



Nashville Academy of Nutrition and Dietetics Newsletter: December 2016

Board meeting:

*Tuesday,
January 24th, 5pm
Location TBD*

Updates:

*Congratulations to
Lindsey Joe, NAND's
new media rep and
Becky Gerhartz, new
NAND nominating
member position.*

Letter from the President

Seasons Greetings NAND members,

We had a great start to our first half of the year. We had a successful kick-off networking event on September 20th at Arrington Vineyards, and we hosted our very first webinar-based Journal Club. Be on the lookout for more web-based CEU opportunities! Thanks to our President-Elect, Emily Hogan, for hosting an excellent Fall Member meeting at Emma Bistro on November 1st with our TAND President, Mary Catherine Schallert, and a panel of experts on “Improving Your Private Practice.” Hopefully you were able to participate in our first Fall Fundraiser Event with hosting a Thirty-One Party. Thank you to Lindsey Leslie, our Fundraising Chair, and Heather Bumbalough, our Thirty-One hostess and Public Relations Chair, for an excellent event.

We have a passionate and talented Board this year, and I am honored to have them make NAND continue to grow in meeting our member needs. Speaking of Board Members, nominations are officially under way for our upcoming 2017-2018 Board. If you are interested in getting more involved, or know of someone in our dietetic profession who is a leader, please send in your nominations to Lori Black at her email: lblack2@iamtouchpoint.com by December 31, 2016. Nominees must be an active or retired member of AND and NAND and licensed to practice in Tennessee. We hope to have you join our Board!

As the holiday season approaches, we are working hard on numerous NAND events for the New Year! Keep an eye out for our upcoming member meeting in February as we partner with MTSPEN to provide an excellent clinical nutrition CEU opportunity. Collette Powers, our NAND Past-President, worked hard to create multiple volunteer opportunities for our National Nutrition Month in March. We will be posting opportunities and events on our website, so please stay tuned!

As this year comes to a close, I am grateful for many things. I am thankful for our Nashville dietetic community, for the numerous opportunities for our association to grow and continue to provide quality professional opportunities and educational events, and for a diverse group of individuals who really make Nashville shine as nutrition experts. Thank you for all your work as a dietetic professional. We hope to see all of you at our upcoming events in 2017! Have a happy holiday and a very Happy New Year.

In Good Health,

Sarah Martin

NAND President 2017-2018

NAND Journal Club

Topic: Pediatric Weight Management

Led by: Kristin Pressnell, RD, LDN – TAND scholarship recipient for childhood and pediatric weight management certification

Date: Thursday, December 8, 2016

Time: 5:30 – 7 pm

Location: Edmondson Pike Library Branch
(5501 Edmondson Pike Nashville, TN 37211)

NAND Journal Clubs are free for members and \$10 for nonmembers.

Each journal club will provide 2 CPEUs.

Reserve your spot today and RSVP to

stephchelton@gmail.com

Member Spotlight: Our RDs in the News

We just love when our NAND Dietitians reach out to the community and share articles, insights and any other nutrition-related news! This quarter we had a few members create information that was shared on the web.

Lindsay Joe created a YouTube video on “How to Make a Healthier Pumpkin Spice Coffee”

<https://www.youtube.com/watch?v=K6KH3CAFhA>

Amanda Jacob Erickson, RD, LDN had two articles published in the AntiochTenn.com online newspaper, one just before Halloween and one before Thanksgiving. Check them out here:

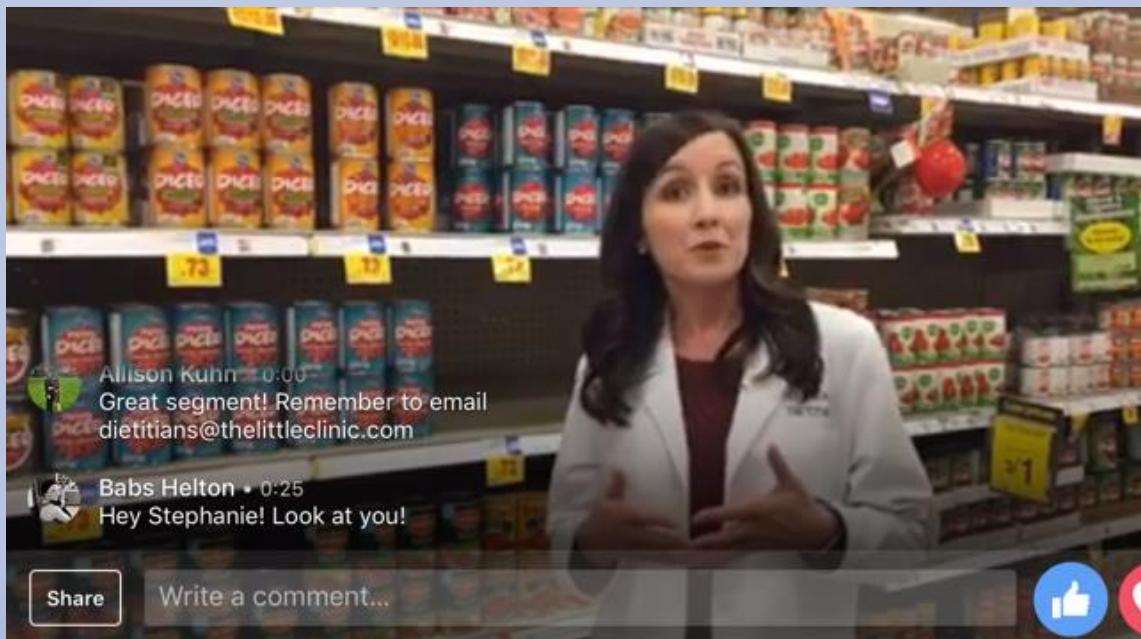
<http://www.antiochtenn.com/2016/10/24/local-dietician-offers-yummy-halloween-advice/>

<http://www.antiochtenn.com/2016/11/17/stay-healthy-while-enjoying-the-yummy-this-thanksgiving/>



Member Spotlight

- We want to recognize Nashville dietitian Stephanie Chelton, RDN, who went live on camera to share about the Navigating for Nutrition program offered by The Little Clinic at Kroger. Did you know you can have a dietitian shop alongside you and provide nutrition guidance? Check out the video to learn more about this personal shopping opportunity and hear about the heart-healthy benefits of canned tomatoes.
- Stephanie is a dietitian at The Little Clinic and serves as the Council on Professional Issues (CPI) Chair for the Nashville Academy of Nutrition and Dietetics. If you want to schedule a visit with Stephanie or any of The Little Clinic dietitians in Nashville (TN), Columbus or Cincinnati (OH), or Denver (CO), email dietitians@thelittleclinic.com.



Member Spotlight



Community Outreach

Several of our members have been reaching out to the community to talk about the role of Dietitians.

Amber Payne spoke at both Siegel High School and Oakland High School (both in Murfreesboro) about the careers of dietitians.

Shout out to Tara, one of our NAND members, who volunteered at the Glencliff Academy Showcase on Friday, September 16th. She used visuals to generate discussions about the importance of enjoying limited amounts of sugar and salt to promote good health. Thanks Tara!

Erin Lisemby, a dietitian with WIC Mobile Program, went to Glencliff High School to talk to the students about how she has chosen her career path, college, and how she paid for college.

Emily Hogan, Rebecca Gerhartz and Jill Mongene went to TSU to discuss the field of dietetics and NAND to their dietetic class, directed by Dr. Elise Shearer. The students were excited to hear from the President Elect, a certified DTR dietitian and the Student Delegate.

If you have done any community outreach, are interested, or know of someone in need of dietitians to speak at a local school or facility, please send information to Jill Mongene (jill.mongene@gmail.com) or Amanda Jacob Erickson, RD, LDN (amanda.jacob@hcahealthcare.com).



Please Join Us!

Are you looking for ways to give back during the Holiday Season? Here are just a few options that members are signing up to participate in!

Hands On Nashville is working with St. John's Methodist Church on 12/15 to prepare and serve food to those in need. Sign up here:

https://www.hon.org/HOC_Volunteer_Opportunity_Details_Page?id=a0C1200000ozauCEAQ

Help Hands on Nashville with Holiday food box packaging and delivery on 12/17. Sign up here:

https://www.hon.org/HOC_Volunteer_Opportunity_Details_Page?id=a0C1200000rEanoEAC

NAND BOD Nominations

Being on the NAND board has many benefits, such as:

- 3 leadership CEUs to log in your professional portfolio
- FREE year membership to NAND
- Strengthens your résumé
- Sets you up as a great candidate for TAND leadership

Self-nominations are encouraged!

Nominees must be an active or retired member of AND and NAND and licensed to practice in Tennessee. Please email Lori Black @ lblack2@iamtouchpoint.com by **December 31, 2016** with your nominations.

President-Elect

The President-Elect is elected to a three year term (as President-Elect, President, and Past President). The President-Elect's responsibilities include coordinating quarterly NAND meetings (by identifying the district's educational needs, securing appropriate speakers & sponsors for member meetings) and submitting information to TAND for CEU credit for members.

Secretary

The Secretary is elected to a 1 year term and serves under the Finance Committee Pillar. The Secretary is responsible for NAND's written communication, which includes recording all minutes of the board and member meetings, maintaining NAND's historical records and bylaws, and sending quarterly email newsletters to members.

Treasurer

The Treasurer is elected by NAND members to a two year term. The person in this position files income taxes, reports the total assets and total current liabilities as well as revenue from membership dues and fundraisers, prepares the annual budget for board approval, and handles reimbursements.

Council on Professional Issues Chair-Elect

The CPI Chair-Elect is elected to a two year term (as CPI Chair-Elect then CPI Chair). The Council guides NAND in professional practice issues, identifies needs and develops strategies for marketing and public relations, and assists the President-Elect in organizing meetings by finding sponsors, meeting locations, speakers.

Nominating Committee Member & Chair-Elect

The Nominating Committee Member is elected to a one year term. The Nominating Committee Chair-Elect is elected to a two year term (as the Chair-Elect, then the Chair). The Chair-Elect is the nominee with the most votes, while the Member is the nominee with the second most votes in the election of the Nominating Committee.

Holiday Memories

Nashville Dietetic Students and Interns were asked to recall and share their most memorable holiday food/nutrition family tradition.

The family tradition I look forward to most is baking all of our desserts together on Thanksgiving; we always have fun baking, and a little dessert never hurt!

Lauren Sherwood, MTSU Dietetic Student, Senior Class 2016

I look forward to all my cousins picking out one specific food item to make and bring to our holiday dinner. We have a big potluck with a variety of delicious food that is prepared and cooked differently.

Meghan McCrary, MTSU Dietetic Student, Senior Class 2016

My family tradition that I look forward to the most is coming together as family to cook both traditional American Thanksgiving food and traditional food in my culture.

Usually the older family members prepare the traditional Asian dishes, while the younger adults, like me, are in charge of the American dishes such as the mashed potatoes and macaroni. One of the recipes that I make during Thanksgiving is called mini green bean casserole cups that I started making after I took my Food Principles course.

The link to the recipe is provided: <https://www.pillsbury.com/recipes/green-bean-casserole-crescent-cups/e469803c-e4ac-4d68-8975-ee3313c96d1f>

Paritta Sisavang, MTSU Dietetic Student, Senior Class 2016

This is a recipe my family makes for Thanksgiving.
<http://allrecipes.com/recipe/31848/jambalaya/>

Lea Heaton, MTSU Dietetic Student, Senior Class 2016

Hometown: Murfreesboro, TN

My dad makes the pumpkin tiramisu every Thanksgiving. It is my favorite dessert.

<http://www.tasteofhome.com/recipes/pumpkin-tiramisu>

Kristen Peterson, MTSU Dietetic Student, Senior Class 2016

Hometown: Woodbury, TN

I make a dish similar to this Autumn Cobb Salad every year and it's always a welcomed change from the traditional heavy holiday food often served:

<http://www.foodiecrush.com/autumn-cobb-salad/>

Marsha Lakhani, MTSU Dietetic Student, Senior Class 2016

Hometown: Logan, OH

Holiday Memories, continued.

Making Christmas cookies with my mom. We make recipes going back to my great grandmother and experiment with new ones.

Kati Pittman, MTSU Dietetic Student, Senior Class 2016
Hometown: Babylon, NY

A tradition that was started last year when I became an official dietetics student was something my family calls "Plantsgiving." My two sisters, mom, and I are all plant-based vegans and we decided to throw a Thanksgiving get-together for ourselves and a few vegan friends of ours. We veganized all of the traditional Thanksgiving foods and even tried our hand at a tofu turkey stuffed with dressing!

Alix H. Thompson, MTSU Dietetic Student, Senior Class 2016
Shelbyville, TN

My favorite holiday memory is making sweet potato casserole with my mother the morning of Thanksgiving. We would split up the task of peeling the potatoes (that's always the worst day) and then assembly the rest of the dish before popping into the oven.

Maria Terrazas, MTSU Dietetic Student, Senior Class 2016
Hometown: McMinnville, TN

Every year, my family gets together on the Wednesday before Thanksgiving to being all of the food prep for the next day. In addition, this is the only time of the year that we make one of my favorite snacks: homemade chex mix. We make a HUGE batch of it and divide into big freezer bags so that each member of the family can take some home to enjoy all throughout the year. It usually lasts me through December; it's so good!!

Margaret Davis, MTSU Dietetic Student, Senior Class 2016
Hometown: Memphis, TN

Holiday Memories, continued.

Every year for Thanksgiving me, my mom, and my grandmother give each other two ingredients and we have to create a recipe based on those food items. It's a fun way to try new recipes or even create your own and then talk about it over a Thanksgiving meal.

Lauren Kirby, MTSU Dietetic Student, Senior Class 2016
Hometown: Smyrna, TN

Melk Tert is a traditional South African dessert that I make during Christmas here in the United States. Here is the link: <http://allrecipes.com/recipe/80160/south-african-melktart-milk-tart/>

Celeste OMealy, MTSU Dietetic Student, Senior Class 2016

I always look forward to Mac n cheese at my families gathering, It is the creamiest, cheesiest mac n cheese you will ever taste. Unfortunately there is not a link, it is a family recipe. It is a SECRET!

Kayla Wilkins, MTSU Dietetic Student, Senior Class 2016
Hometown: Memphis, TN

Every Christmas morning, my mom and I make coffeecake before any of the rest of the family is awake. She and I get to spend time together in the quiet morning before we open gifts. I have always treasured the quiet and magic of Christmas morning, time with my mom, and the sweet cinnamon-sugar aroma from coffeecake.

Katie Murphy, Vanderbilt Dietetic Intern, Class of 2017
Hometown: Newark, DE

My favorite family tradition over the holidays making my Italian great grandmother Antoinette's spaghetti sauce. The recipe is handwritten. The event takes all day and it reminds us of her working in the kitchen every Sunday.

Jill Mongene, MTSU Dietetic Student, Senior Class 2016
• Hometown: Lake Orion, MI

•

Save the Date!

NAND Fitness Class/Networking Event

When: Thursday January 12th, 2017

Where: Orange Theory Fitness

Nashville West Shopping Center
6720 Charlotte Pike, Suite 102
Nashville, TN 37209

<http://west-nashville.orangetheoryfitness.com/>

*More details and how to RSVP to be released in December so be sure to check your email!

Spring Member Meeting with Middle Tennessee Parental and Enteral Nutrition (MTSPEN): Tuesday, February 28th.

Topic: Parental Nutrition Safety. Dinner and Speaker sponsored by Fresenius-Kabi. Speaker Carol Ireton-Jones

Location: Maggianos, Little Italy
3016 West End Ave. Nashville, TN

Please RSVP to Emilyhoganrd@hotmail.com.

National Nutrition Month

Food sorting with Second Harvest: Saturday March 18th from 9am-12pm

Gardening with the Nashville Food Project: Saturday March 25th from 9am-11am

*RSVP information to be released as dates approach.

NAND Fall Fundraiser

NAND was able to raise \$110 with the Thirty-One Fall Fundraiser. Additionally, we were able to donate \$100 worth of product to Gilda's Club Nashville. Thanks to all who participated! We hope you enjoy your Thirty-One products.



NUTRITION for SPORTS, EXERCISE & WEIGHT MANAGEMENT

- What Really Works and Why
 - Friday Dec 9 - Saturday 10, 2016 Nashville, TN
 - Hosted by Lipscomb University's Exercise & Nutrition Science Graduate Program
 - Here's your chance to update your sports nutrition knowledge, boost your confidence when counseling active clients, network with peers, and learn from two internationally respected professionals at this information-packed workshop on Nutrition for Sports, Exercise and Weight Management. You will learn what really works—and why!
 - Sports nutritionist Nancy Clark MS, RD, CSSD is known for her expertise teaching casual and competitive athletes how to fuel for success.
 - Exercise physiologist John Ivy PhD is known for his research with carbohydrates, protein, meal timing, sports supplements, and exercise.
 - This 1.5 day program (Friday 8:30-4:30; Saturday 8:00-12:15) is designed to help registered dietitians, athletic trainers, coaches, exercise physiologists, personal trainers, and sports medicine professionals (as well as athletes themselves) learn how to effectively teach the sports nutrition and training messages. You will also glean tips for growing the business of their dreams.
 - CEUs: AND, ACSM, AFAA, ACE, NSCA, NASM and CHES
 - Cost: \$257 for 1.5 day workshop. A group of 4 is \$225 per person; bring your friends!
 - \$95 full-time students and dietetic interns
 - \$99 non-professionals (no CEUs)
 - For more information and to register: www.NutritionSportsExerciseCEUs.com
 - E-mail: ClarkIvy114@gmail.com Phone: 512-461-5407
 - If you cannot attend in person, the workshop is also available online for CEUs.

Thanks to all who attended our Fall Meeting!

What a wonderful fall meeting we had!

- TAND President Mary Catherine Schallart provided a great overview of TAND and how to get involved and receive scholarships.
- Mollie Perry from VidaFuel provided snacks and information on her kidney-friendly snacks.
- A great discussion panel was held helping our RD's who want to start their own businesses. On the panel were speakers:
 - ✓ Nan Allison, MS, RD, LDN
 - ✓ Joe Bennie, CPA, Pro Management
 - ✓ Deborah Farringer, Professor from Belmont University College of Law



Social Media

NAND has a strong presence on social media with Facebook and Twitter, but did you know we also have a Pinterest account too?! If you have not already, follow us on Pinterest at <https://www.pinterest.com/eatrightnash/>. You will find anything from great recipes (like the one below) to tips on how to fuel for exercise, and more! We have some great pins to help prepare you for the holiday so check them out today! You can also access our pinterest link from the NAND website homepage at www.eatrightnashville.org.

Sweet Potatoes with Chili Orange Glaze

Recipe from [instacart.com](#)

50 minutes, 6 servings

Ingredients

- 1/3 cup maple syrup
- 1/2 teaspoon salt
- 1/4 cup fresh orange juice
- 1 tablespoon olive oil
- 2 pounds sweet potatoes, sliced horizontally into about 1/4-inch thick circles
- 1/2 teaspoon chili flakes

Preheat oven to 375 degrees F. In a small bowl, mix together maple syrup, salt, orange juice and olive oil.

Add sweet potato slices to a 9x13-inch baking pan and pour liquid mixture over the top. Stir thoroughly to cover all the potatoes in mixture.

Cover with aluminum foil and place in oven for 15 minutes. Remove foil, stir and place pan back in oven, uncovered.

Cook for another 30 minutes, stirring every 10 minutes to continue basting the sweet potatoes. Potatoes are done when they can be pierced with a fork and are tender. Sprinkle with chili flakes, then serve warm.



Happy Holidays from NAND!



Share your Story!

Know an outstanding RD or group of RDs involved in the community? Please share their great work in our Member Spotlight. Contact Amanda Jacob Erickson (amanda.jacob@hcahealthcare.com) to be included in the next NAND newsletter.

Follow NAND on social media!

Twitter: @EatRightNash

Facebook: Nashville Academy of Nutrition & Dietetics-NAND, @EatRightNash

Have something you would like shared on social media? Send it to Heather Bumbalough, Public Relations Chair, at hbumbalough@gmail.com.