

Adelante

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



CONTENIDO / CONTENTS

PERSPECTIVE:

Message From The Chair.....1

LAHIDAN NEWS:

Renew Membership2

LAHIDAN Mentorship Program.....3

Virtual Networking Events.....4

MEMBER SPOTLIGHT:

An Interview with Dr. Andie Lee
Gonzalez.....5-6

HEALTH / PRACTICE RESOURCES:

National Nutrition Month®.....7

Call for Webinars.....7

Apply for Academy Scholarships.....7

RESEARCH:

Front-of-package food warning labels as
a way to fight obesity in Mexico.....8-10

SABOR LATINO:

Ooey-Gooey Chocolate Brownies.....11

Recipe Background.....12

STUDENT SECTION:

Tips for Students on National Nutrition
Month®.....13-14

LEADERSHIP:

LAHIDAN Leadership.....15

Connect with LAHIDAN.....15

MESSAGE FROM THE CHAIR

Dear LAHIDAN members,

We are close to the end of this fiscal year, but with the same enthusiasm to continue working to strengthen our group. Your participation is key to helping us achieve our goals. This year, we have had three LAHIDAN networking events. It has been great to observe colleagues sharing experiences and getting connected! Our last virtual networking event will be for the western states on April 29th. You can sign-up [here](#). We hope to see you there!

This year, LAHIDAN is offering two LAHIDAN FNCE® Student Scholarships, two LAHIDAN Student Service Awards, and one LAHIDAN Student FNCE® Poster Award. Please see the LAHIDAN News section for more information.

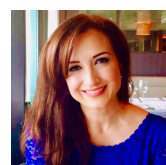
Join me in welcoming our new officer at LAHIDAN. Natalia Guzmán is our incoming Social Media Coordinator and is now part of our fantastic Communication Committee. Welcome to the team, Natalia!

Don't forget to register for our upcoming webinar happening in April. Lorena Drago MS, RDN, will present "Interactive Tools for Tele Nutrition," on April 27th. You can't miss it! Enjoy this *Adelante* Newsletter made by our amazing editors, Alejandra Amezola and Marilú Torres. You will find articles, recipes, practice resources, the member spotlight, the student section, and more information about upcoming events.

We want to continue connecting with you through the [Member Discussion Board](#) and social media. What are your thoughts, ideas, or suggestions? We want to hear from you! Write to us at LAHIDAN@eatright.org. Please stay safe.

All the best,

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



Renew Academy and MIG Membership

Login to your account [here](#) or call the Academy's Member Services Center during business hours (Monday through Friday 8 a.m. - 5 p.m. CT) at (800) 877-1600, ext. 5000.

Renew your Academy and MIG membership for the 2021-2022 membership year today!

Click [here](#) to renew.



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 LAHIDAN 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

The LAHIDAN Mentorship Program

The LAHIDAN Mentorship Program is designed to help students and new nutrition professionals grow and develop professional qualities that will help them succeed in their careers.

Mentoring includes topics such as:

- Career guidance
- Support on how to enhance eligibility into Dietetic Internship programs
- Time management
- Networking
- Job search
- Sharing the mentor's own experiences with the mentees

Mentoring is a great way for nutrition professionals to give back to the profession, and it provides an excellent opportunity to learn more about the profession from a LAHIDAN member's perspective.

Do you have experience or advice that you are willing to share? Do you have an interest in helping "young" nutrition professionals or students grow in the nutrition and dietetics profession?

If you answered yes, we would like you to consider becoming a mentor for the current membership year. Mentors develop a professional relationship with mentees via electronic, phone, or face-to-face contact which involves a small monthly time commitment.



Dr. Julie Plasencia, Past Mentorship Chair, pictured with Dr. Andie Lee Gonzalez, a Past Mentee.

LAHIDAN Mentor Profile Form

Are you a student member of LAHIDAN or new to the nutrition and dietetics profession? Would you like to be mentored by a more experienced LAHIDAN member?

If you answered yes, join our mentoring program, a mentee-driven program that connects students and newly credentialed LAHIDAN members to more experienced LAHIDAN members.

LAHIDAN Mentee Profile Form

If you have any further questions about becoming a mentee or a mentor, please contact LAHIDAN@eatright.org.

LAHIDAN NEWS

Scholarships & Awards

The LAHIDAN Executive Committee would like to introduce a new award and some changes made to previous awards.

LAHIDAN Student FNCE®

Scholarship:

- Student registration fee for FNCE® 2021 will be reduced due to virtual format.
- Given this change, LAHIDAN will be offering four \$200 student scholarships instead of the original plan to give one student \$800.
- As of now, LAHIDAN anticipates this change to affect only this year's FNCE® Student Scholarship.

LAHIDAN Student FNCE® Poster Award:

- The LAHIDAN Executive Committee voted to increase the amount awarded to \$200.
- The LAHIDAN Student FNCE® Poster Award will be open to all member categories, not just students.

LAHIDAN Student Service Award:

- Two students who have volunteered for LAHIDAN will be newly appointed service awards winners.

Watch for more details coming soon!

LAHIDAN

Virtual Networking Events

Don't forget to register for our **virtual networking events** exclusively for LAHIDAN members in 2021!

Since we were not able to meet in person during FNCE® or throughout the year, we wanted to give our members an opportunity to connect in a virtual space.

While all the virtual networking dates are open to all LAHIDAN members, each date is intended for **a specific region of the country** to help members connect with others in their area. During the networking session, you will be able to meet members of the Executive Committee, ask questions, learn ways to volunteer with LAHIDAN, engage in discussion, and more!

Register today through the links below. If you have any questions, please feel free to contact us at **LAHIDAN@eatright.org**. We hope to see you all soon.

Virtual Networking Event Dates - April

April 29th, 6:30-7:30 pm PT - Western states

(Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, New Mexico, Nevada, Oregon, Utah, Washington, and Wyoming.)

MEMBER SPOTLIGHT

An Interview with Andie Lee Gonzalez, PhD, MPH, RDN, LD, FAND

Interview by Alejandra Amezola



Andie Lee Gonzalez's career with H-E-B started 6 years ago as a regional registered dietitian for the border. She now serves as a medical sales representative for H-E-B Nutrition Services. As a medical sales representative, she helps build on H-E-B's nutrition services offerings, maintains relationships with physicians, health care providers, and employers, and serves as a spokesperson for nutrition education and health and wellness for the Border and Gulf Coast region.

Andie is a native of South Texas and a former La Joya ISD graduate. As a first-generation Latina college student, she received her Bachelor of Science in Dietetics, completed her dietetic internship program and Master's in Public Health, with an emphasis in nutrition, from Michigan State University College of Human Medicine. She then completed her Doctorate in Philosophy in Organizational Leadership Studies from Our Lady of the Lake University in 2018. She is a Fellow of the Academy of Nutrition and Dietetics and serves on the Executive Board for the Latinos and Hispanics in Dietetics and Nutrition Member Interest Group. Andie is also a delegate for the Texas Academy of Nutrition, a liaison for the Rio Grande Valley Dietitians chapter, and a member of La Joya Catholic Daughters of the Americas. Through these roles, she serves to support her intentional purpose in advocating health and education in our community.

In her spare time, her joy is spending time with her husband Ricardo, daughter Aolani, son Arturo, and extended family. She is a highly motivated Latina who values family, hard work and serving others.

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

A: Since my childhood, I have seen the negative impacts of food in correlation with disease and poor health in our Hispanic/Latinx communities. Both my grandparents were diabetic and had heart problems. These unique life experiences fostered my interest and passion in nutrition and becoming a Registered Dietitian Nutritionist. I also was intrigued by how very few RDNs were Latino/Hispanic, I saw a need that needed to be served.

Q: What field of dietetics do you work in?

A: I work in retail which embraces both dietetics and marketing.

Q: Can you talk about the work you do as an RDN ?

A: The work I do as a dietitian involves supporting the role of the dietitian by connecting with key stakeholders in our community and effectively sharing with them how our work as dietitians can help improve patient health outcomes and quality of life.

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

A: I now serve as a corporate sales representative and registered dietitian for H-E-B Nutrition Services. In my current role, I help build on H-E-B's nutrition services offerings, maintain relationships with physicians, health care providers, and employers, and serve as a spokesperson for nutrition education and health and wellness for the Border and Gulf Coast region in South Texas. On a typical day, I set up virtual medical luncheons with physicians and clinical staff, support our vendor relations, and support key relationships in our territories, including community partnerships, employee wellness, and marketing opportunities. My day to day is never quite the same.

MEMBER SPOTLIGHT

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

A: My most favorite part is “Gifting back the health to the patients I serve”. This is the most rewarding and humbling experience and something I will never take for granted.

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

A: Some of my aspirations are to continue to grow in the field of dietetics whether in my professional career or personal. I'd like to continue to be involved with the Academy of Nutrition and Dietetics and one-day sit in a leadership role. I want to continue to serve my community while at the same time continue to mentor and coach upcoming dietitians. I want to give back and be able to pay it forward. It really does take a village and I am a testament to that.

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

A: Advanced education includes a Masters in Public Health, a PhD in Organizational Leadership, a Fellow of the Academy of Nutrition and Dietetics, a certificate in Business Analytics, and currently in the process of training as a Certified Specialist in Obesity and Weight Management.

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

A: The ideal world the role of an RD/RDN would be someone who can relate, connect, empathize and be passionate in serving our Hispanic/Latinx community. All of these key components would help this RD/RDN be successful in the work that they do.

Q: How does your work impact the Hispanic/Latinx community?

A: My hometown is over 87% Hispanic/Latinx. The work that I do every day impacts our community every day. In my work, we create resources and education that help meet our community needs and in my personal time, I am involved with many public health organizations to do the same. I am involved with organizations like Rio Grande Valley Diabetes Association, Unidos Contra La Diabetes, and Border Health Coalition. These are some of the organizations that continue to create resources that support the Hispanic/Latinx community's health needs.

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

A: I had a great mentor and friend, Dr. Plasencia, who introduced me early on to LAHIDAN. My interest today is serving in a leadership role and giving back to our upcoming dietitians. As an undergraduate, first-generation college Latina student, I had some challenges in navigating and finding the help that I needed to be successful. My interest in LAHIDAN continues to be the same. LAHIDAN has helped me network, find other dietitians with shared experiences, and values, and future job opportunities. It is because of Dr. Plasencia and LAHIDAN that I am here today.

Advice from Dr. Gonzalez

My advice to upcoming RD/RDNs who are Hispanic/Latinx is to get involved with LAHIDAN, network, volunteer, and continue to take up space! There is still much work and need in our Hispanic/Latinx community! We must be the change we want to see in the world!

HEALTH/PRACTICE RESOURCES

National Nutrition Month®

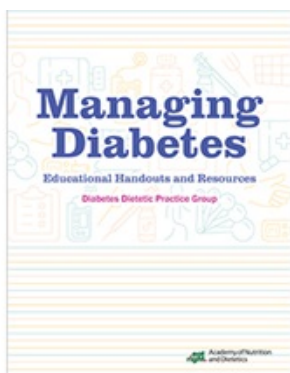


National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Personalize Your Plate." There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds, and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are.

Click [here](#) to learn more.

Managing Diabetes: Educational Handouts and Resources



By Diabetes Dietetic Practice Group

This downloadable set of educational handouts and resources supports in-person and virtual counseling on a wide range of topics for people with all types of diabetes.

Call for Webinars

Do you have an idea for a webinar that would benefit dietetics and nutrition professionals? Would you like to share your knowledge in a particular subject area?

If so, the Academy of Nutrition and Dietetics invites you to submit a proposal to the Call for Webinars! They are seeking proposals on beginner, intermediate, and advanced-level topics of interest to food and nutrition professionals.

The Center for Lifelong Learning offers monthly webinars on an array of topics, focusing on emerging and expanding areas of interest to build knowledge and skills and address career development.

Submit [here](#).

Apply for Academy Foundation Scholarships

The Academy of Nutrition and Dietetics Foundation is proud to serve as the largest provider of dietetic scholarships to deserving students at all levels of study.

Individual scholarships range in value from \$500 to \$10,000 each. The total amount and number of Foundation scholarships awarded each year are determined by fundraising efforts and investment returns on scholarship funds.

The Foundation is currently accepting scholarship applications for the 2021-2022 academic year. All applications and supporting materials (recommendation forms, verification forms, etc.) are due by the scholarship deadline of **Monday, April 19, 2021**, at 5 p.m. (Central time).

Apply [here](#).

Front-of-package food warning labels as a way to fight obesity in Mexico

By Maria Virginia, Tijerina Walls, MS, NC

Obesity is a serious public health issue in Mexico. Almost eight out of 10 adults (75.4%) are overweight or obese, while, in school-age children, the prevalence is 35.6% [1]. Public policies have been established in the country to reduce obesity since it affects the life expectancy and quality of life of the population [2,3,4] and represents a high economic burden for the country's health system [5, 6,].

In 2010, The National Agreement for Food Health: Strategy to Fight Overweight and Obesity was approved [7]; subsequently, in 2013, The National Strategy for Prevention and Control of Overweight, Obesity, and Diabetes was implemented [8]. Both comprised a series of objectives to promote healthy eating habits and an active lifestyle in the population.

Nevertheless, these public policies did not achieve the expected results. Obesity continues to increase in almost all age groups, mostly in adults. In both policies, deficiencies were identified, such as a lack of legal framework and involvement of all stakeholders, failure to consider the sociodemographic context, and the lack of indicators to measure progress [1,9,10,11,12].

In recent years, efforts to address the obesity burden have focused primarily on two actions: increasing taxes on sugar-sweetened beverages

and energy-dense foods [13, 14, 15] and modifying the front-of-package nutrition labeling of prepackaged foods [16].

As of October 2020, prepackaged foods are required to display warning stamps (octagons) on the front of the food labels when they exceed the allowable amount per 100 grams (3.6 ounces) for total calories, added sugars, saturated fat, trans fat, and sodium [16]. Similar strategies have been implemented in other countries, where they use warning labels. Chile was the first country to implement a front-of-the package warning label in June 2016 [17,18,] Uruguay, Peru, Israel applied it later [16]. Other labeling systems used include the Traffic Light Labelling Choice and the Nutri-score [19,20].

In Mexico, prepackaged foods and beverages must carry stamps (white and black octagons) of "Excess calories" upon exceeding 275 kcal per 100 g in solid products or 70 kcal per 100 ml in liquids; "Excess on simple sugars" if more than 10% of the kcal comes from free sugars; "Excess on saturated fats" when containing more than 10% of the kcal from saturated fats; "Excess in trans fats" in case that more than 1% comes from trans fats; and "Excess in sodium" if they have more than 1 mg of

RESEARCH

sodium per calorie [14].

The Pan American Health Organization and the World Health Organization endorse the Front-of-Package food warning labeling system. The initiative may discourage individuals from buying packaged foods that exceed the established content of some critical nutrients and calories per 100 g. Furthermore, this measure has pushed the food industry to reformulate its products to make healthier prepackaging foods [21,22].



Photography provided by Maria Virginia Tijerina Walls. Used with permission.

It is beneficial for consumers to have more information on which products to consume. Still, it is difficult for consumers to choose the best food options. Prepacked foods in Mexico have the same stamp if they exceed the limit with a minimum number of calories or critical nutrients or by a high amount. Additionally, some foods contain, for example, healthy fats

and the consumer does not have the information to differentiate from these [16].

Projections have been made on these strategies to fight obesity in Mexico, as the impact cannot be measured immediately [23]. However, evidence shows that it is required a nutritional education campaign for the population to understand the labels and integrate this information into their diet [24]. Mexican diet includes other foods that are not prepackaged and contribute, when consumed in excess, to obesity. Besides, it's required an integral program in schools to address the promotion of healthy eating habits among all school community stakeholders. [25, 26, 27, 28, 29]. Only comprehensive food and health policies, that include nutrition education can make a real impact on preventing and fighting against obesity in Mexico.

References

1. Ministry of Health, INSP and INEGI. National Health and Nutrition Survey. Presentation of results. 2018. Available at: https://ensanut.insp.mx/encuestas/ensanut2018/doctos/informes/ensanut_2018_presentacion_resultados.pdf.
2. Sahoo K, Sahoo B, Choudhury AK, Sofi NY, Kuman R, Bhadoria AS. Childhood obesity: causes and consequences. Family Practice. 2015; 42:187-192.
3. Koyuncuoğlu N. Overweight and Obesity in Children and Adolescents. J Clin Res Pediatr Endocrinol. 2014;6(3):129-143. doi: 10.4274/jcrpe.1471.
4. Perichart-Perera O, Balas-Nakash M, Schiffman-Selechnik E, Barbato-Dosañ B, Vadill-Ortega F. Obesity increases metabolic syndrome risk factors in school-aged children from an urban school in Mexico city. Journal of the American Dietetic Association. 2007;107(1):81-91. doi: 10.1016/j.jada.2006.10.011.
5. Rtveladze K, Marsh T, Barquera S, Sanchez LM, Levy D, Melendez G, Webber L, Kilpi F, McPherson K, Brown M. Obesity prevalence in Mexico: Impact on health and economic burden. Public Health Nutrition. 2014 Jan;17(1):233-9. doi: 10.1017/S1368980013000086.
6. Ministry of Health. Economic Analysis Unit. Economic Impact of Overweight and Obesity in Mexico 1999-2023. Mexico: Ministry of Health. 2015.
7. Ministry of Public Education. National Agreement for Food Health: Strategy against Overweight and Obesity. 2010. Available at: http://www.sep.gob.mx/work/models/sep1/Resource/635/1/images/programade_accion_sept.pdf.
8. Ministry of Health. National Strategy for the Prevention and Control of Overweight, Obesity and Diabetes. First edition. Mexico: IEPISA, Parastatal entity of the Federal Government. 2013. Available at: <http://www.cenaprece.salud.gob.mx/descargas/pdf/EstrategiaNacionalSobrepeso.pdf>.
9. National Council for the Evaluation of Social Development Policy (CONEVAL). Specific performance evaluation report 2014-2015. Prevention and control of overweight, obesity and diabetes. 2016. Available at: https://www.coneval.org.mx/Evaluacion/Documents/EVALUACIONES/EED_2014_

RESEARCH

2015/SALUD/U008_PYCOBESIDAD/U008_PEYCOBESIDAD_IC.pdf

10. Theodore FL, Moreno-Saracho JE, Bonvecchio A et al. Lessons learned and insights from the implementation of a food and physical activity policy to prevent obesity in Mexican schools: An analysis of nationally representative survey results. *PLoS One*. 2018. doi: 10.1371/journal.pone.0198585.

11. Tijerina MV, Rojas-Russell ME, Aedo MA, Pelcastre-Villafuerte BE, Díaz-Bouchain G. Compliance of School Food Guidelines in Primary Schools in Mexico City. *Archivos Latinoamericanos de Nutrición. Revista de la Sociedad Latinoamericana de Nutrición*. 2019; 69(4). doi: 10.37527.2019.69.4.002.

12. Lopez-Olmedo N, Jimenez-Aguilar A, Morales Ruan M, Hernandez-Avila M, Shamah-Levy T, Rivera-Dommarco JA. Consumption of foods and beverages in elementary schools: Results of the implementation of the general guidelines for foods and beverages sales in elementary schools in Mexico, stages II and III. *Evaluation and Program Planning*. 2018; 66: 1-6.

13. Official Journal of the Federation. Law of Special Tax on production and services. Available from: http://www.diputados.gob.mx/LeyesBiblio/pdf/78_241220.pdf

14. Colchero MA, Salgado JC, Unar-Munguía M, Molina M, Ng S, Rivera-Dommarco JA. Changes in prices after an excise tax to sweetened sugar beverages was implemented in Mexico: Evidence from urban areas.

15. Rivera JA, González T, García-Chávez CG, Colchero MA. The Role of Public Nutrition Research Organizations in the Construction, Implementation and Evaluation of Evidence-Based Nutrition Policy: Two National Experiences in Mexico. *Nutrients*. 2019. 11(3): 594. doi: 10.3390/nu11030594.

16. Ministry of Economy. AMENDMENT to Mexican Official Standard NOM-051-SCFI/SSA1-2010, General Specifications of Labeling for Prepackaged Food and Nonalcoholic Beverages-Commercial and Health Information, published April 5, 2010. 2020. Available at: https://www.dof.gob.mx/2020/SEECO/NOM_051.pdf

17. Corvalán C, Reyes M, Garmendia ML, Uauy R. Structural responses to the obesity and non-communicable diseases epidemic: Update on the Chilean law of food labelling and advertising. *Obesity Reviews*. 2018: 1-8. doi: 10.1111/obr.12802.

18. Reyes M, Garmendia M, Olivares S, Aqueveque C, Zacarías I, Corvalán C. Development of the Chilean front-of-package food warning label. *BMC Public Health*. 2019 Jul 8;19(1):906. doi: 10.1186/s12889-019-7118-1.

19. Labonté ME, Emerich TE, Scarborough P, Rayner M, Labbé MR. Traffic light labelling could prevent mortality from noncommunicable diseases in Canada: A scenario modelling study. *Plos One*. 2019 Dec 27;14(12):e0226975. doi: 10.1371/journal.pone.0226975.

20. Poquet D, Ginon E, Goubel B, Chabanet C, Marette S, Issanchou S, Monnery-Patris S. Impact of a front-of-pack nutritional traffic-light label on the nutritional quality and the hedonic value of mid-afternoon snacks chosen by mother-child dyads. *Appetite*. 2019;143:104425. doi: 10.1016/j.appet.2019.104425.

21. Pan American Health Organization. Front-of Package Labeling as a Policy Tool for the Prevention of Noncommunicable Diseases in the Americas. 2020. PAHO/NMH/20-0033.

22. Shangguan S, Afshin A, Shulkin M, Ma W, Marsden D, Smith J, Saheb-Kashaf M, Shi P, Micha R, Imamura F, Mozaffarian D. A meta-analysis of food labeling effects on consumer diet behaviors and industry practices. *American journal of preventive medicine*. 2019;56(2):300-314. doi: 10.1016/j.amepre.2018.09.024.

23. Basto-Abreu A, Torres-Alvarez R, Reyes-Sánchez F, González-Morales R, Canto-Osorio F, Colchero MA, et al. Predicting obesity reduction after implementing warning labels in Mexico: A modeling study. *PLoS medicine*. 2020;17(7):e1003221. doi: 10.1371/journal.pmed.1003221.

24. Jauregui A, Vargas Meza J, Nieto C, Contreras-Manzano A, Zacarías N, Tolentino-Mayo L. Impact of -front-of-pack nutrition labels on consumer purchasing intentions: a randomized experiment in low- and middle-income Mexican adults. *BMC Public Health* 2020. 6;20(1):463.

25. Aceves-Martins M, Llauredó E, Tarro L, Solá R, Giralto M. Obesity-promoting factors in Mexican children and adolescents: challenges and opportunities. *Global health action*. 2016;9(1):29625. doi: 10.3402/gha.v9.29625.

26. Fernandez MA, Raine KD. Insights on the Influence of Sugar Taxes on Obesity Prevention Efforts. *Curr Nutr Rep*. 2019; 8(4): 333-339. doi: 10.1007/s13668-019-00282-4.

27. Tamir O, Cohen-Yogev T, Furman-Assaf S, Endevelt R. Taxation of sugar sweetened beverages and unhealthy foods: a qualitative study of key opinion leaders' views. *Isr J Health Policy Res* 2018;7(1):43. doi: 10.1186/s13584-018-0240-1.

28. Hawkes C, Smooth TG, Jewell J, Wardle J, Hammond RA, Friel S, Throw AM, Kain J. Smart Food policies for obesity prevention. *The Lancet* . 2015;13:38

ABOUT THE AUTHOR



María Virginia is the director of Nutrien Nutrition & Health, a consulting agency. She is a PhD Candidate of Management and Public Policy at The National Autonomous University of Mexico (UNAM), holds an MS in Nutrition from The University of Oklahoma, and earned a BS in Nutrition from The Autonomous University of Nuevo Leon. (UANL). She is the former Communication Manager of the Mexican Observatory of Non Communicable Diseases (OMENT) in Mexico. She has been a professor at several prestigious universities at the undergraduate and graduate levels in Mexico. She was President of the International Affiliate of the Academy of Nutrition and Dietetics (IAAND) and is the current LAHIDAN Chair 2020-2021. She is an international speaker, and her main research interests are food and nutrition policies and childhood obesity prevention.

Read the full article in Spanish here

SABOR LATINO

Ooey-Gooey Chocolate Brownies

By Diana Hernandez



Photography provided by Diana Hernandez. Used with permission.

INGREDIENTS

- 6 tbsp of ghee, melted butter, or coconut oil (Note: I used more ghee/butter so the coconut flavor would not be as overpowering)
- 1 cup dark or unsweetened chocolate chips
- 1 tbsp baking powder
- 2 eggs
- 3 tbsp of cassava or cornstarch
- 1 tbsp cocoa powder
- 3/4 cup monk fruit or any granulated sweetener
- 1 tsp vanilla (optional)

Recipe Details

Serves: 6-8

Preparation Time: 15-20 minutes

Cooking Time: 25-30 minutes

DIRECTIONS

1. Preheat the oven to 350 F.
2. In a saucepan, melt the chocolate with the coconut oil or ghee.
3. Once melted, add the monk fruit sweetener, or your sweetener of choice, and beat mixture well.
4. Add the eggs one by one and continue beating.
5. Add the cornstarch or cassava, cocoa, baking powder and vanilla and mix very well.
6. Line a 8x8 baking pan with waxed paper and pour in the mixture. Place in the oven for 25-30 minutes.
7. Remove from oven and wait for it to cool.
8. Serve and enjoy!

Recipe Background

Eating healthy doesn't have to be boring, and this recipe is the perfect proof of it. Sometimes, we just need an ooey-gooey chocolatey brownie that's so good it sends shivers down your spine.

When it comes to my favorite desserts, this chocolate brownie recipe is definitely one of them. For a long time, I had been looking for a way to create a brownie that was as close to boxed mixes as possible, and this option certainly ended up being one of my favorites.

These healthy chocolate brownies have everything you need — the luscious fudgy texture, the intense chocolate flavor, and the nutrients your body needs! An added bonus is that they're gluten, refined sugar-free, and dairy-free. This is a recipe you won't regret trying — it is a healthier alternative, with simple ingredients, that is extremely easy to make.

Do you like this recipe?

Find more delicious recipes [here](#) on our website. Interested in submitting a recipe to be featured in *Adelante*?

We are always looking for new and creative recipes developed by our very own LAHIDAN members.

Contact us at LAHIDAN@eatright.org for more information on recipe submissions.

ABOUT THE AUTHOR



Hi there! My name is **Diana Hernandez** and I am a senior dietetic student at Keiser University in Lakeland, Florida. Something I discovered during my career is how much I love cooking healthy alternatives to my favorite meals. I started creating recipes for myself at home and sharing them with family and friends. I realized that this could help those who didn't want to give up on their favorite meals and thought healthy eating is boring. This inspired me to create my Instagram blog [@itsthebalance](#) in 2019. *Itsthebalance* is a project that aims to show that eating healthy can be fun, delicious, and nutritious at the same time. I am passionate about helping people get rid of the "dieting" mentality, and instead, learn how to have a good relationship with food, by creating their favorite dessert and nourishing their body - which is vital for good nutrition.

Connect with Diana on Instagram at [@itsthebalance](#) to see more of her delicious recipes.

STUDENT SECTION

Tips for Students on National Nutrition Month®

By Marilú Torres

Article Summary

As dietetics students, we are knowledgeable about the food choices we make; however, “student life” can sometimes have us making not-so-healthy choices. University students can be loaded with responsibilities related to their studies which may result in a poor diet and may also decrease physical activity [1]. In general, many students engage in unhealthy eating habits, such as a high intake of fast food and high-fat food and a low intake of fruits and vegetables [2]. Compared to general students, a survey answered by dietetic students during their 2nd and 3rd year at the University of Natural Sciences & Humanities showed 44% reported following abnormal diets, 52% reported that their most common cooking practice was frying, 42% of dietetic students did not report eating whole grains often, and 35% did not eat fruits and vegetables often [1]. Fortunately, National Nutrition Month® is perfect to think about the food choices we make in our student life. National Nutrition Month® is a campaign created by the Academy of Nutrition and Dietetics that takes place annually in March [3]. The Academy of Nutrition and Dietetics provides some great tips for the average person to use during National Nutrition Month® to create healthy habits, [4] and I compiled some of those tips that apply to students!

Nutrition Tips for the “Student Life”

1) Pizza may be one of the students' favorite foods.

Load your pizza with vegetable toppings, or if you are a pineapple fan, add it! If you add meat, make it a lean-meat or try some shrimp [4].

2) Sandwiches are a quick on-the-go meal for students.

Choose lean beef, ham, turkey, or chicken on whole-grain bread, and add all your favorite veggies. Use low-fat spreads such as mustard, ketchup, or light or reduced-fat mayo [4].

3) Salads are an excellent way for students to get nutrient-dense nutrition.

Pile on the dark leafy greens, carrots, peppers, cucumber, and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Add some dry fruit to your salad to get a sweet kick! [4]

4) As students, we may be on a food budget.

If you eat out, refrigerate carry-out or leftovers to prevent spending on another meal. However, throw away foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees) [4].

STUDENT SECTION

5) Students like to celebrate.

Limit the amount of alcohol you drink to no more than one drink for women and two for men. Alcohol can increase your appetite and provides empty calories [4].

6) Eat smart portions.

Order the regular or child-size portion or appetizer in place of the main course, or split your order with a friend or take half home for another meal [4].

7) Students are always on-the-run trying to get to classes.

Pack nonperishable foods in your backpack or tote for an on-the-run meal. For example, try packing peanut butter and crackers, granola bars, a banana, an apple, trail mix, or whole-grain cereal in a baggie or portable cup [4].

8) Are you getting breakfast on campus?

Be size-wise about muffins, bagels, croissants, and biscuits. A jumbo muffin has more than twice the calories of the regular size [4].

9) Stay hydrated while walking all over campus.

Fill a water bottle that you can carry around campus with you. Doing this will help spend money on drinks and being tempted to get a sugary drink from the campus store [4].

10) Take a run around campus.

During your free time or the weekend, take a run around campus. Invite a friend to increase your motivation [4].

Healthy choices can improve students' energy levels, promote a functioning immune system,

improve their ability to cope with stress, and increase concentration and performance in their studies [2]. Although students have busy schedules, being aware of these small changes that can help build healthier habits. In turn, this can create a month of healthy changes to life-long habits. I hope you find these tips helpful to incorporate into your diet and "student life."

References

1. Kowalcze K, Turyk Z, Drywień M. Nutrition of students from dietetics profile education in the Siedlce University of Natural Sciences and Humanities compared with students from other academic centres. *Rocz Panstw Zakl Hig.* 2016;67(1):51-58. Accessed March 15, 2021.
2. Communications N. Nutrition. *Nyu.edu*. <https://www.nyu.edu/life/safety-health-wellness/live-well-nyu/staff/nutrition.html>. Published 2021. Accessed March 15, 2021.
3. National Nutrition Month®. *Eatright.org*. https://www.eatright.org/food/resources/national-nutrition-month?rdType=short_url&rdProj=nnm_redirects&rdInfo=nnm. Published 2021. Accessed March 15, 2021.
4. National Nutrition Month®. *Eatright.org*. Healthy eating on the Run. PDF https://www.eatright.org/food/resources/national-nutrition-month?rdType=short_url&rdProj=nnm_redirects&rdInfo=nnm. Published 2021. Accessed March 15, 2021.

ABOUT THE AUTHOR



Marilú Torres is a senior Human Nutrition and Dietetics major and Student Liaison at the University of Arkansas- Fayetteville, and she was elected as the Student Leader of the month of March. She is a Nutrition Assistant at Mercy Hospital, and is involved in her community's food bank, vegetable garden, and pantries. She has recently applied to internship programs, and she plans to pursue her interest in renal and diabetic clinical nutrition, and research in nutritional genomics. Her interest in these areas stem from her father's diagnosis of diabetes. In her spare time, Marilú likes to be involved in the community, exercise, cook, watch suspenseful shows, and play with her dogs. She wants to become a dietitian to help others lead a healthy lifestyle and provide meaningful patient-centered care.

LAHIDAN LEADERSHIP

EXECUTIVE COMMITTEE

Chair
Maria Virginia Tijerina Walls, MS, NC

Chair-Elect
Andie Lee González, PhD, MPH, RDN, LD, FAND

Past-Chair
Janine Ricketts-Byrne, MA, RD, LD

Secretary
Jordan Griffing, MS, RD, CNSC

Treasurer
Diana Licalzi Maldonado, MS, RD

Nominating/Awards Committee Chair
Marianella Herrera-Cuenca, MD, MSc, PhD

Nominating/Awards Committee Chair-Elect
Anita Dávila, BS-NDTR

MENTORSHIP COMMITTEE

Mentorship Coordinator
Violeta Morris, MS, RDN

COMMUNICATION COMMITTEE

Committee Chair
Luis González, MS, RD, LDN

Website Coordinator
Tatiana Vélez Burgos, MS, CPT

Social Media Coordinator
Natalia Guzmán, MS Student/Dietetic Intern

Newsletter Editor
Alejandra Amezola, Dietetic Student

Assistant Newsletter Editor
Marilú Torres, Dietetic Student

PROFESSIONAL DEVELOPMENT COMMITTEE

Committee Chair
Nancy Correa-Matos, PhD, RD, LDN

MEMBERSHIP COMMITTEE

Committee Chair
Sara Carrión Perrone MS, RDN, LD, FAND

DIVERSITY LIAISON

Sandra Arévalo, MPH, RDN, CDN, CDE, CLC, FADA

Connect with LAHIDAN

Instagram: @lahidan

Twitter: @lahidanmig

Facebook: LAHIDAN MIG

LinkedIn: LAHIDAN MIG

Email: LAHIDAN@eatright.org



Visit our website

Access the LAHIDAN website **here**
for more exclusive member
resources, recipes, upcoming
events, and other membership
benefits!