

# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

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## A MESSAGE FROM THE MARKETING PILLAR

Written by Valerie Mey, NNM Chair

It's hard to believe that March is just around the corner, which means it is time to start planning for National Nutrition Month (NNM) and celebrate registered dietitian nutritionists everywhere! The theme for 2022 is "Celebrate a World of Flavors." As quoted from the Academy of Nutrition and Dietetics, "Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds, and tastes!" The Academy has launched [a toolkit](#) on their website that offers handouts, activities and presentations in 6 different languages to help provide healthy habits to our diverse communities. Ways to Celebrate a World of Flavors are done by incorporating favorite cultural foods and traditions into meal planning and prepping and trying new flavors from around the world at home and out.

This year, UAND would like to feature recipes from various backgrounds and cultures that highlight a flavor or spice. It may be a childhood favorite, a personal favorite that you have created, or a cultural favorite you like to make.



# A MESSAGE FROM THE MARKETING PILLAR

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Please **submit your recipes here** with a description of the highlighted flavor or spice, why it's a personal favorite, and a photo of the dish to share with UAND dietitians. UAND will compile the recipe submissions and share in the next newsletter for all to enjoy!

In addition to submitting a recipe, we want to see how you're celebrating NNM! Whether at home or at work and especially on National Registered Dietitian Nutritionist (RDN) Day on March 9th, 2022. When you post on Facebook, Instagram, LinkedIn, or Twitter social media platforms, please hashtag #UANDNNM22. We will take our favorites and spotlight them in the next newsletter.

UAND hopes you have a great NNM and RDN Day! We challenge each of you to do something to promote nutrition and this year's theme. We can have a great impact in Utah if we all do something! Also, remember to take advantage of our NNM grants if you plan to do something big in your community, organization, or school. Please go to **this link** to learn more and submit your project for funding!



**#UANDNNM22**  
Celebrate a World of Flavors



# 2021 AWARD OF RECOGNITION

SHANNON JONES



*Recognizes and thanks individuals who contribute unselfishly to the dietetics profession in Utah.*

# 2021 AWARD OF MERIT

SARAH BELLINI



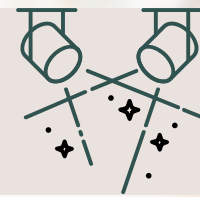
*Recognizes a dietitian who has demonstrated leadership and made significant contribution to the profession of dietetics.*





# UAND MEMBER SPOTLIGHT

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**Meet UAND member  
Melissa Baugh RD, CD!**

***How many years have you been a dietitian?***

***How long have you been a member of UAND?***

8 years dietitian, 11 years UAND

***What's your favorite moment of your career so far?***

Once I had a patient really struggling with understanding carb counting. While an intern was educating her, I suddenly had the thought to compare carbs to a fist for size reference (sometimes used for young Type 1s, I understand). The psychiatrist saw my note with the education and asked the patient before she discharged how much a carb was, and she held up her fist.

***What is your favorite book or movie?***

Book--Jane Eyre by Charlotte Bronte

***What is your favorite recipe or food tradition?***

I have watched two shows so far that I made food for (first time making that food). I made ratatouille for Ratatouille, and soufflé for Asylum of the Daleks (Dr. Who). Maybe I'll find another one to do!

***What is the best advice that you have ever received?***

From Jessica Setnick and Eating Disorders Boot Camp--if you are at a loss for where to start for someone or have little time, choose the one thing that you can do that will help them in that moment.

***Where do you currently work and what do you love about it?***

Utah State Hospital--I love the diversity of the workday and the patients I interact with; Intermountain Healthcare--I enjoy the flexibility I have with being at a rural hospital.

***How has UAND membership been of value to you and your career?***

The annual meetings always have such good information. I also learned a lot about myself and leading when I was the annual meeting chair.

***How do you spend your free time?***

I enjoy organizing, being with family, and going to comic shops and thrift stores with my husband.

***What advice do you have for young dietitians?***

It's ok that you don't know everything--know how to research and read articles to find the information that will help your patients.

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## MEMBER SPOTLIGHT QUESTIONNAIRE

Want to be featured? Complete your Member Spotlight Questionnaire [\*\*HERE\*\*](#)





## ANNOUNCEMENTS AND MORE

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### UAND NATIONAL NUTRITION MONTH® GRANT



**APPLY FOR A GRANT TO HELP FUND YOUR  
NATIONAL NUTRITION MONTH® ACTIVITIES!**



UAND is awarding three \$200 grants to support your National Nutrition Month® activities throughout the community.

The 2022 theme is "Celebrate a World of Flavors". We encourage all UAND members to apply for one of these grants to help make your National Nutrition Month® activities a hit this year!

All applications are electronic and can be found [HERE](#).  
**Deadline for grant applications is February 25, 2022.**

The UAND NNM Committee will review all applications and select winners based on creativity, uniqueness, local reach, and ability to tie in this year's theme of "Celebrate a World of Flavors." The NNM Committee will notify grant recipient winners by Monday March 7th, 2022.

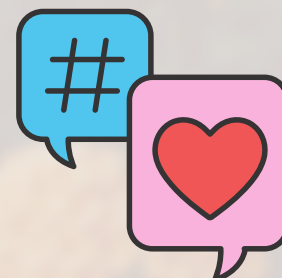
For more information or questions, email Valerie Mey at [vmey25@gmail.com](mailto:vmey25@gmail.com)

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### NATIONAL NUTRITION MONTH® ON SOCIAL MEDIA

**WE WANT TO KNOW WHAT ARE YOU DOING TO CELEBRATE  
NATIONAL NUTRITION MONTH®!**

Tag UAND on social media and use #UANDNNM22 and we'll retweet or share your recipes, highlights, celebrations, and successes in our stories!



**#UANDNNM22**

Celebrate a World of Flavors



## ANNOUNCEMENTS AND MORE

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### REGISTER FOR UAND'S 2022 ANNUAL MEETING

# JOIN US!


## UAND'S ANNUAL MEETING IS BACK!

**WHEN:** March 24th-25th, 2022

**WHERE:** The Viridian Event Center  
8030 South 1825 West, West Jordan, UT 84088

Some of the topics at this year's meeting include:

- Diversity and inclusion
- Building partnerships
- MyPlate and chronic disease prevention
- Sports nutrition
- CDR's master's mandate
- Weight inclusive care
- Nutrition and COVID-19
- Ethics in dietetics
- Burnout prevention
- Lifestyle medicine
- Social media



[Click here  
to register](#)

**Register before March 10 for early-bird pricing!**

ENGAGE \* NETWORK \* LEARN \* EARN CPES

*While we look forward to this conference, the health and safety of our attendees is a top priority. The UAND Annual Meeting Committee will work with the venue, vendors, and caterers to mitigate risk of COVID-19 spread during the event. We will encourage physical distancing when possible and ask that all attendees wear a mask while indoors.*





# ANNOUNCEMENTS AND MORE

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## UAND ANNUAL MEETING CALL FOR ABSTRACTS

The UAND call for abstracts is open now until March 10, 2022. The poster session will take place during Friday of the Annual Meeting on March 25, 2022.

Abstract Poster categories include:



- Research Abstracts,
- Project or Program Report Abstracts (NEW this year)
- Innovations in Nutrition and Dietetics Practice or Education (NEW this year).

Submissions may be from undergraduate students, graduate students, and/or professionals.

[Learn more and submit your abstract here.](#)

Direct any question to Pauline Williams at [pauline\\_williams@byu.edu](mailto:pauline_williams@byu.edu)

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## CALL FOR AWARD AND SCHOLARSHIP NOMINATIONS

It's that time again! Please take some time to recognize the outstanding contributions of your fellow dietitians! UAND participates in nominations of outstanding dietitians in Utah for various awards from the Academy of Nutrition and Dietetics. Awards are presented at the UAND Annual Meeting.

### Available awards:

- Award of Merit
- Recognized Young Dietitian of the Year
- Emerging Dietetic Leader
- Award of Recognition
- Outstanding Dietetic Student

### Nominations should include:

- A letter of nomination
- Resume
- Completed nominee/student award data sheet

**UAND also awards four \$500 scholarships to dietetic students.**

**The deadline for submissions is Friday, February 25th, 2022.**

All applications will be submitted electronically via UAND's website.

For more information and to submit applications, click [HERE](#)

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# ANNOUNCEMENTS AND MORE

## JOIN THE UAND TEAM!

NETWORK–VOLUNTEER–BUILD YOUR RESUME–MAKE A DIFFERENCE

Considering getting involved with UAND? The new year is approaching quickly-now is the time to consider your goals for 2022. Perhaps running for a seat on the board?

The following positions are available for the 2022-2023 board year:



**President Elect**  
**Treasurer Elect**  
**State Policy Representative**  
**Annual Meeting Chair**  
**Networking Director**  
**Nominating Committee Member**  
**Social Media Chair Elect**

**Nominations are due February 25th!**

For more information, contact Laura Holtrop Kohl at [lauraholtrop@gmail.com](mailto:lauraholtrop@gmail.com).  
We'd love to have you!

*I just completed the President-Elect Training The Academy provides. It was fantastic... I kind of regret not getting more involved in the Utah Affiliate sooner in my career. Family and job kept me busy, so I was hesitant to volunteer. One more thing on the plate seemed a bad idea. In retrospect, I wish I would have gotten more involved sooner. I have developed friendships, learned great tips and tricks from others, and become more efficient in my work and home life from things I have learned. I think serving in the Utah affiliate of AND has helped me stay motivated/connected to others during COVID as well. So excited to see people at conference in March!*

Quote from Gina Ward, UAND President-Elect





## ANNOUNCEMENTS AND MORE



### DID YOU MISS LAST YEAR'S DAIRY WORLD TOUR?

Dairy West has you covered with the perfect way to “Celebrate a World of Flavors” for National Nutrition Month!

During Dairy World Tour, we travelled virtually to six different countries with chef and registered dietitian co-hosts to learn all about each country's geography, culture, and cuisine. Each episode recording, along with delicious recipes from the various countries are available to watch and enjoy on the Dairy World Tour site. Here's how you can create your own Dairy World Tour experience at home:

1. Head over to the Dairy World Tour site and choose to explore either Italy, Mexico, Greece, Brazil, India, or France!
2. Select which recipes you'd like to prepare and enjoy while watching the episode recording.
3. When grocery shopping for your recipes, aim to find local ingredients! To get you started, each country's Dairy World Tour page has a list of Idaho and Utah dairy products to look out for.
4. Get cooking! Tasting other countries' cuisines is one of the best ways to learn more about that country.
5. Tune in to the episode recording to take a virtual education vacation around the world!

Enjoy your Dairy World Tour adventure and make sure to use #DairyWorldTour in your Instagram, Facebook, or Twitter posts to be entered to win a local cheese box at the end of the month! If you have any questions, don't hesitate to contact Ann Lokuta at [alokuta@dairywest.com](mailto:alokuta@dairywest.com).

Happy National Nutrition Month!  
The Dairy West Team





## ANNOUNCEMENTS AND MORE

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**ENTER TO WIN!**



### **REGISTERED DIETITIAN NUTRITIONIST DAY CONTEST**

In honor of Registered Dietitian Nutritionist Day 2022, the Academy hosts a special contest to feature a member on [eatrightPRO.org](http://eatrightPRO.org), in the Academy's Eat Right Weekly newsletter, the affiliate newsletter and via the Academy's social media pages.

#### **How to Enter:**

Complete the [RDN Day Contest form](#), where you will be asked to answer the following question in 100 words or less or in a 60-second video:

"How do you help people create healthy habits while celebrating their cultural foods and heritage?"

**Deadline: Wednesday, February 9 at 11:59 p.m. PST**

**Read more about RDN Day Contest [here](#).**

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# ANNOUNCEMENTS AND MORE

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## ADVOCACY SUMMIT 2022

Update from Jobaida Khanom--Advocacy Chair

As a Public Policy Coordinator UT affiliates, I was honored to join my first Advocacy Summit this year. Much to my surprise, Advocacy Summit 2022 was the most successful national virtual event that Academy's Legislative Public Policy Committee and other policy leaders orchestrated. The LPPC provided templates for invitations, training, and a platform where everyone can come together on Hill Day to learn and share their thoughts. On our part, it was still a little nerve-racking to get hold of the staffers and to schedule the virtual Town Hall Meeting. However, perseverance worked, and we finally met both our Senators Legislative Correspondents. The best part is that Chris Medrano from Senator Mike Lee's office and Grace Simmons from Senator Mitt Romney's office showed interest in what we had to say. This year we are lobbying for MNT Act 2020 and Strengthen the Child Nutrition and WIC Reauthorization Act. We are urging Senator Romney, Senator Mike Lee, and members of Congress to co-sponsor and support the passage of the MNT Act of 2020.

We are also planning our yearly Legislative Day Celebration in UT Capitol Hill by sending out care packages for our senators and house of representatives. I am very thankful for getting the Utah Academy of Nutrition and Dietetics support to make all these possible.

**Care Packages include:** Craisins pack with UAND logo, protein powder packet sponsored by Hormel Health Labs, Banana Mango Smoothie recipes with protein powder, UT Legislative Day handout, HB 80 Medicaid Coverage of the National Diabetes Prevention Program, and a copy of the MNT Act 2020 overview

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## VOTE IN THE ACADEMY NATIONAL ELECTIONS!



### YOUR VOTE COUNTS!

Now through February 15, cast your ballot to decide the future leaders of the Academy.

**VIEW THE SLATE OF CANDIDATES  
AND VOTE ELECTRONICALLY [HERE](#).**

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# ANNOUNCEMENTS AND MORE

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## REPRESENT UTAH AND PRESENT A POSTER AT FNCE!

Submit an abstract that is a brief, written summary (no more than 250 words) of the specific ideas or concepts to be presented, and a statement of their relevance to practice or research.

Selected research, project or program report, and future practice abstracts will be presented during Poster Sessions at FNCE®. The poster should highlight the important parts of your study/program and practice applications.

The Poster Sessions are scheduled for Sunday, Monday and Tuesday of FNCE®. The following three types of abstracts are presented:

Research abstracts  
Project or program report abstracts  
Future Practice abstracts

**The Call for Abstracts is open until February 16 at 5 p.m. (Central time).  
Learn more and submit your abstract [HERE](#).**



Have you noticed?  
UAND's Instagram is back!

Follow [@eatrightutah](#) to stay up to date!

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## ANNOUNCEMENTS AND MORE

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### CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



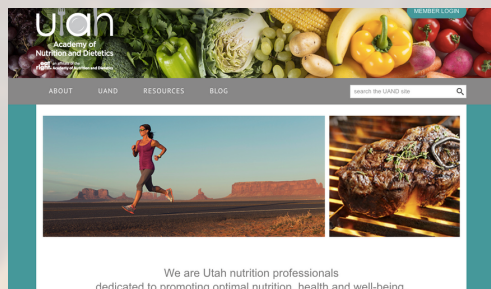
Heidi Wengreen was quoted in a [KSL.com write up](#) on Aggie Ice Cream & Utah State University's history.

McKenzie Rockwood joined [Good Things Utah](#) to talk about meal prep classes offered through Citrus Pear.

Breanne Nalder Harward wrote about decreasing Inflammation & enhancing immunity for [Cycling West - Cycling Utah](#).

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CHECK OUT  
OUR WEBSITE!  
[eatrightutah.org](http://eatrightutah.org)



How can we make the  
website work for you?  
Let us know by  
e-mailing  
socialmedia  
[@eatrightutah.org](mailto:@eatrightutah.org)

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FOLLOW UAND  
ON SOCIAL  
MEDIA!



Be the first to get  
updates and read  
your UAND  
newsletter!

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## UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

### **Food Safety for the Reel World**

Free live webinar through Partnership for Food Safety Education

Wednesday, March 2 at 1 p.m. EST/11 a.m. MST

1 CEU offered

[Click Here](#) to learn more & register.

### **Best Practices in Nutrition Focused Physical Exam**

Free recorded webinar through Becky Dorner & Associates and Hormel  
Health Labs

1 CEU offered

[Click Here](#) to learn more & register.

### **Women, Wellness & Menopause: The Role of Nutrition & Fitness for Optimal Health**

Free recorded webinar through Dairy West

1 CEU offered

[Click Here](#) to learn more & register.

