

Latinos and Hispanics in Dietetics and Nutrition

a member interest group of the
eat right. Academy of Nutrition and Dietetics

Adelante LAHIDAN

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Greetings from Your LAHIDAN Chair

Maggie Cook-Newell, PhD, RDN, LD, CDE, MLDE, CN



Dear LAHIDAN members

It has been an honor and privilege to serve LAHIDAN since 2014, first as Treasurer 2014-16, then Chair-elect 2016-17, and

now Chair 2017-2018. As past-Chair there is one more year to serve and work to provide members with a MIG that meets their needs for resources and professional involvement. In 2005, Volume 1 Issue 1 of *LAHADA News* was issued for members of LAHADA, Latinos and Hispanic Dietetic Association. In June 2007, LAHIDAN became the first MIG in the ADA, now Academy of Nutrition and Dietetics. LAHIDAN welcomed "all members of the American Dietetic Association, Friends and Sponsors to join together to make a difference for Latinos and Hispanics" (*Adelante*, V1/No1, Fall 2007). Ten years have passed and LAHIDAN's goal has not changed. From the inception of LAHADA, the intent was to provide networking for nutrition and dietetic professionals by providing Spanish-speaking and non-Spanish-speaking members support and professional advancement while addressing the health and nutritional concerns affecting Latino and Hispanic populations (*LAHADA News*, V1/No1, Oct 2005).

This issue of *Adelante* features LAHIDAN members Judith Rodriquez, PhD, RDN, FAND, and Andie Gonzalez, RDN, LD, and their many accomplishments. Both encourage involvement in the profession and preparing dietetic professionals for practice. Vilmania Ramos, BS, MS candidate, provides research on diet and arthritis as well as recipes for "A Latin Taste Recipe Corner" in Spanish and English. Irma Madrigal, DTR, dietetic intern, University of Northern Colorado, provides insight into the "Life of a Dietetic Intern." Highlights from FNCE® include 2016-17 LAHIDAN Trinko Service Award winner Zach Breeding, MS, RDN, LDN, FAND, and Elena Fricke, 2017 LAHIDAN Student FNCE® Scholarship winner. These awards are given each year, so be sure to promote your colleagues or yourself for these awards to be presented at 2018 FNCE® in Washington, D.C. Encourage students to apply for the Student Scholarship as it is an excellent way to attend FNCE® and be involved.

FNCE® 2017 celebrated 100 years of the Academy and looked toward the next 100. Attendance at FNCE® and LAHIDAN events were robust. The LAHIDAN Reception and Member Showcase were well-attended by past, current, and future members. Networking opportunities increased awareness of LAHIDAN as the MIG for those

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dietetic professionals serving the Latino Hispanic client and/or wanting to become proficient in cultural competency. The time at FNCE® was well-spent and enjoyable, as the photos attest.

The future of LAHIDAN is in good hands as Sara Carrión Perrone, MS, RDN, LD, assumes the Chair responsibilities and opportunities. LAHIDAN is partnering with other MIGS and DPGs to provide access to resources. The LAHIDAN website will be enhanced to provide up-to-date current information in LAHIDAN and the Academy. Look for these changes in late summer. LAHIDAN will be offering webinars for members through LAHIDAN and partnerships with other DPGs and MIGs. The incoming executive committee (EC) will continue to move LAHIDAN forward and provide member-driven services. Each member is encouraged to participate in some capacity. Write for the *Adelante*, serve on the EC, mentor students, promote LAHIDAN to colleagues, or recruit one new member for 2018-19. Let us know what you want to do to help LAHIDAN. My professional involvement and friendships have been greatly enhanced by serving on the EC. As I begin retirement this year, I anticipate following many colleagues and friends as they continue their involvement in the Academy, LAHIDAN, and the dietetics profession. While I won't see the end of the second 100 years, I trust the Academy and LAHIDAN members will set the gold standard for dietetics practice.

Although I have not yet become proficient in Spanish, that is still a goal of mine. There are two words that I do know which convey my gratitude and feelings for the opportunity to serve LAHIDAN members and EC: *Gracias amigos*.

Letter from the Editor

Sara Carrión Perrone, MS, RD, LD

Dear LAHIDAN Community,

It is with much excitement that I present to you our Spring/Summer 2018 newsletter. In this newsletter we feature LAHIDAN members who are mentors and change leaders. We also feature research on arthritis and the use of the Mediterranean diet, inspired Latin recipes, LAHIDAN award winners, and FNCE® 2017 highlights. I have to mention how wonderful it was to meet so many new friends at the LAHIDAN member interest showcase and reception in Chicago! We hope you will begin making plans to attend FNCE® 2018 in Washington, D.C., this October and take part in the policy workshop being offered in conjunction with FNCE®. Since the LAHIDAN Mission is to empower members to be the nation's food and nutrition leaders for Latinos and Hispanics, what better way to make a difference than to attend FNCE® 2018. Also, please help us spread the message that LAHIDAN is a community open to all Academy members who are willing to share our culture with anyone who would like to learn more about it! Only with your help can we optimize the health of Latinos and Hispanics.

Saludos,
Sara

Member Spotlight

Judith Rodriguez, PhD, RDN, FAND



Judith Rodriguez is Chair of, and professor in, the Department of Nutrition & Dietetics in the Brooks College of Health at the University of North Florida. She has many peer reviewed and consumer publications, including the *Latino Food Lover's Glossary* (Florida Dietetic Association), *The Diet Selector* (Running Press) and *200 Surefire Ways Eat to Well and Feel Better* (Fair Winds Press). Dr. Rodriguez, a Medallion recipient of the Academy of Nutrition and Dietetics and the UNF 2013 Distinguished Professor, has received numerous recognitions. For over thirty years she has been involved in educational, service and research activities and done media interviews. She served as a consultant on a variety of initiatives, including a national health study of U.S. Hispanics and projects with an international focus. She has collaborated with others to provide travel abroad and community-based experiences to UNF students. Dr. Rodriguez received a Ph.D. in Anthropology from Rutgers University, an M.A. in Nutrition and Higher Education, and a B.S. in Nutrition and Dietetics from New York University. She is a Past President of the Academy of Nutrition and Dietetics.

The Gift of Mentoring

A mentor has been defined as "a wise and trusted counselor or teacher... (or) an influential senior sponsor or supporter"(1). In many cases, someone admired becomes a pseudo-mentor because we admire a person and he or she then becomes a role model. Can you think of ways you do specific things, have sought to reach specific goals, behaved a specific way, or developed a value or belief based on someone else's influence in your life? In many ways, part of what we are or aspire to be is a compilation of the many role models or mentors who have influenced us. The profession of dietetics and the people who choose to practice in this discipline are heavily dependent on recruiting future practitioners through mentorship. As such, what the future of the profession looks like—including how many Hispanic/Latino RDNs and DTRs there are—will be, in large part, the result of actions from those working in the field today.

Likewise, a Hispanic/Latino person who chooses to be a dietetics/nutrition practitioner as an RDN or DTR is often influenced by experiencing a health issue impacted through diet (personally or in a relative or friend), a "love" of food or applied science, or the influence of a role model or mentor. Data on mentoring Latino students

indicate "college mentoring and sponsorship positively impacted the students' lives following college matriculation" (2). A study of low-SES first-generation students in Appalachia found that "students consider their parents and their educators as valuable socializers.... (and that) Educators, however, value outreach activities provided by professionals to help students explore engineering career choices" (3). In addition, some data indicate that Millennials also "look for information about careers through face-to-face interactions through career fairs and employer presentations.... They weigh the role of institutions, private companies or organizations, and individuals in influencing society" (4). We have an opportunity to be mentors through a variety of channels and approaches, not just through traditional face-to-face contact.

But, what does a mentor have to gain? "Recent mentoring research is beginning to acknowledge however that mentors also can accrue substantial benefits from mentoring.... A meta-analysis (found) mentoring associated with five types of subjective career outcomes for mentors: job satisfaction, organizational commitment, turnover intent, job performance, and career success." Making a friend, satisfaction at knowing you helped someone on his or

her path to success, pride in self for demonstrating your success; whatever the many benefits, mentoring is an activity that benefits both the mentor and mentee (5).

LAHIDAN has been fortunate to have members who are dedicated to mentoring. LAHIDAN's Mentoring Program provides opportunities for you to mentor a student or early career professional. Our own member, Dr. Julie Plasencia (julieplasencia@gmail.com), works at matching mentors and mentees. Help increase the number of Latino/Latina RDNs and DTRs by serving as a mentor. But remember also that we can encourage a commitment by non-Latino/Latina RDNs and DTRs to working for and serving Hispanics by mentoring and befriending them so they are familiar with, and come to value, these communities. A commitment to serve the Hispanic/Latino community is the result of identifying with that population or having a commitment to service and work with that population, regardless of personal cultural identification of the dietetics/nutrition practitioner, or having acquired a value to serve that population from the influence of a mentor. Mentoring is a gift both to others and to ourselves.

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Women We Love



Andie Gonzalez, a dietitian with H-E-B, is seen in the produce department Monday, March 5, 2018, in McAllen, TX. Gonzalez counsels others on food and nutrition. Photo Credit: Delcia Lopez| dlopex@themonitor.com

In observance of Women's History Month, *The Monitor* newspaper in McAllen, Texas recognized local inspiring women. Andie Gonzalez was the second of eight profiles who made the 2018 list of "Women We Love" series and was featured on March 8, 2018.

When registered dietitian Andie Gonzalez relocated her family to Texas four years ago to work for H-E-B, the move was for more than a job.

"This is where our heart was," said Gonzalez of her native Rio Grande Valley. "I saw it as an opportunity to come back home and serve my community."

Abraham Moreno, an administrative assistant with the supermarket chain, nominated Gonzalez for consideration in *The Monitor's* Women We Love series. Moreno said he met her on her first day with the company.

Moreno was participating in H-E-B's weight-loss competition, Slimdown Showdown, and Gonzalez provided the nutrition component of the interdisciplinary support the contestants received.

While Gonzalez has additional help now, she was the only H-E-B dietitian in the border area for three years, Moreno said. He describes her as someone who goes above and beyond, and said other partners refer their family and friends to her.

"She's basically changed our area in regards to health and wellness," he said.

Gonzalez works to educate customers, employees, and patients about making healthier choices. Recently, she's switched from working as a border-region dietitian to a medical sales representative for nutritional services for H-E-B under the pharmacy department.

"In the space of health and wellness, there really isn't another retailer in Texas today that is doing what we're doing in regard to

connecting with patients in the place where it really helps to make a difference in behavior change—in the aisles as they're shopping," said Stacy Bates, nutrition services program manager. "Obviously, she cares even more than someone that's not from the border region because she's from there."

Bates said that poor wellness choices are sometimes due to a lack of education, and Gonzalez brings an enthusiasm for her community to help educate and inform. For these reasons, Bates called Gonzalez's nomination "well deserved."

"She's got a great passion and drive for the work she does," Bates said.

When Gonzalez started, the focus was on the Lower Valley. It's since spread west, and

Bates sees Gonzalez as essential to the program's continued expansion.

"Long term, I'd love to see Andie lead a team of four or five dietitians in the border region," she said, adding that Gonzalez has the opportunity to help grow and shape the initiative. "Andie is just a phenomenal partner."

Gonzalez said the most rewarding part of her job is when patients apply the knowledge she shares and improve their diets.

"Being able to leave that health and wellness footprint is impactful for me personally," she said. "We're servants first."

"When I learned about this opportunity closer to home, I really felt like it was my calling."

Dietary Approach for Management of Arthritis

Affecting over 54 million adults and 300,000 children in the U.S., arthritis is one of the top causes of disability in the United States (1). This condition is the result of inflammation to the joints due to a variation of factors including but not limited to age, family history, excess weight, and previous injuries (2). The most common symptoms associated with arthritis include pain, swelling, stiffness of the joints, and decreased range of motion. Arthritis is associated with substantial activity limitation, work disability, increased prevalence of obesity, reduced quality of life, and high health-care costs (3). While this condition can affect people of all ages and races, Hispanics have been identified as having high burdens of arthritis. Data from the National Health Interview Survey revealed arthritis-attributable activity limitation and severe joint pain to be highest for Hispanics, non-Hispanic blacks, and multiracial or other respondents with arthritis compared with non-Hispanic whites with arthritis (4). Reasons for ethnic differences are unknown and require further investigation. These studies tell us, however, that Hispanics suffering from arthritis are likely in need of tailored interventions designed to improve their quality of life.

Arthritis and Diet

Currently no cure exists for any form of arthritis. Treatments such as nonsteroidal anti-inflammatory drugs (NSAID) and paracetamols have been successful in slowing down progression and reducing symptoms of pain. Many of these medications, however, come with side effects such as stomach ulcers, heart attacks, and increased risk of blood clots and strokes (5). Pharmacological treatments, weight management, patient education, and physical therapy are the current recommendations for controlling pain and minimizing joint damage for those suffering from arthritis. More severe cases can be treated with surgery (6). In recent years, an increase in diet therapies as a means of reducing symptoms has become

increasingly popular amongst those seeking relief. Studies have been conducted using single-nutrient therapies with vitamin D, carotenoid, selenium, and calcium; however, significant associations were not observed (7-8).

One nutritional remedy which has shown promise in reducing and alleviating joint pain is a diet rich in plant-based foods, such as the Mediterranean diet. Known for its many disease-preventing properties, the Mediterranean diet is comprised primarily of fruits, vegetables, whole grains, legumes, nuts, and fish, which are all high in inflammation-fighting antioxidants and omega-3 fatty acids. The Mediterranean dietary pattern has been shown to have a number of beneficial effects not only with regard to cardiovascular diseases and cancer, but also to diabetes, metabolic syndrome, visceral obesity, and arthritis (9).

In a randomized, parallel study conducted over three months by Sköldstam et al., the suppressive effects on rheumatoid arthritis inflammation were assessed when a Mediterranean diet versus a regular western diet was followed. Clinical examination was performed prior to and during the study. At the conclusion of the study, arthritic patients on the Mediterranean diet showed suppressed inflammatory activity, an increase in physical function, and improved vitality, while the western diet group showed no significant changes (10). In another study with an aim to find if a whole-food plant-based diet (WFPB) could reduce joint pain and functional limitation in osteoarthritic patients, similar results were seen. Participants in this study were either assigned to a whole-food plant-based diet consisting of fruits, vegetables, whole grains, and legumes, or an omnivorous diet which included both plant- and animal-based foods. Functional status significantly improved among the osteoarthritic patients on the WFPB diet (11). While these studies had a limited number of participants and were conducted over a short duration of time, the overall

results of improved joint pain levels tell us there is a positive correlation between the Mediterranean diet and arthritis.

While the exact mechanism underlying the pathogenesis of arthritis is unknown, a number of nutrients and non-nutrient components of food have been shown to affect the inflammatory process and influence the progression of this disease (9). Some of these nutrients include omega-3, monounsaturated fatty acids (MUFA), and probiotics, which are found abundantly in the Mediterranean diet.

Omega-3 Fats

The effects of omega-3 rich foods and the nutrient's role in rheumatoid arthritis (RA) have been studied for centuries. In one recent study, Tedeschi et al. examined whether or not more frequent fish consumption was associated with lower RA disease activity. Among 176 participants they found that those who consumed fish two times a week or more had significantly lower levels of the C-reactive protein (CRP), a substance produced by the liver which contributes to inflammation, compared to those who ate fish only once a month. In the presence of inflammation, CRP levels are known to increase in the body. Due to omega-3's anti-inflammatory properties, these findings suggests that a higher intake of fish may be associated with lower disease activity in individuals with RA (12).

A meta-analysis of ten randomized control trials studying omega-3 polyunsaturated fatty acids (PUFAs) and the treatment of RA found some similar results. All ten studies compared a daily omega-3 PUFA intake greater than 2.7 g/day for a minimum of three months. Across the ten studies, there were collectively 183 RA patients and 187 placebo-treated RA controls. The analysis showed that omega-3 PUFAs reduced the consumption of NSAIDs in those receiving the omega-3 supplementation. Greater improvements were seen in tender joint

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count, swollen joint count, morning stiffness, and physical function in patients treated with omega-3 than in placebo-treated controls. While these markers did not reach statistical significance, this meta-analysis suggests that the use of omega-3 PUFAs at dosages >2.7 g/day for more than three months can reduce the intake of NSAIDs by RA patients (13).

Monounsaturated Fatty Acids

Monounsaturated fatty acids, unsaturated fats known for providing the body with essential nutrients, have also been studied expansively for anti-inflammatory properties. MUFAs come from plant food sources such as avocados, nuts, and olive oil, and they help the body absorb fat-soluble vitamins A, D, E and K. Matsumoto et al. presented a study aimed at identifying the key elements responsible for improving symptoms associated with RA. The study included 208 consecutive participants with RA (RA group) and 205 age- and sex-matched healthy volunteers (controls) from the prospective TOMORROW cohort study that has been ongoing since 2010. Food and nutrient intake were assessed using a brief self-administered diet history questionnaire; Mediterranean diet scores were calculated based on intake by controls; and disease activity was determined from disease activity scores in 28 joints and erythrocyte sedimentation rates (DAS28-ESR). The consumption of MUFA was significantly lower in the RA group, and the ratio of consumed MUFA to saturated fatty acids (MUFA/SFA) significantly differed within the RA groups after being sub-classified according to DAS28-ESR. Additionally, DAS28-ESR significantly correlated MUFA/SFA intake after age adjustment. Logistic regression analysis selected high MUFA consumption as an independent predictor of remission in the RA group with borderline boundary significance. Furthermore, changes in DAS28-ESR between 2010 and 2011 showed significant correlation with MUFA/SFA intake after age adjustment (14). These findings show that daily intake of MUFA, a major component in the Mediterranean diet, may suppress disease activity in RA patients. Although age adjustments needed to be made, consuming MUFAs on a daily

basis, which can be achieved on a Mediterranean diet, can result in a reduction of RA symptoms.

Prebiotics

Over the past decade, there has been an increased interest in the study of the microbiome given the growing evidence for gut integrity and health. Alterations to gut microbiota have been linked to severity of inflammation in RA individuals as well as an increased incidence in other autoimmune and chronic diseases. Fiber, vitamin D, calcium, and antioxidants are nutrients that have been linked to gut integrity. In contrast, “Westernized” diets—or diets high in red meat, sugar, and saturated fat—have shown a connection to altering the microbiome, inducing inflammation, and increasing burden of disease. In a literature review written by Peltonen et al., the authors speculate how and why the Mediterranean diet may help patients with RA. One such speculation is that a significant alteration in gut flora during dietary treatment has translated into significant improvements in RA (15-16). The Mediterranean diet contains a wide array of prebiotic foods—such as garlic, leeks, onion, asparagus, and wheat—as well as probiotic foods—such as yogurt, cheese, sour cream, and kefir—both of which can greatly increase and enhance the good bacteria that resides in our gastrointestinal system. Thus a healthier gut flora can result from adopting the Mediterranean diet, leading to a reduction of RA symptoms.

Recommendations

For decades the Mediterranean diet has been known for its therapeutic effect on chronic illnesses and is considered nutritionally adequate for the majority of individuals. Characteristically this type of diet includes a high intake of fruit, vegetables, and legumes, a moderate-to-high intake of fish, a low intake of dairy products and red meat, and a high intake of unsaturated fats (especially olive oil) complemented by a modest amount of alcohol (mainly in the form of wine) (17). Many of these foods are rich in omega-3 fats, MUFAs, and probiotics, which have been found to have important anti-inflammatory properties contributing to

the alleviation of arthritis symptoms. Other nutrients and diets have shown similar effects in improving symptoms of arthritis such as a modified fasting diet and vegan diet (18). Many of these diets, however, are difficult to follow long term and lack significant nutrients which can place individuals at nutritional risk. Foods commonly incorporated in Hispanic dishes such as garlic, olives, legumes, and avocado are found abundantly in the Mediterranean diet. This equates to a less restrictive and more palatable dietary approach to which Hispanic populations are likely to adhere. Based on its versatile distribution of anti-inflammatory nutrients and its culturally relevant food pattern, the Mediterranean diet can lead to meaningful improvements in the quality of life for Hispanic adults living with arthritis.

Tips for helping Hispanic clients incorporate Mediterranean-style patterns into their diet:

- Incorporate 3-4 ounces of fish twice a week. Good sources include salmon, sardines, anchovies, and tuna.
- 2-3 tablespoons of extra virgin olive oil per day contain heart-healthy MUFAs and antioxidants, which can lower inflammation.
- Colorful fruits and vegetables such as strawberries, spinach, broccoli, blueberries, and kale are packed with antioxidants which help the immune system and fight inflammation.
- Consume 1.5 ounces of nuts daily. Good sources include pistachios, almonds, walnuts, and pine nuts.
- Incorporate beans, which are low-cost and a great source of fiber. Fiber lowers C-reactive protein, a substance which increases presence of inflammation.

Research

Vilmania Ramos, M.S. Candidate Nutrition, Healthspan, Longevity, University of Southern California, USC Leonard Davis School of Gerontology

Patient Resources

Mediterranean-Style Eating (Brochures) - <https://www.eatrightstore.org/product-type/brochures-handouts/mediterranean-style-eating-25-pack>

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Latin Inspired Mediterranean Recipes

By Vilmania Ramos, BS

Black Bean Mediterranean Soup

Makes: 4 cups

Total time: 20 minutes



Ingredients

- ½ small yellow onion, chopped
- 2 tsp. extra virgin olive oil
- 1 (15-oz) can of low-sodium black beans, drained and rinsed
- 2 garlic cloves, smashed
- 2 cups low-sodium chicken broth
- ½ tsp. chili powder
- ¾ cup carrots, chopped
- ⅛ teaspoon ground black pepper

Directions

1. Sauté onion in olive oil over medium-low heat until soft.
2. Add beans, garlic, broth, chili powder, carrots and black pepper. Simmer 10 minutes.
3. Puree in blender and enjoy!

Nutrition Facts per serving: 1 cup

Calories: 152; Fat, total: 3 g; Saturated fat: 0g; Trans fat: 0 g;
Cholesterol: 0 g; Sodium: 200 mg; Carbohydrate, total: 23 g;
Dietary fiber: 8 g; Sugar: 2 g; Protein: 9 g; Vit A: 20%;
Vit C: 21% Calcium: 5%; Iron: 17%

Mediterranean Garbanzo Salad

Makes: 4 cups

Total time: 20 minutes



Ingredients

- 1 (15-oz) can of low-sodium garbanzo beans, drained and rinsed
- ½ cup Spanish onion, chopped
- 1 garlic clove, chopped
- 1 medium tomato, peeled, seeded and chopped
- 10 black olives, chopped
- 1 tablespoon lemon juice
- ½ teaspoon cumin
- 1 tablespoon extra-virgin olive oil
- ⅛ teaspoon ground black pepper

Directions

1. Mix chopped onion, olives, tomato, garlic and garbanzo beans. Set aside.
2. Mix lemon juice, olive oil, cumin, and pepper well. Set aside.
3. Mix all ingredients together and serve.

Nutrition Facts per serving: 1 cup

Calories: 147; Fat, total: 3 g; Saturated fat: 0g; Trans fat: 0 g;
Cholesterol: 0 g; Sodium: 201 mg; Carbohydrate, total: 19 g;
Dietary fiber: 6 g; Sugar: 5 g; Protein: 6 g; Vit A: 2%;
Vit C: 12% Calcium: 5%; Iron: 12%

Recetas Latinas inspiradas en gastronomía y la dieta mediterránea

By Vilmania Ramos, BS

Sopa Mediterránea de Frijoles Negro

Porciones: sirve 4 raciones

Tiempo total: 20 minutos



Ingredientes

- ½ cebolla amarilla, cortada en trozos
- 2 cucharaditas de aceite de oliva extra virgen
- 1 lata (15-onza) de Frijoles negros bajo en sodio, enjuagado y escurridos
- 2 dientes de ajo, cortado
- 2 tazas de caldo de pollo bajo en sodio
- ½ cucharadita de chile en polvo
- ¾ zanahorias cortadas en cuadrados
- ⅛ cucharadita de pimienta negra

Direcciones

1. En fuego bajo, saltea la cebolla en aceite de olive asta tiernas.
2. Agregar habichuelas, ajo, caldo, chile en polvo, zanahorias y pimienta. Herve a fuego lento por 10 minutos.
3. Pure en licuadora y disfrute.

Datos de nutrición por ración: 1 taza

Calorías: 152; Grasa total: 3 g; Grasa saturada: 0g; Grasa trans: 0 g; Colesterol: 0 g; Sodio: 200 mg; Carbohidrato total: 23 g; Fibra dietética: 8 g; Azúcares: 2 g; Proteína: 9 g; Vit A: 20%; Vit C: 21%; Calcio: 5%; Hierro: 17%

Ensalada Mediterránea de Garbanzo

Porciones: sirve 4 raciones

Tiempo total: 20 minutos



Ingredientes

- 1 lata (15-onza) de garbanzos bajo en sodio, enjuagado y escurridos
- ½ taza de cebolla española, cortada en trozos
- 1 diente de ajo, cortado
- 1 tomate mediano, pelado sin semillas, cortado en trozos
- 10 aceitunas negras cortadas en círculos
- 1 cucharada de jugo de limón
- ½ cucharadita de comino
- 1 cucharada de aceite de oliva extra virgen
- ⅛ cucharadita de pimienta negra

Direcciones

1. Mezcla la cebolla, aceitunas, tomate, ajo, y garbanzos. Deje la mezcla a un lado.
2. Mezcla bien el jugo de limón, aceite de olive, comino y pimienta. Deje la mezcla a un lado.
3. Mezcle todo los ingredientes juntos y sirva.

Datos de nutrición por ración: 1 taza

Calorías: 147; Grasa total: 3 g; Grasa saturada: 0g; Grasa trans: 0 g; Colesterol: 0 g; Sodio: 201 mg; Carbohidrato total: 19 g; Fibra dietética: 6 g; Azúcares: 5 g; Proteína: 6 g; Vit A: 2%; Vit C: 12%; Calcio: 5%; Hierro: 12%

FNCE® 2017 Highlights



LAHIDAN Executive Committee members were greeted by surprise guest Academy President Donna S. Martin at their EC meeting Friday October 20, 2017.

Pictured left to right: Virginia Tijerina Walls, Julie Plasencia, Magaly Hernandez, Sara Perrone, Donna S. Martin, Diana Roman, Nathan Myers, Britt Trulock, and Margaret Cook-Newell.

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FNCE® 2018

Food & Nutrition Conference & Expo™

Washington, D.C. | October 20-23

FNCE® IS MAKING HISTORY

CURRENT EVENTS TRACK

One-hour sessions led by preeminent thinkers with creative perspectives will demonstrate how current events affect the dietetics profession.

LEARNING LOUNGE

Informal discussions on a wide range of in-demand topics, lasting 15 minutes each, including Q & A.

DEBATES

FNCE® is amping up the excitement level with an electrifying lineup of debates on controversial topics, with opportunities for audience interaction.

ISSUES THAT SPEAK TO THE TIMES

Featured topics will include brain health, cannabis, big data, artificial intelligence, new counseling techniques and more.

Visit www.eatrightFNCE.org to learn more today.

LAHIDAN Trinko Service Award Recipient 2017

Zachari Breeding

Zachari Breeding, MS, RDN, LDN, FAND, is a registered, licensed dietitian and professional chef in Philadelphia. He is a clinical oncology dietitian at The Cancer Treatment Centers of America and the owner and executive chef for The Sage: Nutritious Solutions, a personalized nutrition and off-site catering company. He holds lectures nationwide, both at the university and corporate levels, on a wide array of nutrition-related topics. Zach is a contributing author for Food and Nutrition Magazine, chair of the Cystic Fibrosis Nutrition sub-unit of the Medical Nutrition Practice dietetic practice group, and member of the Committee of Lifelong Learning. He is also a public policy ambassador for the Pennsylvania Academy of Nutrition and Dietetics.

It was an honor receiving the Trinko award from the Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN) Member Interest Group at the 2017 Food and Nutrition Conference and Expo. From my first volunteer opportunity at the South Bronx Health Center in New York City under Sandra Arevalo to my current role in Philadelphia, the nutritional needs of individuals of Latino and Hispanic descent have been ever present. As a non-Hispanic dietitian, I took the opportunity to join LAHIDAN to become more involved and increase my understanding of the specific needs of this population. The more I understood about the health disparities among these individuals, the more empowered I felt to make a difference.

In Philadelphia alone, 71 percent of Latinos and Hispanics are obese and nearly 17 percent have diabetes (the second highest rate in the city overall). The latest statistics from CDR indicate that less than 4 percent of all dietitians are Latino or Hispanic.

Therefore, it is the challenge of all dietitians, regardless of ethnicity, to band together to reduce the nutrition-related chronic disease risk of the Latinos and Hispanic population. This may include volunteering in a primarily Hispanic community, learning Spanish, or working with local legislators to decrease food deserts and promote intake of fruits and vegetables. You can even start simple by learning common dishes from ethnic subgroups including (but not limited to) Dominican, Puerto Rican, Mexican, and Peruvian.

LAHIDAN empowers dietitians to make a difference in their local communities and abroad. This group offers many opportunities to students, mentors, community dietitians, and dietetic interns, just to name a few. I am so proud to be part of a group within the Academy of Nutrition and Dietetics that makes such a profound impact to improve the nutrition-related health outcomes for this unique group of individuals.

LAHIDAN Awards & Scholarships

Nomination submissions are due June 15, 2018, for the following:

LAHIDAN Trinko Service Award:

The purpose of the Trinko Service Award is to formally recognize a LAHIDAN member who has demonstrated outstanding leadership and service.

LAHIDAN Student FNCE®

Scholarship:

The LAHIDAN Student FNCE® Scholarship is designed to enable an undergraduate or graduate student in the field of dietetics/nutrition or a dietetic intern/AP4 student to attend the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo™ (FNCE®). The goal of the scholarship is to foster mentoring of future nutrition leaders.

Congratulations to our New Executive Committee Members!

Chair Elect:

Janine Ricketts-Byrne, MA, RDN, LDN

Treasurer:

Blanca Ximena Jimenez, MS, RDN, LDN

Nominating Committee Chair Elect:

Aida Miles, MMSc, RDN, LD, LMNT, FAND

(Continued on next page)

LAHIDAN Student FNCE® Scholarship Winner 2017

Elena Fricke

I am so thankful to have received the student scholarship and for the opportunity to attend FNCE® 2017 in Chicago. I am a current coordinated program student at the University of Alabama, and I will finish the dietetic internship in May and graduate with my bachelor's in food and nutrition. Growing up in a Mexican-German household, my passion for nutrition began at a very young age as I assisted my mother as she taught classes on how to make tamales in my hometown of Sacramento, CA. She taught me basic cooking skills, and since then I have enjoyed preparing meals

for my friends and family. After seeing many of my family members struggle with chronic diseases, I became interested in how I could adapt my family's favorite recipes without sacrificing the traditional flavors they loved. Ever since then, experimenting in the kitchen and reading about nutrition became some of my favorite activities, and this is the reason why I chose to study nutrition in college and become a registered dietitian. Through my experiences with my family and most recently as an intern, I have witnessed the power of diet and lifestyle in the prevention

and treatment of chronic disease. This has furthered my passion for spreading this health message, and I look forward to a career that allows me to change lives through something so simple yet so powerful.

I attended several educational sessions while at FNCE®, and I especially enjoyed a session on plant protein. I was surprised to learn that while plant proteins can be limited in certain amino acids, consuming a variety of plant foods will ensure adequate intakes of essential amino acids. Many plant



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NEW! Scope and Standards Learning Modules

The Academy has launched new learning modules focused on the Scope and Standards of Practice. The modules consist of an overview of the Scope and Standards, an outline of what's new in the revised 2017 documents and practical applications utilizing case studies.

CPEU: 2.0

Locate the learning modules at:
www.eatrightpro.org/scope and
www.eatrightpro.org/sop.

foods, such as nuts, legumes, and whole grains, are not only great sources of protein but also rich in fiber, a nutrient lacking in the American diet. Encouraging clients to include more plant-based proteins in their diet will help them increase intake of fiber, vitamins, and minerals while also promoting sustainability. Making simple substitutions, such as using lentils or beans instead of beef in dishes like tacos and lasagna, can help consumers reap health benefits while also saving money on groceries.

Another session I enjoyed was a talk on type 1 diabetes interventions in Africa. The speakers explained how African nations lack the infrastructure to support proper diagnosis, education, and treatment. This reminded me of a conversation I had with a diabetic man I met while on a mission trip in Nicaragua. As a type 1 diabetic, he needed insulin in order to perform well in his job but often could not get it due to the remote location of his home, which impacted his ability to provide for his family. Attending this session reminded me of this need, and I am now actively seeking out ways that I can use my skills as a dietitian to help provide nutrition education and treatment in Latin America.

In addition to attending educational sessions, I enjoyed the expo and networking with other dietitians at the LAHIDAN reception. Getting to meet professionals in the field really inspired me and made me more excited to be entering this field where I will never stop learning. I look forward to using my skills and knowledge of nutrition to make a positive impact on the health and well-being of my local community and others, and I'm grateful for my experience and everything I learned while at FNCE®.

Happy 100th Anniversary to the Academy and Happy 10th Anniversary LAHIDAN!



Pictured left to right: Sara Perrone, Julie Plasencia, Margaret Cook-Newell, Virginia Tijerina Walls, and Diana Romano.

Life of a Dietetic Intern

Irma Madrigal, DTR

Dietetic Intern, University of Northern Colorado

Dietetic Intern: From Beginning to End

If you are a student or a fairly new registered dietitian (RD), you might remember the stressful decision of choosing and applying for a dietetic internship. When I was applying back in late 2016, I had no idea I would end up having such a great time with an internship that was right for me!

The University of Northern Colorado Dietetic Internship (UNC DI) is a distance internship located in Greeley, CO. The program has been in place for over 20 years and was the first one to adopt this online learning structure for other distance internships to follow. The program can be finished in eight months on a full-time status or in 14 months on a part-time status, thus meeting the needs of many interns. The internship has a concentration of community nutrition and/or food service management.

I was able to find my preceptors by organizing all my contact information from

previous professors, interns, RDs, and colleagues into an excel sheet. I also used the Academy of Nutrition and Dietetics' resources on their Eatright.org Find-a-Preceptor Database to find practitioners who were available to take interns. Lastly, the Los Angeles District of the California Academy of Nutrition and Dietetics networking opportunities gave me the extra support that I needed.

What makes a distance internship unique from other internships is that the intern is responsible for looking for preceptors. For many students this is the biggest challenge, as they are not only worrying about the application itself, but also confirming preceptors in their area. The wonderful part about this is that you, as the applicant, can choose your preceptors based on your interests and needs. For instance, I knew that I was interested in pediatric nutrition, so I made sure to get ample amount of community nutrition at my local WIC office and in my food service rotation at a K-12 school district. Something else to keep in mind when choosing your preceptors

would be to choose them based on other aspects of nutrition that you do not have much experience in. For instance, I've explored areas such as sports nutrition, eating disorders, and nonprofits, so I decided to choose something else to focus on to establish a well-rounded education.

As my internship is coming to an end, I've realized that this opportunity has made me more self-assured and reflective on my strengths and weaknesses, and it has increased my networking skills. Now I can say that, without a doubt, I can tackle any position and difficult decision-making situations with ease and professionalism. I had the opportunity to work with such amazing dietitians, interns, and other healthcare professionals, which made me appreciate the expertise of every member of the healthcare team. For those of you who are currently looking for an internship, remember that this is the chance for you to grow and flourish as a professional as it will prepare you to be the best entry-level dietitian you can be!

ABOUT LAHIDAN

MISSION, VISION, PURPOSE, FUNCTIONS

Mission

Empowering members to be the nation's food and nutrition leaders for Latinos and Hispanics.

Vision


Optimizing the health of Latinos and Hispanics through food and nutrition.

Purpose

The purpose of this MIG shall be to support member needs while fostering the development and improvement of food, nutrition, and health care for Latinos and Hispanics and their families in the United States and related territories, with outreach to Hispanic and Latino international members.

Functions

- a. To lead in the planning, implementation, and evaluation of food, nutrition, and health service delivery to Latino communities
- b. To promote professional practice, research, and educational advancement
- c. To promote cultural competency of LAHIDAN
- d. To strengthen the influence of the MIG on professional organizations, policy makers, government, and other identified entities through coordinated action
- e. To highlight the contributions of member dietetic practitioners with significant contributions to the Association and profession
- f. To support leadership development and promote member service utilization
- g. To identify, mentor, and support promising future Latino/Hispanic dietetic practitioners
- h. To maintain a resource directory of LAHIDAN dietetic practitioners and those interested in supporting the MIG

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Latinos and Hispanics in Dietetics and Nutrition

 a member interest group of the
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