

2021 NDAND 'Nourishing Health' Symposium Follow-up Q&A Questions:

Penni Hicks: The Gut Microbiome: Effect and Implications in Pediatric Health

Q) Based on the impact of solid foods on the microbiome, being that it begins to resemble an adult microbiome after solid food introduction, how impactful is it to continue breastfeeding past 1 year? Do HMOs still impact the microbiome after the introduction of solids?

A) Although the gut microbiome begins to resemble more of an adult microbiome after solid food introduction, there are still differences seen. The gut microbiome does continue to shift and develop throughout childhood and through adolescence. (Hollister, et al. 2015; Agans, et al. 2011).

HMOs play a role as prebiotics and beyond. They have been shown to promote the proliferation of beneficial bacteria and are associated with decreased colonization of pathogenic bacteria which are not necessarily limited to infants <1yr. (Bode L. *Glycobiology*. 2012).

Ginger Hultin: Using Nutrigenomic Testing to Drive Healthy Dietary Choices

Q) Where can you look to find state regulations for genomic testing?

A) So, the first thing I'd do is check out your given state's DOH - that's where they'll list regulations but then also the genetic company you work with should also be able to tell you about how they're tracking regulations in various states.

Mark Messina: The Role of Soyfoods in Healthy & Sustainable Diets

Q) What is your favorite soy recipe?

A) Can't give you a favorite soy recipe because I do not cook other than steaming vegetables and baking potatoes. During the pandemic, I have become an expert at baking tater tots. Probably hadn't had tater tots in 25 years but they are now my go to comfort food. Fortunately, my wife is a dietitian and a darn good cook.

Q) Have you seen research recommending that consumers refrigerate soybean oil (veg oil) to help protect the omega-3 fatty acids from oxidation?

A) Incredibly, whereas I found lots of consumer articles relevant to your question, I didn't find one peer reviewed article that compared the oxidative stability of refrigerated opened bottles of soybean oil vs unrefrigerated. Only one article out of at least 10 consumer articles

recommended refrigerating soybean oil after opening. I would definitely store flaxseed and walnut oil in the refrigerator because of their high omega-3 content.

Meghan Donnelly: Is it IBS, Celiac Disease, or Non-Celiac Gluten Sensitivity?

Q) Can you share further resources?

A) Yes, I think this was everything!

- Monash University FODMAP app (available in app store for smartphones)
 - o Link to Monash website: <https://www.monashfodmap.com/>
- DIGID resource on IBS listed below by speaker bio.
- [Dr. Schär Institute](#): If you create an Experts Area account and log in, I have a variety of webinars for free CEUs and patient education materials available for download. The most helpful resources include IBS/Low FODMAP diet booklets and a Gluten-Free Living educational booklet.

Drew Hemler: Ethical Practice in Social Media: What Dietitians Need to Know

Q) Regarding disclaimers that state the information is for educational purposes only...what if you are offering online MNT services? If you are working individually with a client then there would be a client/practitioner relationship that isn't just educational. Could you please address or discuss this a bit more?

A) In situations where there is not the 1:1 relationship, such as social media content & blog posts that are available for viewing among the general public, a disclaimer should and must be provided. Disclaimers can be provided directly before or after the blog post, or within one's bio/about section on their social media page/account.

When working with an individual, 1:1, disclaimers are not needed because the education is directed to the individual, which should be tailored according to their medical history, biochemical analyses, cultural practices, resources, etc.