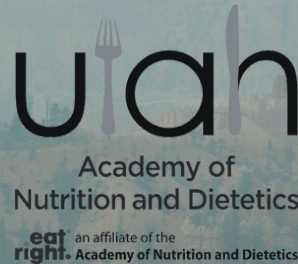


AUGUST/SEPTEMBER 2024 | ISSUE XXIV

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



WELCOME TO THE 2024-2025 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.



Academy of Nutrition
and Dietetics

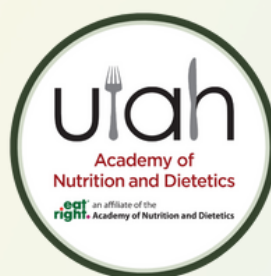
A MESSAGE FROM THE EDUCATION PILLAR

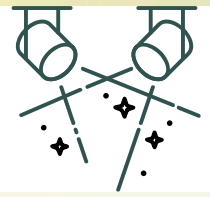
Written by Melody Jones, MDA, RD
Education Pillar Chair

When I think of my career as a Dietitian, one of the first things that comes to mind is learning. I feel like I'm always needing to learn more. Whether it's finding out more about a patient's situation, reading an article on the latest nutrition research, or becoming more aware of the variety of opportunities that are available to Dietitians, I find myself constantly "hungry" for more information. It seems that learning is one of the foundations of being a successful Dietitian. As the Education chair for this upcoming year, one of my goals is to provide all the members of UAND with a host of opportunities to learn. I believe that learning is so much more fulfilling when we are gaining knowledge in topics we are passionate about, surrounded by others who share the same enthusiasm.

My hope is that we provide a good variety of information so you are able to expand your expertise in areas that you are passionate about as well. That being said, I'd like to hear from you! As we begin to plan this year's conference, I would love to know what topics you are most interested in being presented.

PLEASE TAKE A MINUTE TO FILL OUT THIS SHORT SURVEY LETTING US KNOW WHAT AREAS ARE OF MOST INTEREST TO YOU.





Emily Beutler, MS, RDN, CD Social Media Chair

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

I've been a dietitian for 1 year and a member of UAND for 3.

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

Being a member of UAND has helped me meet new people and stay up to date on important topics in dietetics.

What is your favorite recipe or food tradition?

My family makes a baked sweet potato and apple dish every Thanksgiving and Christmas. It's my very favorite holiday food!

What is your favorite book or movie?

My favorite book is Moonraker's Bride.

What advice do you have for young dietitians?

Network as much as possible!

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

I currently work as an inpatient dietitian over Alta View and Riverton hospitals. I love it because I cover all the patients in the hospital from ICU to surgical to NICU so it's a great experience for me to learn a variety of specialties.

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

My favorite moments of my career have been seeing how much of a difference individualized nutrition plans can make for the little NICU babies. They grow so quickly!

How do you spend your free time?

I love hiking, baking, and eating cheeseburgers with my husband.

What is the best advice that you have ever received?

On my first day of work at my current job I introduced myself to one of the nurses and asked if there was anything she'd like me to do for her patients and she said, "Feed them- feed them all!"



ANNOUNCEMENTS AND MORE

SOUTHERN UTAH'S 1ST FALL CONFERENCE

Save the Date!

Theme: Leading the Change

Date: Friday, November 8th, 2024

Location: Intermountain Cancer Center of St. George at 600 South Medical Center Drive, Building 7, St. George, UT 84790

The program will be finalized in the next 1-2 weeks.

Registration will be available September 2024.

UAND ANNUAL FOOD AND NUTRITION CONFERENCE

Save the Date!

Theme: TBD

Date: Thursday, March 27th and Friday, March 28th, 2025

Location: Viridian Event Center, 8030 S 1825 W, West Jordan, UT 84088

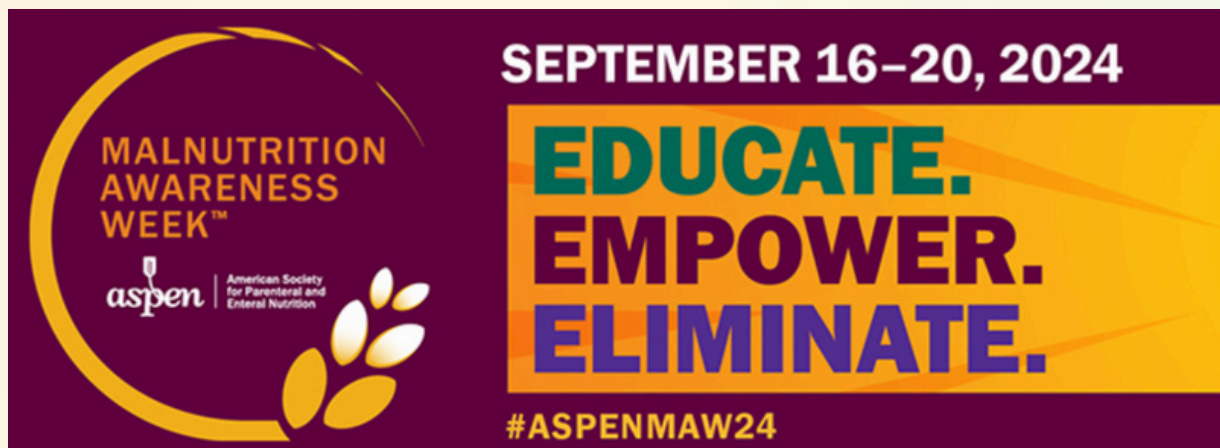
More information to come!



ANNOUNCEMENTS AND MORE

ASPEN MALNUTRITION AWARENESS WEEK

Consider promoting malnutrition awareness week in Utah!



Click [this link](#) to request that Governor Cox officially recognize malnutrition awareness week in Utah!

You also can promote malnutrition awareness week by posting about it on your social media accounts or sharing information through your private businesses channels. Consider requesting your company post signs or notices on their bulletin boards or in their newsletters.

[Click Here for More Information!](#)



ANNOUNCEMENTS AND MORE

CONTINUE YOUR ACADEMY BENEFITS INTO 2024-2025

Renew Your Membership Now!



Academy of Nutrition
and Dietetics

You can renew for the June 1, 2024 to May 31, 2025 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!](#)

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](#).



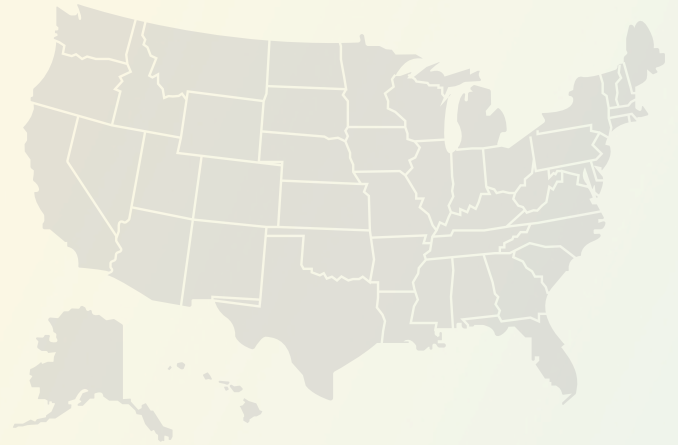
ANNOUNCEMENTS AND MORE

LICENSURE UPDATE

The following states have passed the groundbreaking Dietitian Licensure Compact legislation:

- Nebraska (April 2024)
- Alabama (May 2024)
- Tennessee (May 2024)
- Legislation in Ohio is pending.

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



LEARN ABOUT LICENSURE COMPACT

The Council of State Governments (CSG) is partnering with the Department of Defense (DoD) and The Academy of Nutrition and Dietetics (AND) to support the mobility of licensed dietitians through the development of a new interstate compact. This additional licensing pathway will facilitate multistate practice among member states and reduce the barriers to license portability.

[Learn more about licensure compact here.](#)





ANNOUNCEMENTS AND MORE

RECIPE CORNER: SUMMER STEAK WITH CORN AND TOMATOES

Credit: Smitten Kitchen



RECIPE INGREDIENTS

Steak

- 1 1/4 to 1 1/2 pound skirt steak
- 2 tbsp brown sugar
- 1 tbsp kosher salt
- 1 tsp sweet or hot smoked paprika
- Freshly ground black pepper

Salad

- 2 ears fresh corn
- 2 tbsp olive oil
- 4 tbsp apple cider vinegar
- 1 tsp kosher salt
- Freshly ground black pepper
- 1 clove garlic, minced
- 4 scallions, thinly sliced
- 2 cups cherry tomatoes, halved or quartered
- 1 jalapeño, seeds removed, finely chopped
- 1 cup finely-chopped fresh herbs such as parsley, mint, basil, chives, or a mix thereof

[FIND THE WHOLE RECIPE HERE](#)



ANNOUNCEMENTS AND MORE

CHECK OUT THESE UTAH DIETITIANS IN THE NEWS

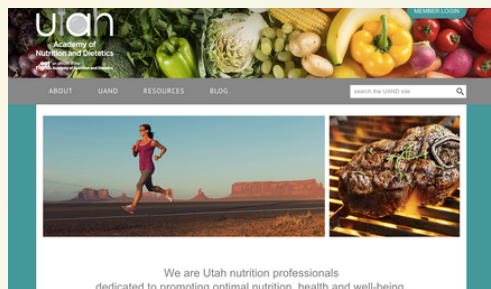


Melanie Holden talked with KSL News about her experience teaching Intermountain's Weigh to Wellness program.

Trish Brimhall of Nutritious Intent shared summer snack alternatives with Good Things Utah.

Kara Lydon spoke to KSL News about minimizing sugar cravings and why you might have a big sweet tooth.

**CHECK OUT
OUR WEBSITE!**
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!



UPCOMING LEARNING OPPORTUNITIES

Get CEs and feed your curiosity

The academy produced a new CEU webinar, **Kidney Stone Nutrition: So Much More Than Oxalate.**

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.**

Tune into Abbott Nutrition's **Optimizing Human Milk in the NICU and at Discharge** webinar or learn more about a popular topic by watching the **Understanding the Implications of HMO's: A Closer Look at the Evidence and Supporting Research** video.

