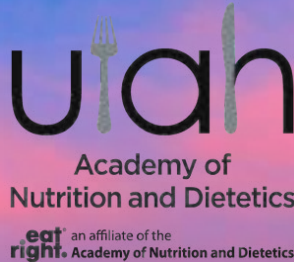


JUNE/JULY 2025 | ISSUE XXIX

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



A MESSAGE FROM THE PRESIDENT

Hello UAND Members,

As I step into the role of President, I want to be honest about where we are as an organization and where I believe we can go together.

Professional associations everywhere—ours included—face real challenges: busy schedules, competing priorities, and the sense that membership is sometimes “one more thing” rather than a genuine asset to our careers. If you’ve ever wondered, “What does UAND actually do for me?”—you’re not alone. And that’s exactly what I want to address this year.

My approach will be different. I believe the true value of UAND isn’t just in what we say, but in what we do, together. That means being operationally efficient, transparent, and member focused. It means making it easier for you to engage, contribute, and see real benefits from being a part of this community.

A MESSAGE FROM THE PRESIDENT

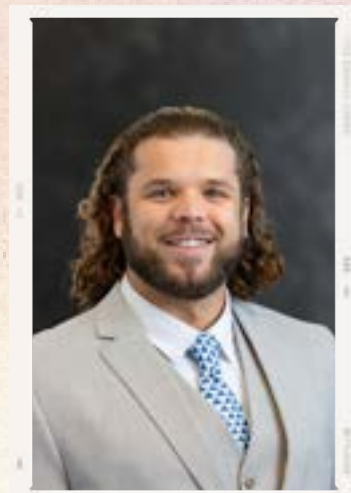
Here's what you can expect this year:

- **A focus on meaningful engagement:** We're rethinking how we communicate and connect, whether through in-person events, online communities, or more relevant resources.
- **Modernizing our operations:** From streamlining processes to leveraging new technology—including AI—my goal is to make UAND run smarter, not just harder.
- **Support at every stage:** Students, early-career professionals, and long-time RDs all need something a little different. We're working to meet you where you are.
- **A culture shift:** I'm committed to fostering a culture of authenticity, accountability, and inclusion. That means clear expectations, more feedback, and honest conversations—even when they're tough.
- **Your voice matters:** Throughout the year, I want your ideas, your critiques, and your vision for what UAND can become. We'll provide easy ways to share feedback and help shape our direction.

This isn't about buzzwords or lofty themes. It's about making UAND truly matter—for you, your colleagues, and the profession we all care about. If you're reading this and have an idea, a frustration, or just want to get involved, reach out. This is your Academy. Let's make it stronger—together. Looking forward to the year ahead,

Looking forward to the year ahead,

***Jeremiah McGuire, MS, RDN, CD,
ACE-CPT, PNAP
UAND President 2025-2026***



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

2025 BOARD ELECTION RESULTS



President-Elect

Natalie Dalley

Public Policy Coordinator

Keshele Weaver

Marketing Chair-Elect

Natalie Kerrigan

Annual Meeting Chair-Elect

Carly Alba

Other New Board Members

Hannah Nickerson

Rekha Chirayath

Rachael Firmage

Amanda Arnold

Kary Woodruff

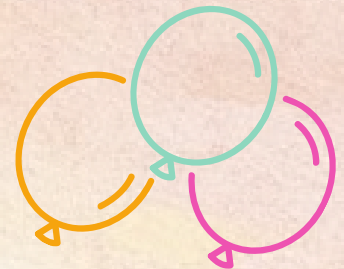
New Student Representatives

Elizabeth "Lizzy" Cane

Alayna Christensen

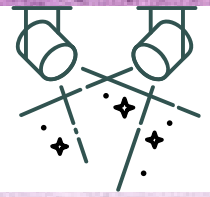
Leigh Shanor

Brooklyn Ward



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



Erica Hansen
MS, RD, CD

How many years have you been a dietitian?
How long have you been a member of UAND?
13

How has UAND membership been of value to you and your career?
I've appreciated the opportunity to be involved and meet other dietitians as well as benefit from sponsored learning opportunities.

What is your favorite recipe or food tradition?
My current breakfast favorite is fried eggs with mozzarella on sourdough toast. A crowd pleaser for dinner at my house is "[Priscilla's Vegetable Clam Chowder](#)" or a baked Ziti.

What is your favorite book or movie?
I enjoy historical fictions and non-fiction the best.

How do you spend your free time?
I have a young family so most down time is spent playing with my family--hiking, biking, playing at parks, etc.

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

I work at BYU as an adjunct faculty member teaching Essentials of Human Nutrition. I love nutrition education and the ability it has to empower others to care for themselves and loved ones. Teaching college students is rewarding because they are at a pivotal point in their lives--making decisions about food and future lifestyle choices, and deciding who they want to be and what is important to them.

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

I'm always elated to have students report back to me that a nutrition class significantly impacted their habits, their relationship with food, or that they were able to make new connections out of the classroom.

What is the best advice that you have ever received?

When I was deciding whether or not to pursue a Master's degree my mother encouraged me to make a choice that would open more doors for me in the future.

What advice do you have for young dietitians?

Sometimes we can feel apprehensive about applying for or engaging in something that seems out of reach, but I'd encourage young dietitians to try anyway and stretch themselves. I have felt the most satisfaction when I've accomplished something that required me to learn new things and apply creative thinking to a problem.

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



ANNOUNCEMENTS AND MORE

CONTINUE YOUR ACADEMY BENEFITS INTO 2025-2026

Renew Your Membership Now!



Academy of Nutrition
and Dietetics

Benefits of Academy Membership: distance learning & educational opportunities, networking, Eat Right Weekly e-newsletter, JAND publications, NCM products, Evidence Analysis Library, career resources, and more!

[Click Here to Renew!](#)

Also be sure to sign up for any Dietetic Practice Groups or Member Interest Groups!

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](#).



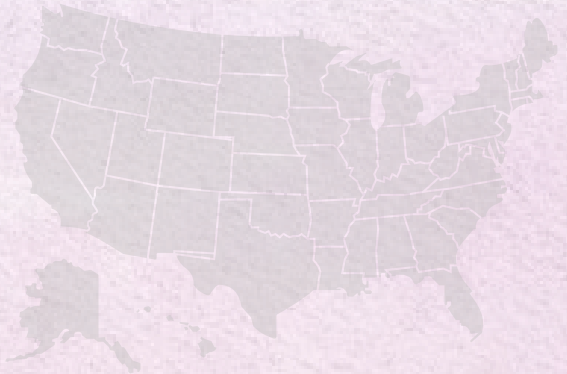
ANNOUNCEMENTS AND MORE

LICENSURE UPDATE

13 states have passed the Dietitian Compact legislation, with an additional 10 states that have legislation pending.

The compact commission is being set up. It is expected that the implementation process for the compact will take between 12-24 months before any privileges are issued.

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



AND POSITION ON THE MAHA REPORT

The Make American Healthy Again (MAHA) Commission, led by Robert Kennedy Jr., released its initial assessment report almost two weeks ago.

The Academy is currently working with policymakers to advocate for evidence-based nutrition policies and is hoping to collaborate with Secretary Kennedy on any future impacts for public health.

To read the full MAHA report, view a high level summary of the document, or take a look at the Academy's next steps related to the report, please visit [this link](#).





ANNOUNCEMENTS AND MORE

FOOD & NUTRITION CONFERENCE & EXPO 2025

FNCE 2025 is being held in Nashville, Tennessee
on October 11-14th.

Registration opens June 10th! Early registration ends August 26th.

[Get more details here.](#)



RECIPE CORNER: PATRIOTIC CHIA PUDDING

Credit: Brit+Co



Recipe ingredients for 4 servings:

- 5-6 tablespoons chia seeds
- 2 cups yogurt
- 1/2 cup coconut milk
- 2 cups fresh raspberries
- 2 tablespoons agave syrup
- 1 cup fresh blueberries

[FIND THE WHOLE RECIPE HERE](#)



ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS



Our very own Marketing Chair Elect, Natalie Navestad, was interviewed by Fox 13 News for National Nutrition Month

Carly Alba spoke with KUTV News about ways to boost Omega-3s in the diet

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



How can we make the website work for you?
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@eatrightutah.org

**FOLLOW UAND
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MEDIA!**



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updates and read
your UAND
newsletter!



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity!

UAND is hosting a webinar on **Navigating A.I. in Dietetics: Smart Tools, Wise Practice** on June 11th from 12:30-2:00pm, \$25 for Dietitians and \$15 for students

Abbott Nutrition Health Institute has 2 upcoming webinars in June: **Adult and Pediatric Malnutrition Screening and Assessment** and **Optimizing Nutrition During Cancer Care**

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.**

