

AUGUST/SEPTEMBER 2025 | ISSUE XXX

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



WELCOME TO THE 2025-2026 FISCAL YEAR!

We have a new leadership team, updated goals, and renewed motivation to serve you: our UAND members. Please enjoy this latest edition of the Utah Academy of Nutrition and Dietetics Nutrition Elevated Newsletter. We hope you continue to soak up the last bit of summer as we gear up to head into fall!



Academy of
Nutrition and Dietetics

eat right an affiliate of the
Academy of Nutrition and Dietetics

A MESSAGE FROM THE EDUCATION PILLAR

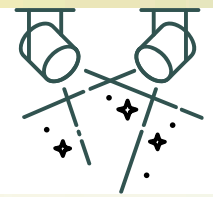
**Written by Levin Dotimas MS, RD, CD
Education Pillar Chair**

I still remember my first time attending the Food and Nutrition Conference and Expo (FNCE®) in 2017, during the Academy's 100th anniversary in Chicago. I was wide-eyed with excitement, wanting to attend every session, explore every expo booth, and meet every dietitian and student wanting to become a dietitian like me. When the final session ended, I felt a bittersweet sadness knowing that one of the most inspiring experiences of my life had come to a close. That feeling has kept me coming back to every FNCE® since—and it was there that I first asked then-Academy President Donna Martin how I could get more involved. That simple conversation led me to serve on the Diversity and Inclusion Committee, join the AAPI MIG Communications Committee, and later serve as AAPI MIG Chair.

Now, as I lead the 2026 UAND Annual Meeting Committee, my intention is to create an experience that leaves attendees with that same sense of wonder, connection, and motivation to serve. In times like these, our profession needs a strong community and inspired leadership to serve the people of Utah and beyond. We're finalizing the date and location, and I'm fully committed to making this a spectacular event. We will need help in planning this event, so please reach out if you are interested in making this successful. Otherwise, I truly hope to see you there next year!

**IF YOU ARE INTERESTED IN HELPING TO PLAN THE
ANNUAL CONFERENCE, PLEASE REACH OUT TO LEVIN AT
LEVIN.DOTIMAS@IMAIL.ORG.**

UAND MEMBER SPOTLIGHT



Levin Dotimas, MS, RDN, CD

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

I currently work as the Patient Meal Lead Dietitian at Utah Valley Hospital in Provo. The best thing about my job truly is the people! Hearing about how food brighten the day of our patients is so rewarding! Also, I lead a team of fantastic, hardworking people!

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

I was the chair of the Academy's Asian American & Pacific Islanders Member Interest Group (AAPI MIG) from 2022-2024. Before that, I had been volunteering with this group since it was formed in 2018. Seeing AAPI MIG grow in membership but also in engagement from the members is so rewarding. Our leadership team is one of the most passionate groups I have ever worked with.

How do you spend your free time?

I love cross-stitching! I picked up this hobby during the pandemic lockdowns. I also dance with World Dance Company in Springville where we learn and perform cultural dance styles from all over the world, including the US, Europe, and Asia. My favorite dance styles so far are hula and Filipino dance!

What is the best advice that you have ever received?

"There are no dumb questions except for the ones you didn't ask."

What is your favorite book or movie?

Not one movie, but as a superhero fan, I love watching anything from the Marvel Cinematic Universe (MCU)!

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

3 years as a dietitian, 5 years as a UAND member.

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

Being a UAND member helps me stay connected with fellow dietitians in Utah. I find it energizing to know that I have a professional network to help me progress in my career. Volunteering with Annual Meeting Committee has also helped me develop new skills in event planning, something I was not always good at.

What is your favorite recipe or food tradition?

I'm Filipino, so of course Filipino food is my absolute favorite! You can take me to Paris and the first thing I will look for is Filipino food. Some of my favorites are ginisang munggo (mung bean stew) and sinigang na baboy (tamarind soup with pork and vegetables).

What advice do you have for young dietitians?

I'm still a young dietitian myself, but I would encourage my fellow young dietitians to get involved in improving the dietetics profession in any way. This can take the form of volunteering with UAND or elsewhere in the Academy, getting involved in public policy related to nutrition, or mentoring students. There is so much to do but every effort counts!

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



ANNOUNCEMENTS AND MORE

SOUTHERN UTAH'S FALL CONFERENCE

Save the Date!

We are planning on holding the UAND Southern Utah Conference again this year! Conference date and location TBD. More information will be sent out when available but please keep this on your radar!

ACADEMY OF NUTRITION & DIETETICS FNCE 2025

October 11-14 - Nashville, TN



Early registration for FNCE is open until August 26th! If you are hoping to attend this year, get registered before conference rates go up! This is the largest gathering of Dietitians and other dietetic professionals so take advantage of all of the educational & networking opportunities. More info can be found [here](#).



ANNOUNCEMENTS AND MORE

ASPEN MALNUTRITION AWARENESS WEEK

SAVE THE DATE!



Live webinars and other resources addressing malnutrition in both adult and pediatric patients will be offered! Each webinar will offer 1-1.5 CEU's. These are free for ASPEN members. Below is the schedule of webinars for the week. All webinars will be held at 12pm ET.

September 8: The Compounding Effects of Patient Safety Failures: From Error to Malnutrition

September 9: Malnutrition in Cancer Care: Enhancing Outcomes Through Early Nutrition Intervention and Risk Mitigation

September 10: Addressing Malnutrition in Adults with Chronic Liver Disease and Transplant: Strategies for Education Success

September 11: Silent Struggles: Tackling Malnutrition by Overcoming Obstacles in Home Enteral Nutrition in Adults and Pediatrics

September 12: Talking About the Elephant in the Room: The Ethics of Communicating a Malnutrition Diagnosis in Adults and Pediatrics

[Click here for more information!!](#)



ANNOUNCEMENTS AND MORE

FALL FARMER'S MARKET ACTIVITY

We are going to be putting on the farmer's market networking activity again this year! Mark your calendars for **September 20th at 9:00am** to meet up with other Dietitians at the local farmer's market near you.

Locations:

Downtown Salt Lake City Farmers' Market
300 W 300 S, Salt Lake City (Pioneer Park)

Cache Valley Gardeners' Market
199 Main Street, Logan

Provo Farmers Market
500 W Center St, Provo (Pioneer Park)

Downtown Farmers Market St George
300 South 400 East, St George (Vernon Worthen Park)
Meet at the Gazebo in the center of the park

Please RVSP [here](#) if you are planning to attend this networking event. You can bring family or friends with you as well!



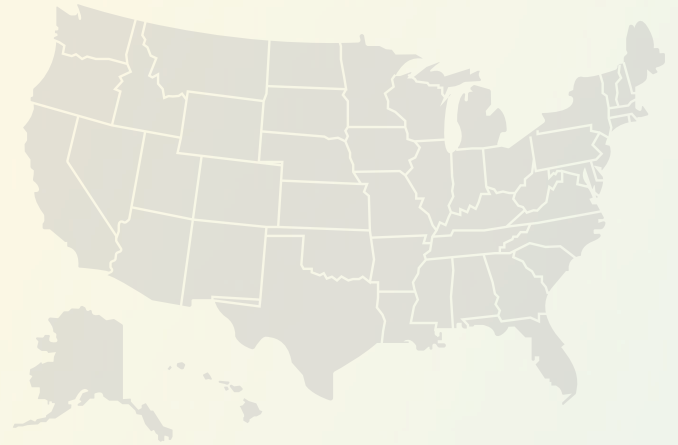


ANNOUNCEMENTS AND MORE

DIETITIAN COMPACT LICENSURE UPDATES

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

For more information in general about the Dietitian compact, click this [link](#).



Don't forget to renew your Academy membership!



You can renew for the 2025-2026 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!](#)



ANNOUNCEMENTS AND MORE

RECIPE CORNER: RISOTTO STUFFED PEPPERS

Credit: How Sweet Eats - [see full recipe HERE](#)



RECIPE INGREDIENTS

- 4 medium bell peppers, sliced in half lengthwise
- 2 tablespoons olive oil
- ½ cup arborio rice
- 1 cup chicken or vegetable stock
- ½ sweet onion, diced
- 2 garlic cloves, minced
- 2 ears corn, kernels cut
- 1 medium zucchini, diced
- ½ cup parmesan cheese
- 1 ½ cups marinara sauce
- ½ cup panko breadcrumbs

RECIPE INSTRUCTIONS

1. Coat peppers with olive oil, then roast them in the oven at 425 degrees F for 15 minutes.
 2. Heat a saucepan and add 1 tbsp olive oil. Add in the onions and garlic. Add in the rice, toasting for 1-2 minutes. Stir in the corn and zucchini. Pour in the broth and boil, then reduce to a simmer. Cook for 15 to 20 minutes, then stir in the parmesan cheese.
 3. Place marinara in a baking dish. Place the peppers on top, cut side up. Scoop the rice into the peppers. Roast for 15-20 minutes.
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ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS

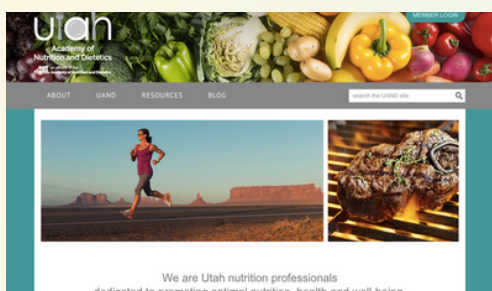


Carly Alba spoke with KUTV News about the importance of plant proteins.

Tiana Barker spoke with ABC4 News regarding nutrition tips for those over age 60.

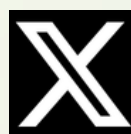
Miki Eberhardt was featured on Studio 5 talking about 5 foods nutrition experts wish everyone would fall in love with.

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UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

Abbott Nutrition has upcoming webinars in September: **Overlooked: Addressing Malnutrition in People with Overweight and Obesity** and **Best Practices for Feeding Term Infants and Understanding Perinatal Cannabis Effects on Newborns**

ASPEN has webinars in August and September on **parenteral nutrition, fluid, electrolyte management,** and **malnutrition awareness week.**

Dietitians in Nutrition Support DPG is hosting a webinar in August on **Starting Smart: Initiating Parenteral Nutrition in the Malnourished Patient**

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.**

