

GatherRD

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

FNCE® Updates (p. 4-6)

Mid-Autumn Festival + Mooncakes (p. 8-9)

Student Spotlight + Recipe (p. 10-12)

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



Levin Dotimas MS, RD, CD
**Chair, AAPI MIG
2023-2024**

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Greetings AAPI members,

As the crisp autumn breeze sweeps in, bringing with it the comforting embrace of fall, I hope this message finds you wrapped in cozy sweaters and sipping on warm beverages. I love how this season reminds us of the importance of coming together and finding warmth in our community.

First and foremost, I want to express my gratitude to all of you who joined us at FNCE. It was an ABSOLUTE pleasure to see familiar faces and welcome new members into our close-knit family. Our member reception was a delightful gathering where we had the opportunity to connect, share experiences, and eat some great food. It's moments like these that make me grateful to be leading our MIG. If you missed us this year at FNCE, we hope you can join us next year in Minneapolis.

During our reception, I announced that AAPI MIG is donating \$500 to the Academy Foundation's Disaster Relief Fund to aid our members who were affected by the Lahaina fires. We hope that this amount provides aid during this trying time. We also donated a Cotopaxi backpack to the Foundation's silent auction, which was sold at \$215! We hope that our contribution will help more students receive scholarships.

FNCE presented us with a wealth of knowledge and networking opportunities. The exchange of ideas and experiences is what propels us forward in our profession, and I encourage you to carry this spirit of learning and collaboration with you throughout the year. To stay connected and keep the momentum going, please make sure to engage with us through our social media channels and our member discussion board. Thank you for your unwavering support, and I look forward to the many exciting adventures that await us in the coming months.

Sincerely,

Levin Dotimas MS, RD, CD

AAPI@eatright.org

MESSAGE FROM THE EDITORS



Brianna dela Torre
MS, RDN
Communications Chair
Co-Editor



Kimberly Baishnab
RDN, LD, CLS
Co-Editor

filled my heart! Having opportunities to connect in person with like-minded professionals is so precious, and I personally am already looking forward to FNCE® 2024 in Minneapolis (just a few hours from my home)! If you have photos or testimonies from FNCE® 2023 that you'd like us to share with the rest of AAPI MIG, please message our social media page or email AAPI@eatright.org.

If you are someone who is looking to get more involved in the social media or AAPI community, we are always looking for more members on the team. Send us a message to AAPI@eatright.org to learn how you can become more involved and volunteer within the organization!

Hello AAPI members,

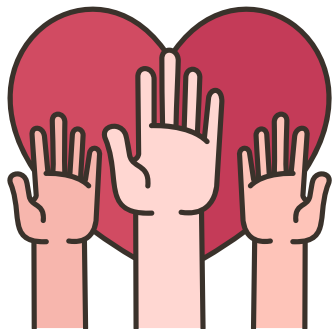
Happy Fall, everyone! It is hard to believe we are nearly 10 months into 2023 and already coming up on the holidays. It has been a busy summer with FNCE® preparations and festivities. While I did not attend FNCE® myself, seeing updates on the AAPI MIG social media of our fun-filled member events

Until next time!

Kimberly Baishnab RDN, CLS
Newsletter Co-Editor

AAPI UPDATES

GET INVOLVED WITH AAPI MIG EXECUTIVE COMMITTEE



Interested in volunteering with AAPI MIG? Let us know! It's an amazing way to get involved, network, and gain leadership experience for dietetic students, RD2Bs, or dietitians.

We have different positions and groups to get involved with, so contact us! Let us know what you're interested in and we can find the best fit.

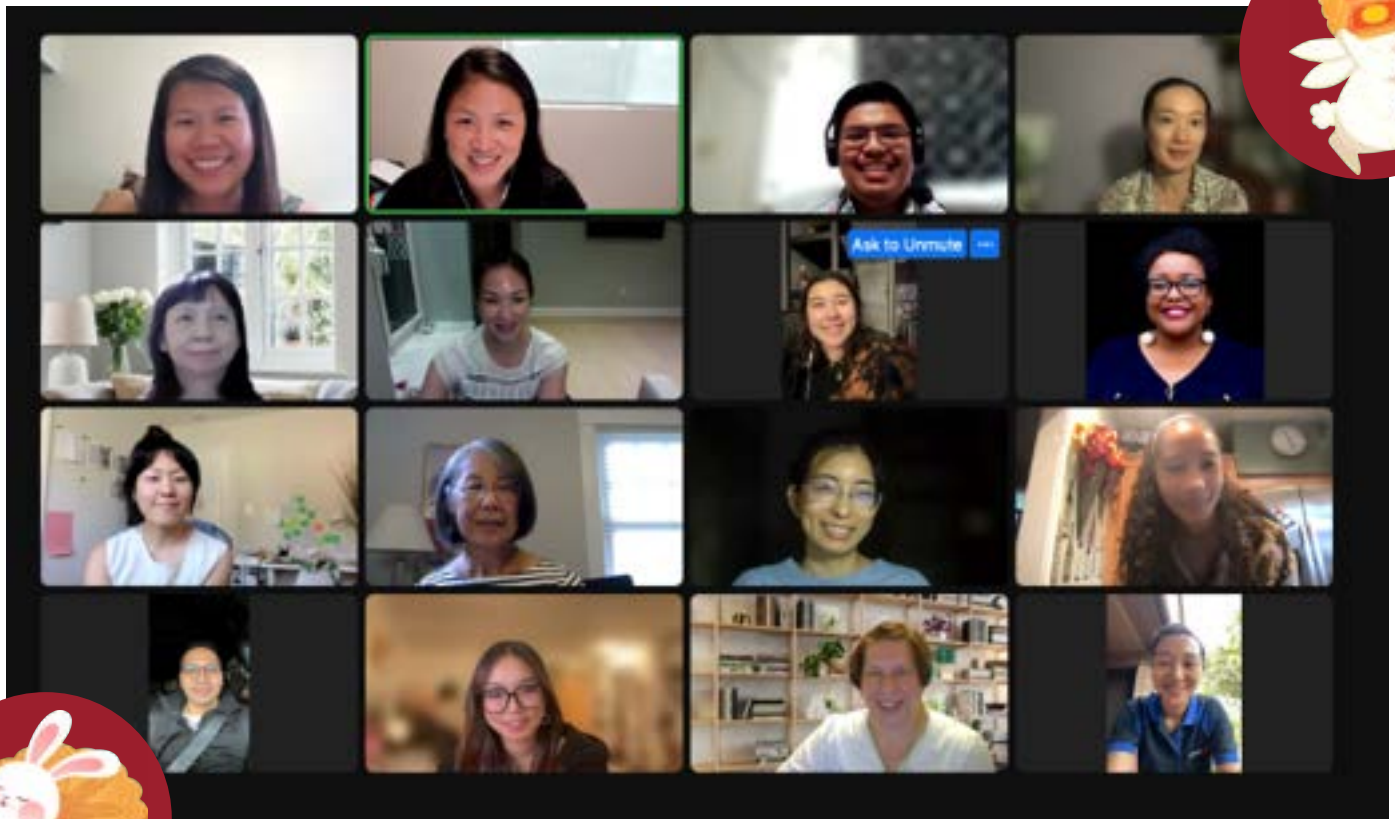
For more information on our positions, [click here](#).
Or email us at AAPI@eatright.org.

MORE AAPI UPDATES

MEMBERSHIP EVENT MID-AUTUMN FESTIVAL NETWORKING

We loved seeing you at the networking event! Special thanks to our membership chair Edith, and her intern Asia Jackson for preparing the material on the Mid-Autumn Festival.

Be sure to check out our social media platforms and your email for more information on upcoming events.



SEEKING NOMINATIONS FOR LEADERSHIP POSITIONS 2023-2024

AAPI MIG is still seeking nominations for the upcoming year's **Chair-Elect, Nominating Chair, and the IDEA liaison**. The board is looking for 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.



FNCE® 2023 – AAPI in Action!

Thank you to everyone who came to AAPI's events at FNCE! We loved getting to meet in-person and come together as a community.



FNCE® 2023 – AAPI in Action!



FNCE® 2023 – AAPI in Action!



FROM THE ACADEMY

Child Care-provided Meals Are Associated with Improved Child and Family Health

Very young children who attend child care and receive onsite meals and snacks were more likely to be food secure and in good health, and less likely to be admitted after a hospital emergency department visit than children in child care whose meals and snacks were provided from home, according to a [new study](#) in the Journal of the Academy of Nutrition and Dietetics. These potential benefits could extend beyond the children themselves to their families, including through possible reductions in stress, and to society as a whole through potentially significant health care cost savings.

The study included 3,084 children attending child care, aged 13 to 48 months, from low-income households with a child care subsidy. The investigators interviewed their parents or caregivers as they sought medical care for the children in emergency departments or primary care clinics in five U.S. cities, between January 2010 and March 2020. Approximately 87% of the group studied meals and snacks provided by the child care facility to meals and snacks provided by parents and served in the child care settings, most likely federally supported through the Child and Adult Care Feeding Program (CACFP).

Compared to those with parent-provided meals and snacks, children with child care-provided meals were 30% less likely to live in food-insecure households, 39% less likely to be in fair or poor health, and 41% less likely to be admitted to the hospital from the emergency department.

The study also bolsters the evidence that child care feeding programs, specifically CACFP, are essential supports for young children's health and their families' food security in combination with and also independent of other nutrition programs.

Click [here](#) for more information.

Academy Releases the Definitive Guide for Writing and Publishing Recipes

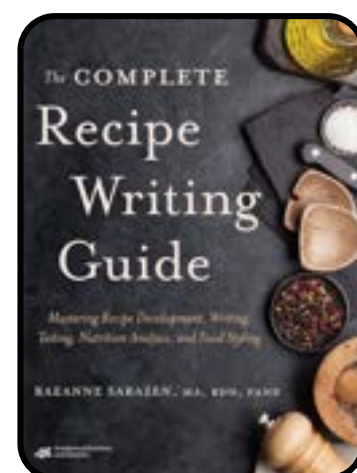
Take your original recipes from kitchen to plate to publication with [The Complete Recipe Writing Guide](#), a new book released by the Academy of Nutrition and Dietetics on September 1.

The Complete Recipe Writing Guide is for anyone with a desire to develop, write and share well-crafted recipes – from food enthusiasts to food writers and editors to food and culinary professionals. Whether creating a family cookbook or developing recipes to publish, post online or share on social media platforms, readers will learn steps for developing flavor-focused recipes and advice for accurately writing recipes that any cook can easily follow.

With special attention to health and wellness, the guide helps recipe writers modify calories, fat, sodium and sugar and learn how to create recipes for all types of diets, including plant-based, gluten-free and for those with food allergies and intolerances.

The Complete Recipe Writing Guide is written by Raeanne Sarazen, a registered dietitian nutritionist and chef with more than 20 years of experience working as a test kitchen professional, recipe developer, food writer and editor.

Click [here](#) for more information.



MID-AUTUMN FESTIVAL

the Mooncake holiday

written by Yifei Wang, MS

The Mid-Autumn Festival, also known as the Moon Festival or Mooncake Festival, is a traditional festival celebrated in Chinese culture. The festival is held on the August 15th of the Chinese lunar calendar corresponding to mid-September to early October of the Gregorian calendar.

Like Chinese New Year, Moon Festival is one of the most important holidays in Chinese culture, because it's a time for family reunion and gathering. The moon is the sentimental symbol of hometown for home-sick people like me who are far away from home and can't celebrate this festival with our folks.



Li Bai Strolling, by Liang Kai (1140-1210)

By looking at the moon on that day, we feel connected with our families even though we are thousands of miles apart. This special culture about the connection between moon and homesickness has been well captured and demonstrated by Li Bai, one of the greatest and most

important poets in Tang Dynasty, the "Golden Age of Chinese Poetry", in one of his popular poems named **A Tranquil Night**:

*Abed, I see a silver light,
I wonder if it's frost around.*

*Looking up, I find the moon bright;
Bowing, in homesickness I'm drowned.*

Another Chinese tradition to celebrate the Moon Festival is mooncake making and sharing! The mooncake, coming in the shape of the moon, is another sentimental symbol of family bonding for this festival. At the night of August 15th, Chinese celebrate the festival by sharing a mooncake with family members and friends as a desert after dinner while appreciating the bright full moon in the night sky. Interestingly, it is widely acknowledged among Chinese that the full moon or "blue moon" of the

year is in its brightest or full size on the 16th of August according to the pattern of the moon showing up in the history of Chinese lunar calendar.

Mooncakes are rich pastries with flavorful fillings. Although most round shaped like the moon, they come in a variety of fillings and crusts and can be sweet or salty depending on the recipes used by people in different regions with different local culinary traditions. The original and most common



style has a lotus paste filling with salty duck egg yolk in a chewy crust in reddish-brown tone and glossy sheen. It is the most

common Cantonese-style mooncake in the southern region of China.

Another traditional style of mooncakes is Jujube paste mooncakes in my hometown which is in the northern part of China. They are made from the ripe fruits of the jujube (date) plant, with a little fruity and smoky flavor and slightly sour taste. Some mooncakes use sweet-bean fillings made from red beans or mung beans instead.

As a big fan of nuts, my favorite style of mooncakes are five-kernels mooncakes with the common ingredients including peanuts, walnuts, watermelon seeds, almonds and pine nuts held together with



maltose syrup. The nutty touch and crunchy texture just add unique layers of experience to this style.

MID-AUTUMN FESTIVAL

the Mooncake holiday

For people who do not have a big, sweet tooth, the savory meat type of Suzhou-style mooncakes might be an option. Best known for their layers of flaky crusts and lard, the Suzhou-style meat mooncakes are served hot and usually filled with pork mince. They are also smaller than most other regional varieties.



Over time, both the crusts and the composition of the fillings of mooncakes have diversified to cater to the changing taste preferences and increasing health-consciousness. Many of the contemporary styles showing up in the market come with more flavors, colors and patterns and less added sugar. Mid-Autumn festival of 2023 just arrived! Get some mooncakes in the Chinese grocery store and share it with your family or friends. For those who are away from home, I hope the mooncakes can help you relieve homesickness!

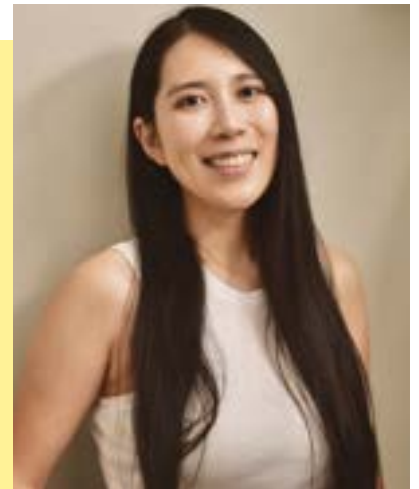


Do you have a feature piece to share and want to be featured in the next AAPI Newsletter? Email submission suggestions with the title: AAPI Newsletter Feature Piece, or send us a message on our other social platforms

Contact us via social media or AAPI@eatright.org

Meet the author, Yifei

Yifei Wang is a dietetic intern at Cornell University and is doing her community nutrition rotation at Cornell Cooperative Extension Tompkins County. She just earned her MS in Nutrition Interventions, Communication & Behavior Change from Tufts University this May. As a career changer, she spans her early professional experience from working in the healthcare industry with physicians on clinical training and consultation on burn and diabetic wound management. She found passion in nutrition in her later career and academic training in Gerontology working with older adults and is interested in nutrition related chronic diseases including diabetes and cardiovascular diseases. Yifei loves nature, dogs, hot pot, and wants to open her own private practice.



STUDENT SPOTLIGHT



Christina Huynh

Tell us a bit about yourself!

My name is Christina Huynh, I'm a first generation American and college graduate. I'm also proud to be of Vietnamese descent. I grew up with a close connection to my cultural identity, thanks to my parents, who made sure I spoke the language, ate the food, and practiced the customs. Growing up so close to my background has encouraged me to represent my heritage in the field of dietetics by helping Asian-Americans navigate their health and disprove common nutrition myths. Outside of my career goals, I enjoy cooking, lifting and spending time traveling with my partner, our favorite spot so far has to be San Francisco!

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

Growing up in a Vietnamese household meant being surrounded by delicious food and always having someone to share that with. Whether it's at family gatherings or our daily dinners, it is custom to have family-style meals. My favorite dishes growing up had to be "Thit Kho," a caramelized and braised pork and egg dish, "Bun Bo Hue," a spicy beef noodle soup, and "Banh Xeo," a savory, crispy crepe filled with pork, bean sprouts, mung beans and topped with spicy fish sauce. After every meal, it is also custom to help the host by cleaning up!

What are your personal professional goals?

My long term professional goal is to be a registered dietitian who makes an impact in nutrition policy. Growing up in a low-income household, I understand the financial and social barriers that keep people from accessing basic healthcare. I learned about this more thoroughly during my public health course in my current graduate program which affirmed my interest in public policy as a dietitian.

Hometown: Tuscon, Arizona

Present Location: Sacramento, CA
(completing my MS/DI)

Education: M.S in Clinical Nutrition
from the University of the Pacific
B.A in Biochemistry
B.S in Nutritional Sciences and Minor
in Spanish from the University of
Arizona

Graduation date: December 2023

Cultural Background: First
generation Vietnamese-American

STUDENT SPOTLIGHT

What led you to study dietetics?

I relied on supplemental programs like WIC and SNAP growing up. This led me to feel disconnected from my Vietnamese heritage at times since most of the foods that shaped my childhood, especially at school, were not from Vietnam or even Asia. Additionally, the nutrition counseling and assistance from these resources were not often culturally sensitive. These feelings encouraged me to create purpose from my experiences with food insecurity, cultural displacement and nutrition. My desire to alleviate these physical and emotional consequences that inadequate nutrition has on families and individuals led me to pursue a career in the dietetics profession. I originally majored in Biochemistry during my undergraduate career and one of the most interesting classes was nutritional biochemistry where I got to apply my chemistry knowledge to common chronic diseases like diabetes, dental caries and obesity. I knew I wanted to be involved in a field that combined healthcare, science and people which is why I dedicated the rest of my undergraduate and graduate studies to studying Nutrition.

What challenges have you faced in this field and how have you overcome them?

My biggest challenge was navigating motivational counseling. With all the information that I was tested on during both my undergraduate and graduate career, my natural instinct when a patient had a question was to provide the solution. However, I quickly learned that this can be overwhelming to a nervous patient or client. I had the opportunity to practice a lot of counseling with my peers and professors before applying my knowledge with real patients during my rotation hours. Practicing with actual people helped me build confidence in knowing that the information I deliver would be well received by the patient or participant.

What advice would you give current dietetics students?

Dietetics is such a diverse field, it really is what you make of it! I would advise students to keep their options open as they may learn about new opportunities that they never knew existed. Networking and meeting other students, faculty, or practicing professionals in the field is a great way to stay connected in what is happening in the world of dietetics.

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?

The AAPI community is diverse in itself. It is our responsibility to acknowledge the unique lived experiences of not only our fellow AAPI dietetics members, but of our patients and clients. Fostering an inclusive environment in the dietetics community can involve learning about existing biases and creating opportunities to uplift minority voices – students faculty, and practicing professionals alike. I think supporting one another, being vocal about our achievements and contributions can be a critical step in validating AAPI presence in the field. There is no one-size-fits-all approach to diversity, equity, and inclusion so we should be creative and flexible with our contributions.

STUDENT SPOTLIGHT

Bun Cha Gio

Ingredients

- Egg rolls
- 4 cups lettuce cut into 1 inch pieces
- ½ cup pickled daikon and carrots
- ½ cup thinly sliced or cubed cucumbers
- ¼ cup fresh mint
- ¾ cup boiled and cooled vermicelli noodles
- ½ cup spicy fish sauce (You can make your own vegan fish sauce or substitute with coconut aminos though the dish's flavor will be slightly different)

Instructions

Add the noodles to a bowl and add the pickled daikon and carrots, lettuce, cucumbers, mint leaves to a bowl. Cut the egg rolls into bite sized pieces. Pour over the fish sauce or place it in a small bowl on the side to dip your noodles in!

It's that simple and so satisfying. You can substitute any of the toppings for different vegetables or proteins like bean sprouts, beef seasoned with lemongrass, chicken, tofu, green onion or even chopped peanuts



Cooking Therapy - Bun Cha Gio
www.cooking-therapy.com/bun-cha-gio

Christina's Recipe Note

This is one of my new favorite Vietnamese dishes! As a cold dish, it is so refreshing especially during the hot summer months. You also get a nice balance of carbohydrates, vegetables and protein in one dish. It is also easy to put together or modify so you may share it with friends and family that may be vegetarian or vegan!



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

**Contact us via social media or
AAPL@eatright.org**



RESEARCH UPDATES



Food insecurity and mental distress among WIC-eligible women in the United States: A cross-sectional study.



The researchers in this study wanted to see if there were any associations between being food insecure and mental health within a population of WIC-eligible households. The WIC program is grant-funded by the USDA and supports women, infants, and children through food assistance for low-income families. This study aimed to see if food insecurity (FI) is associated with moderate-to-severe mental distress within WIC-eligible households, and if the strength of association differs for non-participants with low income and WIC participants.

The National Health Interview Survey (NHIS) was utilized as a source of data collection and surveyed a total of 7,700 women living in the US with at least one child. Past research has shown that WIC participation is associated with improved household food security for women and children, and can potentially improve health outcomes for WIC families. The outcome measure for this study was moderate-to-severe mental distress and was measured using the K6 scale which assesses frequency of feelings of sadness in the past 30 days. The results of this study further supported other findings that show a relationship between FI and poor mental health within low-income populations. This study found that WIC participation was not observed to be associated with decreased odds of mental distress. Researchers postulated that selection bias causes this, as those who choose to participate in WIC may be worse off both in material and emotional well-being.

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

Factors Associated with Adherence to a Low Fermentable Carbohydrate Diet in Children with Functional Gastrointestinal Disorders

The researchers within this study wanted to see if adherence to a low FODMAP diet (LFD) in children with functional gastrointestinal disorders (FGID) was related to abdominal pain, quality of life, and emotional/behavioral problems. The LFD has been associated with reduced symptomology in children with functional gastrointestinal disorders, but is a complex diet intervention to follow. They recruited thirty children age 7-12-years-old with pre-existing FGIDs to receive dietary counseling to follow the LFD for 3 weeks.

Common interventions within the LFD include decreasing foods that are high FODMAP, such as onions, garlic, beans, and cow's milk. These restrictions can be difficult to follow, the researchers sought to discover which factors limit adherence to LFD in children. During the study, the parents of participants were instructed by RDs on how to implement the LFD and to eliminate all high FODMAP foods during a 3-week period.

The results from this study indicate that the pediatric cohort with FGIDs reported better quality of life with greater adherence to the LFD. More research is needed to test these methods on a greater sample size. There is currently a lack of consensus for a professional gold-standard for LFD adherence.

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





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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