

# Adelante LAHIDAN

Winter 2011, Volume 3, Number 1

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[www.eatrightlahidan.org](http://www.eatrightlahidan.org)

## Message from the Chair

Amigos y Miembros/Friends and Members,

Thank you for allowing me the privilege of serving as the LAHIDAN chair for 2010-2011! The Food & Nutrition Conference & Expo (FNCE) Boston 2010 was so memorable! We had the honor of having our current ADA President, Judith Rodriguez, PhD, RD, FADA, LDN, present our distinguished Trinko Service Award to Cecilia Pozo Fileti, MS, RD, FADA. Aurora Buffington, MS, RD, also presented our first LAHIDAN student scholarship to Amanda Longoria. (See page 3 to learn more about our awardees.)

As I reflect on the experiences and interactions I had at FNCE, there was one constant emotion in the air, passion! LAHIDAN members are very passionate about helping students, peers, patients, and family! Among the most passionate are our Executive Committee (EC) members, regional coordinators, newsletter editors, and other active LAHIDAN volunteers. Through all the efforts from our members and our passion for helping others, we have been able to accomplish some very amazing things as a newer organization of ADA. Here is a list of some things that are well on their way:

❖ **Platicas Latinas:** This year, LAHIDAN members can earn CPE's and learn Spanish through our FREE beginner Spanish webinars! We are also working to provide more cultural webinars in English for those who want to learn about working with the Latino community. For upcoming webinars visit [www.eatright.org/LAHIDANPLATICAS](http://www.eatright.org/LAHIDANPLATICAS).

❖ **Mentoring Program:** This is your chance to pay it forward! Many of us had someone guiding us or encouraging us to finish our degrees, internships, and pass our exams. Join this year's mentoring program and be that pillar of support for a student or an intern.

❖ **LAHIDAN Student Scholarship:** Students and interns often face financial challenges in finishing their educational goals. By assisting a student to attend FNCE, we

increase their chances of meeting their future internship directors and employers, and help them gain valuable networking skills and contacts.

❖ **New Website:** COMING VERY SOON!  
[www.eatrightlahidan.org](http://www.eatrightlahidan.org).

❖ **New Collaborations:** Over the past year, LAHIDAN began collaborations with the National Hispanic Medical Association, Kids Eat Right Campaign, and the Latino Infant Nutrition Initiative. Our new affiliations allow us to offer our members more opportunities for professional development, cultural competency, networking, and leadership opportunities. We will share more in-depth information about these partnerships in our forthcoming newsletters.

This year I challenge each of you to become active in LAHIDAN. Here is a list of four simple things you can do:

- ◆ Start or participate in a discussion on our Yahoo Listserv (search for "LAHIDAN" in Yahoo Groups).
- ◆ Send a review of a resource, toolkit, nutrition book or other reference to be published in our newsletter.
- ◆ Tell your peers and students at local or state conferences that LAHIDAN members can get free CPEs through a beginner's Spanish webinar series called Platicas Latinas!
- ◆ Join us on Facebook **LAHIDAN MIG**.

Thank you for your membership in our organization, and special thanks to our sponsors whose support is key for our growth and ability to provide resources for you.

For any questions and comments or to learn more about a program, send an e-mail to [lahidanec@gmail.com](mailto:lahidanec@gmail.com).

Wishing all of you a Happy New Year,

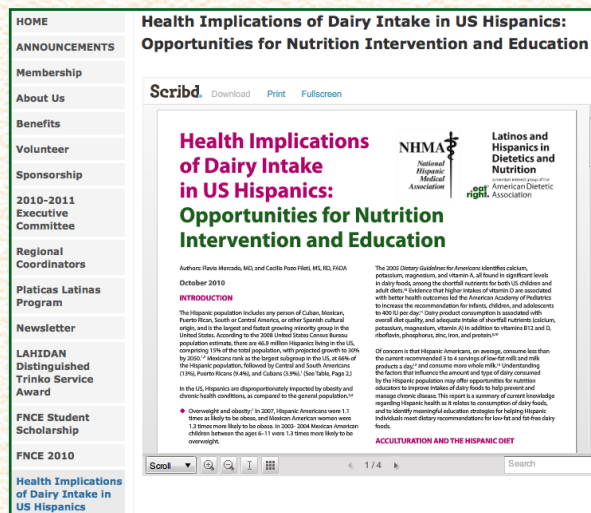
Julie Plasencia, MS, RD  
LAHIDAN Chair 2010-2011

## Do You Need Continuing Professional Education Hours?

Don't miss 1 FREE CPE for the article you received in the mail, "Health Implications of Dairy Intake in US Hispanics: Opportunities for Nutrition Intervention and Education." Please go to LAHIDAN's website — [www.eatrightlahidan.org](http://www.eatrightlahidan.org) to access the article and the test to obtain your CPE.

Learn and Earn! Join LAHIDAN member, Claudia Gonzalez, MS, RD, for a complimentary webinar as she discusses the recently released 2010 Dietary Guidelines. Claudia will help you understand implications for the Hispanic community and how to put into practice changes that work for your Hispanic client base.

1 CPEU will be requested for RDs and DTRs. *MORE INFORMATION COMING SOON!*



## Mentoring Each Other = Key to Success

Sylvia Klinger, MS, RD, LDN

I am a huge fan of mentoring, especially registered dietitians or dietetic students — probably because I couldn't be where I am without the mentors who have helped and guided me. As a young dietitian I surrounded myself with successful dietitians practicing

in my favorite field of dietetics — business and communications. They gave me priceless tips while others inspired me just through listening to their presentations.

The *Merriam-Webster Dictionary* defines a mentor as "a trusted counselor or guide." How wonderful it would be if we all had a mentor.

I would like to think that the world would be a much better place if we all had a mentor.

Mentoring can be the stepping stone you're looking for to help you further your career. If you are feeling like you need a helping hand, mentoring may be just what you need.

Let me share some of the great benefits of mentoring each other:

- ◆ Career advancement
- ◆ Job opportunities
- ◆ Meet other RDs in your field of practice
- ◆ Learn valuable lessons
- ◆ Network with other RDs
- ◆ Obtain leadership skills
- ◆ Share experiences
- ◆ Opportunities to shadow RDs
- ◆ Opportunities to ask questions

I encourage anyone interested in mentoring or in need of mentoring to contact Aurora Buffington, MS, RD, at [lahidanec@gmail.com](mailto:lahidanec@gmail.com) to obtain more information about our mentoring opportunities.

## Networking at State Meetings

### Nevada Dietetic Association Annual Meeting – April 1-2, 2011

Renown Regional Medical Center, Reno, NV  
For more information visit: [www.nevadard.com](http://www.nevadard.com)  
Look for Julie Plasencia, MS, RD

### 2011 Texas Dietetic Association FCNE – April 7-9, 2011

Westin Oaks Houston, Houston, TX  
For more information visit: [www.eatrighttexas.org](http://www.eatrighttexas.org)  
Look for Sara Carrion MS, RD, CSP, LD

### Illinois Dietetic Association Spring Assembly 2011 – April 8 - 9, 2011

Chicago Marriott Oak Brook, Oak Brook, IL  
For more information visit: [www.eatrightillinois.org](http://www.eatrightillinois.org)  
Look for Sylvia Klinger, MS, RD, LDN

*Look for other LAHIDAN leaders and volunteers at your state and local meetings for networking and volunteer opportunities!*



## Pozo Fileti Named 2010 Distinguished Trinko Service Award Winner

Cecilia Pozo Fileti, MS, RD, FADA, serves as president of C.P. Fileti Associates Inc. and Latino Health Communications, a bilingual consulting firm servicing food, health, and government organizations. Her firm supports general market and Hispanic focused outreach through social initiatives, strategic communications, and qualitative research.

Prior to initiating her firm, Pozo Fileti served as Division Director for major health systems in the East coast and the Midwest. Her responsibilities included direct oversight of nutrition, health, and wellness programs, including specialized education for physicians and allied professionals. Pozo Fileti has

represented the American Dietetic Association (ADA), the world's largest food and nutrition association, as national speaker, adjunct and experienced media spokesperson.

Pozo Fileti received her Bachelor's of Science from the University of Dayton in Ohio, and a Master's degree in Human Nutrition from Eastern Michigan University. Cecilia holds postgraduate certifications in several subspecialty areas of practice. As an author and contributor to the field, she has received various national awards.

Pozo Fileti is the founder and past president of several organizations including Latinos and Hispanics in Dietetics and Nutrition, a Member

Interest Group, and Latinos Unidos, a local community service organization. As a leader representing ADA, she served as a member of the Board of Directors, the Legislative and Public Policy Committee, as well as other committees. She serves on the Advisory Board of the American Council for Food and Nutrition and provides strategic services for a variety of organizations focused on closing gaps in health disparities.



Cecilia Pozo Fileti, MS, RD, FADA

## Longoria is First Recipient of 2010 LAHIDAN Student Scholarship

Amanda Celine Longoria attended the University of Texas at Austin and completed a double major in Nutrition (BS) and Plan II Honors (BA). She is the president of the Texas Student Dietetic Association, vice president of external affairs of the University of Texas at Austin's Student Dietetic Association, and is currently an intern at the University of Texas at Austin's Coordinated Program in Dietetics.

Amanda's capstone thesis project for the Plan II Honors Program was titled *Everything's Bigger in Texas: An Action Plan to Reduce Texas Elementary School Children's Expanding Waistlines*. This project cemented her passion for child nutrition, and she aspires to work with children to help them establish life-long healthy eating habits. *Felicidades/ Congratulations Amanda on receiving the first student scholarship of LAHIDAN!*



Amanda Longoria, 2010 Student Scholarship Recipient, with Aurora Buffington, MS, RD, LAHIDAN Nominating and Mentoring Chair.

## Food & Nutrition Conference & Expo (FNCE) Boston 2010



LAHIDAN members enjoying the 2010 Member Meeting and Reception.



LAHIDAN members and leaders gather with Judy Rodriguez, PhD, RD, FADA, ADA President.

## LAHIDAN at Leadership Institute 2010: A Letter from Sara Carrion

This past summer, I had the wonderful opportunity to be a part of the ADA's 2010 Leadership Institute in Scottsdale, Arizona. This was a conference like no other, and helped me to re-energize and re-motivate my spirit as a leader in dietetics. We spent the majority of our time at the Leadership Institute listening to a variety of speakers, challenged with the task of providing attendees with the best tools to be an effective leader.

Our first speaker, Robin Crow, reminded us of the importance of being enthusiastic and optimistic to improve the performance of those involved on our teams. He also reminded attendees that "Leadership cannot be awarded or appointed, it must be earned."

Simon T. Bailey was another enthusiastic speaker who oozed motivation. He asked us to do one very simple task over the course of our meeting: to move our watch to the opposite hand for a few hours as a way to remind leaders to try something different, to be the change we wish to see in our organizations. This had such a profound effect on me that I decided to wear my watch this way the entire conference. This little change spoke to the brilliance within us all and reinforced the powerful message of change we were asked to be.

Debbie Maier broke us into groups showing leaders how to become an instant team who could make positive changes. We were also entertained with the comedy team of Second City Communications who taught us how to deal with challenges in the workplace using a bit of humor.

By far the most important part of the trip were the people I was fortunate to meet. ADA's Leadership Institute allowed me to network with other like-minded RDs, introduced me to LAHIDAN, and even gave me the opportunity to meet our current ADA President, Judith Rodriguez, PhD, RD, FADA, one of the highlights of my trip!

### Engage...Learn... Share Perspectives at the 2011 Leadership Institute

Join the growing number of ADA members who have developed their leadership skills by attending the prestigious Leadership Institute. The 2011 Leadership Institute will be held June 9 - 12, at the Intercontinental Montelucia in Scottsdale, Arizona.

Participants will sharpen their skills through interactive workshops and network with 300 ADA member leaders. Here are just a few comments from past ADA members who attended the Leadership Institute:



From left to right: 2010-2011 ADA President Judy Rodriguez, PhD, RD, FADA, meets Regional Coordinator, Sara Carrion, MS, RD, CSP, LD.

*"I consider this opportunity at the top of my list when I think of training and motivation in my 30+ year career."*

*"The networking with past, present, and future leaders was invaluable."*

*"The best meeting put forth by ADA...keep it going!"*

Interested in attending the 2011 Leadership Institute? Fill out the [self-nomination form](#) to be considered for a space. Self-nominations must be submitted by March 2, 2011. For questions contact [leadership@eatright.org](mailto:leadership@eatright.org).

## Unidos: Dietistas Registrados/ United We Stand: Registered Dietitians

Amanda Celine Longoria

As I walked into the LAHIDAN member reception at ADA's Food & Nutrition Conference & Expo (FNCE) Boston, I instantly felt at home. There was a low murmur of Spanish that filled the room, and the warmth that accompanies the beautiful Hispanic culture instantly enveloped me. I struck up a conversation with a professor and her students from Puerto Rico, and I learned that kidney beans are a staple food in Puerto Rico (like pinto beans are to Mexicans), and are called by locals, "habichuelas coloradas." Then, I encountered a woman from Argentina and engaged in a dialogue with her about her beautiful country and enjoyed hearing her speak castellano, what Argentinians call their particular dialect of Spanish that is musical when spoken. I was also privileged to speak with my LAHIDAN mentor, Dr. Nancy J. Correa-Matos, PhD, RD, who offered me insight into her career path and advised me on my own.

While I was at the LAHIDAN Reception, I felt privileged to see a group of leaders in Hispanic nutrition and health all gathered into one space. With 88% of registered dietitians being non-Hispanic whites, according to a 2007 ADA Health Disparities Background, registered dietitians who speak Spanish and are familiar with the Hispanic and Latino culture are in high demand. Because this group of RDs is so small, every dietitian who

hails from this cultural background or who provides care to this specific population is a leader, and I respect and admire all of the trailblazers with whom I share cultural roots.

Many people associate leadership with a title, but the truth is that RDs who are Latino/Hispanic or who provide culturally appropriate care to Latinos and Hispanics are leaders every day in the eyes of their patients. Consequently, Hispanic patients regard dietitians with great respect. For example, as a dietetic intern, I was touched by the humble hospitality of an elderly patient and his sons who offered to treat me to a taquito/a little taco and wished me éxito/success in my career. And I am just a dietetic intern! As a nutrition professional, I aspire to provide the best nutrition care possible for these patients, as many leaders in Hispanic nutrition have done, in order to be worthy of their humbling display of respect.

When the night ended, I left the LAHIDAN Reception with a smile and newly established ties to RDs who are inspirational to me and are leaders in their own right. I am grateful to LAHIDAN for selecting me as the ADA FNCE scholarship recipient. With LAHIDAN's support, I had the opportunity to not only learn from the experts, but also to interact with nutrition professionals who are passionate about their work and who keep the nation healthy. Salud!/To your health!

## ADVERTISEMENT



### More Options. Healthier Lives. Más Opciones. Vidas Más Saludables.

“More Choices. Healthier Lives.” encourages Hispanics to make a pledge to take a balanced approach to healthier eating and lifestyles by providing consumers the tools and resources needed to uphold the pledge. The campaign features Latin-inspired recipes and tips for Hispanic moms and their families to make mealtime even more nutritious. Sara Lee wants to show people that great taste, high quality and nutrition can be achieved with a variety of options through trusted brands and still meet everyone’s individual meal needs.

“More Choices. Healthier Lives.” features four products from a variety of trusted brands from Sara Lee:

- Jimmy Dean®
- Hillshire Farm® Deli Select®
- Ball Park®
- Sara Lee® Soft & Smooth®

For example, Ball Park® offers a variety of options that contain less fat and calories – perfect for a quick meal or any time snack, such as the Flavorful Franks and Rice recipe below.

### Flavorful Frank and Rice ■ ■ ■ Sabrosas Salchicha Franks y Arroz

Prep time: 15 minutes  
Cook time: 10 minutes  
Makes: 4 servings

#### Ingredients:

4 Ball Park® Smoked White Turkey Franks  
½ cup chopped onion  
2 jalapeno peppers, seeded, chopped  
2 cups cooked rice  
¼ cup chopped cilantro  
2 tablespoons fresh lime juice  
½ teaspoon ground cumin  
¼ teaspoon hot pepper sauce  
1 ripe avocado, peeled and chopped  
1 tomato seeded, chopped

#### Directions:

1. Slice franks in to ¼-in slices.
2. Spray non-stick skillet with cooking spray. Add franks, onion, and jalapeno peppers; cook and stir for 4-5 minutes or until franks are hot and vegetables are tender.
3. Stir in rice, cilantro, lime juice, cumin and hot pepper sauce; heat through. Top each serving with chopped tomato and avocado.



**Nutrition per serving:** Serving size: about 2 cups,  
Calories: 210, Fat: 4g, Saturated Fat: 0.5g,  
Cholesterol: 10 mg, Carbohydrates: 34g, Fiber: 3g,  
Sodium: 510 mg, Protein: 9g



**Nutrición por porción:** Tamaño de la porción:  
alrededor de 2 tazas, Calorías: 210, Grasa: 4g,  
Grasa saturada: 0.5g, Colesterol: 10mg,  
Carbohidratos: 34g, Fibra: 3g, Sodio: 510mg,  
Proteínas: 9g

Tiempo de preparación: 15 minutos  
Tiempo de cocción: 10 minutos  
Para: 4 porciones

#### Ingredientes:

4 Salchichas de Pavo Blanco Ahumado de Ball Park®  
½ taza de cebolla picada  
2 chiles jalapeños, sin semillas, picados  
2 tazas de arroz cocinado  
¼ taza de cilantro picado  
2 cucharadas de jugo fresco de limón  
½ cucharita de comino molido  
¼ cucharita de salsa de chile picante  
1 aguacate maduro, pelado, picado  
1 tomate sin semillas, picado

#### Preparación:

1. Corte las salchichas en rebanadas de ¼ de pulgada
2. Rosea la sartén antiadherente con aceite en forma de spray. Agregue las salchichas, cebolla y los chiles jalapeños; cocine y revuelva durante 4-5 minutos o hasta que las salchichas estén calientes y los vegetales tiernos
3. Agrega el arroz, cilantro, jugo de limón, comino y la salsa de chile; caliéntalos. Cubre cada porción con tomate y aguacate picado

Visit [more.saralee.com](http://more.saralee.com) or [mas.saralee.com](http://mas.saralee.com) for information, tips and recipes.



## ADVERTISEMENT

# *El Camino Hacia un Corazón y una Familia Saludables/ The Road to a Healthy Heart and Family*

Help your Hispanic patients learn about heart healthy eating with our heart health resource specifically tailored for the Hispanic/Spanish-speaking adult audience.

- ♥ Colorful, culturally relevant pictures and foods,
- ♥ Appropriate literacy level,
- ♥ Family-focused tips and information
- ♥ Available in Spanish and English

The resource, brought to you by both Honey Nut Cheerios® and Cheerios®, includes patient educational materials on the importance of heart healthy eating, portion size examples, calculating soluble fiber and fat in foods, names of different foods in English and Spanish, and more to help your patients make positive steps towards heart healthy eating!

Visit [www.bellinstitute.com/hearthealth](http://www.bellinstitute.com/hearthealth) to download this valuable **FREE** resource.



## 2010-2011 Executive Committee

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Area Extension Specialist  
University of Nevada Cooperative Extension, Las Vegas, NV  
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Latino Nutrition Spokesperson, Private Practice, Denver, CO  
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Fremont Hospital, Fremont, CA  
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**LAHIDAN Secretary**

**Sandra Arevalo, MPH, RD**  
Nutrition Coordinator, NY  
**LAHIDAN Treasurer**

**Aurora Buffington, MS, RD**  
Registered dietitian in chronic disease prevention  
and health promotion, Las Vegas, NV  
**LAHIDAN Nominating Committee Chair**

## Latinos and Hispanics in Dietetics and Nutrition

a member interest group of the  
**eat right.** American Dietetic Association

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