

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE EDUCATION PILLAR

By Hiram Wigant, Annual Meeting Chair

It's amazing to me how the dietetic profession is still an emerging one in our society. I often find myself explaining to people what it is we do (usually over my second serving of dessert at a social function). Nearly everyone can see how this field is beneficial, and almost immediately the conversation takes a turn down the road of fad diets, alleged allergies, emerging nutrition claims, and personal eating habits. And while it can be overwhelming, I think many dietitians can attest to that joyful and accomplished feeling that comes from knowing you've helped someone be healthier.



A MESSAGE FROM the EDUCATION PILLAR (cont.)

Whether it's guiding a patient through a new nutrition-related diagnosis, helping a client shift their paradigm about what it means to be healthy, clarifying evidence-based nutrition practices to a neighbor, establishing more efficient or sustainable processes in nutrition settings, or advocating for healthier policies in the community, these are just some of the amazing things we get to do as dietitians. What an opportunity!

For the 2024 UAND Annual Conference, we hope to highlight all the wonderful things we get to do that make our communities healthier. We also aim to elevate our dietetic practice, whatever it is, so that after attending we can all be stronger professionals wherever we serve. We hope to see you at conference next year and are excited for the awesome learning and networking opportunities that will take place there!

If you are interested in assisting with organizing the 2024 UAND Annual Conference, please reach out to Hiram at hiramwigant@gmail.com.



2023 OUTSTANDING DIETETIC STUDENTS

Sophie Hochhauser, Trevor Merritt, Lauren Rasmussen



**Sophie Hochhauser,
Coordinated Program**

Sophie Hochhauser is an exceptional student and deserves to be recognized for her accomplishments and contributions during her 2 years in the University of Utah's Coordinated Master's Program. Sophie immersed herself as a research assistant in Dr. Lisa Joss-Moore's laboratory and consequently has had five peer-reviewed abstracts accepted at national conferences, three of which Sophie was the primary author. She has two peer-reviewed presentations at national conferences, including her presentation titled "Uteroplacental insufficiency does not alter brain DHA accretion in the rat" at the 2023 Western Medical Research Conference and her presentation, "Intrauterine growth restriction increases placental retention of lysophosphatidyl-DHA at the expense of fetal acquisition in the rat" at the Society of Reproductive Investigation, 69th Annual Global Scientific Meeting, Colorado where she received Best New Investigator Poster Presentation Award. Sophie has been an overall outstanding student in her CMP.

Equally impressive are her contributions to her community and colleagues. Sophie demonstrated passion for community nutrition by investing her time and energy volunteering with the University of Utah's Center for Community Nutrition; there, Sophie logged over 300 hours of supporting nutrition education among various community groups. Sophie has been an active student member of UAND, not only serving as a student representative to the Board but also engaging as an Annual Meeting Speaker Committee member. These are only a small sample of the numerous ways in which Sophie has demonstrated her dedication and passion for moving our profession forward with evidence-based practices and ensuring all community members have equitable access to nutrition information.



**Trevor Merritt,
Didactic Program**

Trevor Merritt is an outstanding and humble leader. He serves as the class representative in the Brigham Young University Student Dietetic Association. He goes out of his way to include peers, especially those who may have felt marginalized. He puts others at ease, brings a positive attitude, and seeks and receives feedback well. Trevor made the food production management lab a pleasant experience for his peers and professors and was a light during challenging times.

On top of his excellent leadership and academic success, Trevor also balances a demanding diet technician job at Utah Valley Hospital with family and school responsibilities. He adapted to staffing shortages and contributed to the team. He looks for ways to improve processes and make the experience better for everyone. He plans to further his education in Brigham Young University's Masters and Internship in Dietetics starting this Spring. He loves to spend time with his family who consists of his wife Paige, 3-year-old son Oliver, and 4-week-old son Owen. Some of his hobbies include playing and watching sports such as basketball and football, most things outdoors such as, fishing, camping, hiking, and riding his dirt bike. He also loves to cook for others on his smoker. He is grateful and honored to be the recipient of this award.

Sophie Hochhauser, Trevor Merritt, Lauren Rasmussen



**Lauren Rasmussen,
Dietetic Intern**

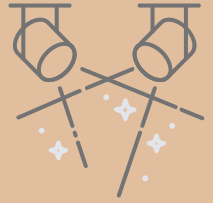
Lauren Rasmussen is currently an intern with the Utah State Dietetic Internship and a graduate of Utah State University. Lauren has successfully completed internship rotations in the clinical and community settings and will finish her final rotation at the Alpine School District in early May. Lauren has exemplified what it means to “find the beauty in the little moments of life”—a motto she aspires to live by. Despite some chronic health challenges—Lauren has made the most of each learning opportunity throughout the internship, finds the positive in excelling outside of her comfort zone, and looks for ways to help someone each day. When the hard days came, she shows up with an open mind, determined that she can learn something new.

Lauren shared that Andrew Stratford and Kaylie Hickman helped make her rotation at Timpanogos Regional Hospital a solid foundation for the rest of the internship. They encouraged Lauren to step outside of her comfort zone and helped her increase in confidence as a nutrition professional. They always emphasized that it was okay to make mistakes, and that part of being a dietitian means you constantly learn. Jobaida Khanom was another great example to Lauren of someone who genuinely cares about her patients and will go the extra mile to make a difference in their lives.

When Lauren isn’t doing all things pertaining to the internship, she enjoys cooking—particularly cultural foods (Italian, Asian, Mexican), playing games with her husband, crocheting, and spending time with animals.

CONGRATULATIONS!

UAND MEMBER SPOTLIGHT



Meet Rachel Rosero

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

5 years a dietitian, 2 years UAND member.

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

The UAND annual conference has always been a wonderful learning opportunity. Volunteering with UAND has been an amazing growing experience as well as an opportunity to network. It's the perfect thing to do while I'm not working.

What is your favorite recipe or food tradition?

I love trying to make recipes from (or inspired from) movies!

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

I'm currently taking a break from working to spend more time with my kids. Instead I volunteer with UAND and I love how it stretches me and pushes me to learn new skills.

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

Becoming an advocate for weight neutral healthcare and learning how to be a voice for change.

How do you spend your free time?

Reading, watching movies, going on walks and thinking up fun activities to do with my family

What is your favorite book or movie?

Pride and Prejudice

What is the best advice that you have ever received?

Spend more time getting to know people instead of trying to change them.

What advice do you have for young dietitians?

Follow your dreams and do the work it takes to really enjoy your career/life.



ANNOUNCEMENTS AND MORE

AUGUST IS KIDS EAT RIGHT MONTH

Celebrated each year in August, Kids Eat Right Month is an opportunity to focus on healthy eating and physical activity for children from infants to teens.

Learn more at <https://www.eatright.org/for-kids>



2023 FOOD AND NUTRITION CONFERENCE AND EXPO

FNCE is open for registration!



World-renowned nutrition and health experts will convene in Denver to explore the latest advances in medical nutrition therapy, healthcare technology, nutrition services access and opportunity and much more!

- In-person and virtual options!
- Groundbreaking research posters

This year's educational program features dynamic educational opportunities not available elsewhere. And the Expo features products and services from exhibiting companies showcasing the latest and greatest trends and offerings in food, nutrition and health.

Topics include behavioral and mental health, business and communications, career development, health equity, sustainability, sports nutrition, technology, and more!

Register Today! Early bird registration ends September 8th.



ANNOUNCEMENTS AND MORE

FCP & FOUNDATION SPEAKERS BUREAU



The Academy of Nutrition and Dietetics Foundation is accepting applications from State Affiliates and Member Interest Groups of the Academy for its Food and Culinary Professionals & Academy Foundation Speakers Bureau Award. The purpose of this award is to create and support lectureships to enable and encourage members of the FCP DPG to make educational presentations on topics of food and culinary interest. This award will provide multiple recipients with a free speaker to deliver a food and culinary focused presentation for the recipient's membership at an annual meeting or other educational venue. Both in-person and virtual presentations are available.

This year's available educational presentations include:

- Developing Recipes for Brands, Blogs, and Books (Laura Ali, MS, RDN, LDN)
- Master the Art of Leading Cooking Demos (Karman Meyer, RDN)
- Making Plant-Based Eating Easy and Tasty (Jill Nussinow, MS, RDN)
- Herbs and Spices are Beyond Trendy (Jill Nussinow, MS, RDN)
- Beyond the Recipe for Flexible, Easy Plant-rich Pantry Meals (Michele Redmond, MS, RDN, CC, FAND)
- RDN's Role in Sustainable Food Systems (Marissa Thiry, MS RD)
- Developing Balanced Recipes for Millions (Marissa Thiry, MS RD)

To apply, a representative of the state affiliate or MIG must submit an application within the Foundation's electronic [application portal](#) by the **application deadline of 5:00 pm CT on August 16, 2023.**

Questions? Please address any questions to Foundation Staff at scholarship@eatright.org.

APPLY TODAY!



ANNOUNCEMENTS AND MORE

ASPEN MALNUTRITION AWARENESS WEEK SEPTEMBER 18TH - 22ND

The purpose of Malnutrition Awareness Week is to raise awareness in healthcare professionals and consumers about malnutrition and the confounding effects it has on individuals' health, the economy and governmental legislation. ASPEN is putting on a week of webinars to provide clinicians and administrators with specific strategies to detect, diagnose and treat, as well as prevent malnutrition through program implementation and current resource utilization. To sign up for the webinars, visit [ASPEN!](https://nutritioncare.org/MAW)



JOIN THE CONVERSATION: POTENTIAL LICENSURE COMPACT

All practitioners are invited to a webinar hosted by the Academy and the Council of State Governments on next steps of a potential licensure compact:

[August 17 webinar at 10 a.m. Mountain time.](#)

The Academy's licensure "office hours" will resume August 9.

[Learn More Here](#)



UPCOMING LEARNING OPPORTUNITIES

NUTRITION DIVERSITY CONFERENCE

The Third Annual Nutrition Diversity Conference is sponsored by Metropolitan State University of Denver's Post-baccalaureate Opportunities for Hispanic Americans (POHA-Denver) grant within the Department of Nutrition and will be held virtually on **September 8th, 2023**.

The POHA-Denver Nutrition Diversity Conference provides a day filled with presentations, cooking demonstrations, and yoga. Registration will open on June 26th! Secure your spot and be part of this transformative journey toward a better tomorrow. Early bird special ends on August 21st for just \$65 for professionals and \$15 for students. After August 21st tickets will be \$85 for professionals and \$30 for students.

Educational sessions will include managing care for specific cultures, eating disorders in the BIPOC community, while providing tips for students to be successful in our field. This conference will provide 25 CPEUs (pending CDR approval) and some qualify for ethics CPEUs.

Please **visit the event page** to purchase tickets and view the agenda & guest speakers.



MSU Denver - POHA

**Nutrition
Diversity
Conference**



RECIPE CORNER

SHEET PAN GARLIC & HERB CHICKEN AND VEGGIES

This Sheet Pan Garlic & Herb Chicken and Veggies recipe from Your Choice Nutrition is an easy, full of flavor dinner you'll make again and again!

INGREDIENTS

- 1/4 cup extra virgin olive oil
- 1 tablespoon Italian seasoning
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 lb new red potatoes
- 8 oz baby carrots
- 1 small onion
- 4 cloves garlic, minced
- 1 lb boneless, skinless chicken breasts
- 8 ounces green beans
- Optional: grated parmesan cheese
- Optional: Serve with cooked quinoa or brown rice, if desired



INSTRUCTIONS

- Preheat oven to 400° F. Prepare baking sheet with parchment paper, tin foil, or silicone mat (for easy clean-up); set aside.
- Pour the olive oil into a small bowl. Whisk in the Italian seasoning, onion powder, salt and pepper; set aside.
- Chop the potatoes in half, or in quarters if larger. Place on baking sheet, along with baby carrots.
- Pour half of the oil/herb mixture on the potatoes and carrots. Set the remaining oil/herb mixture aside. Toss the potatoes and carrots until fully covered with the oil/herb mixture, then evenly distribute on the sheet pan. Place in oven and bake for 20 minutes.
- Meanwhile, slice the onion and mince the garlic. Chop the chicken into 1/2-1 inch pieces.
- Remove the sheet pan from the oven and push the carrots and potatoes to one side. Add the onion, garlic, chicken and green beans to the other side. Drizzle the remaining oil/herb mixture on top and toss to coat the chicken and onions. Combine and mix with the carrots and potatoes; evenly distribute on the sheet pan.
- Place back in the oven and bake an additional 15-20 minutes, or more depending on the size of your veggies and chicken. Make sure the chicken is fully cooked (reached an internal temperature of 165°F).
- Optional: Sprinkle with parmesan cheese. Serve over cooked quinoa or brown rice, if desired.



UPCOMING LEARNING OPPORTUNITIES



Get CEs and feed your curiosity

**Diet & Lifestyle for Cancer Prevention and
Survivorship - Evidence over Opinion**

Free Live Webinar Oct 17, 2023 12:00 PM MT

Eligible for 1 CPEU

Learn more and register [HERE](#)

Dietary Management of Chronic Diarrhea

Free Live Webinar Aug 24, 2023 01:00 PM MT

Eligible for 1 CPEU

Learn more and register [HERE](#)





ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS

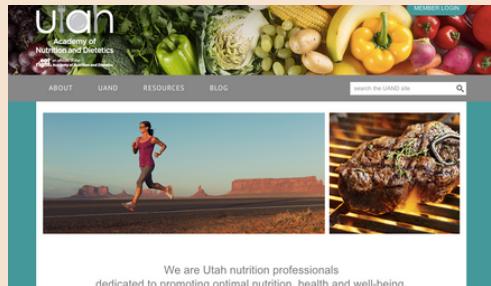


Tiana Barker spoke with KSL News Radio about energy drinks, caffeine and safety considerations for kids.

Alice Trivas was mentioned in an article on VeryWell Health about Favorite Low-Cholesterol Desserts From Dietitians.

Brittany Poulson shared her thoughts with Everyday Health about Potential Health Benefits of Dates.

**CHECK OUT OUR
WEBSITE!**
eatrightutah.org



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