

NFAND

Spring 2024 Newsletter



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EVENTS AND REMINDERS

May 31

NFAND Membership Expires for all Members. Log in to your account and re-register at www.eatrightnorthflorida.org

May 21st

Pediatric CEU Mead Johnson and End of Year Banquet

May 1

6:00PM-7:00PM
Eating Disorder Virtual CEU

April 22-25

UNF Graduate Seminar Presentations
17 CEUs available



Sweet Pete's Event

What a sweet time NFAND members and students had making chocolate candy bars at Sweet Pete's in downtown Jacksonville on February 29th.



CELEBRATING RDN DAY

On March 13, 2024, Registered Dietitian Nutritionists all over the country were recognized for their commitment to helping people enjoy healthy lives as indispensable providers of food and nutrition services.

NFAND hosted a gathering, in honor of our local RDNs who serve our community, by “going Greek” at Athenian Owl in Jacksonville. Our small, but very fun, group enjoyed spanakopita, dolmades, calamari, tyropita, dolmadakia, Santorini fava, Greek wine, and delicious baklava!



HOP INTO SPRING WITH THIS STRAWBERRY SEASON RECIPE



NEW

STRAWBERRY SALAD [@howsweeteats](#)

Time: 30 min

INGREDIENTS

Salad-

- 2/3 cup sliced or slivered almonds
- 3 tablespoons sugar
- 10 ounces arugula greens
- 8 ounces strawberries, hulled and quartered or chopped
- 1 avocado chopped
- 2 ounces crumbled goat cheese,
- 1/3 cup roasted salted pistachios, chopped

Champagne Vinaigrette-

- 3 tablespoons champagne vinegar
- 1/2 lemon, juiced
- 2 tablespoons honey
- 1 teaspoon dijon mustard
- 1 garlic clove, freshly grated
- pinch kosher salt and pepper
- 1/2 cup olive oil



INSTRUCTIONS

1. In a nonstick skillet over medium heat, place the almonds then stir in the sugar to melt and coat evenly- until carmely, about 6-8 minutes. Then transfer to parchment paper to let them cool and harden for the crunchy topping!
2. Toss arugula with a pinch of S&P then add rest of ingredients.
3. For the vinaigrette whisk the vinegar, honey, lemon juice, dijon, garlic, and S&P in a bowl to combine. Stream in olive oil while whisking to incorporate.
4. Drizzle dressing and serve!

RESEARCH SYMPOSIUM ON NUTRIENT REQUIREMENTS FOR HUMANS AND ANIMALS IN THE ERA OF PRECISION NUTRITION

UF/IFAS CENTER FOR NUTRITIONAL SCIENCES

March 21, 2024

Overview:

This one-day event gathered leading experts to explore the evolving landscape of precision nutritional needs for humans and animals, incorporating cutting-edge technologies like artificial intelligence.

The symposium delved into the nuanced aspects of nutrient requirements, emphasizing personalized, data-driven approaches to optimize health, performance, and well-being.



Presentations:

Current Initiatives in Nutrition at the United States Department of Agriculture

Deirdra Chester, Director, Office of the Chief Scientist, United States Department of Agriculture

New Emphasis on Nutrition at the National Institutes of Health

Daniel Raiten and **Andrew Bremer**, Office of Nutrition Research, National Institutes of Health

Rationale for Precision Nutrition

Holly Nicastro, Program Director and Coordinator, Office of Nutrition Research, National Institutes of Health

Mathematical Considerations for Precision nutrition

Diana Thomas, Professor of Mathematics, U.S. Military Academy, West Point, U.S. Army

Defining the Role of Microbiota in Precision nutrition

Frédéric Raymond, Professor at the Faculty of Agricultural and Food Sciences, Université Laval

Precision for Dietary Reference Intake Recommendations

Katherine Tucker, Professor, Biomedical & Nutritional Sciences, University of Massachusetts

Nutrition Requirements and Precision nutrition for Space Travelers

Scott M. Smith, Nutritionist, Manager for Nutritional Biochemistry, Biomedical Research and Environmental Sciences, Johnson Space Center, National Aeronautics and Space Administration

Precision for Future Nutritional Requirements for Companion Animals

Richard Hill, Associate Professor, College of Veterinary Medicine, University of Florida

Developing Nutrient Requirements for Large Animals: Precision nutrition and Practical Applications

Joel Caton, Professor, Animal Sciences, North Dakota State University

Letter from the President-Elect

As we reflect on the achievements of the North Florida Academy of Nutrition and Dietetics (NFAND) over the past year, it's evident that our organization has made significant strides in connecting the nutrition and dietetic professionals of the North Florida area. While the merger of GAND and FCAND was uncharted waters, I definitely have to commend the NFAND Board of Directors for banding together and creating a thriving professional organization, with over 127 members! Your leadership and commitment to NFAND has continued to uphold our mission of advancing the nutritional well-being of individuals and communities in North Florida.

Over the past year, NFAND has successfully organized numerous events, workshops, and webinars including seven virtual and in person continuing education events for a total of 43 CEUs free or at a reduced cost for NFAND members and two socials. One of NFAND's priorities is to provide our members with the latest research, trends, and best practices in the field of nutrition and dietetics to not only enhance our professional development but to also empower us to better serve our clients and patients in the North Florida area.

Looking ahead, I am excited about the possibilities that the upcoming year holds for NFAND. We have ambitious goals to further expand our reach, enhance our events, and strengthen our partnerships within the community. I encourage you to complete the membership survey that will be emailed to you soon, so you can provide any suggestions of events, initiatives, and/or any community outreach that interests you. Together, we will continue to strive to make our organization stronger and advocate for the importance of nutrition and dietetics.

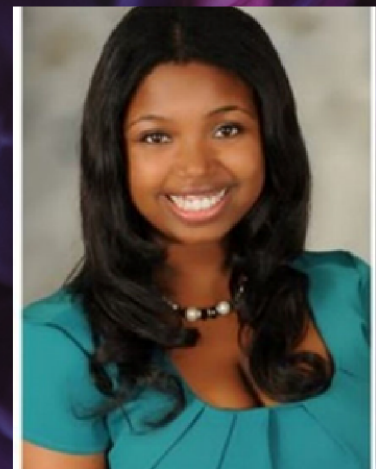
I invite each and every one of you to actively participate in our upcoming events and initiatives. The End of the Year Banquet and CEU Event will be held on Wednesday May 22nd at 6:00 pm at Maggiano's Little Italy in the St. John's Town Center. This event will showcase all the great achievements that we have made this year and gives you the opportunity to network with your fellow NFAND members. Your involvement and contributions are invaluable to the success of our organization, and I am confident that together, we will achieve even greater heights in the year ahead.

Thank you for your continued support, dedication, and passion for the field of nutrition and dietetics. I am honored to serve as your President Elect, and I am excited to continue to embark on the journey as your President next year.

Best Regards,

Jamisha Lettwich DCN, RDN, LD/N, CLC, FAND

NFAND President-Elect



RDN of the Quarter: **Alli Gregg**

Current Position:

Kate Farms Clinical Dietitian Territory
Manager

Where did you go to undergrad?

University of Alabama, roll tide!

Where did you complete your internship?

Mayo Clinic Jacksonville

How long have you been an RDN?

7 years



What is something you have learned since becoming an RDN?

Dietitians truly are the nutrition experts among a multidisciplinary team. I was shocked to hear from doctors that I work with that they had very minimal/if any nutrition education during their training. Be confident that the team is looking to you for the nutrition recommendations!

What are you most passionate about related to Dietetics?

Food as medicine.

What advice do you have to those that are currently in their DPD program, masters, or dietetics internships?

Hands-on experiences and keeping an open mind! I originally thought I wanted to be a pediatric dietitian. 3 days into my 1 week dietetic internship rotation at a children's hospital, I knew I absolutely did NOT want to do pediatrics. Experience as many patient populations and nutrition industries as you can to narrow down what you really enjoy and are passionate about!

What is your favorite part about being an RDN?

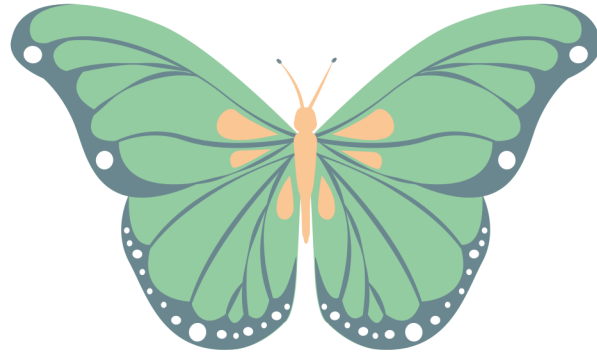
Helping patients! There is no better feeling than providing high quality nutrition to help patients get back to thriving and living their best lives with their loved ones.



Fun facts:

My family thought I made meal plans as a dietitian until they saw me live in action. My grandpa ended up 100% dependent on tube feeds with a J-tube. And of course he was a Kate Farms Peptide patient! I flew home to Iowa to help my grandpa get all set up and train my family on pump feeds as they were the primary caregivers. My family was amazed to see how effortlessly I navigated the feeding pump, formula, water flushes, etc. They said, "Wow! How do you know how to do all of this? You are practically a doctor!" I laughed and told them this is also what dietitians do and what I had been doing for the past 5 years!!!

Florida Academy of Nutrition and Dietetics



The Florida Academy of Nutrition & Dietetics Symposium was an enlightening and enriching experience. It offered a comprehensive look into the latest trends, research, and practices in nutrition and dietetics.

One of the symposium's highlights was the diverse range of topics covered by esteemed speakers. From discussions on the role of nutrition in chronic disease management to the latest advancements in dietary interventions, each session provided valuable evidence-based and practical insights. I particularly appreciated the emphasis on translating research findings into actionable strategies for improving patient outcomes and promoting public health.

Furthermore, I was deeply moved by the Florida Academy of Nutrition & Dietetics' commitment to promoting diversity, equity, and inclusion within the profession. The symposium featured sessions dedicated to addressing health disparities, cultural competency, and the importance of providing inclusive care to individuals from diverse backgrounds. Such initiatives are commendable and crucial for ensuring that nutrition and dietetics services are accessible and equitable for all.

Overall, the Florida Academy of Nutrition & Dietetics Symposium not only met but exceeded my expectations. It left me feeling inspired and empowered, and I am eager to apply what I've learned to enhance my practice. I commend the organizers for putting together such a valuable and impactful event, and I eagerly anticipate attending future symposiums to further my professional development in the field of nutrition and dietetics.



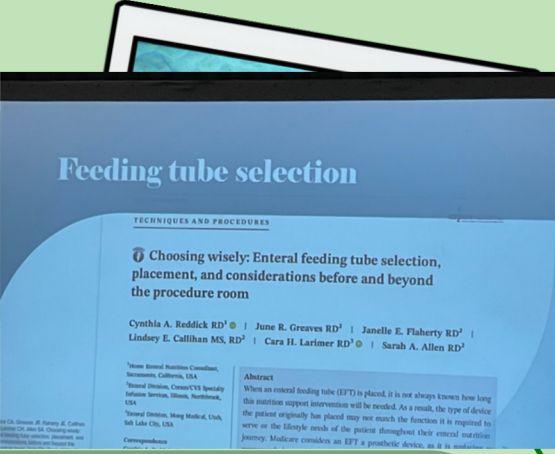
FANS

Change your mindset and you have the ability to change your whole world.
Never stop learning!



Great Friends!

Educational specialist!



Fantastic Speakers!



Benefits of NFAND Membership

On behalf of Membership Committee

Thank YOU for Being a Member:

We want to thank everyone who is a member of NFAND this year for the support you have given to the nutrition and dietetic community and for striving to continue advancing the profession. We hope that we can continue providing you with resources that will enhance your practice, help build your network, and help you connect with your community!

Member Feedback Survey:

As a valued member of NFAND, we are interested in hearing from YOU. Your feedback is essential in helping us enhance your membership experience. Please take a few moments to share your thoughts with us about your experience in NFAND this year. It shouldn't take more than 5 minutes to complete, and your feedback is essential. Your feedback will help us learn more about our members and help us improve our organization for the year to come!

Link to Survey: https://survey.unf.edu/jfe/form/SV_a8HilttCpdH3VCm



Benefits of NFAND Membership

Yearly Membership Sign Up/Renewal:

As our first year of NFAND wraps up on May 31st, it's time to renew your membership for 2024-2025! Please click the link below to join or renew your membership TODAY: [Join NFAND | NFAND \(eatrightnorthflorida.org\)](https://eatrightnorthflorida.org)

Benefits:

If you are not yet a member of NFAND, we strongly encourage you to join as there are many benefits that you can receive as a member!

- Access to resources for food, nutrition, and dietetics enthusiasts
- Connection with local community and professionals in the field
- Event opportunities and discounted registration
- Access to recorded webinars
- Continuing Education Units (CEUs)
- Scholarship and grant opportunities
- Job listings
- Growth in leadership skills
- Networking opportunities
- Strengthening relationships with the community
- Mentorship opportunities for students and practitioners
- Advocacy and community engagement opportunities

2023-2024 NFAND Membership Committee:

Jamie Zeldman (Committee Lead)
Karin Gulick
Maddie Perron
Angel Shingles
Sophie Giangrosso

Current Membership Standings:

Total: 124
Professional: 52
Student: 67
Retired: 5



STUDENT OF THE QUARTER

UNIVERSITY OF FLORIDA

Alyssa Johnson

While at UF, I have obtained experience within different focuses of dietetics, including sports, food service, research, clinical, and pediatrics. My experiences in research, clinical, and pediatrics have profoundly influenced my career aspirations. During short moments of downtime, I enjoy kayaking, rollerblading, listening to wholistic healthcare podcasts, and receiving acupuncture. I look forward to graduating from UF with highest honors this spring semester and to starting a new chapter in my career path.

What sparked your interest in studying nutrition and Dietetics?

The connection between nutrition and my chronic illness guided me towards pursuing a career in dietetics. As I began to tailor my diet, I noticed a significant reduction in my symptoms and an improvement in my overall well-being. After personally experiencing the impact nutrition can have on my daily life, it sparked my passion for assisting others in managing their chronic illnesses through nutrition.

Could you share a bit about your short-term and long-term career aspirations within the field?

My short-term goal is to gain more hands-on clinical experience with mothers, infants, and children during my dietetic internship rotations. I also aim to complete a master's thesis concentrating on one of these populations to continue developing my research skills. Long-term, my dream aspiration is to become both a clinical and research dietitian who specializes in nutrition-related preventative care for maternal, infant, and pediatric health. I envision counseling patients on preventative care strategies, conducting research to advance preventative care practices, and presenting research at major conferences.

In your experience, what has been the most significant factor contributing to your success as a Nutrition and Dietetics student at UF?

The unwavering support, encouragement, and guidance from faculty at UF is the key factor contributing to my success at the university. Whether I needed assistance with making connections, narrowing down graduate programs, understanding class material, or navigating personal matters, they were always consistently there for me. UF faculty's dedication to their students is genuinely why I am on the path that I am on today.



What advice would you offer to fellow students who are considering pursuing a career in Nutrition and Dietetics at UF?

There are two major tips I would like to offer. One, remember to carve out time for recharging and prioritizing your health while navigating the demands of the challenging program. Maintaining a balance is key to excelling in both academics and personal areas of life. Second, do not be afraid to explore different pillars of dietetics that may not be of interest to you. Identifying the concentrations within dietetics that you are not interested in is just as valuable as recognizing the concentrations that do pique your interest. You may surprise yourself too!

As you continue your journey at UF, what are your hopes for how you can positively impact the field of nutrition and dietetics?

I am currently working on my undergraduate thesis, which focuses on the infant gut microbiome. The primary objective is to determine if there is a more convenient method for measuring intestinal inflammation in preterm infants. Furthermore, my research aims to establish a preventative care intervention that could potentially reduce intestinal inflammation in this population. I hope my findings can contribute to the field of dietetics by continuing the exploration of possible preventative care practices for preterm infants.