducing saturated fat should focus on refined foods like, grain and dairy based desserts, processed meats etc and is not the primary focus for MNT.

If you agree with these and that it is time for the AND to become the leaders in nutrition care that we say we are, please let your voice be heard by emailing the Academy.

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