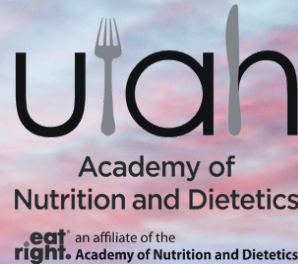


JUNE/JULY 2024 | ISSUE XXIII

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE PRESIDENT

Written by Stephanie Parker
UAND President

Hello, UAND members! I am looking forward to serving you as president of UAND for the upcoming year. In February, I had the privilege of attending a training in Chicago for all of the Academy's President-Elects around the country. Taking my first assigned seat in the large ballroom between the Georgia and Ohio representatives, I quickly found that though we came from different places and from different backgrounds, we had a lot of commonalities as dietitians and leaders. Over the course of the few days I was there, I also came to realize how incredibly blessed we are here in the state of Utah. I believe we not only have some of the finest dietitians in the country, but also so many of whom are willing to give of themselves to help further our profession and help all Utahans live healthier lives.

A MESSAGE FROM THE PRESIDENT

This upcoming year, I'd like to present a theme of "Step Up and Reach Out." In addition to serving all of you UAND members, I hope to focus on building our UAND Leadership Team so that Utah can continue to have a strong legacy of leadership and service.

While service brings personal and professional benefits, it often comes at inconvenient times and tasks can feel hard to tackle if vague and undefined. Through streamlining our pillars into succinct committees, specifying duties with clear expectations, and following up to make sure goals are being reached, our UAND Board will be accomplishing a lot this coming year.

I want Utah dietitians to have a strong desire to step up to leadership positions and reach out to serve, whether it's on the UAND Leadership Team, in their workplace, or in their communities.

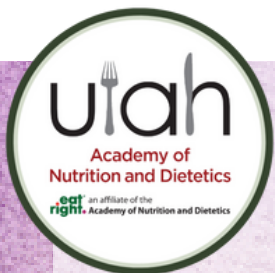
I challenge each of you to look for ways to "Step Up and Reach Out" this coming year and look forward to growing and strengthening our profession together. Please don't hesitate to contact me if I can help in any way.

All the best,

Stephanie Parker, MS, RDN, CD
UAND President 2024-2025



The Utah Academy of Nutrition and Dietetics is pleased to announce our
2024 UAND AWARD WINNERS



Outstanding Dietitian of the Year

Lacie Peterson, PhD, RDN

Emerging Dietetic Leader

Ashley Quadros, MS, RDN

Recognized Young Dietitian of the Year

Alyssa Reidhead, MDA, RDN

Outstanding Dietetic Students

Kelsey Anderson (Graduate)

Cara Page (Graduate)

Sofia Whitefields (Graduate)

Kinsey Watson (Undergraduate)

Scholarship Award Winners

Cierra Tate (Category 1 graduate student)

Maeci Armstrong (Category 1 graduate student)

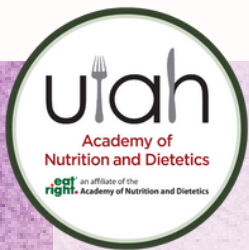
Olivia Alvarado (Category 1 graduate student)

Margarita Vasquez (Category 2 undergraduate student)

Congratulations!

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

2024 BOARD ELECTION RESULTS



President-Elect

Jeremiah L. McGuire, MA, RDN, CD, ACE-CPT, PNAP

Treasurer-Elect

Leslie Sitton, RD

Secretary

Casey Coombs, MS, RD, CD

Delegate

Joy Musselman, MBA, RDN, CD, CNSC

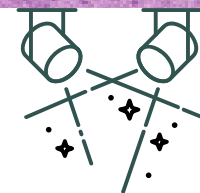
Annual Meeting Chair-Elect

Levin Dotimas, MS, RD, CD



We would like to thank all of the candidates who participated in this years election. We also thank all of the UAND members who exercised their privilege to vote in the election this year.

UAND MEMBER SPOTLIGHT



Stephanie Parker
MS, RDN, CD

How many years have you been a dietitian?

How long have you been a member of UAND?

11 years as a dietitian and as a member of UAND.

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

Being involved in UAND has helped me in many ways. I learned about my current job through a UAND job posting. I had served on the UAND board with some of the faculty at BYU, which helped me in the application process. I have loved getting to know dietitians across Utah that I never would have met otherwise if not serving with UAND.

What is your favorite recipe or food tradition?

On Halloween, I love making homemade chili and cornbread.

What is your favorite book or movie?

Pride and Prejudice (both the book and the movie!)

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

I am Adjunct Faculty at Brigham Young University where I teach the Introduction to Nutrition course. I love teaching college students about nutrition because they soak it in and immediately try to make changes in their own life that will benefit them for decades to come.

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

Receiving notes from students at the end of the semester saying I had an impact on them either personally or nutritionally is my favorite part of teaching.

How do you spend your free time?

I love being a mom to five girls (free time is sparse :). When I do have time, my husband and I enjoy playing heavy-strategy board games.

What is the best advice that you have ever received?

Recently I'm trying to follow the advice of "Don't sweat the small stuff." It can be easy to get worked up about things that don't really matter in the long run. Instead, if we can focus on what's important to us and let smaller things go, we will have a lot more peace and happiness.

What advice do you have for young dietitians?

Don't get stuck in a job that you don't like. There are so many settings where dietitians can practice so think outside the box. If you can't find the job you want, create it!

Want to be featured? Submit your Member Spotlight Questionnaire [**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 June 1, 2024 to May 31, 2025 membership year and renew or add dietetic practice groups, member interest groups and other Academy groups.

Two ways to renew: logging into your account on eatrightPRO.org OR calling the Member Service Center at 800-877-1600, Option 1 (weekdays from 8 a.m. to 5 p.m. Central time). International callers can dial +1-312-899-0040, Option 1.

[Click Here to Renew!](#)

ARE YOU IN THE FIRST FIVE YEARS OF MEMBERSHIP WITH THE ACADEMY?

Check out the Career Starter Dues Program!

The Career Starter Dues Program offers reduced dues rates for members in their first five years of eligibility for the Active membership category. This program was designed to support recent graduates and new professionals who are still getting established in the profession.

Learn more [here](#).



ANNOUNCEMENTS AND MORE

LICENSURE UPDATE

The following states have passed the groundbreaking Dietitian Licensure

Compact legislation:

- Nebraska (April 2024)
- Alabama (May 2024)
- Tennessee (May 2024)
- Legislation in Ohio is pending.



Follow any legislation updates via the compact map linked [here](#).

LEARN ABOUT LICENSURE COMPACT

The Council of State Governments (CSG) is partnering with the Department of Defense (DoD) and The Academy of Nutrition and Dietetics (AND) to support the mobility of licensed dietitians through the development of a new interstate compact. This additional licensing pathway will facilitate multistate practice among member states and reduce the barriers to license portability.

[Learn more about licensure compact here.](#)





ANNOUNCEMENTS AND MORE

FOOD & NUTRITION CONFERENCE & EXPO 2024

FNCE 2024 is being held in Minneapolis, Minnesota
on October 5-8, 2024.

Registration opens June 11th!

[Get more details here.](#)

 Academy of Nutrition
and Dietetics

FNCE 2024

Food & Nutrition Conference & Expo[®]

Minneapolis, MN | October 5-8

RECIPE CORNER:

OATMEAL M&M CHOCOLATE CHIP COOKIE BARS

Credit: Our Best Bites



Recipe ingredients:

- 1 cup old fashioned oats
- 3 cups all purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon table salt
- 1 cup melted butter
- 1 ½ cups packed brown sugar
- ¾ cups white sugar
- 2 large eggs
- 1 tablespoon vanilla extract
- 1 ½ cups chocolate chips
- Optional: M&M's and sprinkles

[FIND THE WHOLE RECIPE HERE](#)



ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS

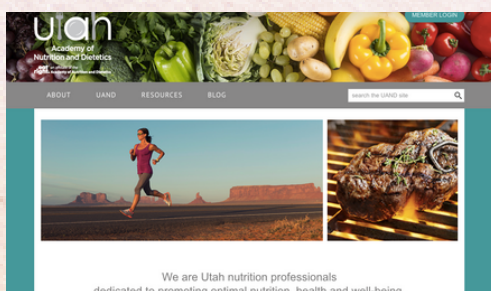


Trish Brimhall talked with FOX 13 News about beverages trending on social media.

Hilma Porter talked with ABC4 Utah about healthy snack options for toddlers.

Julie Fernandez discussed how to talk about body image with your kids with KSL TV.

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



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**FOLLOW UAND
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MEDIA!**



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



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

Free self study modules funded by ByHeart:

Functional Human Milk Components: Not Just Building Blocks
Ease of Digestion, Gut Health and the Microbiome in Term Infants
Impact of Early Infant Nutrition on Growth in Term Infants

The academy has a new 3-part webinar series discussing **Obesity Medication and the Role of Lifestyle Interventions Delivered by RDNs.**

Avocados Love One Today has free CE opportunities on a variety of health and wellness topics.

Browse the variety of **free CEs offered by Today's Dietitian.**

