

Adelante

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



CONTENIDO / CONTENTS

PERSPECTIVE:

Letter from the Editor.....1

LAHIDAN NEWS:

Get Featured2

Looking for Volunteers.....3

Virtual Networking Events.....3

MEMBER SPOTLIGHT:

An Interview with Alejandra
Amezola.....4-5

HEALTH / PRACTICE RESOURCES:

Nutrition Counseling During
COVID-19.....6

RESEARCH:

Eat Healthy, Be Active Community
Workshops Implemented With Rural
Hispanic Women.....7

SABOR LATINO:

Hummus and Tuna Crostini.....8

Recipe Background.....9

STUDENT SECTION:

Get Matched Using Your Personal
Statement.....10-11

LEADERSHIP:

LAHIDAN Leadership.....12

Connect with LAHIDAN.....12

LETTER FROM THE EDITOR

Dear LAHIDAN Members,

I am pleased to bring you the February issue of *Adelante*. In this issue, you will find a variety of research articles, practice resources, and recipes.

In the LAHIDAN News section, you will see the announcement about our virtual networking events for the month of February. LAHIDAN is holding this event for the midwestern states. Be sure to check that this event aligns with the state you currently reside in. We look forward to connecting with you!

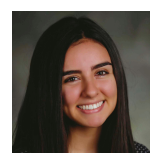
In the Research section, you will learn about the latest research on *Eat Healthy, Be Active* community workshops implemented with rural Hispanic women. The Health / Practice Resources section highlights an article on nutrition counseling during COVID-19 that was featured in *Today's Dietitian*, examining the challenges of telehealth during this pandemic.

Our assistant newsletter editor, Marilú Torres, developed the "Get Matched With Your Personal Statement" article for the Student Section. Be sure to read it if you are applying to dietetic internships this spring! Also, don't forget that the Student Section is open to eligible students and dietetic interns that meet the requirements. Lastly, you will find a delicious crostini recipe by senior dietetic student Talia Posada in the Sabor Latino section.

We hope you enjoy this issue of *Adelante*. As always, do not hesitate to contact us at LAHIDAN@eatright.org with any questions, suggestions, ideas, or if you are interested in being published in our next issue. We look forward to hearing from you!

Sincerely,

Alejandra Amezola
LAHIDAN Newsletter Editor, 2020-2021



Get Featured in the LAHIDAN Newsletter

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

Looking for Volunteers

The LAHIDAN Executive Committee would like to invite all members to participate in volunteer opportunities within the Member Interest Group.

We are a member-driven organization, so we need the help of our members to keep LAHIDAN one of the biggest MIGs in the Academy!

We are looking for members who are interested in:

- Writing for our newsletter *Adelante*
- Editing content on our website, eatrightLAHIDAN.org
- Producing blog posts
- As you know, one of the goals of LAHIDAN is to serve as a resource for its members

Please contact LAHIDAN@eatright.org for more information!

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 - February

February 25th, 6:30-7:30 pm CT - *Midwestern states* (Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin)

MEMBER SPOTLIGHT

An Interview with Alejandra Amezola



Alejandra Amezola is a senior undergraduate dietetics student at California State University, Fresno. She is currently pursuing a Bachelor of Science degree in Food and Nutritional Sciences with a concentration in Dietetics and Food Administration. An aspiring registered dietitian, Alejandra remains active in many professional dietetic organizations. Presently, she serves as the northern California State Coordinator for the Vegetarian Nutrition Dietetic Practice Group (VN DPG), a Leadership Council Member for the Student and Trainee Section of the American Society of Parenteral and Enteral Nutrition (ASPEN), and the Newsletter Editor for LAHIDAN. Alejandra is also the Founder and President of the Student Vegetarian Association (SVA) at CSU Fresno.

Alejandra's areas of interest include IBS, diabetes, plant-based nutrition, and eating disorders. In her free time, she enjoys hiking, traveling, reading and writing, cooking vegan meals, and keeping up with the latest nutrition research.

Q: Why did you choose the dietetics career path?

A: As a young person, I ate a fairly healthy and nutritious diet. Then, everything changed when I entered adolescence. I began indulging in "junk food," and as a result, didn't feel very healthy. In turn, this sparked my interest and desire to fuel my body properly with the right foods. I then began researching and seeking out advice on how to eat better. Eventually, I came across books and articles pointing to plant-based diets and their implications in preventing, treating, and sometimes even reversing chronic diseases. Following this discovery, I became increasingly interested in eating a plant-based diet. As a result, I adopted a whole foods vegan diet, one that I am still following 7 years later.

Q: What field of dietetics do you plan to work in as a registered dietitian?

A: Following the completion of a dietetic internship program, I plan to secure a job as an outpatient clinical dietitian and work with pre-diabetic and type I/II diabetic patients. Additionally, I would like to eventually establish my private practice and further specialize in irritable bowel syndrome (IBS), women's health, eating disorders, and plant-based nutrition.

Q: What are your typical daily and weekly tasks as an undergraduate dietetic student?

A: Since all of my courses are online and either asynchronous or synchronous, I spend most of my time at home. In addition to my online classes, however, I regularly attend meetings for the various organizations I am apart of. Recently, I founded the Student Vegetarian Association (SVA) at California State University, Fresno, which I am excited to announce. Therefore, I preside over these club meetings as well. It is important that I maintain good time management strategies to stay organized with my coursework.

MEMBER SPOTLIGHT

Q: What is your favorite part of dietetics?

A: My favorite part of dietetics is providing life-changing nutrition education to individuals who may not have otherwise received it due to limited access to healthcare. During my time as the Mobile Health Unit Coordinator for the Diabetes Coalition at California State University, Fresno, I have witnessed this first-hand. Many participants I counsel have never heard of A1C or been advised on carb-protein pairing. I have learned that these individuals are successful in lowering their near 13% A1C significantly following our sessions. It is moments like these that I highlight the privilege I hold to have access not only to education, but also healthcare.

Q: Would you like to obtain any advanced education or special training in the future?

A: Yes. I am currently applying to MS/DI for this Spring 2021 match, with the end-goal being that I complete my internship concurrently with a master's degree in nutrition. Following the completion of a dietetic internship program, I plan on starting to work towards the certified diabetes education care specialist (CDCES) certification.

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

A: After obtaining my CDCES certification, I plan on securing a job as an outpatient clinical dietitian working with diabetic and at-risk patients, encouraging plant-based nutrition as a preventative treatment approach. In the future, my goal is to work in research and education. To achieve this, I plan on earning my Doctoral degree in Nutritional Sciences and becoming a professor at the collegiate level. As an RDN, I will contribute to the necessary research field that examines the nutrition-related health disparities in black, indigenous and people of color (BIPOC).

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

A: Ideally, there would be a greater percentage of Hispanic and Latinx persons in the field of dietetics. The idea of diversifying dietetics is crucial, and one that needs to be further implemented as we move forward. The hope is that more Hispanic and Latinx representation will inspire others in the community to follow their path.

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

A: I became a member of LAHIDAN because of the amazing opportunity to meet and connect with other Hispanic and Latinx nutrition professionals. After I became a member, I quickly learned that LAHIDAN was looking for a Newsletter Editor, and I jumped at the opportunity. Since early 2020, I have had the privilege to work alongside LAHIDAN's wonderful leadership team and learn the ins-and-outs of newsletter editing. Through this experience, I have also met and connected with many students, dietetic interns, and dietitians from around the United States and world. I am much looking forward to serving LAHIDAN for another year as their Newsletter Editor.

Connect with Alejandra

For inquiries please contact Alejandra Amezola via email at alejandrafrida@mail.fresnostate.edu.



HEALTH/PRACTICE RESOURCES

Nutrition Counseling During COVID-19

By Densie Webb, PhD, RD, *Today's Dietitian*, Published January 2021

Summary

What's Changed & What's Remained the Same

We're in the midst of a global pandemic, with no end in sight. That fact has affected all aspects of our lives—and our futures. From employment, health care, and travel, to financial concerns, education, and socialization, everything has changed. It's no surprise that the pandemic has affected how your clients and patients obtain and prepare food, make their food choices, and determine how much they eat, as well as their ability and willingness to stay physically active. Many are stuck at home, working remotely or job hunting, while trying to wrangle and educate children via virtual classes. All these tasks seem to take a master juggler to keep all balls in the air.

Even if your clients were focused on eating healthfully before, worrying about how healthful their diets are now may be low on the list of things to plan and manage. Overeating is especially a concern, when boredom and stress offer a one-two punch that triggers cravings. If clients are home all day, the kitchen is just a few steps away and it may be stocked full with comfort foods or foods that are the easiest to prepare but may not be the most healthful to eat. Customized nutrition counseling is needed now more than ever. Some dietitians are still offering in-person counseling with safety protocols in place, while others are offering only virtual counseling via programs such as Healthie,

Kalix, SimplePractice, or Practice Better, and pre-recorded videos uploaded to YouTube or a combination of any of these.

Today's Dietitian speaks with several RDs who are offering nutrition counseling during the pandemic, and they provide insight, tips, and suggestions for helping clients and patients eat healthfully and manage their weight as they spend much time at home. While most dietitians say their basic advice to clients hasn't changed, their method of delivery has, and managing overeating triggered by stress has become the rule, rather than the exception.

References

1. Mehta P, Stahl MG, Germone MM, et al. Telehealth and nutrition support during the COVID-19 pandemic. *J Acad Nutr Diet*. 2020;120(12):1953-1957.

Read the full article here

ABOUT THE AUTHOR

Densie Webb, PhD, RD, is a freelance writer, editor, and industry consultant based in Austin, Texas.

RESEARCH

Eat Healthy, Be Active Community Workshops Implemented With Rural Hispanic Women

Published 13 January 2021

ABSTRACT

Background

In the U.S., obesity disproportionately affects some racial/ethnic groups more than others; 42.5% of Hispanic adults are obese, compared to 32.6% of non-Hispanic whites (NHW). Research also shows that Mexican American women are 40% more likely to be overweight, as compared to NHW women. With high obesity rates among Hispanics, improving healthier lifestyle practices is an important step for reducing health disparities. The Eat Healthy, Be Active (EHBA) community workshops were developed to assist individuals in translating national nutrition and physical activity recommendations into action. *Promotora-led* EHBA workshops could be used to promote obesity-related health behavior lifestyle changes among Hispanics.

Methods

Hispanic women from rural communities in Washington state were recruited to participate in a six-week *Promotora-led* workshop series. This pilot study used a pre- and post-test study design to examine differences in healthy lifestyle knowledge and practices.

Results

A total of 49 Hispanic women participated in the workshops, of whom 45% were

obese. Six-weeks after implementation of EHBA, women had improvements in healthy lifestyle practices, including an increase in nutrition label literacy, decrease in consumption of food eaten in restaurants, and an increase in the number of times a woman performed physical activity long enough to make them sweat.

Conclusion

The findings from this pilot study indicate that delivering EHBA workshops through promotoras is a feasible culturally relevant approach to promoting healthier lifestyle practices among Hispanic women. Further, focusing on females, who do the food shopping and preparation in their homes, may help increase awareness among whole families.

AUTHORS

Janeth I. Sanchez, Katherine J. Briant, Samantha Wu-Georges, Virginia Gonzalez, Avigail Galvan, Sara Cole & Beti Thompson

[Read the full article here](#)

SABOR LATINO

Hummus and Tuna Crostini

By Talia Posada, Dietetics Student



Photography provided by Talia Posada. Used with permission.

INGREDIENTS

- 2 slices of ciabatta bread (1/4 inch thick slices)
- 1/4 cup extra-virgin olive oil
- Salt to taste
- Pepper to taste

Recipe Details

Serves: 1

Preparation Time: 10 minutes

Cooking Time: 15 minutes

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Arrange ciabatta slices on a baking sheet and brush both sides with oil. Season slices with salt and pepper.
2. Bake in oven for 15-20 minutes, flipping halfway through. Let cool.
3. Mix tuna, lemon, salt, pepper, garlic powder together in a bowl and set aside.
4. Once bread is cool, take hummus as smear on both slices.
5. Top with tuna, and garnish with scallions before serving.

TOPPINGS

- 2.6 oz of tuna (1 packet or 1 can)
- 1/2 squeezed lemon
- 1/2 tsp of garlic powder
- 1 tbsp of chopped scallions
- 4 tbsp hummus of choice (i.e., regular, red pepper, sun-dried tomato, etc.)
- Salt to taste
- Pepper to taste



Recipe Background

Crostini are Italian appetizers made with toasted bread topped with an array of meats, cheeses, and vegetables. I like to make crostinis when I have a small amount of bread left or want something smaller than a full sandwich for lunch. In the beginning, I would only make a classic tomato bruschetta or a Caprese variation, but I realized that there were unlimited possibilities on what it could be! I seem to find that I come up with the best recipes when I am just playing around in the kitchen, and that is what happened here.

On this particular day, I wanted to spice up my simple tuna sandwich and do not regret it. The hummus' creaminess balances the crunch of the bread and pairs perfectly with the tangy lemon-pepper tuna. Crostini's are great when you want to try something different for lunch while being home during quarantine or throw something together for the family to try. They can be sweet, salty, or packed with a bite. Whether you are a vegetarian, carnivore, or fall somewhere in between, there is a crostini for you.

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



Talia Posada is currently a senior nutrition science and dietetic student at Andrews University in Berrien Springs, Michigan. She is the Special Functions co-coordinator at her department's student association, volunteers with a local community garden in Aurora, IL, and works with Global Rise in lesson plan development for rural cities abroad. She was born and raised in the Chicagoland area and is currently applying to MS/DI programs in Nutrition Science, where she plans to pursue a career in clinical nutrition. Her professional areas of interest include clinical nutrition, nutrition prevention, and research surrounding breast cancer and the role that nutrition plays in prevention and treatment. In her spare time, she enjoys cooking, exercising, traveling, and watching medical dramas. Talia enjoys dietetics because of the ability to see the direct impact that nutrition plays in improving chronic conditions and that there is always a new demographic to reach.

STUDENT SECTION

Get Matched Using your Personal Statement

By Marilú Torres

Article Summary

Your personal statement is one of the most important things dietetic internships look at. It is their first impression of you, so it is crucial to show them why they need your qualities in their internship program! In this article, you will find some helpful tips for the DICAS application.

Personal Statement Questions

There are standard questions that every internship requires you to answer. [1]

- Why do you want to enter the dietetics profession?
- Discuss experiences that have helped to prepare you for your career.*
- What are your short-term and long-term goals?
- What are your strengths and weaknesses or areas needing improvement?
- What other information do you consider important for the selection decision?***

*=Find a way to show how your experiences have prepared you and how they will influence your actions in your career.

***=This is a perfect time to answer why you are interested in a particular internship, a good fit for their program (keeping in mind the concentration of the internship), and how the internship will help you meet your career goals.

Make sure you read each internship's *Dietetic Internship Handbook*. Some internships have additional questions they require you to answer.

Get the Basics Down

- Depending on your internships' requirements and specific concentrations, you can create a personal statement that is suitable for all the programs you apply for. Similarly, you can also create multiple personal statements and tailor them to address each internship. [1]
- If you apply to multiple internships and feel stressed about writing multiple personal statements, create a template of one personal statement. Then, copy and paste it to multiple word documents and begin tailoring each one to each internship. If you choose to do this, make sure you title each personal statement with the respective program's name. It is very important that you do so since you do not want to send it to the incorrect program. [1]
- Do not exceed the maximum length of 1000 words. This is straightforward; however, some internships require fewer words. Make sure you read their *Dietetic Internship Handbook* and follow the directions listed. Be mindful of these guidelines and have good attention to detail. [1]
- Do not plagiarize. You could be sanctioned because this is a direct violation of DICAS policies. [1]

STUDENT SECTION

- Use simple formatting: Sans Serif fonts: Helvetica, Arial, and Geneva, Serif fonts: Times New Roman, Courier, and Palatino. Complex fonts may be too hard to read. [1]

Tips on Writing Your Personal Statement

- **Show Your Worth and Sell Yourself While Being Genuine** - Enhance your experiences and qualifications by being detailed about your commitment to the dietetics profession. Paint a picture for the director, and don't be afraid to show what makes you unique and why you are a great fit. [1,2]
- **Use the "STAR" Method to be Specific- (Situation, task, action, results of the situation)** - Use this method to be specific about your experiences and the results you garnered. Be sure you do not restate what is on your resume. Explain what you did but also why you were great at it. [2]

[Read the full article here](#)

References

1. Koszyk S, Dunn-Emke S. How to Write a Winning Dietetic Internship Personal Statement. NutritionJobs. <https://www.nutritionjobs.com/how-to-write-a-winning-dietetic-internship-personal-statement>. Published January 1, 2021. Accessed February 4, 2021.
2. Don't Make These 5 Dietetic Internship Personal Statement Mistakes! Fork in the Road. <https://www.forkintheroad.co/5-personal-statement-mistakes/>. Published 2021. Accessed February 4, 2021.

ABOUT THE AUTHOR



Marilú Torres is a senior Human Nutrition and Dietetics major and Student Liaison at the University of Arkansas- Fayetteville. She is a Nutrition Assistant at Mercy Hospital, and is involved in her community's food bank, vegetable garden, and pantries. She has recently begun applying 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. Her experience as an internship applicant using helpful resources inspired her to write an article providing tips on writing a personal statement. 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
Gabriela Puche, MS/Dietetic Intern

Newsletter Editor
Alejandra Amezola, Dietetic Student

Assistant Newsletter Editor - Student Section
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!