

Insights from the MNT4P Program

Medical Nutrition Therapy for Prevention



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Message from the Director

MNT4P was created to build on the mission and vision of leading with excellence in the field of genetic metabolic nutrition within an academic environment — carrying it forward to some degree by ensuring that both patients and providers have greater access to nutrition care, resources, and support. It was built through partnerships with HRSA, the Georgia Department of Public Health, Emory University, and families themselves — all working together to expand access and strengthen care. And it continues to grow through the dedication of our team, whose commitment makes this mission a reality.

The future of MNT4P is about growth—expanding our research, broadening our education programs, and deepening our community outreach—so that every patient with a genetic disorder has access to the nutrition care they deserve.

To bring all aspects of the program together, we've launched a new and improved website: www.mnt4p.org. We hope it showcases the work we do and highlights opportunities for collaboration.

News & Updates

MCADD Registry

MNT4P Program at Emory University has partnered with **Minutes Matter** to create a registry of families managing **Medium-Chain Acyl-CoA Deficiency (MCADD)**. This registry aims to create a robust database with the MCADD family to support medical researchers to find therapeutics for MCADD as part of HRSA-funded newborn screening research project lead by Rani Singh, PhD, RD in the department of Human Genetics. Please be on the lookout for further information in near future.

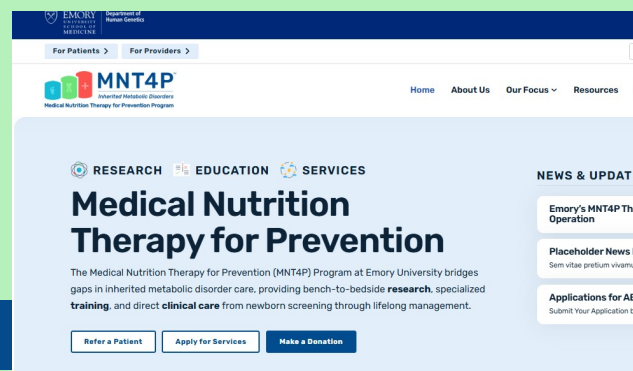
Georgia CTSA TL1 Grant

Under the mentorship of Rani H Singh, PhD, RDN, LD, MNT4P's Post Doctoral Fellow, Jessica Strosahl, PhD, RDN, LDN, has been awarded a highly competitive **NIH-funded Georgia Clinical TL1 Postdoctoral Training Grant** for her research project titled, "Defining Protein Requirements in Adults with PKU: Impact of Genotype and Medical Food Intake". Her application received the highest possible score (10 on the NIH scale). Dr. Singh, believes this research will have a huge impact on advancing translational science activity in the field genetic metabolic nutrition.

New

MNT4P Website

Check out our new and improved MNT4P Website, incorporating research, education, and community outreach. Hope you like it!



Spotlight

Emory's Impact on Genetic Metabolic Nutrition

MNT4P Celebrated 20th Anniversary of Founding of GMDI at Emory

On October 24, 2025, Emory University's MNT4P team, led by Rani H. Singh, PhD, RD, hosted a special scientific conference marking the 20th anniversary of the founding of Genetic Metabolic Dietitians International (GMDI) at Emory.

The hybrid conference brought together healthcare professionals, researchers, and leaders in the field of nutrition and genetic disorders for a day of insightful discussions and collaborative learning. The program honored the organization's founders and highlighted Emory's pivotal role in advancing the field of genetic metabolic nutrition therapy.



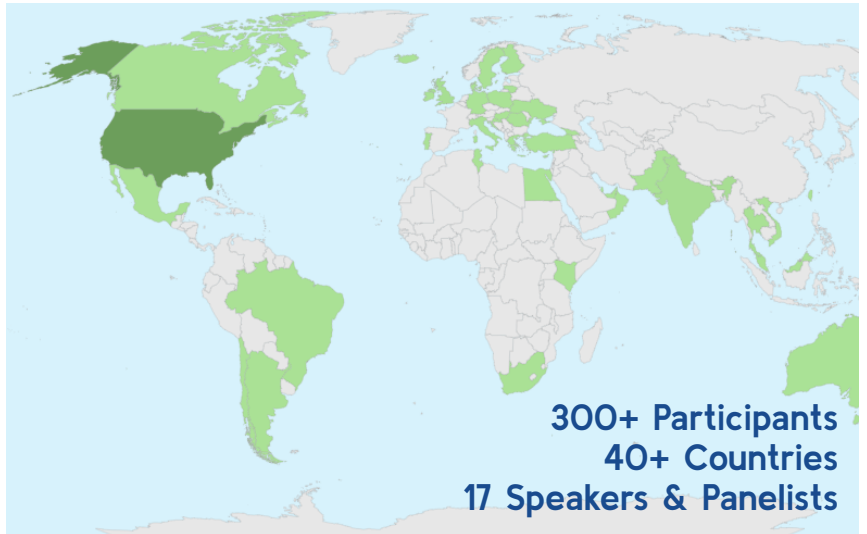
Leanne Redman, Ph.D., Professor,

Dr. Leanne Redman, PhD, RD, LDN, LPFA Endowed Chair and Executive Director at Pennington Biomedical Research Center, delivered the keynote address. Leading NIH-funded research in human metabolism, energy balance, and precision nutrition, Dr. Redman emphasized how translational nutrition science connects discovery to clinical practice - aligning with MNT4P's mission to integrate research and care for improved outcomes in individuals with inherited metabolic disorders.



I personally believe in the power of community, and GMDI grew out of a desire to bring us together, share knowledge, and give this specialty a strong professional identity... something Emory helped make possible.

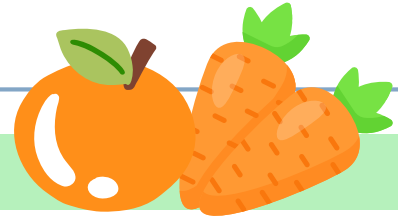
Rani H Singh
GMDI Founding President



Honoring GMDI Founders

Amy Cunningham, Barbara Marriage, Barbara S. Goss, Carol Hartnett, Cristine M. Trahms, Dianne M. Frazier, Elaina Jurecki, Fran Rohr, Helen McCune, Kathleen Huntington, Kathryn Camp, Laurie Bernstein, Linda Tonyes, Rani H Singh, Sandy Van Calcar, Sharon L. Ernst, Shideh Mofidi, Steven Yannicelli, Ulrike Reichert

MNT4P Recipe Corner



Charred Carrots with Orange and Balsamic

This recipe has been adapted for individuals with Long-Chain Fatty Acid Oxidation Disorders (VLCAD, LCHAD, CPTII Deficiency) and is also lower in protein and can support individuals who require a protein restriction. Patients on a protein restriction, can use regular olive oil to roast carrots and can omit MCT oil.

Ingredients

1 ½ pounds rainbow carrots, scrubbed (about 8 large or 15 medium carrots)
3 tablespoons vegetable broth or water (for roasting) **if amino acid disorder or organic acid disorder can use 3 tablespoons olive oil instead**
1 ½ teaspoons minced fresh thyme leaves
½ orange, zested and juiced
1 tablespoon aged balsamic vinegar
1½ teaspoons salt
½ teaspoon freshly ground pepper
1 tablespoon medium chain triglyceride(MCT) oil (added after roasting) **for amino acid disorder or organic acid disorders, omit MCT oil**
Sea salt, optional for finishing

Nutritional analysis for entire recipe (with MCT oil and without Olive Oil)

Metabolic Pro# 78948

Recipe (4 servings): Per Serving(around 1/4 of the roasted carrot mixture)

Calories: 425 kcal	106 kcal
Carbohydrate: 64 gm	16 gm
Fat: 19.6 gm	4.8 gm
Medium Chain Triglycerides (MCT):	
13.75 gm	3.4 gm
Long Chain Triglycerides(LCT):	
5.80 gm	1.4 gm
Protein: 5.7 gm	1.4 gm
Phenylalanine (Phe): 355 mg	88 mg
Leucine (Leu): 585 mg	146 mg

Recipe from Ina Garten, Featured on the New York Times Cooking

Preparation

Step 1

Preheat the oven to 425 degrees Fahrenheit.

Step 2

Cut the carrots crosswise into 4-inch lengths. Cut the larger pieces lengthwise in half or quarters so the sticks are roughly ½ inch wide.

Step 3

Place the carrots on a sheet pan. Sprinkle with the thyme, 1 ½ teaspoons salt, and ½ teaspoon black pepper. Add 2-3 tablespoons of vegetable broth or water **amino acid disorders and organic disorders can add olive oil instead**. Toss with your hands until coated, then spread the carrots out in an even layer.

Step 4

Roast for 25-35 minutes, flipping halfway until brown and tender.

Step 5

Immediately after removing from the oven, top the carrots with orange zest, orange juice, MCT oil **if amino acid disorder or organic acid disorder can skip MCT oil**, and balsamic vinegar. Sprinkle with sea salt and toss to coat. Taste for seasonings, then serve warm or at room temperature.

MNT4P LPMF Offer

Promin Low Protein Foods

MNT4P has partnered with **Zoia Healthcare** to give you access to more low protein modified foods (LPMF) options from the UK brand **Promin**. As part of this partnership, you can place **one order per month per person up to \$50 in November and December 2025**—at no cost to you!

This offer is in addition to the MNT4P's current \$150 LPMF allowance from Cambrooke.

Upcoming Events

- **MNT4P Annual Enrollment** (January 1, 2026)
Check your email for enrollment links
- **Emory eGNA's Genetic Nutrition ECHO Traineeship – Cohort 11** (January 15-April 16, 2026) [eGNA](#)
- **Rare Disease Day** - February 28, 2026
- **Emory Metabolic Camp** (June 9-13, 2026): www.metcamp.net
- **SERGG Annual Meeting** (July 16-18, 2026) www.sergg.org

Contact Us

Have additional questions or comments? [Contact us!](#)



Department of
Human Genetics

Visit our website:
www.mnt4p.org



"Wishing you joy, peace, and all the festive cheer this holiday season!"