

Adelante

The Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN) Newsletter



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MESSAGE FROM THE CHAIR

Dear LAHIDAN members,

I hope you enjoyed FNCE® this year. Thank you for attending the LAHIDAN virtual reception. We had a great turnout! Thank you to the Communication Committee and all of the leadership members who made this event possible. As we promised with our Giveaway, we randomly selected three of our reception participants and three of our Showcase attendees to win a \$50 Amazon gift card.

The winners are: *Frida Swenson, Lidia Fernandez, Maria Aguero De Manunta, Katherine Lilja, Victoria Alizo, and Aida Sisco Oquendo.*

We are planning four virtual networking opportunities for the remainder of this member year. In January, we will begin in the Northeast of the U.S., continue to the South in February, the Midwest in March, and finally the West in April. We hope to see you there!

Furthermore, we are preparing webinars and other professional development activities. Stay tuned! We will continue to communicate via eblasts and our **member discussion board**.

LAHIDAN was featured on the President's page of the Journal of the Academy of Nutrition and Dietetics. The topic was diversity, equity, and inclusion. To provide an opinion, I heard the voice of LAHIDAN leaders and members. You can read the article **here**.

I am sure you will enjoy this amazing newsletter, created by Alejandra Amezola and Marilú Torres. We encourage you to submit an article, recipe, or nominate someone to be featured in the Member Spotlight.

As always, do not hesitate to contact us at **LAHIDAN@eatright.org** with any comments or suggestions.

Please stay safe and healthy.

All the best,
 Virginia

Maria Virginia Tijerina Walls MS, NC
 LAHIDAN 2020-2021 Chair



Get Featured in LAHIDAN

Want to share an original recipe, article, showcase a recent accomplishment, or share a great idea?

We're continually looking for new content to feature in our newsletter, blog, and social media.

This is an excellent opportunity to get involved and contribute to LAHIDAN. We want to hear from you!

Click [here](#) to submit.



Member Spotlight Nominations

Do you know someone that you would like to nominate for the LAHIDAN Member Spotlight?

To nominate, please contact us at LAHIDAN@eatright.org with your nominee's name and contact information.

Benefits of Membership

The benefits of being a LAHIDAN member include opportunities for professional development and increasing cultural competency.

Professional Development Benefits:

- Leadership Opportunities
- Mentoring Program
- Professional Networking
- Student Scholarship
- LAHIDAN Website
- Connections with Friends and Colleagues
- Monthly Newsletter
- Trinko Award
- Webinars
- Discussion Board
- FNCE® Poster Award

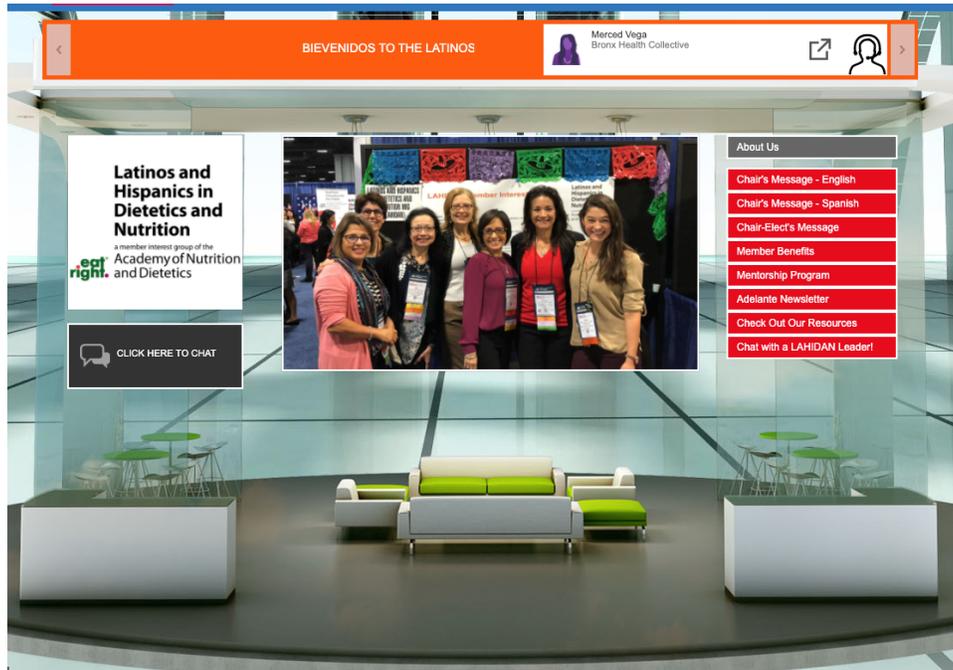
Cultural Competency Benefits:

- Language and Cultural Exchange
- Webinars

LAHIDAN NEWS

FNCE® 2020 Recap:

LAHIDAN's FNCE® Reception and Networking Event & Virtual Booth



LAHIDAN's virtual booth at FNCE® 2020.



Thank you to everyone who joined us for our FNCE® 2020 Reception and Networking event on October 18th!

LAHIDAN NEWS



Meet Our Newsletter Volunteer

Marilú Torres, Dietetic Student

I began my dietetic student journey at the NorthWest Arkansas Community College. Currently, I am a senior Human Nutrition and Dietetics student at the University of Arkansas. My current nutrition-related roles include being the Academy of Nutrition and Dietetics Student Liaison for the University of Arkansas and a part-time Nutrition Assistant for Mercy Hospital. I entered college interested in food, nutrition, and exercise but did not immediately find out about the dietetics major. I decided to become an RDN after taking an elective nutrition course and reflecting on my family's inherent diseases.

Growing up, I visited my parent's farm in Mexico every summer. They grew beans, alfalfa, corn, garbanzo beans, and tomatoes, and they raised sheep, pigs, and cattle. This is where my curiosity for food and nutrition ultimately began. The health aspect of my interest in dietetics came after my father was diagnosed with diabetes. I was concerned, and I wanted to know why this happened and how I could help. My passion for pursuing dietetics grew after learning about the variety and ongoing opportunities for knowledge that dietetics offers.

The areas that interest me the most are nutritional genomics and clinical, diabetic, and pre- and peri-natal nutrition. I love that I can be part of something pertinent to everyone. I began volunteering at the Northwest Arkansas Food Bank for their warehouse and food pantries. I also recently contributed my time to the teaching garden, which was a fantastic experience that helped provide food to their food pantries and low-income families in need. During this time, I also made a couple of cooking videos for their website to be seen by families who receive food.

In August, I was named volunteer of the month in their monthly snapshot "The Juice." I have also recently volunteered for the University of Arkansas Medical Sciences food delivery for families affected by COVID-19.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

— Margaret Mead

This quote inspired me to volunteer and become a LAHIDAN member. I became a member to connect with other Latinx and Hispanic professionals and students who share my interests and goals. Shortly after, I became a newsletter volunteer to help bring the group's health and nutrition efforts to its members.

We are adding a "Student Section" to the newsletter. My vision for this section is to feature students who share what they have done for their community and their roles or current jobs in nutrition. The goal is to highlight how a single thoughtful student can be part of significant nutrition efforts that positively impact their community.

If you are a student or dietetic intern interested in writing for the Student Section, please contact us at LAHIDAN@eatright.org

Best,

Marilu Torres
Newsletter Volunteer
Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN)

MEMBER SPOTLIGHT

An Interview with Diana Licalzi Maldonado, MS, RD

Interview by Alejandra Amezola



Diana Licalzi Maldonado, MS, RD, is a registered dietitian with a Master's in Nutrition Science, and is currently working towards becoming a Certified Diabetes Educator (CDE). Originally from Puerto Rico, Diana is dedicated to helping the Hispanic community meet their nutrition and health goals. She co-founded Reversing T2D, an online platform that provides nutritional guidance for individuals with pre- and type 2 diabetes. Last year, Diana also became very passionate about empowering women to have healthy pregnancies without alcohol.

After noticing a gap in the market, she co-authored the book, *Drinking For Two: Nutritious Mocktails for the Mom-to-Be*, where she provides women with prenatal nutrition information and over 45 non-alcoholic drink alternatives healthy for both mom and baby. Diana also has experience working as a dietitian at Boston Medical Center, InsideTracker, and UC San Diego Health. Diana is also the 2020-21 Treasurer for the Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN) Member Interest Group.

Q: Why did you choose to become a registered dietitian (RD/RDN)?

A: Growing up in Puerto Rico, I witnessed how poor eating habits and a lack of proper nutrition education leads to many chronic illnesses, including within my own family. It was clear that there was a tremendous void around nutrition education, especially among the Latino community, and I wanted to help fill it.

Q: What field of dietetics do you work in?

A: I work in several different areas in the field of dietetics. I primarily work for a biotech company called InsideTracker where I review blood biomarker data and nutrition recommendations with InsideTracker users. I also help brainstorm, plan, and contribute to nutrition-related content for their blog, marketing campaigns, and social channels.

I also co-founded and ran Reversing T2D, an online program that helps people (especially the Latino community) learn about nutrition and exercise to help reverse pre- and type 2 diabetes.

Lastly, I also write mocktail books – I co-authored *Drinking For Two: Nutritious Mocktails for the Mom-to-Be*, which provides women with prenatal nutrition information and over 45 non-alcoholic drink alternatives healthy for both mom and baby. My second book *Mocktail Party* hits shelves on May 2021 and will feature 75 healthy, plant-based mocktail recipes.

Q: Can you talk about the work you do for LAHIDAN?

A: I work as Treasurer for LAHIDAN, where I mainly oversee and manage the organization's finances.

MEMBER SPOTLIGHT

Q: What are your typical daily and weekly work tasks as an RDN?

A: Many of my daily and weekly work tasks involve research and writing. I usually write and publish one to two blogs per month for InsideTracker, so a lot of my time is dedicated to writing about nutrition- and longevity-related topics. I also spend a lot of my time working on Reversing T2D. This entails a range of tasks, including editing blog posts, managing our interns, and creating meal plans for our members. A large part of my role for Reversing T2D is also research and development—finding ways to improve our program and expand our audience.

Q: What is your favorite part about working in dietetics?

A: One of my favorite parts about working in dietetics is teaching people about nutrition, especially plant-based nutrition! The majority of people living in the United States, including the Hispanic community, don't eat enough plants, yet they can have such a powerful impact on our overall health. I thoroughly enjoy teaching people about the benefits of plants and how they impact chronic illness.

I also enjoy helping people find ways to incorporate more plants into their diets. I love how diverse the field of dietetics is. I work several different jobs in unique areas within dietetics, which always keeps things exciting and educational.

Q: What are some of your professional or career aspirations?

A: My primary professional aspiration is to eventually grow Reversing T2D to reach more people, especially Latinos. Diabetes is a growing epidemic in the United States, and it disproportionately affects Hispanics. Hopefully, by reaching more people, we can

help educate them about nutrition and its impact on diabetes and reduce the long-term complications associated with diabetes.

Q: Do you have any advanced education or special training?

A: I have a Master's in Nutrition Science from Tufts Friedman School of Nutrition, and I'm currently working towards becoming a Certified Diabetes Educator (CDE).

Q: How does your work with LAHIDAN impact the Latinx community?

A: LAHIDAN empowers not only its members but all Hispanic dietitians (and future RDs) to be leaders in the field. The field of dietetics desperately needs more Hispanic dietitians, and LAHIDAN helps foster that growth — it's a community where everyone is welcome and supported.

Q: In an ideal world, what would the role of RDs in the Latinx community look like?

A: In an ideal world, all Latino communities would have access to the proper nutrition care and treatment they deserve, including access to dietitians. Furthermore, more opportunities would be given to Hispanic dietitians, making it easier for them to enter the field.

Q: What interested you in becoming a member of LAHIDAN?

A: I love being part of a community! I also feel very passionate about connecting with more Latinos in the nutrition space, so joining LAHIDAN was the perfect fit.

Additional comments from Diana:

I feel honored and privileged to be part of LAHIDAN, and I encourage more Latinos to become a part of this wonderful organization.

HEALTH/PRACTICE RESOURCES

How Culturally Sensitive Are Your Nutrition Services?

By Dr. Marcia H. Magnus

Article Excerpt

By the year 2050, the expectation is that ethnic groups and people of color will total 51% of the American population, compared to 30% in 2015 [1]. Furthermore, 30% of White and 50% of non-White babies born after the year 2000 are expected to develop diabetes and have a shorter life expectancy than their parents [2]. Culturally sensitive nutrition services include features that meet clients' cultural and learning needs, essential to them [3,4]. The Cross-Cultural Nutrition Checklist was developed, pretested, and validated to quantify nutrition services' cultural sensitivity.

The checklist was developed, revised, and validated based on feedback from multiethnic Blacks (African Americans, Caribbean Americans, and native Africans), multiethnic Hispanics (Mexican Americans, Cuban Americans, and Venezuelans), and non-White decision-makers from 13 ethnic groups and three religions. The multiethnic Hispanics were enrolled in a weight loss program. Non-White decision-makers included the following:

- Colombian, Korean American, Brazilian American, Haitian American, and Caribbean American chambers' of commerce, and Venezuela's executive members.
- Religious leaders of multiethnic Hispanic and Black churches, African American mosques, the Korean American Presbyterian

church, the Korean American Methodist church, the Chinese Baptist Church, and Sikh, Hindu, and Buddhist temples.

- Leaders of cultural organizations such as the Chinese Cultural Association, African American National Urban League, and Hispanic Unity.
- Executive members of professional associations such as the Philippine Nurses' Association and the Caribbean Bar Association.

Multiethnic Black and Hispanic weight loss program participants and ethnic community leaders rated each Checklist feature as 'very crucial' (3), 'crucial' (2), or 'not that crucial' (1).

Hawaiian food models include pak choy/bok choy (green and white), breadfruit (beige); a bowl of taro (light purple), noodle soup, mango cubes in skin (yellow), papaya cubes (orange colored), green bean salad, and shredded pork. [5] They are not available for sale so the visual is the next best bet.

Using participant observation in South Florida, the mean cultural sensitivity score of 49 **nutrition** programs and 60 **weight loss** programs were 22.6% and 26.7%, respectively, indicating room for improvement. [6] The Checklist is easy to use; and it can help nutritionists quantify the

HEALTH / PRACTICE RESOURCES

cultural sensitivity of nutrition services and, if necessary, improve the sensitivity by including more features.

Click [here](#) to read the full article and access The Cross-Cultural Nutrition Checklist.

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Excerpted from: Magnus, MH. "Delivering Culturally Sensitive Nutrition Service\$--Responding to Clients' Iceberg Factors". 2020. 468 pages. ISBN: 9781650476148. www.amazon.com/1650476140. "Workbook--Delivering Culturally Sensitive Nutrition Service\$". 2020. 146 pages. ISBN: 9781650592367. [www.amazon.com LLC. 1650592361](http://www.amazon.com/LLC.1650592361).

ABOUT THE AUTHOR



Dr. Marcia H. Magnus has been an associate professor in the Department of Dietetics and Nutrition at Florida International University since 1991. Formerly, she was a public health nutritionist at the United Nations Caribbean Food and Nutrition Institute, which offered technical assistance in nutrition to 21 Caribbean countries. As a UN consultant, she developed the Nutrition Plans of Action for Monserrat, Dominica, and the Bahamas; and conducted training for practicing nutrition professionals. Her research focuses on cross-cultural nutrition, readability of nutrition education materials, weight perception, barbershop nutrition education and drug-nutrient interactions. Dr. Magnus has traveled to more than 50 countries and this provides the basis for her specialization in cross-cultural nutrition competence.

CONTACT

Associate Professor of Dietetics and Nutrition, Florida International University, Miami, FL.
Email: magnus@fiu.edu

SABOR LATINO

Lemon Pound Cake

Recipe developed by Diana Hernandez, Dietetic Student



Photography provided by Diana Hernandez. Instagram: @itsthebalance. Used with permission.

INGREDIENTS

- 2 cups of oatmeal (blend oats in a blender)
- 1 cup almond flour
- 3 eggs, separate the yolk from the white
- 1/4 cup of avocado oil (can use ghee)
- 1/4 cup of Greek yogurt
- 1/4 cup of lemon juice (about two lemons)
- 1 tbsp baking powder
- Splash of vanilla
- 1/2 cup of monk fruit
- 1/2 cup of almond milk

TOPPINGS

- Unsweetened caramel syrup
- Melted chocolate
- Sugar-free dulce de leche (sweetened caramelized milk)

DIRECTIONS

1. Start by separating the egg whites from the yolk and set aside in a bowl.
2. Add all dry ingredients in one bowl, and wet ingredients in the other.
3. Next, add the egg whites slowly to the mixture.
4. Preheat the oven to 350 F.
5. Grease a small cake or bread mold and pour in the mixture.
6. Bake for 35-40 min or until you put a knife in it and it comes out clean.

- Monk fruit
- Greek yogurt
- Vanilla cream cheese

Watermelon Agua Fresca With a Twist

Recipe developed by Marisela Maldonado, Dietetic Intern



Photography provided by Marisela Maldonado. Used with permission.

INGREDIENTS

- 4 cups chopped watermelon
- 3 tbsp lime juice (or juice from 1.5 limes)
- Chili-lime powder for rim of glass
- Mint, sprig, for garnish

DIRECTIONS

1. Add watermelon and lime juice to a blender and blend until smooth.
2. Line the rim of a glass with lime from a wedge and tip the glass, rim side down, in a plate of Tajin.
3. Fill glass with ice, and pour the watermelon lime mix in.
4. Top it off by adding a sprig of mint.
5. Enjoy your refreshing *agua fresca*!

RECIPE BACKGROUND

One of my favorite treats growing up in a Latino household was a nice refreshing sandia with lime juice and chili-lime powder. Whenever I have this flavorful combo again, it takes me back to my mom's kitchen, where I would enjoy this nutritious snack between rounds of tag with my friends on hot summer days. The best part of having watermelon with lime and chili-lime powder would be drinking the juice from the bottom of my bowl after eating all the fruit, which is where the idea came to me to make an *agua fresca* with the same flavors in mind.

*Agua fresca*s were also a staple in my home growing up, and I have carried this tradition into adulthood to share with my family. Jamaica, tamarindo, strawberry were all delicious *agua fresca*s my taste buds had the pleasure of experiencing, but the watermelon was always, and still is, my favorite. It is a quick and effortless way to get a good dose of vitamin A, vitamin C, and a delicious sip of Latino childhood memories.

*Did you like
this recipe?*

Find more delicious recipes and dishes on our [website](#).

Interested in submitting a recipe to be featured in *Adelante*? Contact us at LAHIDAN@eatright.org for more information.

NEWS & EVENTS

COVID-19 y sus Implicaciones en el Paciente Crítico

COVID-19 and its Implications in the Critical Care Patient

Presented by: The Academy of Nutrition and Dietetics, Puerto Rican Affiliate

Fecha: 21 de Noviembre, 2020

Hora: 10:00 am -12:00 pm (CT)

Plataforma: Zoom

Recursos:

Dra. Marielys Otero

Especialista en enfermedades infecciosas

Crystalee Santiago, LND, MBA

Costos:

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Time: 10:00 am - 12:00 pm (CT)

Platform: Zoom

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Marielys Otero, MD

Infectious Disease Specialist

Crystalee Santiago, LND, MBA

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Additional Resources

Access the LAHIDAN website **here** for more exclusive resources, recipes, articles, and information.