

FEBRURARY/MARCH 2025 | ISSUE XXVII

NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter



Utah

Academy of
Nutrition and Dietetics

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

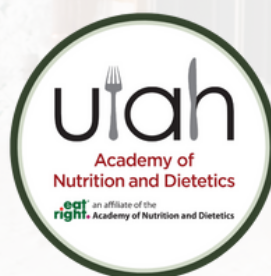
A MESSAGE FROM THE MARKETING PILLAR

Written by Emily Beutler
Marketing Committee Chair

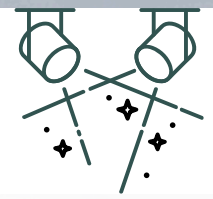
National Nutrition Month is coming up in March! Consider participating in any way that fits in to your individual life or practice. Promoting National Nutrition Month can strengthen the nutrition community in your area, help you network with other nutrition professionals, and promote healthy practices to others in your life. We're excited to see what you come up with!

Here are a few ideas:

- Donate food or time to your local food pantry ([view a list of local pantries here](#))
- Choose one new healthy habit to incorporate in your life throughout the month
- Check out the Academy's [Social Media Toolkit](#) for ideas for posting nutrition content.
- Consider attending the UAND 2025 Annual Meeting on Thursday, March 27th and Friday, March 28th!
- For even more ideas, view the Academy's [50 Ideas to Get Involved in National Nutrition Month](#)



UAND MEMBER SPOTLIGHT



Jared Whiting
Graduate Student, UofU

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

This is my second year as part of UAND.

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

Being a part of UAND has helped me to make connections with other dietitians and helped me to learn more about different career paths that I can pursue.

What is your favorite recipe or food tradition?

On Chinese New Year, my whole family gets together, and we have Hot Pot.

What is your favorite book or movie?

My favorite book is Fahrenheit 451.

What advice do you have for young dietitians?

Explore the opportunities that are around you because you don't know when you will find something that you love.

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

I am currently a second-year graduate student at the University of Utah. I love that I get to apply everything that I have been learning in school over the last year and learning how to be a better dietitian.

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

Being able to apply the things that I have been learning in school, and being trusted to lead consultations with athletes.

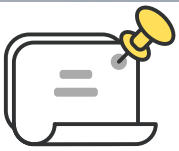
How do you spend your free time?

I love going to the gym, running, hiking, mountain biking, and making food.

What is the best advice that you have ever received?

Don't sacrifice your personality in order to seem like the best dietitian to a client.

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



ANNOUNCEMENTS AND MORE

UAND ANNUAL FOOD AND NUTRITION CONFERENCE



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

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

[Register Here](#)

[View the Conference Agenda Here](#)



ANNOUNCEMENTS AND MORE

LEGISLATIVE DAY

Join us on Wednesday, February 12 in hosting a special breakfast for our legislators! All dietitians and dietetic students are welcome. This will be an excellent opportunity to promote **Dietitian Compact Legislation**. Come advocate for Utah Dietitians!

Date: Wednesday, February 12, 2025

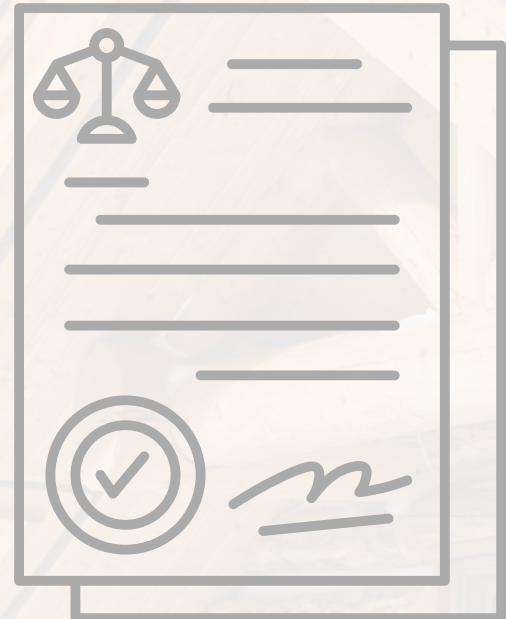
Time: 7:00 AM - 9:00 AM

Location: Utah State Capitol Rotunda

350 State St, Salt Lake City, UT 84103

[Parking map and directions](#)

Please RSVP by end of day on February 1, 2025. Please note, if you do not RSVP by February 1, you are still welcome to attend, but food will not be guaranteed.



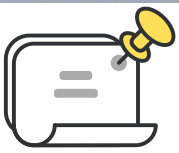
[RSVP HERE](#)

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
- Public Policy Coordinator
- State Policy Representative
- Membership/Nominating Member

Please email uandnominatingcommittee@gmail.com with questions and stay tuned for further information!

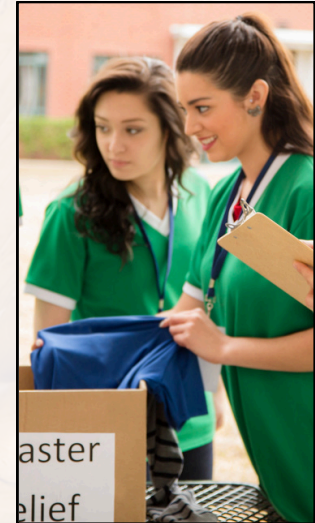


ANNOUNCEMENTS AND MORE

DISASTER PREPAREDNESS BRIEF

As the roles of RDNs and NDTRs continue to evolve, it's crucial to explore how they can lead in fostering a culture of disaster preparedness. The Academy's Council on Future Practice has published their latest change driver brief to guide you in anticipating future challenges and positioning yourself as a leader in disaster response and recovery.

<https://www.eatrightpro.org/practice/dietetics-resources/public-health-and-community/disaster-preparedness>



JOIN AN ACADEMY COMMITTEE



Applications for Academy committees are now open for terms starting June 1, 2025. The Academy is pleased to open its annual solicitation to serve on one of our national committees. Applications will close January 17, 2025:

<https://www.eatrightpro.org/leadership/developing-leaders/volunteer-opportunities/committee-application>



ANNOUNCEMENTS AND MORE

PICTURES FROM HOT CHOCOLATE NETWORKING EVENT

BYU



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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)
- Ohio (June 2024)
- Legislation pending in: North Dakota, Missouri, Oklahoma, Arkansas, Mississippi, South Carolina, Kentucky, Indiana, Rhode Island, and New Hampshire.



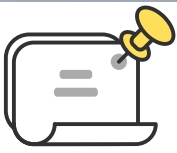
Follow any legislation updates via the compact map linked [here](#).

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: BUTTERNUT SQUASH & BLACK BEAN SOUP

Recipe Credit: Budget Bytes



Ingredients:

- 2 lbs. butternut squash, diced into $\frac{3}{4}$ inch cubes
 - 1 onion, diced
 - 3 cloves garlic, minced
 - 1 Tbsp olive oil
 - 1 $\frac{1}{2}$ tsp chili powder
 - 1 tsp cumin
 - $\frac{1}{2}$ tsp garlic powder
 - $\frac{1}{2}$ tsp smoked paprika
 - $\frac{3}{4}$ tsp salt
 - $\frac{1}{2}$ tsp freshly cracked black pepper, divided
 - 1 15 oz. can black beans, drained
 - 1 14.5 oz. can fire-roasted diced tomatoes
 - 4 cups chicken broth
 - 4 cups chopped kale
- For full recipe, visit this [link](#).



ANNOUNCEMENTS AND MORE

UPCOMING LEARNING OPPORTUNITIES

New Dietitians on Demand free webinar **Gastrointestinal Function: Gut Microbiota and Nutrition**

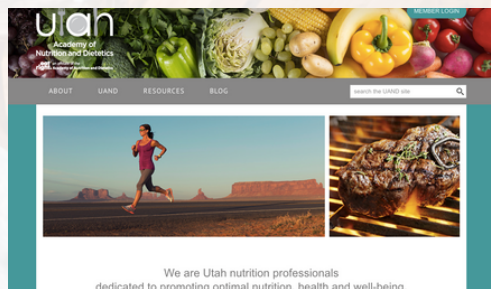
Read **Pocket Guide to Micronutrient Management** for 2 CEs

Nestle's **Nutrition Strategies for People With or At Risk for Diabetes: Impact of Protein Intake on Metabolic Health**

The "Smart" Mediterranean Diet: Protect Your Mind & Boost Your Mood from Sound Bites RD

Well Resourced Dietitian has a library of **63 free CEUs** [here](#).

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eatrightutah.org



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