

Gather RD

Asian
Americans
and Pacific
Islanders

a member interest group of the
Academy of Nutrition
and Dietetics



Newsletter of the Asian Americans & Pacific Islanders MIG

featuring

Scholarship Recipients (p. 3)

Infant Formula Shortage (p. 4)

Foods in Hawai'i (p. 6-7)

Our Mission:

Equip and empower AAPI MIG members to be the leaders in culturally evidence-based nutrition practices for people of Asian and/or Pacific Islander origin.

Our Vision:

Enhance the nutrition care provided to people of Asian and/or Pacific Islander origin.

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www.aapimig.org



Nikki Nies MS, RD
AAPI Past Chair

Greetings AAPI members,

As we start the new term, I am pleased to pass the baton to our new Chair, Levin Dotimas, MS, RD, CD. I am confident Levin will continue to cultivate the AAPI culture of inclusion with confidence, color and humor. His leadership is unmatched and I'm excited to see what new initiatives and opportunities will blossom under his leadership.

While it was a surprise to serve as Chair for the past couple of years, I have thoroughly enjoyed working and serving with the rest of the AAPI team. It's stellar! I've grown to learn how AAPI members belong at the table of hard conversations and how we can continue to foster these connections to celebrate the similarities and recognize the differences. My hope is that AAPI will continue to be change agents and be known as experts in the field. The future is bright, so let's shine!

Much gratitude and hope,

Nikki Nies MS, RD

AAPI@eatright.org

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Seeking Nominations for Leadership Positions 2022-2023



AAPI MIG is still seeking nominations for the upcoming year's **Chair-Elect** and **Website Coordinator**, as well as additional volunteers for each committee. Nominees should have prior leadership experience and a passion for serving the AAPI MIG. If interested, please fill out our online application [here](#) or email AAPI@eatright.org.

MESSAGE FROM THE EDITORS



Xingyun Xie
Dietetic Intern



Kimberly Baishnab RD, LD
Communications Chair

Hello AAPI members,

Summer is here! That means sunshine and summer trips. It also means a new budget year and changes in our EC leadership team! As some EC members step aside and make room for new faces, I want to welcome **any AAPI MIG member interested in serving on**

our leadership team to contact us at AAPI@eatright.org. Whatever you would like to help with, we can find a place for you!

I have now served a year in my term as Social Media and Communications Chair, and I look back on our team's work in 2021-2022 with a lot of fondness and gratitude. Most of us have never met each other at all, yet we work together on a weekly basis to achieve our common goals: to make AAPI MIG a safe, informative, inviting, and fruitful place for AAPI nutrition professionals to exist and grow.

Please consider volunteering some of your time to make our community even better, and have fun working with some incredible AAPI RDs all across the country.

Until next time!

-Kimberly, Communications Chair

AAPI MIG Webinar on May 31

Thank you to all who attended AAPI MIG's most recent webinar, "Taste of Ayurveda for Modern Palates," and eternal gratitude to our incredible speaker, Sapna Punjabi-Gupta, for sharing her passion and insight. Keep an eye out for upcoming MIG events!



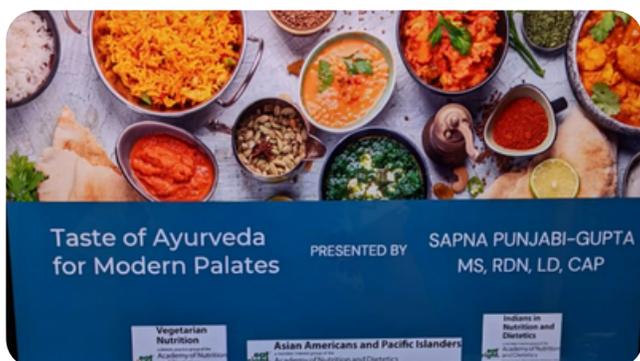
Wrapping Up AAPI MIG's first Mentorship Program cycle!

Thank you to all who helped develop and implement our first mentorship program! Thank you to the mentors and mentees who participated and made lasting connections! Keep an eye out for our second cycle so you can join and be matched with another member!

Candice Vossler, RD (mentee)



"I'm so glad that I participated because I learned so much from my mentor. She encouraged me to consider options that I hadn't thought about and gave me resources so I could find the answers I was looking for. Best of all, my mentor was easy to talk to and we connected over the ups and downs of working as a dietitian."



AAPI UPDATES



Announcing the Student Scholarship Recipients

AAPI MIG is pleased to announce our two student scholarship recipients for this year. Read below about their journeys in dietetics!



Kristine Wong, CPT

Kristine received her B.S. in Microbiology from UC San Diego. After exploring different healthcare careers, she realized she could make the greatest impact through nutrition as a Registered Dietitian and will be an incoming student to USC's M.S. in Nutrition, Healthspan, and Longevity coordinated program.

When she was 12, her grandma suffered a stroke that left her paralyzed and unable to speak. Long before her stroke, her risk factors had included high blood pressure and cholesterol: preventable nutrition related diseases. After her mom became a full-time caregiver, Kristine thought about how she could improve the quality of life of the elderly and their caregivers who are often their family

members. This led her to develop a passion for prevention of chronic diseases through nutrition, exercise, and mindfulness. She loves empowering people to connect food to their health and helping others develop sustainable, healthy habits. As an AAPI RD2B, she loves exploring foods from her Chinese & Japanese heritage and believes cultural foods should be included in the care process. She promotes cultural foods and recipes to the public to help them develop sustainable, healthy, and culturally relevant eating patterns. She believes that we need dietitians who are as diverse as the populations we serve.

AAPI MIG has given her a community of dietitians who share her culture, love of food and a place to practice her leadership skills, and she thinks anyone who is interested can get involved! You can follow her journey in nutrition as an RD2B at @nutritionwithkristine.



Helen Furugen

First and foremost, I want to thank the AAPI MIG for selecting me as a recipient of this scholarship. As a second-generation Japanese American, I grew up very attached to my cultural background which largely influenced my decision to pursue a career in dietetics. My family comes from Okinawa, the southern-most prefecture of Japan. It is also known to be one of the world's Blue Zones. The centenarians from Okinawa prove how diet and lifestyle affect our long-term health.

My RDN journey started as an undergraduate student at California State University, Long Beach, and was fortunately matched to a distance dietitian internship program with Nutrition Ink upon graduation. The pandemic, however, hit amidst my internship causing half of my secured clinical rotations to be canceled and we completed the remaining required hours virtually.

Upon getting my RDN credential, I kick-started my professional career as a Nutritionist with the WIC Program where I found my passion in helping prenatal moms and families with infants and young children. The next chapter within my dietetics career starts this fall at the University of California Davis where I will be studying to obtain the Masters of Advanced Studies in Maternal and Child Health. I hope to utilize the new information and skills I am about to learn to bridge the cultural barrier that prevents AAPI families from seeking nutritional help for their young children.

Check our website and social media for new and upcoming scholarship and leadership opportunities!



FROM THE ACADEMY

Check out the latest issue of **Food & Nutrition Magazine!**



Topics include:

- Kitchen tools
- Food trends
- New Approaches to the Kidney Diet
- Chopsticks
- Nutrition for People with Lung Cancer
- Mushrooms

Click [here](#) to view the latest issue.

Following White House Announcement, Academy to Advocate for Nutrition Security, Health Equity, Prevention of Diet-Related Chronic Diseases

The White House's May 4 announcement that it will host a conference on hunger, nutrition and health in September is an imperative investment in addressing national issues that the Academy of Nutrition and Dietetics strongly supports: nutrition security, health equity and prevention of diet-related chronic diseases.

"This important conference will be a crucial step in addressing the high numbers of Americans with diet-related chronic disease, the ever-growing numbers of families experiencing food insecurity, as well as health inequities in the United States. The Academy has supported holding this event and we will provide input to the White House throughout the process," said registered dietitian nutritionist and Academy President Kevin L. Sauer, PhD, RDN, LD, FAND.

The Academy will represent the nutrition and dietetics profession and will provide recommendations for topics to cover and potential solutions that ensure people have access to healthful, nutritious food.

Click [here](#) for more information.

Academy Advocates for Families During Infant Formula Shortage

As the infant formula shortage continues to affect families across the nation, the Academy of Nutrition and Dietetics advocates for long-term solutions to ensure that infants don't face hunger and food insecurity

due to such shortages in the future. The Academy is rallying support for a bill that would offer more opportunities for working mothers to breastfeed their babies by expanding workplace accommodations.

The Providing Urgent Maternal Protections for Nursing Mothers Act would provide lactating, working parents with the time and space to express milk in the workplace and offer employers the flexibility to identify the solutions that best fit their businesses. The PUMP Act passed the House, and the Academy is advocating for it to be brought for a vote in the Senate. If passed, the PUMP Act would expand protections to nearly 9 million women of childbearing age.

As the world's largest organization of food and nutrition professionals, the Academy continues to advocate for creating long-term solutions for infant formula shortages by reaching out to the Biden Administration and Congress and collaborating with partner organizations to address the shortages. On May 19, the Senate unanimously passed the Access to Baby Formula Act, which now awaits President Biden's signature.

The Academy offers the following recommendations during the infant formula shortage:

- Parents should speak with their pediatrician to determine the best approach to feeding an infant under the current circumstances.
- Breastfeeding by mothers will reduce the amount of formula needed to keep infants fed during this shortage and should be considered a frontline strategy for newborns.
- Donor human breastmilk from milk banks can be an option for some infants with critical needs, but parents are advised against sharing breastmilk or purchasing it from the internet.
- Homemade formulas are not safe or nutritionally adequate for infants, nor are milks from other animals or plants as substitutes for human milk or infant formulas.

The Academy calls on communities to continue to play a leading role in communicating with parents and mobilizing formula stock that may exist at hospitals and medical offices to increase access.

For more information, visit the [Academy's Infant Formula Safety Resources](#).

LEGISLATIVE UPDATES



Let Your Voice Be Heard!

Advocate for strong nutrition and health policy standards through the Academy's new and improved [Action Center](#). Enter your contact information once and it will be saved for future action alerts, including your U.S. Representative and Senators. Each alert has a pre-filled message that can be tailored to your unique experience in the field of dietetics.

Tell Congress that Kids Need Our Support

As conversations continue about a supplemental spending package, extension of the urgently needed nationwide waiver authority for USDA is being considered.

Please contact your members of Congress to encourage them to co-sponsor S. 3979 Support Kids Not Red Tape Act of 2022 in the Senate or HR 6613 Keeping School Meals Flexible Act in the House of Representatives. Both bills would support efforts to help summer and school meal programs serve healthy meals as providers navigate supply chain and labor disruptions as well as skyrocketing food costs as a result of the pandemic.

Learn more [here](#).

Increase Access to Lactation Services and Supplies During Emergencies and Natural Disasters

The COVID-19 pandemic and the increasing rate of natural disasters continue to reveal dangerous gaps in the emergency care systems serving families with breastfeeding babies. Infants are a highly vulnerable population, yet caregivers are too often left without access to support and supplies to ensure their infants' basic nutrition needs are met in emergencies.

The DEMAND Act (S.3601/H.R.6555) would ensure that lactation support services and supplies are eligible expenses for emergency assistance through the Federal Emergency Management Agency (FEMA) Critical Needs Assistance program. Given the importance of human milk feeding in establishing good nutrition and healthy weight and reducing the risk of chronic disease, **please tell your members of Congress to support the DEMAND Act of 2022.**

Learn more [here](#).

Tell Congress to Support the PUMP Act!

Nearly 9 million women of childbearing age are not covered by the Break Time for Nursing Mothers law, the federal provision that requires break time and a private space for breastfeeding employees to pump during the workday.

Passage of the Providing Urgent Maternal Protections for Nursing Mothers Act (S. 1658), or PUMP Act, would provide lactating, working parents with the break time and space to express milk while also offering employers the flexibility to identify solutions that work for their unique business environment.

The PUMP Act is a step in the right direction to support babies, mothers, employers and ultimately the health and prosperity of our nation.

Contact your senators today and ask them to support the PUMP Act!

Learn more [here](#).

Hawai'i FOODS IN HAWAI'I

written by Kimberly Baishnab RD, LD, CLS

All my ancestors on my mother's side originate from Japan, but they immigrated to Hawai'i in the late 1800s. It is not an uncommon story: a man travels to Hawai'i in hopes for work on the plantations, settles there, and then sends for a Japanese picture bride to join him there. They make a life in their new home, bringing along their beloved cultural foods while adopting many new ones, and over many years some of these new and old foods blend together to make an entirely new cuisine.

Like much of the United States, the islands of Hawai'i house peoples from all over the world. As the most isolated population center on planet earth, these islands have been an important place of trade, transportation, military strategy, and cultural shifts for hundreds, maybe thousands, of years.

Thus, Hawaiian food is a perfect blend of American, native Hawaiian, and Asian cuisines which **displays the island's cultural evolution really well**. *Sushi, sashimi, shave ice, and katsu* come from Hawaii's long history of Japanese immigrants and tourists; *saimin, manapua, li hing mui, and dim sum* from Chinese and Cantonese sugar plantation workers; *Portugese sausage, lomi salmon, and malasadas* from the Portugese whalers and traders; mac salad and fast food chains trail all the way from 19th century western missionaries to Hawaii's journey to statehood and to a modern booming tourist industry; and finally a steady vein of traditional Hawaiian dishes like *poi, lau lau, poke, squid luau, and haupia*, passed down from ancestor to offspring for millennia.

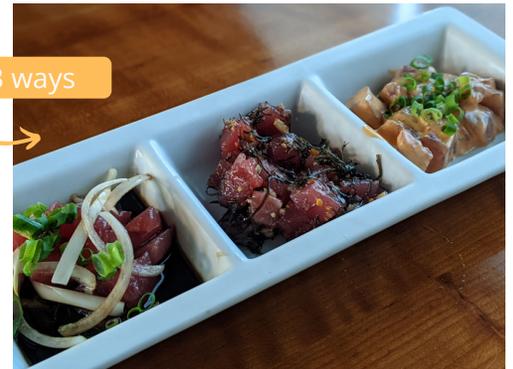
Here I share some of Hawaii's most iconic and common local foods, so you can put a name to an image and, if these spark your interest, do some of your own research!



pickled plum onigiri



tonkatsu curry



poke, 3 ways



haupia

chicken lau lau

poi

purple sweet potato

kalua pork

lomi salmon

chicken long rice

squid luau



mac salad

Hawai'i RECIPES

written by Kimberly Baishnab RD, LD, CLS

There are not many truly "inherently Hawaiian" foods that my family had growing up. My mother did not enjoy cooking, and many ingredients would be hard to find. As I have grown older and sought to maintain the connection with my mother and her family's roots, I have explored Hawaiian cuisine more on my own. Here are two of my favorite island comfort foods.

Simple Spam Musubi



Ingredients

- 1 can Spam®, sliced (I prefer Lite Spam)
- 1 Tbsp soy sauce
- 3-5 sheets of nori (dried seaweed), each cut into 3-4 strips
- 3 cups freshly cooked jasmine rice

Method

1. Place 1 Tbsp oil in a skillet on medium heat.
2. Fry slices of Spam® about 2 minutes on each side or until crispy. Add soy sauce to pan after flipping the slices.
3. Prepare all ingredients in front of you to assemble the musubi. Use a musubi maker or the Spam® can cut in half for your mold. Use a clean cutting board for your working surface.
4. Place 1 strip of nori on your board. Place your mold on top, in the middle of the strip. Place about 1/4 cup rice in the mold and press it down evenly. Add 1 slice Spam®. Remove the mold and fold the nori strip around your musubi. Use a couple grains of rice on one end of the nori strip to seal it. Wrap your musubi tightly in plastic wrap, if they won't be served right away.
5. Repeat this process until all ingredients are gone. Eat your musubi as fresh as possible, or keep in fridge in the plastic wrap for 1-2 days.

Substitutes: You can also make musubi with chicken, scrambled egg, hot dog - really anything that sounds good with rice! On the islands you will find many variations of this simple recipe.

Butter Mochi with Mango Topping



Ingredients

- 1-2 ripe mangos, cubed
- 1 Tbsp water
- 2 Tbsp granulated sugar
- 1 package (15 oz) butter mochi mix
- 1 cup water
- 2 large eggs, beaten
- 4 Tbsp salted butter, melted

Method

1. Place mango cubes, 1 Tbsp water, and sugar in a medium sauce pan.
2. Heat on medium heat. Whisk until mixture starts to bubble and get sticky and the mangoes break down a bit.
3. Follow package instructions using remaining ingredients.
4. After pouring batter in the pan, bake for about 30 minutes. Remove from the oven.
5. Pour mango mixture on top of half-set butter mochi. It may sink into the cake some - that is fine.
6. Return pan to oven for the remaining cooking time, or edges pull away from the pan.

How do you REALLY say Hawai'i?

hah - vai - ee

There is actually no "W" sound in the Hawaiian language. A "V" would be more appropriate. Every syllable is pronounced in Hawaiian, so make sure to include the glottal stop, where the apostrophe is.

STUDENT SPOTLIGHT



Leslie Tran

Tell us a bit about yourself!

Hello everyone! I am a second-generation Asian American from a Vietnamese-Cantonese family, and I would consider myself closer to my Vietnamese Heritage (both of my parents were born and raised in Vietnam but my father is from China). Having been accepted to Morrison Healthcare Dietetic Internship, I am so excited about taking my first step toward becoming a dietitian. Fun fact: I have a twin sister whom I love very much and we'll both be graduating from UC Davis! Also, if you want to connect, feel free to follow me on my dietetics journey @honeybearnutrition on Instagram!

What foods or food-related customs from your culture do you love?

I grew up eating Vietnamese food! Reflecting on my childhood, I felt that I did not appreciate my cultural foods enough. But ever since I started college, I realized how much my family and culture's food means to me – you can guess that I had to tell my parents to bring Vietnamese food every time they visited. A big family tradition would be making gỏi cuốn (spring rolls) together. I remember seeing my mom and her siblings compete for the best-looking spring roll!

Some of my favorite Vietnamese foods are thịt kho tàu, bánh cuốn, bánh giò, đồ chay, and chè. Thịt kho is a caramelized pork belly dish made with boiled eggs, fish sauce, and palm sugar (very similar to other Asian dishes like in Chinese or Cambodian culture). This is a home-cooked meal that you often don't find in mainstream Vietnamese restaurants. My sister and I love this dish so much that we learned how to make it! Bánh cuốn and bánh giò can be found in a Vietnamese deli. Bánh cuốn is made of steamed rice rolls usually served with a type of fish dipping sauce, fresh herbs and vegetables (e.g., cucumber, pickled carrots, daikon), chả lụa (Vietnamese meatloaf), and fried taro cake. As for bánh giò, it is made of rice flour with a pork and mushroom filling, wrapped in banana leaves, and steamed. Đồ chay is Vietnamese vegetarian food. My family is Buddhist, so some of us are vegetarian or occasionally consume đồ chay during religious events. That is a whole other story about

Hometown:

San Jose, CA

Education:

Graduating with a B.S. in Clinical Nutrition at University of California, Davis (UC Davis)

STUDENT SPOTLIGHT

what đồ chay foods I like, but some highlights would be the vegetarian spring rolls (bì cuốn chay) and fried tofu with glass noodles and wood ear mushrooms. Chè is a Vietnamese sweet dessert drink similar to other Asian desserts. There are so many types but my favorite would be chè thái (very similar to a Thai dessert, hence the name). Fun fact: I presented on some of these foods in my informative speech for my public speaking class! As you can see I love talking and sharing about Vietnamese food!

What led you to study dietetics?

Many factors have led me to my desire to pursue dietetics. One factor is my foodie background – I love eating and learning about food (I am very grateful to my father who has given me opportunities to try diverse cuisines ever since I was young). I also struggled with body image and IBS symptoms since elementary school. Along with being entirely misinformed about nutritional health (from diet culture within my family and misinformation from un reputable influencers), which negatively impacted my relationship with food, I wanted to learn more about nutrition (albeit with a misinformed perspective). My nutrition coursework and own self-exploration has definitely debunked a lot of misinformation about nutrition, and improved my relationship with food! And as I continued learning more about evidence-based nutrition in my classes, I learned about the conditions my family members are living with (Type 2 Diabetes, hypertension, CVD, cancer), which tie strongly into nutrition. Learning about the impact dietitians have on the health outcomes of individuals inspired me to become a dietitian who can help individuals like my family members with chronic disease management, but also through disease prevention and health promotion. So many factors have led me to where I am today, and my desire to learn more about dietetics keeps on growing!

What do you like most about studying dietetics?

I am amazed at the versatility of the dietetics field – there are so many different niches you can specialize in. As I am continuing along my dietetics journey, I find that I really enjoy the educational and counseling aspects of it. I was an intern for a nutrition education internship where I worked with individuals with developmental and intellectual disabilities, which gave me opportunities to delve into my creative side – I love creating fun lessons about food! As for counseling, I am currently obtaining motivational interviewing training from a wonderful dietitian – I have been utilizing these skills when I work with clients as a health coach intern or with participants in my volunteer position as a health metric testing intern. Coming alongside and meeting people where they're at in their health journey is a very important lesson that I have learned. In addition, I also really enjoy learning about nutrition pathophysiology – one cool topic I've learned about in my medical nutrition therapy classes is the emerging field of nutrigenomics!

What challenges did you have while studying dietetics? How did you overcome them?

One challenge that I faced while studying dietetics is the whole process of figuring out my future. In my third year of undergrad, I was going back and forth between choosing to apply to dietetic internships during my fourth year, or taking a break for a few years before pursuing a graduate degree/dietetic internship. It was a really stressful decision in terms of the amount of financial investment I have to put in – at first, my parents were not on board with having to pay so much in addition to student loans. Nevertheless, I got into a dietetic internship, and I am so grateful to have such supportive parents (we made a deal!).

STUDENT SPOTLIGHT

Another challenge is figuring out exactly what I want to focus on. I have a lot of interests: nutrition education and counseling in an outpatient or private practice setting, community nutrition program planning, corporate wellness, and clinical nutrition management. However, I know that it all comes down to what I resonate with most during my internship rotations, as well as networking with professionals in my fields of interest.

What are your personal and professional goals?

Personally, these past few years finishing up my undergraduate degree alongside extracurriculars and then applications has been pretty rough on my health, physically and mentally. My goal right now is to engage in healthier and more mindful habits. Also, I really appreciate all the guidance and mentorship I have received in my journey. Hence, a personal goal of mine is to provide guidance and mentorship to my underclassman and RD2BEs on their dietetics journey.

As for my professional goals, one of them is to obviously become an RDN! As mentioned before, I enjoy nutrition education and counseling and intend to pursue that with a chronic disease management focus, and most likely obtain a CDCES. I also intend to pursue higher education with a master's, but I am still figuring out what master's degree I would like to add to my toolbox.

What advice would you give to fellow dietetics students?

Networking can get you very far. I was pretty shy about intentionally meeting new people, but I've come to learn that dietitians are very down to earth. Making new connections can provide new opportunities, but it can also help you figure out what you want to pursue.

Also, don't be afraid to apply for something! I never thought I would win awards during my undergrad, but decided that it wouldn't hurt to apply. I got two so

far! I still can't believe it. I even pushed my sister to apply to one, and she got it! In terms of dietetic internships, I was terrified about applying to them. I kept second-guessing myself, doubting if I was good enough, but I was given reassurance by friends and family that I was a strong applicant – keep a positive mindset and know that you are way stronger than you think! In fact, I did not match, but I was able to secure a spot with an internship in the second round. I knew I was a strong applicant, it was most likely my program choices. On that note, another piece of advice would be to not limit yourself in your program choices (I applied to only a handful of really competitive California programs).

The topics of diversity, equity, and inclusion have been very important recently. How do you think the AAPI dietetics community can contribute to this conversation?

An important issue about diversity in the dietetics field would be the availability of resources and guidance to BIPOC RD2BEs. I believe that this field really needs to be diversified, and the only way we can do that is by providing more opportunities and resources to RD2BEs of color. One thing I like that the AAPI dietetics community has done so far is the mentorship program – thank you!

Other idea in mind would be collaborating with other interest groups of color, as well as organizations like Diversify Dietetics to promote diversity through events, media, and initiatives. It would also be great to hold webinars or presentations on the role of nutrition and food in different Asian cultures.

Do you know a dietetics student, RD, or DTR who would like to be featured in our newsletter?

Contact us via social media or AAPI@eatright.org



Soy Food Intake and Biomarkers of Breast Cancer Risk: Possible Difference in Asian Women?

Click [here](#) to read the full article

This article examined the effects of soy consumption in Asian and non-Asian premenopausal women to determine if there were differences in the markers for breast cancer risk and inflammation. In the study, the experimental group that had a high soy diet had lower levels of IGF-1, serum CRP, and leptin in Asian women compared to non-Asian women. The levels of estrogen, inflammatory markers, and breast density were similar in Asian and non-Asian women. Possible differences in these biomarkers in Asian and non-Asian groups could be due to the lifetime and previous generational exposure to these soy products in Asian women, with genetic differences such as metabolic enzymes or intestinal microbiota.



The Imposter Phenomenon in the Nutrition and Dietetics Profession: An Online Cross-Sectional Survey

Click [here](#) to read the full article

Imposter phenomenon (IP) is the feelings of self-doubt or feeling like a fraud or imposter in competent and qualified individuals. This study evaluated the prevalence of IP in the field of dietetics in students, interns, RDNs, NTRs, and retired NDTR or RDNs and found that most dietetic professionals have experienced IP. To combat IP, increasing diversity in dietetics can promote entry and retention of diverse dietetic students. For students, programs and internships can foster discussions about imposter feelings and perfectionism during orientations, peer discussions, or with mentors. In practitioners, professional development programs and mentoring can be utilized.



A Qualitative Analysis of the Delivery of Person-Centered Nutrition to Asian Americans with Dementia in the Adult Day Health Care Setting

Click [here](#) to read the full article

In this study, the authors investigated two adult day service centers (ADSCs) with predominantly Chinese and Vietnamese older adults in Northern California to determine how food delivery could be personalized for optimal nutrition while being culturally appropriate. With the aging population, ADSCs are an essential part of the community-based long-term care for ethnically diverse geriatric populations with chronic conditions, such as Alzheimer's or dementia-related symptoms. Factors such as taste, where Chinese and Vietnamese adults preferred less sweet items, as well as community dining, were considerations that came up during the interview. Featuring important holidays such as Chinese New Year could also be a way to recognize different cultures while providing nutrition through traditional foods like fish and dumplings. There are many ways to implement cultural change to ADSCs to make them more personalized for the population; however, there are continued limitations such as strict regulations for meals to be consistent with dietary guidelines.

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Interested in writing for the newsletter?

Writing for the newsletter is a great way to build on your writing skills, not to mention sharing your voice with the AAPI MIG community. You can contribute many types of work, including:

- Article about a part of your country or culture
- Asian-style recipes
- Recent research in nutrition or dietetics
- A current issue in nutrition or dietetics

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