

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM OPERATIONS

Written by Joy Phillips, UAND Treasurer

We have most likely all been affected by rising costs but this is a great time of year to share what we have with those in need. The Academy of Nutrition and Dietetics Foundation has launched a scholarship campaign called "Make it a Million." They are asking all who can support-members, leaders, and students, to join in and help raise \$1 million over the next three years. The goal of this campaign is to allow the Foundation to award that \$1 million in scholarships beginning in 2025.

The Academy Foundation has existed for more than 50 years with the goal to help deserving students. With the help of Academy members, the Foundation is the largest provider of dietetic scholarships!

A MESSAGE FROM OPERATIONS

Every gift, no matter how small, helps to support the next generation of dietitians and continues to grow the profession. Foundation scholarships range from \$500 to \$10,000 each and can be used by dietetics students at all levels, including dietetics interns. They also have an Advancing Diversity in Dietetics Scholarship designed to help those future dietitians of diverse background and culture. This scholarship provides two dietetic interns with \$25,000 each.



Featured on the Foundation's website is this message from a scholarship winners:

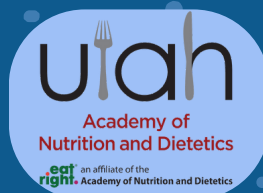
"I would like to express my sincere gratitude for making the 2021 Academy of Nutrition and Dietetics Foundation Diversity Scholarship possible. I look forward to highlighting diversity in clinical nutrition and potentially becoming a preceptor to mentor the next generation of dietetic interns. I hope one day I will help students achieve their goals just as you have helped me.

Thank you again for your generosity and support."

Lori Chan, 2021 Foundation Diversity Scholarship recipient

Currently the Academy Foundation is at 30% of the goal. If you would like to donate, [click here!](#)

- Joy Phillips



2023 AWARD OF MERIT

The Award of Merit recognize a dietitian who has demonstrated leadership and made significant contribution to the profession of dietetics.

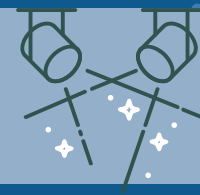


MATEJA SOVOIE-ROSKOS, PHD, MPH, RD, FAND

Dr. Mateja Savoie Roskos is the Associate Dean for Academic Programs and Student Services for the College of Agriculture and Applied Sciences at Utah State University (USU). She is also an Associate Professor and the director of the Master of Public Health Nutrition (MPH) program in the Department of Nutrition, Dietetics, and Food Sciences at USU. In her 10+ year career at USU, she has taught a wide range of undergraduate and graduate courses in dietetics, public health, and nutrition science. During this time, she has mentored hundreds of students who have ended up as health professionals across Utah, the Mountain West, and beyond. Mateja also mentors many practicing dietitians across the state who have decide to pursue USU's online MPH Nutrition program. Mateja is very passionate about ensuring that working dietitians have an avenue for graduate education if they so desire. In addition to teaching and mentoring, Mateja focuses her research on farmers' market incentives, food insecurity, nutrition education, gardening interventions, motivational interviewing, and other areas in public health nutrition. Mateja has also been extensively involved with professional organizations such as UAND, the Academy of Nutrition and Dietetics, and the Society for Nutrition Education and Behavior. In her free time, she enjoys being outside with her husband, two daughters, and two dogs.

Congratulations!

UAND MEMBER SPOTLIGHT



Meet Katie Kraus, PhD, RDN, CSSD, CD

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

14 years as a dietitian and 8 years in UAND (all the years I've been a dietitian residing in Utah).

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

The networking has been very valuable! I also enjoy the continuing education opportunities.

What is your favorite recipe or food tradition?

I love homemade hummus!

What is your favorite book or movie?

Though I can't choose just one, I enjoy historical fiction!

What is the best advice that you have ever received?

Live in the moment.

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

1A) Utah State University - Associate Professor; 1B) Mentoring students is very rewarding! 2A) Private Practice - Katie Kraus Nutrition; 2B) I love helping clients feel like they have permission to eat!

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

I love working with students! Seeing them succeed in school and beyond is very rewarding for me.

How do you spend your free time?

I enjoy running, reading, hiking, and spending time with family and friends.

What advice do you have for young dietitians?

Enjoy learning all the aspects of dietetics. Even aspects that may not be your favorite will come in handy regardless of your specialty area.

MEMBER SPOTLIGHT QUESTIONNAIRE

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



ANNOUNCEMENTS AND MORE

2024 UAND ANNUAL CONFERENCE



April 19-20, 2024

Salt Lake City Marriott University Park

We are currently looking for speakers, sponsors, and exhibitors for our 2024 Annual Conference.

[CLICK HERE TO APPLY](#)

Look out for conference registration in early 2024!



ANNOUNCEMENTS AND MORE

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 Utah Academy of Nutrition and Dietetics Annual Meeting.

Available awards:

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

Nominations should include:

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

UAND also awards four scholarships to dietetic students.

The deadline for submissions is Friday, March 1, 2024.

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

For more information, visit the [UAND website](#),
or contact Caitlyn at cait.m.boyer@gmail.com

2023 SUSTAINABILITY & FOOD INSIGHTS DIETITIAN SURVEY

Learn more about your peers thoughts regarding gaps, opportunities, and solutions related to advancing sustainable food systems!

Survey Results linked [here](#)!



ANNOUNCEMENTS AND MORE

TODAY'S DIETITIAN SPRING SYMPOSIUM

Today's Dietitian is hosting their 11th annual Spring Symposium
May 19-22, 2024 in Salt Lake City.

This continuing education event for registered dietitians and other nutrition professionals offers essential CEUs through a diverse program of timely and engaging live sessions and presentations. Plus, there are ample opportunities to interact and network with fellow RDNs and program sponsors.

[Click here to learn more](#)



Register at a special discounted rate only for local Utah dietitians
HERE.



ACTION ALERT!

Add your support to Expanding Access to MNT!

Passage of the Medical Nutrition Act would:

- **Increase access to nutrition care** for seniors with chronic diseases
- Authorize health care professionals to **refer patients for MNT**
- **Foster health equity** for minority communities

Academy Members Take Action [Here](#)



ANNOUNCEMENTS AND MORE

LEGISLATIVE DAY

Join us as we sponsor breakfast for legislators!

**Wednesday, January 31, 2024 from 7:00-9:00 AM
in the Utah Capitol Rotunda**

During that time, we need many voices to speak about how licensure will benefit Utah consumers and dietitians!

DIETITIAN LICENSURE COMPACT UPDATE



The **Dietitian Licensure Compact** language has been finalized.

The next phase involves legislative and advocacy efforts. The Academy of Nutrition and Dietetics Policy Initiatives and Advocacy team will provide guidance to Academy Affiliates on their state legislative processes.



RECIPE CORNER

POMEGRANATE GUACAMOLE

By Brittany Poulson

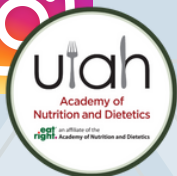
Add some color and sweetness to your dip this holiday season with this Pomegranate Guacamole. It's sure to be a crowd pleaser!



Ingredients:

- 2 large avocados
- 1/2 teaspoon salt
- juice of 1/2 lime
- 1 clove garlic, minced
- 1/2 small onion, finely minced
- 1 small jalapeno, minced
- arils of 1 pomegranate

[Click here to view the recipe instructions](#)



Have you seen us on Instagram?

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



UPCOMING LEARNING OPPORTUNITIES



Get CEs and feed your curiosity

FNCE 2023 Sessions

Session recordings are available on the eatrightSTORE. There are over 100 educational sessions that you can watch in many different practice areas! Price and CPEU's vary. If you are interested, click [here](#) for more info.

Live Webinar: January 10, 2024 2-3:30 pm ET

Unlocking the Body's Clock: The Powerful Connection Between Food, Behavior, and Circadian Rhythms

Earn 1.5 CEUs for attending, Cost \$29.99

Register [Here](#)

Live Webinar: January 24, 2024 2-3:30 pm ET

Pediatric Feeding Disorders Unveiled: A Roadmap to Coordinated Care

Earn 1.5 CEUs for attending, Cost \$29.99

Register [Here](#)

ASN Nutrition 2023 Conference Recordings

Both free and paid CEU opportunities!

To see a list of activity recordings, click [here](#)!



ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



Anthony Zamora was mentioned on [NBA.com](#) for their part in the new opening of The Jazzmen's Kitchin within the Delta Center.

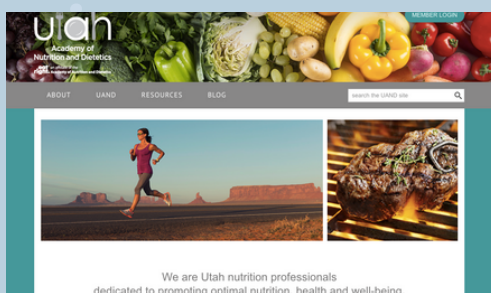
Brittany Poulson talked about the sweetener allulose with [Everyday Health](#).

Linda Davila-Herrera spoke with [KSL TV](#) about the importance of pediatric nutrition considerations.

Theresa Dvorak was interviewed by [Cooking with the U of U Health Crew Podcast](#).

CHECK OUT OUR
WEBSITE!

eatrightutah.org



How can we make the website work for you?
Let us know by
e-mailing
socialmedia
@eatrightutah.org

FOLLOW UAND ON
SOCIAL MEDIA!

facebook

LinkedIn



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