

AUGUST/SEPTEMBER 2026 | ISSUE XXXVI

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



WELCOME TO THE 2026-2027 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!



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A MESSAGE FROM THE EDUCATION PILLAR

Written by Carly Alba
Education Pillar Chair

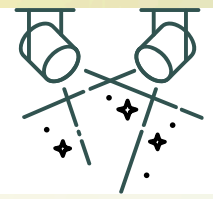
The UAND Education Committee has been hard at work planning educational opportunities for members across the state. This year, we are excited to announce our conference themes that celebrate Utah's unique landscape and the profession's continued growth: Reaching New Heights in Dietetics for Northern Utah and Elevating Dietetics Practice for Southern Utah.

Planning is currently underway for the Southern Utah Fall Conference, and we look forward to sharing additional details soon. Save the date for the UAND Annual Conference this spring, which will be held March 18–19 (Thursday–Friday) at the Salt Lake Community College Miller Campus in Sandy, Utah. Be on the lookout for the Call for Speakers, which will be released in the coming weeks. We encourage members to consider sharing their expertise and experiences.

The Education Committee appreciates the dedication of its members who volunteer their time to make these educational events possible. Thank you to Committee Chair-Elect Alyssa Reidhead, and committee members Melody Jones, Gina Ward, Rekha Chirayath, Pauline Williams, Rachael Firmage, Jenna Dyckman, Hannah Nickerson, Christie Benton, and Jennie Leuckler for their ongoing commitment to supporting professional development for Utah dietitians.

--Carly Alba, UAND Annual Meeting Chair

UAND MEMBER SPOTLIGHT



Jaidyn Thomson

What advice do you have for young dietitians?

Don't be afraid to make a change, whether that's switching careers, starting to volunteer, creating something, or finding community! There are so many avenues and opportunities in this profession. Be open to new opportunities and follow the ones that excite you!

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

I currently work as a renal dietitian with DaVita. I love the emphasis on Motivational Interviewing and the fact that I get to follow my clients long-term.

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

Many moments come to mind, but some of my favorites are when I get to precept dietetic interns! I find working as a preceptor very rewarding. I enjoy working with students and trying to offer them important experiences. Dietetic interns work so hard, and I love seeing how much they grow throughout our time together.

How do you spend your free time?

I love cooking and trail running. These are my two favorite hobbies.

What is the best advice that you have ever received?

"If you want to go fast, go alone. If you want to go far, go together."

What is your favorite book or movie?

One of my favorite books is "The Girl with Seven Names" by Hyeonseo Lee.

***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 and the advocacy work that is going on locally. As I have evolved in my career, I am looking for more ways to advocate for our profession, and UAND provides the opportunity to do so! Volunteering as the Marketing Chair-Elect has helped me develop new leadership skills and connect with other dietitians involved in advocacy work.

What is your favorite recipe or food tradition?

I'm not sure if this counts as a food tradition, but something that came to mind was preparing a meal with another person! I love being in the kitchen and creating a meal with other people. I like to compare it to being a bandmate and "jamming" with someone!



ANNOUNCEMENTS AND MORE

ACADEMY OF NUTRITION & DIETETICS FNCE 2026

October 24-27 San Antonio, TX



Early registration for FNCE is open until Sept 2nd! 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. Registration and more info can be found [here](#).

UTAH DIETITIAN MEET-UP AT FNCE

Join us for the Utah Academy of Nutrition and Dietetics (UAND) Social during the 2026 Food & Nutrition Conference & Expo (FNCE®)! Reconnect with colleagues, meet fellow Utah dietitians, and enjoy an evening of networking and conversation.

Saturday, October 24, 2026

Yard House

849 E. Commerce Street #409

San Antonio, TX 78205

UAND will provide appetizers. Dinner and drinks will be available for purchase on your own.

Please [RSVP here](#) by September 24 using the link below so we can provide an accurate headcount for our reservation.



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!



ASPEN MALNUTRITION AWARENESS WEEK

SEPTEMBER 14-18

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 14: A Pediatric Perspective to the Malnutrition Care Score (MCS)
- September 15: Post-ICU Syndrome (PICS) and Nutrition: From Survival to Recovery
- September 16: From Prehab to Post-op: How Multimodal Prehabilitation Programs Can Improve Surgical Outcomes
- September 17: Managing Malnutrition and Muscle Wasting in Chronic Obstructive Pulmonary Disease (COPD) to Improve Patient Outcomes
- September 18: Starving for Success: Identifying and Mitigating Malnutrition with Emerging Obesity Medications

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

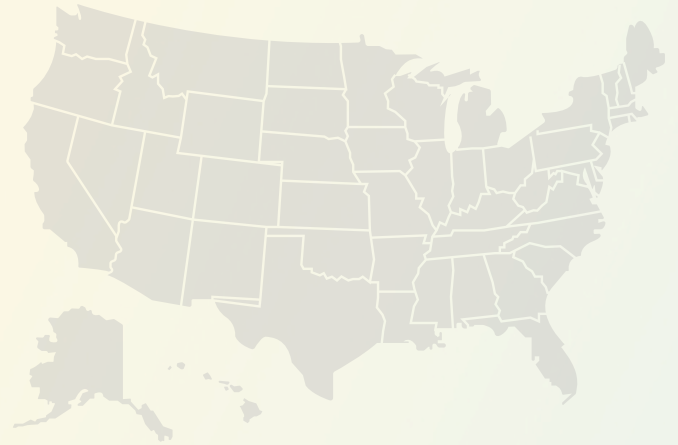


ANNOUNCEMENTS AND MORE

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 2026-2027 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: CHILI-LIME QUINOA BLACK BEAN SALAD

Credit: The Real Food Dietitians - [see full recipe HERE](#)

RECIPE INGREDIENTS

For the Salad:

- $\frac{3}{4}$ cup uncooked quinoa
- 1 $\frac{1}{2}$ cup water
- 1 medium bell pepper, diced
- $\frac{1}{2}$ medium red or yellow onion, diced
- 1 cup grape tomatoes, halved
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup loosely packed cilantro, stems removed and roughly chopped
- 1 cup corn (canned or frozen)
- 1 medium avocado, cubed
- $\frac{1}{2}$ cup crumbled feta or cotija cheese, optional



For the Vinaigrette:

- $\frac{1}{3}$ cup olive oil
- 2 limes, juiced (about $\frac{1}{4}$ cup)
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ tsp chili powder
- $\frac{1}{2}$ tsp fine salt
- pinch of cayenne, optional

RECIPE INSTRUCTIONS

1. **Make the quinoa:** Rinse $\frac{3}{4}$ cup uncooked quinoa in fine mesh strainer under cold water. In a medium saucepan over high heat, bring 1 $\frac{1}{2}$ cups water and the quinoa to a boil. Reduce heat to low; cover with a lid and simmer for 10-15 minutes or until all water is absorbed. Remove from heat, let it sit for 5 minutes covered, then fluff with a fork. Set aside to cool. This step can be done a day or two in advance.
 2. **Make the vinaigrette:** In a small bowl or mason jar, combine the lime juice, oil, cumin, chili powder, garlic powder and salt. Whisk or shake to combine well. Set aside.
 3. **Make the salad:** Once quinoa is cooled, in a large bowl combine the quinoa, bell pepper, onion, tomatoes, black beans, cilantro, corn, and avocado. Add the vinaigrette to the bowl and toss to coat. Add additional salt to taste.
 4. **Garnish** with additional cilantro and with lime wedges if desired.
 5. **Store** leftovers in an airtight container in the refrigerator for up to 3-4 days
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ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS

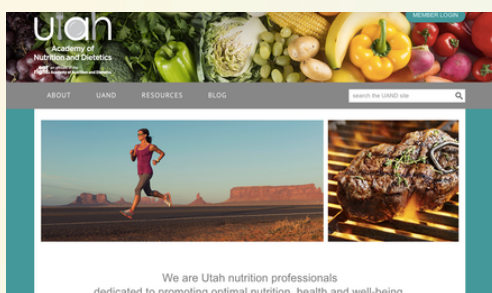


Miranda Masters spoke with KSL News about the trend of intermittent fasting.

Shiela Patterson spoke with KUTV News regarding the highlights of the MIND diet.

Kayla Pasquale was featured on Fox 13 Now about money saving hacks when buying proteins.

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