

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE MARKETING PILLAR

Written by Brittany Poulson, Marketing Chair

March is coming up fast which means gearing up for National Nutrition Month! Thinking ahead, we also have our Annual Meeting coming in April. As you may have noticed, we are holding the meeting on Friday/Saturday again this year, as we know many of you struggle to attend during the work week. We hope this makes the meeting more accessible to you. We also hope you are equally excited for a change in venue, this year being held at the beautiful and much bigger Salt Lake City Marriott University Park.

The conference will feature keynote speakers, educational sessions (and CPEs!), and networking opportunities for members to learn about the latest research and trends in nutrition. We can't wait to share more about this informative and engaging event!



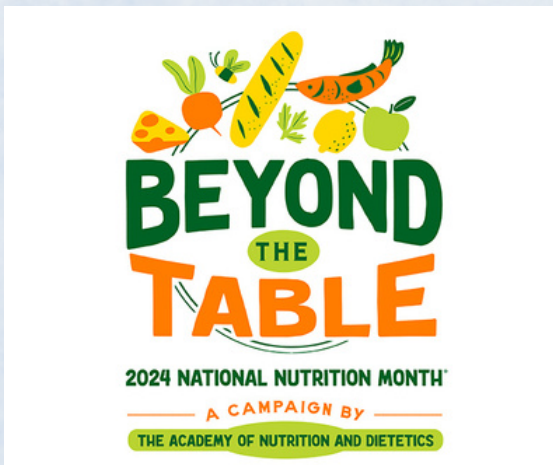
NATIONAL NUTRITION MONTH®

March is National Nutrition Month® (NNM)! This month is dedicated to raising awareness around the importance of nutrition and the vital role that RDNs and NDTRs have in serving the public.

The theme for 2024 is “**Beyond the Table.**” I love this theme as it helps us consider how we can best support future generations, whether it's educating about eating for sustainability or chronic disease prevention or advocating for RDNs and NDTRs in the state legislature. It's a powerful theme that will help us reflect on the impact that our profession has on the world - beyond the table.



You can find resources, inspiration, and additional information about NNM [here](#). We also encourage you to follow UAND and the Academy on social media (if that's your kind of thing!) to stay in tune with the month's initiatives and activities.



Instagram

[@EATRIGHTUTAH](#)

[@EATRIGHT_PRO](#)

[#NATIONALNUTRITIONMONTH](#)

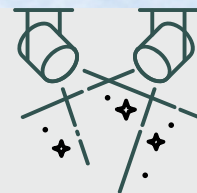
**CELEBRATE
RDN DAY!**

WEDNESDAY
MARCH 13, 2024

**NEW THIS YEAR
CELEBRATE
NDTR DAY!**

THURSDAY
MARCH 14, 2024

UAND MEMBER SPOTLIGHT



MEET UAND MEMBER ASHLEY QUADROS, MS, RDN

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

8 years as an RDN and 10 years as a part of UAND!

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

It was a member of the marketing pillar for 3 years and believe that experience helped me land my current job! I also love staying connected to colleagues and keeping my finger on the pulse of dietetics in Utah.

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

I can't pick just one!

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

I work at Eat Well Global, which is a strategic consultancy. I love working with our clients because their scale gives us the opportunity to improve nutrition on a global scale.

What is your favorite recipe or food tradition?

My dad's caldeirada de peixe (Portuguese seafood stew).

What is your favorite book or movie?

The Power of One

How do you spend your free time?

Being obsessed with my dog, mountain biking, doing yoga, cooking, and baking.

What is the best advice that you have ever received?

Instead of seeking joy and happiness, seek a sense of well-being and purpose. The latter are much more durable and help you navigate the vicissitudes of life, both up and down.

What advice do you have for young dietitians?

It's obvious, but do not undervalue the importance of networking.

MEMBER SPOTLIGHT QUESTIONNAIRE

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



2023 AWARD OF RECOGNITION



MEAD JOHNSON NUTRITION

Mead Johnson Nutrition is an organization that impacts our world of nutrition at a community, state-wide, national, and even international level. At a global level, through their Pediatric Nutrition Research Institutes (PNI), Mead Johnson Nutrition contributes to world-renowned science and research on infant and pediatric nutrition, human milk, the microbiome, and nourishing our future generations. The research PNI contributes is published in dozens of peer-reviewed journals and presented at esteemed conferences such as PAS, NASPHGN, ESPHGN, ASPEN, etc.

At a community level, Mead Johnson Nutrition is being recognized this year for all the work the company and individuals working for the company have provided during this unprecedented year of the infant formula shortage. From the manufacturers who kept the plants running 24/7 to produce formula 30-40% above usual to ensure American infants had the formula they need, to the local representatives and customer service operators who kept the hospitals, clinics, WIC, retail stores, and pharmacies stocked for any and every emergency. Mead Johnson Nutrition showed up for families, the babies, and all the RDs trying to coordinate help and access to quality nutrition.

Finally, Mead Johnson Nutrition is huge support to the dietetics profession. Many Dietitians are employed by Mead Johnson Nutrition and provided tremendous opportunities for career growth in Nutrition and Leadership. Here locally in Utah, Mead Johnson Nutrition provides dozens of accredited Medical Education programs for RDs and future RDs, as well as conferences, technical skills days, grant and research opportunities, and support to the Academic Institutions.

Congratulations!



ANNOUNCEMENTS AND MORE

2024 UAND ANNUAL CONFERENCE

Fostering connection,



FUELING INNOVATION

April 19-20, 2024

Salt Lake City Marriott University Park

We are currently looking for sponsors and exhibitors.

- Sponsor applications are due Sunday, February 25, 2024.
- Exhibitor applications are due Sunday, March 24, 2024.

For more information, please see our [Annual Meeting 2024 webpage](#).

Look out for conference registration coming soon!



ANNOUNCEMENTS AND MORE

CALL FOR AWARD AND SCHOLARSHIP NOMINATIONS

It's the time of year to start nominating your fellow Dietitians and Dietetic Students for UAND's various awards from the Academy of Nutrition and Dietetics.

There are **NEW** awards and updated guidelines for Outstanding Dietetic Student Awards, including:

Available awards:

- Outstanding Dietitian of the Year
- Emerging Dietetic Leader
- Recognized Young Dietitian of the Year
- UAND Outstanding Dietetics Students
 - 3 Graduate Awards and 1 Undergraduate Award

Nominations should include:

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

UAND also awards 3 Graduate Student Scholarships, and 1 Undergraduate Student Scholarship.

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 or 801-230-2818

Discount on NNM Swag!

ACADEMY MEMBERS GET AN EXCLUSIVE 10% DISCOUNT ON ALL NNM PRODUCTS INCLUDING WEARABLES, KITCHEN ESSENTIALS, KITS, AND MORE!

SHOP THE CATALOG [HERE](#)





ANNOUNCEMENTS AND MORE

CALL FOR UAND BOARD NOMINATIONS

Nominations and applications are now open to be a member of the UAND board!

ELECTED POSITIONS AVAILABLE:

- PRESIDENT-ELECT
- TREASURER-ELECT
- SECRETARY
- STATE POLICY REPRESENTATIVE
- DELEGATE
- ANNUAL MEETING CHAIR ELECT
- NETWORKING DIRECTOR
- NOMINATING COMMITTEE MEMBER
- SOCIAL MEDIA CHAIR ELECT

Join
-US-



VOLUNTEER
BUILD YOUR RESUME
NETWORK
MAKE A DIFFERENCE

**If you or someone you know
is interested, please contact:
uandnominatingcommittee@gmail.com**



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](#)

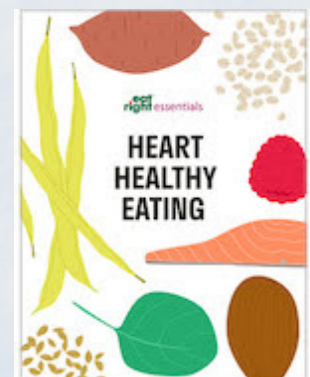


Register at a special discounted rate only for local Utah dietitians
HERE.

February is American Heart Month!

THE ACADEMY HAS SOME GREAT RESOURCES TO USE WITH CLIENTS! HANDOUTS FEATURE DIFFERENT TOPICS LIKE DINING OUT & COOKING, READING FOOD LABELS, MEATLESS MEALS, AND OMEGA 3 FATS.

CHECK OUT THE RESOURCES [HERE!](#)





ANNOUNCEMENTS AND MORE

 Academy of Nutrition
and Dietetics

FNCE® 2024

Food & Nutrition Conference & Expo®

Minneapolis, MN | October 5-8

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

Voting Now Open!



NOW - FEBRUARY 15, CAST YOUR BALLOT
TO DECIDE FUTURE LEADERS OF THE
ACADEMY!

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



ANNOUNCEMENTS AND MORE

UTAH PUBLIC HEALTH CONFERENCE
OUR FRIENDS AT UPHA INVITE YOU!



The poster features a scenic view of the Salt Lake City skyline with the Wasatch Mountains in the background. The text is overlaid on this image. At the top right is the UPHA logo and name. Below that, it says 'UTAH PUBLIC HEALTH ASSOCIATION PRESENTS'. The main title '2024 ANNUAL UPHA CONFERENCE' is in large white letters. Below the title is 'SAVE THE DATE'. At the bottom, the dates 'APRIL 10-11, 2024' and the location 'UTAH VALLEY UNIVERSITY' are listed, along with the website 'WWW.UPHA.ORG'.

 **Utah
Public Health
Association**

UTAH PUBLIC HEALTH ASSOCIATION PRESENTS

**2024
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SAVE THE DATE

APRIL 10-11, 2024
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WWW.UPHA.ORG

[Learn More Here.](https://www.upha.org)



ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



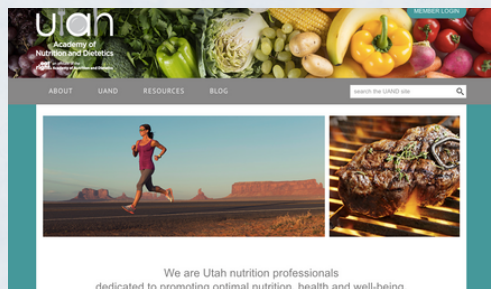
Chenelle Staub spoke with ABC4 Utah about strategies for lowering diabetes risk.

Kristen Fuller spoke with Good Things Utah about gut health.

Lea Palmer spoke with KSL NewsRadio about childhood obesity.

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!



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



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

Investigating the Influence of Inflammation

1 CPEU

Free - On Demand Webinar

Dietitians on Demand

Learn more & register [HERE](#)

New science, practice guidelines & trends in improving gut health

1 CPEU

Free - Live Webinar

February 13, 2024, 3:00 PM MST

Dietitian Connection

Learn more & register [HERE](#)

Multiple Upcoming Webinars through the American Society for
Nutrition! View webinar options [here](#).

