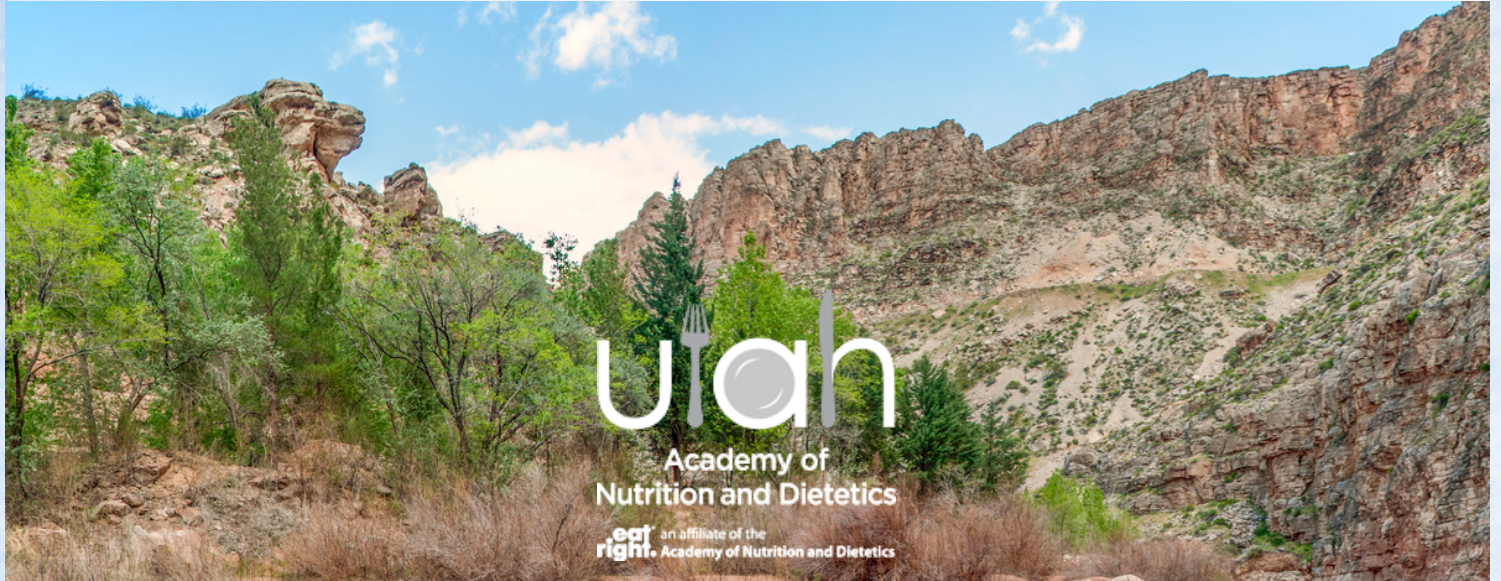


NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE MEMBERSHIP PILLAR

Written by Alex Hernandez, MS, RDN

What is the importance of social connection?

Have you ever considered that attending events like the 2024 UAND Annual Meeting can benefit your health? According to a report from the Office of the U.S. Surgeon General, social connection can help decrease the risk of certain diseases as well as enhance your academic and work performance ([click here to learn more](#)). Keep in mind, professional groups like the Utah Academy of Nutrition and Dietetics (UAND) count as part of your social connections!



A MESSAGE FROM THE MEMBERSHIP PILLAR

In addition to the UAND annual meeting, check out these other opportunities that help you continue to foster connections and fuel innovations:

1. Explore Academy of Nutrition and Dietetics membership groups:

access to numerous benefits including connecting with a broader network of dietetic professionals outside of Utah through Dietetic Practice Groups (DPGs) and Member Interest Groups (MIGs). You'll likely find a group with similar interests/backgrounds that enrich your education and enhance your experience as a nutrition and dietetics practitioner.

- DPG examples: Women's Health, Renal Dietitians, Healthy Aging, etc.
- MIG examples: Latinos and Hispanics in Dietetics and Nutrition, Global MIG, Disabilities in Nutrition and Dietetics, etc.

2. Attend UAND Networking events:

The membership pillar organizes networking events that help you make meaningful connections locally. Based on survey feedback, members wanted a networking event to enjoy their time while sharing a meal together. Thanks to Nicole Bianco, for hosting the Rooster's Brewing Co. brunch that included a fun speed-dating activity!



3. Join the UAND Board!

Become a local leader and join the UAND board for further opportunities to collaborate with fellow Utah dietitians and make a difference. This is a fantastic way to build your resume while you expand your professional network.



ANNOUNCEMENTS AND MORE

CALL FOR UAND BOARD NOMINATIONS

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



ELECTED POSITIONS AVAILABLE:

- PRESIDENT ELECT
- TREASURER ELECT
- SECRETARY
- ADVOCACY CHAIR ELECT
- DELEGATE
- ANNUAL MEETING CHAIR ELECT
- MEMBERSHIP CHAIR ELECT

APPOINTED POSITIONS AVAILABLE

- AWARDS/SCHOLARSHIPS CHAIR
- FUNDRAISING/SPONSORSHIP COORDINATOR
- CONTINUING EDUCATION COORDINATOR
- MEMBERSHIP COMMITTEE MEMBERS (1 OR 2)
- ADVOCACY COMMITTEE MEMBERS (1 OR 2)
- MARKETING COMMITTEE MEMBERS (1 OR 2)



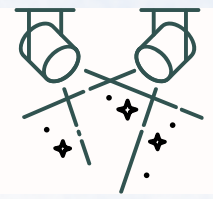
Appointed positions do not partake in the election process, these positions are appointed by the board.

APPLY HERE!

APPLICATIONS DUE MONDAY APRIL 29TH

If you or someone you know is interested, please apply at the link above or contact: uandnominatingcommittee@gmail.com

UAND MEMBER SPOTLIGHT



**Annie Ayre,
MS, RDN**

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

I've been a dietitian for 1 year and a member of UAND since 2021 when I started my coordinated masters program.

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

Before I got a job as a registered dietitian, UAND helped me feel like I was part of the Utah dietetics community while I was in school. I've appreciated the job postings and interesting webinars that UAND regularly sends out.

What is your favorite book or movie?

La La Land!

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

I work at Intermountain as an outpatient dietitian! I love that I get to spend time with patients to understand how we can make long lasting nutrition and lifestyle changes. I also love learning from the other dietitians within our region!

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

One patient came for his follow up and his demeanor had totally improved compared to when I first saw him. He had successfully stuck to the one nutrition goal we set together and achieving this had given him more confidence in himself and his ability to change. It was a great consult.

What is your favorite recipe or food tradition?

My grandma used to make this grapefruit, raspberry and orange juice drink to have on Christmas Day. Now my mom and I make it!

How do you spend your free time?

I love skiing, running, and playing the piano. I recently got into mountain biking which has been so fun too!

What is the best advice that you have ever received?

Life is the most meaningful when you're serving others.

What advice do you have for young dietitians?

During my final clinical rotation, I was really struggling with imposter syndrome. My grandpa reminded me that while I was still a student, I should now feel qualified as an "expert in the field". He reminded me to recount all the education I had received and while many times I might not have the answers, I've been trained on how to find accurate information and data.

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



ANNOUNCEMENTS AND MORE

HELP OTHER UAND MEMBERS GET TO KNOW YOU!

We will be featuring a member slideshow during breaks at our annual meeting. Please consider submitting a photo and short bio of yourself to be included!

We'd love to feature as many members as possible!

[Fill out the form HERE](#)

If you have any questions, email eatrightutah@gmail.com

RECIPE CORNER: CURRIED CHICKEN SALAD SANDWICH

Credit: USU Extension



- 1 lb. cooked chicken
- 1 cup plain Greek yogurt
- ½ cup dried cranberries
- 1 cup shredded carrots
- 1 stalk celery
- ½ cup natural, unsalted cashews
- ½ tsp. minced garlic
- 2 tbsp. lemon juice
- 1 ½ tbsp. curry powder
- ½ tsp. cumin
- ½ tsp. salt
- 1/8 teaspoon cayenne pepper (optional)
- Whole wheat bread or rolls

[FIND THE FULL RECIPE HERE](#)



ANNOUNCEMENTS AND MORE

CONTINUE YOUR ACADEMY BENEFITS INTO 2024-2025

Renew Your Membership Now!



Academy of Nutrition
and Dietetics

You can renew for the 2024-2025, 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

IN MEMORY OF CHARLOTTE VINCENT 1949-2024



Charlotte Vincent, PhD, RD, CD was a long-time supporter and member (40 years!) of UAND.

Charlotte will be greatly missed!

NEW QUARTERLY SOCIAL MEDIA TOOLKIT

The Academy of Nutrition and Dietetics' quarterly toolkit is a wonderful resource to help you engage readers, viewers, consumers and professionals with the Academy's essential messages!

Each quarter, this interactive social media toolkit presents insights and ideas to help you engage readers, viewers, consumers and professionals – including celebratory dates and holidays, commemorative months and awareness campaigns.

Learn about and share key Academy initiatives and member benefits, along with timely food, nutrition and health blog post ideas for media interviews.

View the toolkit [here](#) for helpful resources!





ANNOUNCEMENTS AND MORE

2024 UAND ANNUAL CONFERENCE

April 19-20, 2024

Salt Lake City Marriott University Park

Fostering connection,



FUELING INNOVATION

REGISTER TODAY!

**NETWORK
EARN CEUS
LEARN
ENGAGE**

**It's Not
Too Late!**



ANNOUNCEMENTS AND MORE

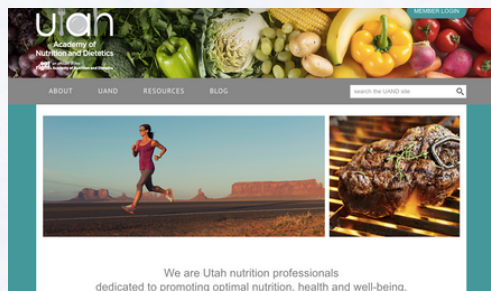
CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



Sara Faucett spoke with KSL News Radio about prediabetes and soda consumption in Utah.

Tori Smedley was quoted in a press release from Intermountain Primary Children's Hospital about introducing solids and exposure to allergens in children.

CHECK OUT
OUR WEBSITE!
eatrightutah.org



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UPCOMING LEARNING OPPORTUNITIES

Get CEUs and feed your curiosity,
The Power of Prunes: Supporting Women's Wellness

Culinary Nutrition Collaborative

Free live 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 Dietary Guidelines for Americans, 2020-2025

Continuing Professional Education Self-Study Modules

5 CEUs offered

[Click Here](#) to learn more.

