



UAND BLOG: NUTRITION ELEVATED

GUIDELINES FOR CONTRIBUTORS

Nutrition Elevated is a blog written for dietitians with the intention to provide information and advice on the role of the dietitian. The topics should be geared towards our fellow Utah dietitians, not the general public. Ideally, the topics submitted/published are specific to your specialty and expertise.

Benefits to the Contributor

- Highlighting your private practice and/or personal blog
- Writing on a topic you are passionate about and spreading awareness
- Increase your writing portfolio for freelancers or those wishing to break into freelance writing

We encourage you to keep track of your post and answer any comments or questions posted

Guidelines

- Post must be original content (not published on any other service/platform including personal blog)
 - Audience: Utah dietitians (address the dietitian as the reader)
 - Post length: ≥500 words not including the “Top 3 resources” sections
 - Both “Top 3 Resources” are not required but recommended
 - Submit as a Word document
 - References and sources are recommended if applicable.
 - This benefits those who may not practice in the same area. Please designate in brackets after the appropriate text.
 - If you are including photos in your post, please submit them as a .jpeg file
 - Please submit a professional, color head-shot and a short bio (2-3 sentences) to include with your post. Include credentials.
 - Post may be lightly edited for grammar, spelling, and clarity*
 - You may include your professional social media accounts for promotion (URLs or handles)
 - Email submissions to socialmedia@eatrightutah.org
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*Your article will not be re-written but we may make grammatical changes, minor edits, title, and other changes as necessary to maintain the blog’s format and style. If we have questions or would like you to expand on ideas, we will return it to you with suggestions. Please do not be offended. Editing will be a collaboration and you will see and approve the final version before it is published.

Note: Not all submissions will be accepted for publishing on Nutrition Elevated. Acceptance is dependent upon editorial review by the UAND Social Media Team.



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Below we have provided a rough outline for your submission. Please make sure all necessary elements are included.

Outline

- Topic
- Post Title
- Post: (≥500 words)
- Your top 3 resources for patients (recommended as appropriate)
- Your top 3 resources for dietitians (recommended as appropriate)
- Short bio
- Professional social media accounts for promotion (not required)

Want to contribute but aren't sure where to start? Here are some content and topic ideas you could use as a starting point. Examples of blog posts for the RD audience can be found [here](#).

Content Ideas

Professional development experiences: Have you attended a conference, workshop, presentation, seminar, or course that is changing the way you practice or made you stop and pause? Tell us about it. What did you learn? What made it so influential? What can other dietitians get out of it?

“A day in the life”: Do you work in an unusual or unique practice setting that readers might not be familiar with or have misconceptions about? Or maybe you work somewhere “typical” but have an “atypical” client population. Do you do something not normally considered to be dietetics? Or maybe you’re pushing the boundaries of what it means to be a dietitian. Share your journey. Share your day-to-day experiences. Inspire.

Research sharing: Have you recently been involved in research or evaluation? Tell us about your project. Why did you undertake it? What were you hoping to find out? Did you enjoy working on it? Why or why not? Regardless of the setting, we all work on projects that never get attention. This is your chance to shed some light on a project/topic you’re passionate about!



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Travel: Did you have a travel experience (pleasure or professional) that questioned or reaffirmed your thoughts/positions/knowledge as a dietitian?

Program/community development: Were you involved in the planning/implementation/evaluation/promotion of a new program or community project? Tell us about your experience. What were the challenges, rewards, successes, failures, outcomes, and future implications for the program and for you as a dietitian?

Student/intern experiences: We want to hear the experiences of future dietitians. You may want to reflect on your entire student/intern experience (but take a unique point of view and not just a chronological retelling) or pick a particular experience/rotation that resonated with you and has influenced your current or future choices. What advice do you have for your fellow students/new grads? Would you have done anything differently?

“Aha” moments: Did you have a specific experience, interaction with a client or colleague, success, or failure that made you pause and say, “aha!”. Tell other dietitians your story and what this learning moment meant to you.

Advocacy or trending issues: Is there a popular (or even unknown) food, nutrition, health or policy issue that you are passionate about? Tell us what you did to make a change or bring attention to a new issue. This should not be about picking a controversial topic and debating it. Instead, share how you took action so others can learn and initiate their own change.

Topic Ideas

Clinical skills

Culinary skills

Wellness and Supplements

Insurance and liability

Telenutrition

Professional issues such as burn-out and problem clients

Precepting

Reaction to breaking industry news

Reimbursement

Business skills

Ethics

Sustainability

Dietary patterns

Thank you for contributing to Nutrition Elevated!

Content ideas adapted from Dietitians of Canada Blog Post Guidelines