

# Adelante

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



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## LETTER FROM THE EDITOR

Dear LAHIDAN Members,

I am pleased to bring you the last *Adelante* newsletter of the 2021-2022 membership year. In this issue, you will find the latest LAHIDAN news and events, information on membership renewal, research articles, health and practice resources, and delicious recipes.

In the LAHIDAN News section, you will learn about the LAHIDAN Recipe Contest Winners, information on our Mentorship Program and Cultural Handout Contest, and some outstanding LAHIDAN members that we would like to acknowledge.

I had the pleasure of interviewing Kathleen Castrejon, RDN, LD, for this month's Member Spotlight. You can read her interview in the Member Spotlight section! This month, we highlighted a few key Health / Practice Resources that may be useful, including information on how to prevent food poisoning in older adults and reducing the risk of food allergies in children. Check this out and feel free to save for reference! In the Research section, you will find an excellent article on the *The Effects of Long-term Metformin use on Vitamin B12 levels in Patients with Type 2 Diabetes*.

The Sabor Latino section highlights a delicious recipe of Avocado White Bean Dip from the LAHIDAN website. Bookmark this recipe for later! Finally, we're excited to showcase an article by Regina Barrera Flores, a fellow LAHIDAN member. This month she has provided an article on *Obesity in Latinos/Hispanics, a Health Disparity*. Be sure to give it a read!

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

Sincerely,

Alejandra Amezola  
 2021-2022 LAHIDAN Newsletter Editor



# LAHIDAN NEWS

## Renew Your Academy Membership!

The renewal period for your Academy Membership for 2022-2023 is **now open**. Also, consider renewing your membership with LAHIDAN by [clicking here!](#)

## LAHIDAN Member Dues

This past fall, the LAHIDAN Leadership Team voted to reduce member dues for the upcoming 2022-2023 membership year. The changes are as follows:

- **LAHIDAN Student Member:** dues are decreasing from the current \$15 down to **\$10**
- **LAHIDAN Active Member:** dues are decreasing from the current \$25 down to **\$20**

## LAHIDAN Member Benefits

- Leadership Opportunities
- Mentoring Program
- Networking Events
- Awards (FNCE® Student Scholarship)
- Website and Educational Resources
- Member Discussion Board & E-Blasts
- Educational Webinars
- Quarterly E-Newsletter & Writing Opportunities
- Language and Cultural Exchange

## Volunteer with LAHIDAN

We are looking for writers for the following sections:

- Research articles
- Health/Practice Resources
- Latin Recipes
- Student Section

Requirements:

- Must be a LAHIDAN member

Open to:

- Students/Trainees
- Professionals (RDs, NDTRs, etc)
- All LAHIDAN members

If you would like additional information and are interested in volunteering with us, please email us at **LAHIDAN@eatright.org**.

*Hope to hear from you soon!*



## CONGRATULATIONS!



ANGELICA VELA



SYLVIA KLINGER, DBA, MS, RDN

## MAKE IT TRULY WONDERFUL LAHIDAN RECIPE CONTEST WINNERS

**Latinos and Hispanics in Dietetics and Nutrition**  
a member interest group of the  
eat right Academy of Nutrition and Dietetics

### SYLVIA KLINGER, DBA, MS, RDN

SYLVIA KLINGER, DBA, MS, RDN IS AN INTERNATIONALLY-RECOGNIZED NUTRITION EXPERT WHO IS RELENTLESSLY PASSIONATE ABOUT HELPING PEOPLE FALL IN LOVE WITH THE PROCESS OF CREATING AND ENJOYING DELICIOUS AND NUTRITIOUS FOODS. AS A FOOD AND NUTRITION COMMUNICATIONS PROFESSIONAL, DR. KLINGER IS A GLOBAL NUTRITION PROFESSOR, AWARD-WINNING AUTHOR AND THE FOUNDER OF HISPANIC FOOD COMMUNICATIONS. HER HISPANIC BACKGROUND FUELS HER PASSION FOR NUTRITION, LEADING HER TO EMPOWER AND ENCOURAGE THOSE IN HER COMMUNITY THROUGH THE FOODS THEY ENJOY IN THEIR KITCHENS. AT THE SAME TIME, SHE UNDERSTANDS EVERYONE'S NEEDS ARE DIFFERENT AND SEEKS TO INDIVIDUALIZE NUTRITION TO BEST FIT EACH PERSON AND THEIR JOURNEY TO A HAPPY AND HEALTHY LIFE.

HER LATEST PUBLICATION, THE LITTLE BOOK OF SIMPLE EATING, WAS PUBLISHED IN 2018 IN BOTH SPANISH AND ENGLISH. IN HER SPARE TIME, DR. KLINGER EXPLORES FOOD AND CULTURE ALL OVER THE WORLD WITH HER FAMILY, REALIZING THE POWER A HEALTHY LIFESTYLE HAS TO GLUE PEOPLE TOGETHER.



**Latinos and Hispanics in Dietetics and Nutrition**  
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### ANGELICA VELA

ANGELICA VELA IS A SENIOR AT NORTHERN ARIZONA UNIVERSITY STUDYING NUTRITION AND FOODS. HER GOAL IS TO ATTEND GRAD SCHOOL, RECEIVE HER MASTERS IN NUTRITION, AND BECOME A REGISTERED DIETITIAN. ANGELICA'S CAREER GOAL IS TO BECOME A SCHOOL FOOD SERVICE DIRECTOR. SHE IS PASSIONATE ABOUT EDUCATING YOUNG STUDENTS ABOUT NUTRITION AND WHAT BEING "HEALTHY" LOOKS LIKE. FOR MORE INFORMATION ABOUT ANGELICA YOU CAN ACCESS HER PORTFOLIO AT [HTTPS://AV8994.WIXSITE.COM/WEBSITE](https://av8994.wixsite.com/website).



**Latinos and Hispanics in Dietetics and Nutrition**  
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## CULTURAL HANDOUT CONTEST

2 Winners will be selected!

Do you struggle finding great resources for your clients that are easy, engaging, informative, & fun?



Showcase your expertise & help your community by entering our CULTURAL HANDOUT CONTEST!

Enter by creating a handout for healthy family-friendly summer snacking!



**Contest Open from: June 6 - June 30, 2022, 11:59 PM CT**

**Latinos and Hispanics in Dietetics and Nutrition**  
a member interest group of the  
Academy of Nutrition and Dietetics

Wonderful®  
**PISTACHIOS**

*Watch your inbox for more details on submission soon!*



## Congratulations!

TO OUR OUTSTANDING LAHIDAN MEMBERS



Congratulations to our 2020-2021 Nominating Committee Chair, **Marianella Herrera Cuenca MD, PhD**, for being voted as a member elect of the Venezuelan National Academy of Medicine!

She served as Chair of the Council on Research 2019-2020, and is the current Chair of the Council on Research Global Food Security Research Task Force.



Congratulations to our 2021-2022 Chair, **Andie Lee González, PhD, MPH, RDN, LD, FAND**, on being awarded the 2022 Hispanic Health Leadership Award of the National Hispanic Medical Association (NHMA)!

The NHMA presents these awards annually to acknowledge an organization's continued leadership to help improve the health of Hispanic communities.

## 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? Are you interested in helping incoming nutrition professionals and students advance in the nutrition and dietetics profession?

If you answered yes, we would like you to consider becoming a mentor for the next 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 and current Chair for LAHIDAN.*

### **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! This is a mentee-driven program that connects students and newly credentialed LAHIDAN members with more experienced members.

### **LAHIDAN Mentee Profile Form**

If you have any further questions about becoming a mentee or a mentor, please contact [LAHIDAN@eatright.org](mailto:LAHIDAN@eatright.org).

# MEMBER SPOTLIGHT

## An Interview with Kathleen Castrejon, RDN, LD

*By Alejandra Amezola*



**Kathleen (Kathy) Castrejon, RDN, LD**, is a first-generation Mexican-American registered and licensed dietitian nutritionist. She is currently working with the eating disorder patient population and anyone wanting to have a better relationship with food at a private practice in Chicago, IL. With an Intuitive Eating and Health at Every Size® Approach, Kathy hopes to help her clients have a healthier relationship with food and reach optimal health. Kathy is very passionate about encouraging her clients to eat their traditional foods. Kathy enjoys her free time traveling and loves venturing out to new restaurants, coffee shops, or pastry shops!

Kathy received her Bachelor of Science in Nutrition and Dietetics from Dominican University, located in River Forest, IL, in 2018. She completed her Dietetic Internship through the University of Chicago Ingalls Memorial Hospital in 2019. She is currently pursuing her Masters of Science in Nutrition Education and Counseling from Immaculata University.

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

**A:** I always knew I wanted to be in the medical field. I enjoyed science growing up, specifically learning about the human body, digestion, and reproduction from such young age. In high school, I had the privilege of taking a medical career track where I became a Certified Nursing Assistant (CNA) at age 16. I did not work as a CNA, but that experience solidified my wanting to care for others and help in whatever capacity I could. At the beginning of my undergraduate career, I was actually on track to becoming a nurse, but my undergrad hadn't yet launched the nursing program, so I took a couple of pre-requisite courses, one of which was nutrition, and I just fell in love with it!

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

**A:** I do Telehealth nutrition consults a few hrs a day, and am an intern coordinator so I schedule interviews and help guide them through our self-paced program.

**Q:** Can you talk about the work you do as a dietitian?

**A:** I am currently in the eating disorders realm of nutrition, working in a group in a private practice.

**Q:** What field of dietetics do you work in?

**A:** I specifically focus on ED (bulimia, anorexia, binge eating, ARFID, EDNOS) through a Health At Every Size® lens and apply the Intuitive Eating principle when appropriate. I mainly work with the adolescent and young adult population.

# MEMBER SPOTLIGHT

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

**A:** I love how diverse our career is. There are many opportunities to pivot if you'd like to experience a whole new world. Many areas of our profession include counseling, teaching, nutrition marketing, food service, and clinical. There are many options.

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

**A:** Greatly! I am the only Spanish-speaking RD on the team, so I feel that is a big deal when providing care to the Hispanic/Latinx community. Also being one of the few Hispanics that work with the Health At Every Size® approach and Intuitive Eating, I feel is a big difference.

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

**A:** I have gotten most of my supervision and clinical hours to sit for the IAEDP, CEDRD credentials. I am currently also working on getting my Masters of Science in Nutrition Education and Counseling from Immaculate University through their online program!

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

**A:** I love to teach, so I hope to either teach undergraduate courses at one point or maybe launch a course for our Spanish-speaking population. Maybe both!

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

**A:** Be the main provider for nutrition/health advice instead of "el Facebook" lol. I will continue to advocate for our profession as the food and nutrition experts so this is possible!

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

**A:** I love meeting others, we can all learn so much and grow from each other's knowledge/experiences. The idea of having this community is great since the majority of our colleagues are not Latinx/Hispanic. I first found out about LAHIDAN at FNCE!

## **Additional comments:**

I love to support other RD2Be's through their career, so feel free to connect with me on IG @Kathycastrejonrd!

## ***Trinko Award Nominations***

Nominations are open for our distinguished Trinko Service award, LAHIDAN's highest recognition!

Do you know of someone who has been active in the promotion of optimal health and nutritional status of the Hispanic population? Do you know of someone who has contributed to the Latinx community through education, health promotion, clinical practice, research, etc?

Please send nominations to [lahidan@eatright.org](mailto:lahidan@eatright.org)

\*Self-nominations are allowed too! [Click here](#) for further award info and eligibility criteria.

Don't wait! **Nominations and application packets are due by June 12th.**



# HEALTH/PRACTICE RESOURCES

## Key Dates in May 2022

2nd: World Tuna Day

8th: Mother's Day

10th: National Shrimp Day

13th: International Hummus Day

17th: World Hypertension Day

25th: National Senior Health & Fitness Day

28th: International Burger Day

30th: Memorial Day

**31st:** Deadline to renew Academy membership

1-30: Call for late-breaking FNCE® abstracts

8-14: Food Allergy Awareness Week

8-14: National Women's Health Week

Arthritis Awareness Month

Asian Pacific American Heritage Month

Celiac Awareness Month

Food Allergy Awareness Month

Healthy Vision Month

National Asthma and Allergy Awareness Month

National Cancer Research Month

National High Blood Pressure Education Month

National Salad Month

National Mental Health Awareness Month

National Osteoporosis Month

National Stroke Awareness Month

Older Americans Month

## Older Adults and Food Poisoning

For older adults who live at home independently and prepare most of their own meals and snacks, it is important to keep food safety in mind and ask for assistance when needed. Older adults are more vulnerable to food poisoning, which can become serious enough to require hospitalization. Click [here](#) to learn more.

- There are steps you can take to reduce your risk of food poisoning. Practice the four steps of safety: clean, separate, cook and chill.
- If you normally wear glasses to help you see, wear them when handling food, too. Using one light source, rather than multiple, may be more likely to cause a glare. And, consider turning up the lights.
- Don't rely on sight, smell or taste to determine if food is safe to eat. Always use a food thermometer to check the doneness of cooked foods such as meats, poultry, egg dishes and leftovers.

## Reducing the Risk of Food Allergies

About one in every 13 children has food allergies, or two children in every classroom. While reactions to food can be serious, it's important to know the facts and what you can do to help reduce your child's risk. Click [here](#) to learn more.

- Symptoms of a food allergy may include itching or swelling of the mouth, throat, face or skin; trouble breathing; and stomach pain, diarrhea, nausea or vomiting. To confirm a food allergy and avoid unnecessary dietary restrictions, a diagnosis should be made by a doctor.
- Food intolerance does not trigger the immune system and is not life-threatening or the same as a food allergy, although it may share similar symptoms.

# RESEARCH

## The Effects of Long-term Metformin use on Vitamin B12 levels in Patients with Type 2 Diabetes

By Marianna Y. Gonzalez Chavez MS, RDN

### Summary

It is estimated that by 2030, about 50.1 million people in the U.S. who are older than 20 years, will be diagnosed with type 2 diabetes [1]. U.S. adults have a 40% chance of developing type 2 diabetes, with Hispanic/Latino adults having more than a 50% probability and being likely to develop it at a younger age [5].

Metformin, which is a commonly used medication by medical providers to treat type 2 diabetes, was first introduced and approved by the Food and Drug Administration (FDA) in 1994. Its commercial name is Glucophage, which was developed using the herb *Galega officinalis*.

Metformin is the most frequently recommended medication for type 2 diabetes around the world [10]. According to a study done by Sharma et al. (2016), metformin was prescribed to 83.6% of individuals with type 2 diabetes in the UK in 2013 [12]. Meanwhile, according to the U.S. Institute of Healthcare informatics, metformin was consistently the eighth most commonly prescribed drug from 2008 to 2012 in the U.S.

Moreover, the number of prescriptions rose from 51.6 million in 2008 to 61.6 million in 2012 [6]. The World Health Organization (WHO) has published a list called "The WHO Model List of Essential Medicines" (EML), which contains a list of medications that are considered to be the most effective and safe.

Metformin and glimepiride are the only two oral glucose-lowering agents listed on the EML [13]. As metformin continues to be prescribed to younger patients who are diagnosed with type 2 diabetes, one must consider the long-term effects of this drug on this population.

Research suggests that long-term metformin use is associated with some nutritional consequences, such as vitamin B12 deficiency in patients with type 2 diabetes [2].

[Read the full article here](#)

# RESEARCH

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## ABOUT THE AUTHOR



**Marianna Y. Gonzalez Chavez, MS, RDN**, is a graduate of the University of Southern California's Leonard Davis School of Gerontology Coordinated Dietetics program. Marianna has several years of experience working with non-profit organizations throughout San Diego county whose mission is to provide nutrition education and counseling to the uninsured, low income and medically underserved communities of San Diego.

She is committed to inspiring people through nutrition to promote disease prevention and management. She hopes to continue working with the medically underserved community, providing medical nutrition therapy and nutrition education. Marianna also volunteers her time mentoring future generations of registered dietitian nutritionists (RDNs) on the importance of diversity in the field.

# SABOR LATINO

## Avocado White Bean Dip



### INGREDIENTS

- 2 - 15.5 oz cans cannellini beans, drained/rinsed
- 2 avocados, diced large
- 4 tbsp olive oil
- 1 tbsp kosher salt
- 1 tbsp garlic, chopped
- 2 tsp cumin, ground
- 1 tsp chili powder
- ½ lemon, juice of (about 1 tbsp)
- 2 tbsp cilantro (optional)

### DIRECTIONS

1. In a food processor, combine all of your ingredients.
2. Pulse until consistency is chunky but well blended (or until desired consistency is reached).
3. Scoop out dip from food processor.
4. Garnish with cilantro.
5. Can be stored for up to 3 days under refrigeration.

### RECIPE INFORMATION

- **Total preparation time:** about 10 minutes
- **Serving size:** 1/2 cup
- **Servings:** 8

### RECIPE BACKGROUND

Dips are a great way to add in extra calories without changing texture or volume. This dish is packed with healthy fats, fiber, protein, and calories. Enjoy with pita chips, raw vegetables, or over a bed of greens with grilled chicken or beef. Also great as a Ciabatta sandwich with sprouts, chicken breast, and sliced tomato!

### NUTRITION FACTS

- **Calories:** 428 calories
- **Fat:** 14g
- **Protein:** 22g
- **Carbohydrates:** 58g
- **Sodium:** 250mg

# STUDENT SECTION

## Obesity in Latinos/Hispanics, a Health Disparity

By Regina Barrera Flores

### Summary

Latinos/Hispanics suffer disproportionately from obesity in the United States, being especially prone to environmental and genetic risk factors [1, 2]. Their prevalence of overweight and obesity is 77.1% in adults and 38.9% in children and adolescents [1]. They have a significantly higher predisposition to chronic diseases, compared to other ethnic groups, representing a health disparity [3].

Exposure has a major impact on this; longer residence in the United States increases the risk. Furthermore, individuals who eat equivalent amounts of Hispanic and U.S. foods have a higher probability to develop obesity than those who eat mainly Hispanic foods [4].

A large proportion of Latinos/Hispanics fail to follow dietary and physical activity recommendations [3]. The general economic status of this group is unfavorable. This greatly influences their diet, satisfying their basic eating needs with unhealthy foods (e.g., fast food) that may be cheaper and more accessible [1, 5]. In addition, the disadvantaged areas in which most live also makes it difficult to find safe places to exercise [4]. Similarly, their health deterioration is also hindered by language barriers [5]. In addition, mental health also plays a key role, as the environmental condition to which they are exposed to increases their susceptibility to use food as a reward [1].

Despite the important role of environmental factors in obesity, there exists undoubtedly a strong genetic basis [3, 6]. Environmental factors produce dynamic modifications in epigenetic signatures, which modulate gene activity [6]. The genetic predisposition to obesity in Latinos/Hispanics may be due to a combined ancestry (African, American Indian and European). This, coupled with environmental factors, results in a high prevalence of obesity and other chronic diseases [3, 7]. A consistent family history of obesity, diabetes, and cardiovascular disease has been found in Latino/Hispanic children. There is a higher genetic load and familial aggregation resulting in significant heritability [8]. Therefore, long-term weight loss is not just a matter of willpower [9].

A possible genetic predisposition to obesity was found in 35% of 251 Mexican students of the Universidad Autonoma de San Luis Potosi, analyzed by testing for risk alleles of the FTO gene. Students who had inherited the genetic risk from both parents already had a higher weight, a larger waist circumference and slightly higher glucose levels [10].

Unfortunately, Latinos/Hispanics tend to blame their overweight/obesity on their genetic predisposition and do not seek to change their habits, often only after being diagnosed with another disease [1].

[Read the full article here](#)



# STUDENT SECTION

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## ABOUT THE AUTHOR



**Regina Barrera Flores** is a senior in the bachelor's degree in Nutrition at the School of Public Health and Nutrition of the Universidad Autonoma de Nuevo Leon in Monterrey, Mexico. Throughout her academic career, she has consistently been the top student of her class.

Regina completed her professional training as a dietitian assistant in the nutrition and dietetics department of a private hospital in Monterrey, where she provided nutritional consultations to inpatients and participated in the development of parenteral and enteral nutrition formulas. She is strongly passionate about clinical nutrition. She has a certificate in food supplements, about their uses and marketing.

She is also deeply interested in public health research and has worked writing diverse science-based articles in an understandable language to the general population regarding non-communicable diseases. Regina's short-term goal is to complete a master's degree and become a registered dietitian nutritionist. Her areas of interest include parenteral and enteral nutrition, nephrology, hepatology, cancer, gastrointestinal diseases, eating disorders. She is also a volunteer in several organizations.

Regina joined LAHIDAN to meet other Latinx and Hispanic nutrition professionals with the same passion for improving people's health and life quality, to build partnerships and achieve her goals.

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