

APRIL/MAY 2025 | ISSUE XXVIII

# NUTRITION ELEVATED

Utah Academy of Nutrition and Dietetics Newsletter

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Utah

Academy of  
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## END OF YEAR MESSAGE

Written by Stephanie Parker, MS, RDN, CD  
UAND President 2024-2025

Dear UAND members,

As this UAND term comes to a close, I wanted to take the opportunity to thank the members and especially the UAND Leadership Team for the incredible year we've had as the Utah Academy of Nutrition and Dietetics. From fun activities including visiting the farmer's market, a FNCE gathering, and a hot chocolate event, to a Southern Utah conference, the Annual Meeting, and Legislative Day that resulted in the passing of the dietitian compact legislation in Utah, a lot of good has happened.

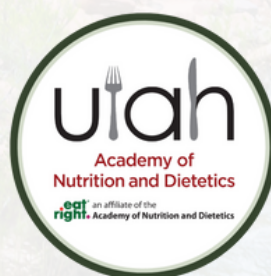
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These things would not have been possible without the many hours of service from those around me on the leadership team. I especially want to thank our committee heads: Gina Ward on advocacy, Melody Jones on education, Emily Beutler on marketing, and Kary Woodruff on finance. A special thank you also goes to Kristine Jordan, who will be moving on after serving on the UAND Board for the past 20 years including creating a role to mentor students in becoming more involved with UAND. It is thanks to people like these that our profession is being strengthened and more people will look to dietitians as the health and nutrition experts. We are lucky to have a fantastic slate of candidates for the upcoming UAND Leadership Team and I have no doubt UAND will be in good hands with our incoming President, Jeremiah McGuire. I wish you all the best and look forward to future interactions with our wonderful UAND members.

All the best,

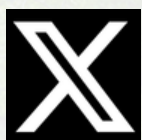
Stephanie Parker  
UAND President 2024-2025





# CONFERENCE RECAP

The Utah Academy of Nutrition and Dietetics 2025 Annual Conference and Expo was held March 27-28. We're grateful for the Annual Meeting Committee, our many sponsors and exhibitors, and all the other board members and volunteers who helped make this conference a success. Included below are some photo highlights from the event. Visit UAND's social media pages to view even more!













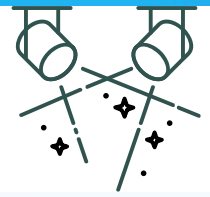








# UAND MEMBER SPOTLIGHT



**Alyssa Reidhead, MDA, RD**

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

*Utah State University- Professional Practice Assistant Professor*

*I love training the next set of Registered Dietitians. I am passionate about leadership and foodservice and love helping students understand how they can be leaders in their careers.*

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

*I have been able to work with amazing students. One of my students received an award directly related to my mentorship of her which was really cool!*

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

*I really enjoy traveling with my family. I also enjoy cooking, baking, sewing and being outside in my garden.*

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

*A fellow dietitian and mentor of mine, Martha Archuleta, helped me understand the importance of developing my career early but also ensuring a balance with my young family.*

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

*Dietitian: 9 Years AND Member: 4 Years*

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

*UAND has helped me make connections with other dietitians. It has also give me a space to develop myself a presenter which is important for my career. I have enjoyed my new role being able to serve other dietitians as a UAND board member as well.*

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

*Our family has started making gingerbread houses from scratch and I absolutely love it.*

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

*I really like historical fiction and anything by Ruta Sepetys.*

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

*Take a leap of faith in your career. Take the job that you might feel unqualified for or might not directly align with your goals, you might be pleasantly surprised :)*

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



*The Utah Academy of Nutrition and Dietetics is pleased to announce our*

# **2025 AWARD WINNERS**

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## **Outstanding Dietitian of the Year**

Gina Ward MS, RDN, CDCES

## **Emerging Dietetic Leader**

Brooke Lister MPH, RDN, CIEC, CD

## **Recognized Young Dietitian of the Year**

Carly Alba MS, RDN, CD

## **Outstanding Dietetic Students (Graduate)**

Cierra Tate

Gilian Cabral

Alexa Averkamp

## **Outstanding Dietetic Students (Undergraduate)**

Brennan Rotar

## **Scholarship Award Winners**

Alleyah Murphy (Undergraduate)

TrudyAnne Coe (Graduate)

Mia Dustin (Graduate)

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# ANNOUNCEMENTS AND MORE

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## LICENSURE UPDATE

As of March 27<sup>th</sup>, Utah became the 8<sup>th</sup> state to pass the Dietitian Compact Legislation! We'd like to give a huge thank you to Gina Ward, who played a central role in this accomplishment for Utah Dietitians.

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

- Alabama
- Mississippi
- Nebraska
- North Dakota
- Ohio
- South Dakota
- Tennessee
- **Utah**



Legislation pending in: Arkansas, Georgia, Idaho, Indiana, Iowa, Kansas, Kentucky, Maine, Missouri, Montana, New Hampshire, Oklahoma, Rhode Island, South Carolina, Texas, Vermont, West Virginia, and Wisconsin.

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

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## 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.](#)

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# ANNOUNCEMENTS AND MORE

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## RECIPE CORNER: STRAWBERRY LEMONADE BARS

Credit: Averie Cooks



### Ingredients:

#### Crust & Crumble Topping

- ½ cup unsalted butter, melted
- ½ cup granulated sugar
- ¼ cup light brown sugar, packed
- 1 ½ cups all-purpose flour
- pinch salt, optional and to taste

#### Filling

- 1 large egg
- ½ cup plain or vanilla Greek yogurt
- ⅓ cup granulated sugar
- 2 Tbsp lemon juice
- 2 tsp vanilla extract
- ¼ cup all-purpose flour

#### Strawberry Layer

- 2 heaping cups diced strawberries (fresh or frozen)
- ⅓ cup granulated sugar
- 2 Tbsp lemon juice
- 2 tsp lemon zest, or to taste
- 2 tsp cornstarch
- 2 Tbsp all-purpose flour

Full recipe linked [here!](#)







## ANNOUNCEMENTS AND MORE

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### UPCOMING LEARNING OPPORTUNITIES

#### **A.I. Unleashed - Shaping Dietetics in the Digital Age** (Registration coming soon)

In an era where technology meets nutrition, we're thrilled to feature an upcoming webinar session that promises to be a game-changer for dietitians. Join Drew Hemler, MSc, RD, CDN, FAND, as he unveils the potential of Artificial Intelligence in revolutionizing dietetics.

From private practice and public health to academia and clinical practice, learn how AI can streamline your workload, enhance client satisfaction, and transform educational strategies. Delve into the ethical dimensions of AI and prepare for a future where dietetics and digital innovation intersect.

Stay ahead of the curve and join us for this enlightening session. Empower your practice with the knowledge and tools to thrive in the digital age of dietetics! This session meets the CDR mandated ethics credit.

### UTAH RDS IN THE NEWS

**Sarah Zou, MPH, RDN, CD, CDE** was featured in an **article from Deseret News** about the "Food is Medicine" program. Great job Sarah! Thanks for serving our community!





## ANNOUNCEMENTS AND MORE

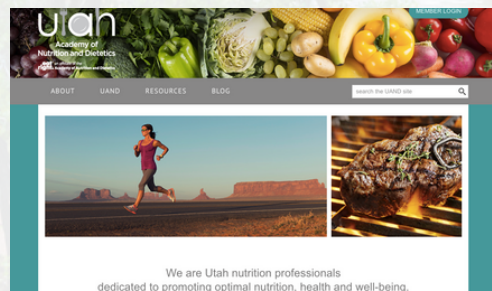
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**Equip** is committed to revolutionizing eating disorder treatment by providing accessible, evidence-based treatment that empowers individuals and families to achieve lasting recovery. Equip treats patients of all ages and all eating disorder diagnoses in all 50 states, and accepts most insurance plans. Equip also offers free regular continual learning opportunities for providers, including RDNs to obtain CEUs via Equip Academy. To learn more about Equip, feel free to connect with Karli Hogsted, the Clinical Partnership Rep for the Mountain West, you can reach her via phone or email at [khogsted@equip.health](mailto:khogsted@equip.health) or **704.989.3963**.

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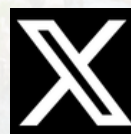
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