

FEBRUARY/MARCH 2026 | ISSUE XXXIII

# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

---



Academy of  
Nutrition and Dietetics

**eat right.** an affiliate of the  
Academy of Nutrition and Dietetics

---

## A MESSAGE FROM THE MARKETING PILLAR

Written by Brooke Lister, MPH, RDN, CD/LD  
UAND Marketing Chair 2025-2026

I can't believe it is already February! This year is flying by, but we have lots of exciting things coming up in UAND in the next couple of months. National Nutrition Month is also coming up in March! With all of the uncertainty regarding nutrition these days, consider participating in any way that fits in to your individual life or practice. This year's theme is "Discover the Power of Nutrition". As Dietitians, we all know that nutrition has the power to help individuals and communities thrive. It is important that we not only educate those around us about the power of sustainable, balanced dietary habits for health but also practice these ourselves. Make sure you take time to fulfill your needs and fuel your body so you can show up for your patients or those you work with!

---

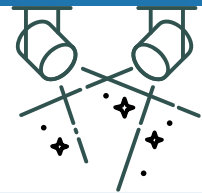
Here are a few ideas of ways you can get involved:

- Publish a nutrition tip of the day for each of the 31 days in March.
- Organize a food donation campaign for a local food pantry or shelter.
- Commit to trying a new fruit or vegetable each week during NNM.
- Give family members a role in meal planning and let them pick out different recipes to try.
- Host a “lunch and learn” session on healthy eating or even a cooking class.
- Organize a “healthy recipe” contest among employees.
- Start a walking club with co-workers and take a stroll during scheduled break times.
- Check out the Academy of Nutrition and Dietetics social media toolkit for NNM regarding specific messaging to share with others!

ANY way you can get involved is beneficial. Your actions do make a difference! Also this year, Registered Dietitian Nutritionist Day will be celebrated on Wednesday March 11<sup>th</sup> and Registered Nutrition and Dietetics Technicians will be celebrated on Thursday March 12<sup>th</sup>. Happy National Nutrition Month 2026!



# UAND MEMBER SPOTLIGHT



**Natalie Navestad**  
**MS, RDN, CNSC, CD**

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

Almost 2 years as a dietitian and in UAND!

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

I have had the opportunity to attend the UAND annual meeting and advance my leadership skills as the marketing chair elect this year!

***What is your favorite book or movie?***

My favorite book is Everything is Tuberculosis by John Green. It provides a rich history of tuberculosis and highlights personal stories, but includes relevant conversations about the ethics of medical treatment and access to healthcare.

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

I am an inpatient dietitian with Intermountain Health. I love getting to cover a variety of units and work with a dedicated team!

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

My favorite moment was passing my RD exam. The exciting moment that 5 years of school and a hard few months of studying paid off!

***How do you spend your free time?***

I love weightlifting, ballet, hot yoga, hiking, and reading! I have recently gotten into punch-needling.

***What is the best advice that you have ever received?***

Everything is figureout-able.

***What advice do you have for young dietitians?***

As a young dietitian myself, it has been incredibly helpful to try new things and get myself out of my comfort zone, while advancing my career. So my advice is to always seek new opportunities.

***What is your favorite recipe or food tradition?***

My favorite food tradition is a hot onion cheese bread bowl on NYE!

---

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



## ANNOUNCEMENTS AND MORE

---

# UAND ANNUAL FOOD AND NUTRITION CONFERENCE



**Date:** Tuesday, March 17th and Wednesday, March 18th, 2026

**Location:** Davis Conference Center, 1651 N 700 W Layton, UT 84041

**[Register Here](#)**

**[View the Conference Agenda Here](#)**

---



# ANNOUNCEMENTS AND MORE

---

## AWARDS & SCHOLARSHIPS

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. Awards are presented at the annual UAND Spring Conference.

The awards include:

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



**More info [HERE](#)**

---

## ANNUAL CONFERENCE MEMBER SLIDESHOW

When we are between sessions at the annual conference, we love to highlight the many amazing UAND members that we have! Please consider submitting information about yourself so that we can add you to this year's member slideshow.

Here is the [Jotform link](#) for submissions!





# ANNOUNCEMENTS AND MORE

---

## LEGISLATIVE DAY

---

Join us on Wednesday, February 11th in hosting a special breakfast for our legislators! All Dietitians and Dietetic students are welcome. This will be an excellent opportunity to promote the role of a Registered Dietitian & how we improve health outcomes. A brief training will start at 7:45am for all that are participating before the legislators arrive.

Date: Wednesday, February 11, 2026

Time: 8:00 AM - 10:00 AM

Location: Utah State Capitol Rotunda

350 State St, Salt Lake City, UT 84103

[Parking map and directions](#)



[RSVP HERE](#)

**We will specifically be in the Olmstead Room (East Senate Building, floor 1).**

## UAND ELECTIONS

---

The elections process for UAND positions will be opening soon! Available positions include:

- President-Elect
- Treasurer-Elect
- Marketing Chair-Elect
- Annual Meeting Chair-Elect
- State Regulatory Specialist
- Nominating Member(s)
- Secretary
- Delegate
- Advocacy Chair-Elect

Please email [uandnominatingcommittee@gmail.com](mailto:uandnominatingcommittee@gmail.com) with questions and stay tuned for further information!

---



## ANNOUNCEMENTS AND MORE

---

### UPDATE FROM HOUSE OF DELEGATES

---

At the last House of Delegates meeting, members from the Council on Future Practice (CFP) presented an overview of changing science as a driver of change to the profession. Delegates engaged in small group discussions on changing science within the nutrition and dietetics profession and across the broader public landscape. You can [view the CFP presentation and read the summary here](#).

Delegates emphasized how declining public trust and misinformation complicate acceptance of evolving evidence. They explored implications for workforce readiness, ethical responsibilities, and communication strategies. Insights focus on empowering dietitians through timely access to evidence, stronger scientific literacy, and transparent leadership.



### UTAH RD'S FEATURED IN THE NEWS

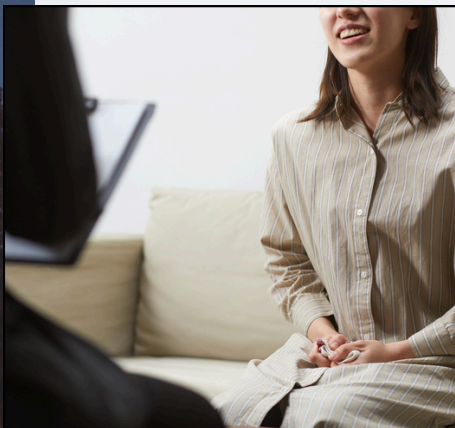
---

Carly Alba was [featured by KUTV News](#) talking about the difference between sea salt & iodized salt and why Iodine is important

Intermountain Health's [Way to Wellness classes](#) were featured on KUTV news, with Kimberly Funk (MS, RD) highlighting their importance in allowing people to make lifestyle changes

Paige Smathers was featured in a [live news segment](#) on KSL5 TV speaking about three simple mindset shifts to help you change the way you eat

Trish Brimhall spoke on Good Things Utah about [Anti-Diet Nutrition](#) and the importance of rejecting diet culture





## ANNOUNCEMENTS AND MORE

---

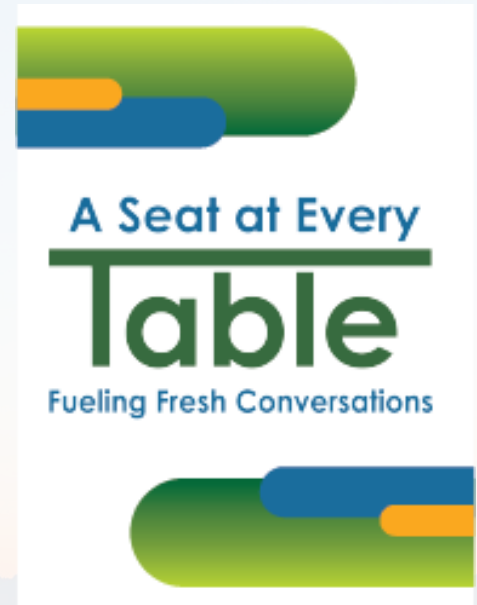
### ACADEMY UPDATES

---

"A Seat at Every Table," is the Academy's nationwide initiative that highlights the vital role of nutrition and dietetics professionals in shaping nutrition decisions. Academy members are encouraged to download the exclusive member-only **toolkit** to share consistent and evidence-based messaging to help extend the campaign's reach across your social media and professional networks.

Here's what the toolkit includes:

- A campaign overview describing the goal of this nationwide initiative
- An FAQ document with information to share about nutrition and dietetics professionals
- Template social media posts that are ready to use on LinkedIn, Facebook, Instagram and/or X
- A template LinkedIn article to customize and share your own expertise and insights
- An infographic factsheet designed for potential patients or clients



To go along with the "A Seat at Every Table" initiative put out by the Academy, be sure to update your contact information that is featured in the "Find a Nutrition Expert" database. This resource is featured in the Academy's "A Seat at Every Table" profession visibility campaign. Take a few minutes to review your listing in the directory and ensure your information is current. To make edits to your Find a Nutrition Expert listing, log in to your [MyAcademy account](#) and scroll down to the "Find a Nutrition Expert Settings" field. \*This is for active Academy Members only.

If you would like to view the "Find a Nutrition Expert" database, click [here](#).

 **Find a Nutrition Expert™**



## ANNOUNCEMENTS AND MORE

---

### RECIPE CORNER: HEALTHY CREAMY ZUCCHINI SOUP

Recipe Credit: RecipeTin Eats



#### Ingredients:

- 1 tbsp olive oil or butter
- 2 garlic cloves , minced
- 1 large onion , chopped
- 2 lb zucchinis , 3/5" slices
- 3 cups vegetable/chicken broth
- 1 cup
- 3/4 cup heavy cream
- 1 cup milk

#### Recipe:

- Heat oil in a pot over medium-high heat. Add garlic and onions, and cook for 3 – 4 minutes.
- Add zucchinis, broth and water. Bring to a boil, then cover and reduce heat to medium.
- Cook for 15 – 20 minutes or until zucchini is very soft.
- Use a stick blender to whizz until smooth.
- Stir through cream and milk. Add salt and pepper to taste.

For full recipe, visit this [link](#).





## ANNOUNCEMENTS AND MORE

---

### UPCOMING LEARNING OPPORTUNITIES

**Various webinars from Today's Dietitian** on interprofessional collaboration, women's health, mindfulness, type 2 diabetes, and more!

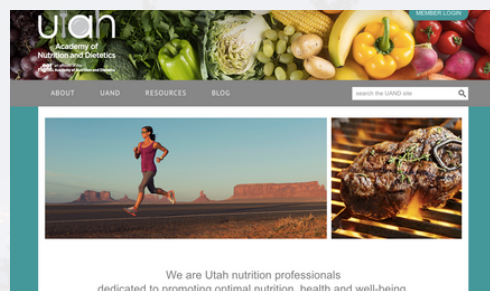
Dietitians on Demand has a free webinar on **Short Bowel Syndrome MNT** on February 26th.

Free webinar on **Rehydration Heroes: Best Practices to Managing Dehydration in Pediatric Patients and Its Role in Nutrition Assessment** from ANHI on February 12<sup>th</sup>.

Well Resourced Dietitian has a library of **68 free CEUs** [here](#).

---

CHECK OUT  
OUR WEBSITE!  
[eatrightutah.org](http://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!

---