

APRIL/MAY 2023 | ISSUE X

# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

---



---

## A MESSAGE FROM THE MEMBERSHIP PILLAR

Written by Katie Kraus, PhD, RDN, CSSD, CD

Greetings from the Membership Pillar!

What a year we've had! While we celebrate the many scholarship and awards that were awarded and anxiously await the results of the elections, we extend gratitude to the tireless efforts of Caitlin Boyer and Kary Woodruff, and the many other members of the Membership Pillar for making that all happen!



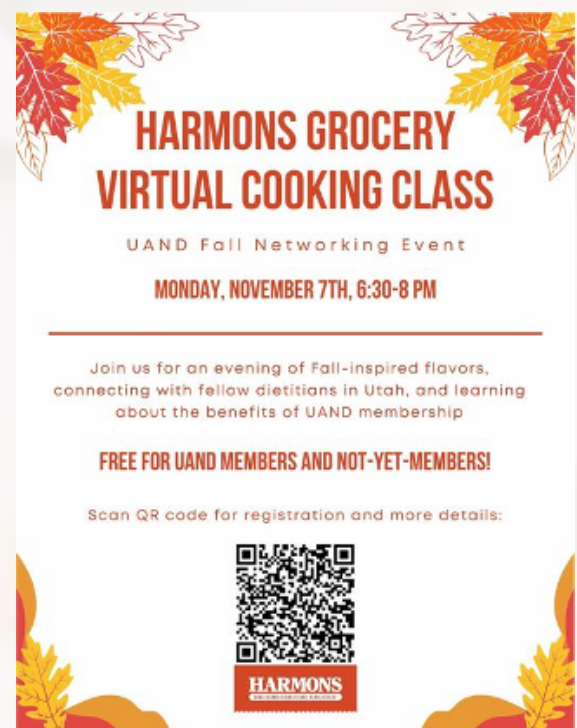
# A MESSAGE FROM THE MEMBERSHIP PILLAR

This was a fun year for networking events! Thanks to Amy Reeder for making it possible for us to join Slow Foods Utah for "Films on Food at Farms." It was so interesting to tour the Roots Charter High school farm in West Valley and learn about how farming is integrated into the curriculum. We enjoyed good food as we screened the documentary, "Food for the Rest of Us."



Then in October there was a great networking event in Southern Utah. Kudos to Melanie Taylor and others for setting that up and going through the process of getting a Continuing Professional Education (CPE) unit approved for that event!

Based on member feedback, Amy also included an online networking event. We had so much fun with Harmon's virtual cooking class. This was also an event that was open to not-yet-members. There was time during the cooking class when members discussed the benefits of membership of both the Academy of Nutrition and Dietetics (AND), as well as the Utah Academy of Nutrition and Dietetics (UAND). See below for the benefits we discussed.



# A MESSAGE FROM THE MEMBERSHIP PILLAR

## benefits of membership

### AND Membership

- Subscription to the *Journal of the Academy of Nutrition and Dietetics*
  - 24+ free CPE units
- Access to the *Evidence Analysis Library*
- Access to the *RDN Compensation and Benefits Survey*
- and much more!

### UAND Membership

- Networking events to mix and mingle with local peers
- Annual Meeting
  - 15+ CPE units
- Leadership opportunities
- Skill building and learning
- Resume building



Then we finished off the year with an ice cream networking event at the Annual Conference. We enjoyed chatting with fellow Registered Dietitians (RDs) and students, and used our best sensory evaluation skills as we tasted delicious ice cream from the Aggie Creamery and the BYU Creamery. Though some were more involved in the chatting and tasting than the voting, Aggie Creamery won by 1.5 points. Go Aggies!

We encourage current members to renew their membership for next year. For those RDs who are not current members of AND and UAND, we encourage you to consider joining for the plethora of benefits and opportunities available only to members.

Cheers!

Katie Kraus, PhD, RDN, CSSD, CD  
Membership Pillar Chair, 2022-2023



*The Utah Academy of Nutrition and Dietetics is pleased to announce our*

## UAND 2023 AWARD WINNERS



### **Emerging Dietetic Leader**

Kylie Peterson, RD, CDCES

### **Award of Merit**

Mateja Savoie-Roskos, PhD, MPH, RD

### **Award of Recognition**

Mead Johnson Nutrition

### **Recognized Young Dietitian of the Year**

Amy Loverin, MS, RDN

### **Outstanding Dietetic Students**

Sophie Hochhauser, Coordinated Program

Trevor Merrit, Didactic Program

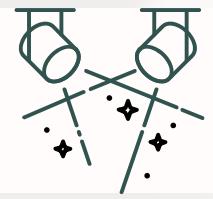
Lauren Rasmussen, Dietetic Intern

Follow along in upcoming newsletters to learn more about each recipient  
and their achievements.

---

# UAND MEMBER SPOTLIGHT

---



**Rekha Chirayath**  
**MS, RDN, CD**

***How many years have you been a dietitian? How long have you been a member of UAND?***

I have been a dietitian for 12 years and a UAND member for 20 years.

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

Being Diversity Liaison for many years I was able to open up my own background to others. I also benefited from all the events, conferences and connections build through many years.

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

Mountain star Lone Peak Hospital, I love the Team and work environment as well as the physical building and smaller community feel of the hospital. And it's only 2 minutes away from my home - can't BEAT the commute!

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

Connecting with patients when they feel they are really heard, and let you know "you're the first dietitian who left me feel connected, wanted to know me better" Then you know you've been successful in your career. I had many moments like this in my career as a dietitian.

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

Historical fictions - The Tsarina, Nightingale, Cousin's war series by Philippa Gregory, The captive queen by Alison Weir to name a few.

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

I love and enjoy cooking, cuisines from around the world. I love to eat the food with my eyes, so presentation is very important to me even on daily dinners. Love Indian, Mexican, French, Spanish, Italian, and many more. Love Indian Biryani, Chicken Masala, Mexican soy crumble Tacos, Santa Fe or Tex Mex salads, French Crepes, Spanish Paella, Italian dishes with Calabrian Pepper, Italian spiced sardines and flavorful pastas with veggies, kicked up with spices.

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

I love reading, walking, yoga, listening to podcasts on many interesting topics on daily basis, I occasionally enjoy sewing, arts and crafts, quilt making, embroidery as well as gardening in the summer.

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

When life gives you Lemons make beautiful sweet lemonade!

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

Connect with your patients, Know them really who they are ,listen to them, Once they feel your passion, they will work with you or motivated to make changes for their life.

---

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



## ANNOUNCEMENTS AND MORE

---

### THANK YOU FOR PARTICIPATING IN THIS YEAR'S ANNUAL CONFERENCE AND MAKING IT A SUCCESS!

For those who attended, CEU certificates have been posted to the participant-only webpage (check your email for the link)! Conference materials and CEU certificates will be available for one year.

If you have not already done so, please complete an evaluation form for each day you attended:

[Friday, March 3 Evaluation](#)

[Saturday, March 4 Evaluation](#)

We look forward to seeing you next year!

---

### RECIPE CORNER: INDIVIDUAL MEATLOAF

Check out this yummy recipe by Rebecca MS, RDN over at [Nourish Nutrition!](#)



Meatloaf is a classic American dish, it's pretty easy to assemble, but often takes about an hour to bake. Plus, many meatloaf recipes serve 6+ people. This easy individual meatloaf is perfect if you're cooking for one. It's faster and turns out very juicy.

Olive oil, onion, dried thyme, salt, Worcestershire sauce, breadcrumbs, egg, ground beef or turkey, and ketchup are all you need to make this delicious dinner.

[FIND THE RECIPE HERE](#)

---



## ANNOUNCEMENTS AND MORE

---

### CONTINUE YOUR ACADEMY BENEFITS INTO 2023-2024

Renew Your Membership Now!



Academy of Nutrition  
and Dietetics

You can renew for the 2023-2024, membership year and renew or add dietetic practice groups, member interest groups and other Academy groups.

Sign in to your account on the Academy's website or call 800/877-1600, ext. 5000 (weekdays from 8 a.m. to 5 p.m. Central Time).  
International callers can call +1-312/899-0040, ext. 5000.

If you prefer to submit your dues by check, watch your mail for printed renewal materials in mid-April or print an invoice after signing in to your account.

[Click Here to Renew!](#)

---

### BECOME AN ACADEMY FELLOW

Apply to become a Fellow of the Academy of Nutrition and Dietetics (FAND) before May 31 to have your name featured in the October issue of the Journal of the Academy of Nutrition and Dietetics. Displaying the FAND designation in your credential line showcases your expertise to employers, colleagues, clients, and the public.

The FAND recognizes Academy members who have distinguished themselves among their colleagues, as well as in their communities, by their service to the dietetics profession and by optimizing the nation's health through food and nutrition.



[Learn More Here](#)

---



## ANNOUNCEMENTS AND MORE

---

### CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



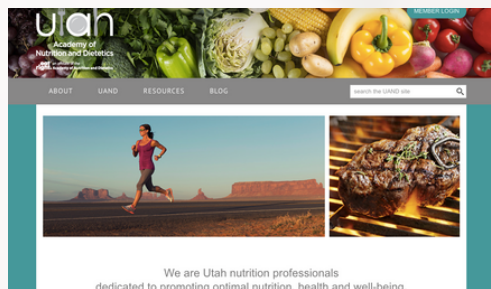
**McKenzie Rockwood** wrote for Utah Business about the founding of Citrus Pear.

**Megan Jensen** was interviewed by abc4 emphasizing a healthy relationship with food for National Nutrition Month.

**Lucy Mower** spoke with KUTV about the benefits of meeting with a dietitian.

---

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)

---

FOLLOW UAND  
ON SOCIAL  
MEDIA!



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

---



## UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

### **Nutrition in Adolescent Growth and Development**

Abbott Nutrition Health Institute

Free recorded webinar

1 CEU offered

[Click Here](#) to learn more.

### **How to Blog: A Writing Workshop for Dietitians**

Free live 4-part workshop starting April 19

Hosted by Holly Larson, MS, RD

5 CEUs offered

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

### **The Power of Potatoes**

Free online course

Potato University

1 CEU offered

[Click Here](#) to learn more.

