Letter From the Editor:

As we’re finishing out 2018 (my how fast time flies!), it’s a great time to look back and reflect on the year. What were your greatest achievements? What is something you could have done better? Where did you make an impact? Where do you wish you had made one? While you’re taking inventory of your year, you may find yourself thinking about your professional goals and making a plan for next year. While some of us will look back and find total satisfaction, others may find themselves thinking about wanting to try something new. When this happens, the question then becomes, “How do I figure out what else is out there, and how do I get involved in whatever it may be?”

Maybe an entirely new career is on the horizon for you, or maybe all you are looking for is another avenue of nutrition to explore. Whatever the case, you have to start somewhere, and in the spirit of finding something new, this issue explores a few less traditional roles for today’s dietitians and offers some tips for getting started and staying the course. We hear stories of people being their own boss, making their own schedule, and not answering to anyone but themselves. What we don’t always hear are stories of how they got there, or how they successfully stay there. How do people find their dream jobs? How do you keep everything straight when you’re working multiple positions? How do you not lose yourself to your career when you’re your own boss? Hopefully the information provided in this issue will give you a place to start and some valuable things to think about if you do decide to take on a new role, either full- or part-time. And, if you need something to keep you going while you’re researching your next adventure in nutrition, grab a blender to make the antioxidant-filled smoothie we feature Center Stage this issue. The powerhouse winter “jewel” with an ancient history will help keep you healthy throughout the season. Don’t forget to also check out the upcoming conferences and resources we’ve highlighted— they just might spark a new idea for your future! I hope you all have a fantastic holiday season, and we’ll see you in the new year!

And now, it’s time to connect...

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Want to write for our newsletter? Have thoughts on something you read? Or, maybe you just have a great topic for an article you’d like to see covered? Connect with one of the Sports Dietetics-USA or Wellness/CV subunit section editors above today!

Are you reaping all the benefits of your SCAN membership?

We have myriad resources available, including ready-made fact sheets to use with your patients; PULSE, our peer-reviewed publication; and continuing professional education (CPE) via PULSE, webinars, sessions at FNCE®, and Symposium. Go one step further and join our complimentary subunits to get more in-depth topic information and networking by accessing your My Profile area on SCAN’s website, scrolling down to Membership Details, and checking the boxes for any (or all!) of the subunits that interest you. And, what better way to network and discuss nutrition advances and best practices with other RDs like yourself than to converse directly via our electronic mailing lists (EMLs)? Don’t forget, we’re social too! Like us on Facebook and follow SCANdpg on Twitter, Instagram, LinkedIn, and Pinterest. So, what are you waiting for? Be in the know and make your SCAN connections today!

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Taking Steps Toward a Work-Life Balance

by Yasi Ansari, MS, RD, CSSD

Registered dietitian nutritionists (RDNs) are taking on a variety of roles today. It is not uncommon for sports RDNs to have multiple positions and jobs, yet they still are able to make time for themselves and their loved ones. With competing deadlines, how do they do it? We connected with a couple of RDNs who successfully take on multiple assignments throughout the week to offer tips on tackling the difficulties that come with balancing work and a personal life.

Simona Hradil is co-owner of FXP Athlete, a private practice that offers nutrition coaching for all individuals. She spends most of her time in this role and claims, “No two days are ever the same.” Her days consist of calling athletes who are traveling for competitions within the United States or globally, assessing clients’ nutritional needs, attending practice sessions, and developing educational materials focused on optimizing athletic performance goals. Hradil also works as a part-time outpatient dietitian at Kaiser Permanente for the Center of Healthy Living and as the sports dietitian consultant at the Marilyn Magram Center at California State University, Northridge. When asked what is most difficult about maintaining a work-life balance, she stated that it is consistently a challenge because she loves to work. “However, working 50 to 60 hours a week for a couple of weeks straight does start to cause burnout.” She is always working on balancing work and life to be able to enjoy friends, family, and nature.

Some of her recommendations for maintaining a healthy balance include the following:

**Know your strengths and maximize them:** Know what you’re good at versus the things that take you the longest to complete. Hradil will block off two hours to work, and she spends the first hour on tasks that are more difficult and the second hour on tasks she can accomplish in a shorter window of time. This method helps avoid procrastinating weaknesses and gets difficult to-do lists completed.

**Take time for self-care:** As a former athlete who spent over 20 years competing in Olympic-level taekwondo, Hradil states that exercise has always been important to her, but “adult work life makes it a real challenge.” She has set appointment times for exercise and makes it a priority to take her French bulldog, Dexter, on four, 20-minute walks every day starting at 5:00 AM. She says, “It’s a great way to start my day and reset during the long workdays.”

**Define your goals:** Without knowing your goals, you can spend too much time working on lesser-priority projects and pushing off important deadlines. “Managing your short- and long-term goals helps you stay organized and figure out what you want to accomplish each quarter and annually.”

Traci Larson, a practicing registered dietitian for 13 years, currently works an average of 25 hours per week in addition to her role as a new mom. She works as a consulting sports dietitian for California State University, Long Beach athletics, where she provides one-on-one counseling to student athletes and supervises the athlete fueling station. When not on campus, Larson has her own private practice, California Nutrition Consultants, which caters mostly to athletes and weight-loss clients. Additionally, she continues to keep up with networking and research by staying active in professional organizations and attending conferences when her schedule allows.

“Managing your short- and long-term goals helps you stay organized and figure out what you want to accomplish each quarter and annually.”

ARTICLE CONTINUED ON NEXT PAGE
Taking Steps Toward a Work-Life Balance (continued)

She offers the following recommendations for balancing work and personal life:

**Perfect your scheduling ability:** Scheduling in advance and communicating in advance to clients and employers what you can and cannot do helps prevent you from getting in a situation that you are unable to complete.

**Be selective as to what you take on:** It’s hard to say no, but if, for example, the drive is too far or the hours are too few, you should say no, as these types of opportunities can make you unavailable for other, more reasonable jobs or take time away from your family.

**Take on jobs that interest you:** If you don’t love it, it’s not worth it. Family time is precious so do what you love.

**Communicate with managers:** Be direct; ask for what you need. Give notice if you need to change your hours due to other commitments.

To reiterate, no matter how many professional roles you take on, when you embark on an entrepreneurial career in nutrition, work-life balance is a must for success and longevity, and it is important to make self-care a priority in your calendar.

AUTHOR’S BYLINE

Yasi Ansari, MS, RDN, CSSD, is a registered dietitian and local nutrition content writer in Newport Beach, California. Previously she was Clinical Nutrition Coordinator at University of California Los Angeles Athletics and Sports Dietitian at California State University Long Beach Athletics. She holds a Bachelor of Arts in Mass Communication Studies from UCLA and a Master of Science in Family and Consumer Sciences with an emphasis in Nutrition and Dietetics from California State University, Northridge.

Trailblaze a Path to Your Dream Nutrition Job

by Lauren Harris-Pincus, MS, RDN

What’s your dream nutrition job? If you had asked me that question 25 years ago as a dietetic intern, I would have answered, “To run a successful private practice.” Back then, registered dietitian nutritionists (RDNs) mostly worked in hospitals, nursing homes, food service, private practice, or pharmaceutical sales. At the time, the only entrepreneurial path familiar to me was to open a private practice. Nutrition Communications is a field I first heard about a mere 10 years ago, but it has since exploded with the advent of social media. The number of RDNs with a media presence via blogging, speaking, writing for publications, and podcasting continues to increase. Many have steady television segments and radio shows and have authored books (thanks in part to self-publishing sites that now make publishing widely attainable). My current career path did not exist when I was a student, and I can only imagine the path RDNs will trailblaze in the future.
I began seeing private practice clients early in my RDN career, and while I treasured the ability to effect positive change on a person's health and quality of life, I also yearned to impact significantly more people on a larger stage. And then the internet happened, which eventually empowered my desire to share nutrition information broadly. Every career decision I make now comes back to one idea: How will this help my patients or the people who count on me for science-based information? Counseling individuals remains an important, rewarding part of my business; however, today, the nutrition communications aspect of my business occupies the lion’s share of my time, something completely unforeseeable when I finished graduate school. My passion has been to educate healthy people how to stay healthy and, perhaps more importantly, to prevent mild health challenges from becoming chronic disease.

FINDING YOUR PASSION

So where do you begin your trailblazing efforts? Start by asking yourself, “What unique value do I offer to my clients, and what am I truly passionate about?” When your value proposition intersects with your passion, you will be on your way to a new career. For me, I cringed every time I saw a celebrity touting a fad diet or when a client asked me about an article promoting a “miracle fat-burning supplement.” There are scores of uncredentialled, so-called experts with microphones out there. It became my mission as a trained nutrition expert to not allow our RDN voices to be drowned out, and thus, the evolution toward my own “dream job” began. I had found my passion: to serve as a trusted source of science-based information to help people achieve and maintain wellness through writing, speaking, serving as a spokesperson for companies I value, and being a credible source for the media. I wanted to help bust myths and disseminate accurate information in a way the public can digest.

TURNING PASSION INTO REALITY

Once your passion and unique value resonate from within, what’s next? Build on this internal connection; exploit it; and most importantly, stay focused. The following are some ideas to help you put things into motion:

1. Perhaps you aspire to work in corporate wellness but don’t know how to make the transition from a clinical position. Or maybe you love cardiovascular nutrition, but your current role doesn’t allow you to leverage your expert knowledge. Regardless of your particular dream job, start by doing a little research on RDN message boards, LinkedIn, and Facebook groups. See if you can identify someone already working successfully in that capacity, and if so, reach out. Politely ask to pick their brain and determine what steps you need to take to achieve a similar path.

2. Think about if your ideal job description was posted online. How might it read? Is it consulting work, or a full-time position? Is it salaried or strictly incentive based? Are your current skills and desires compatible? Would you hire yourself? Considering these things will help you hone your search and determine potential areas of personal improvement.

3. Find a mentor with expertise in the area in which you are looking to expand your work. I’ve found that RDNs are a generous group, and sharing with each other is the key to our mutual success.

4. Seek out a mastermind group of like-minded RDNs who will help you achieve your goals through support and accountability. Get involved in your Academy dietetic practice group (DPG) executive boards and committees. My key professional accomplishments arose from relationships and ideas nurtured through DPG meetings, conferences, and webinars.

Whatever area(s) of nutrition you want to work in, remember, you are the one who controls your destiny. Best of luck on your trailblazing journey!

AUTHOR’S BYLINE

Lauren Harris-Pincus, MS, RDN, is a nutrition communications specialist, author, speaker, spokesperson, and corporate consultant. She is the founder/owner of Nutrition Starring YOU, LLC, a private practice specializing in weight management and prediabetes, and the author of “The Protein Packed Breakfast Club.” Connect with Lauren on Facebook, Instagram, and Twitter @LaurenPincusRD.
Heart Health in a Nutshell

with California Walnuts

- A go-to source for the plant-based omega-3 alpha-linolenic acid (ALA)\(^1\)

- A heart-healthy food, certified through the American Heart Association’s Heart-Check program\(^2\)

- Investigated for 25+ years for their role in cardiovascular health

Visit walnuts.org/heart-health for published research and Heart-Check certified recipes.

Per one ounce serving.

\(^1\)Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased calorie intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5 of alpha-linolenic acid - the plant-based omega-3.

\(^2\)Heart-Check food certification does not apply to recipes unless expressly started. See heartcheckmark.org/guidelines.
Pomegranates: the Jewels of Winter
by Rebecca Rivera Torres, MS, RD

For most of us, summer is the season that comes to mind when we think of fruit. However, with its apples, grapes, cranberries, persimmons, passion fruit, and other delicacies, fall brings some sweet treats as well. One of these fall fruits continues to flourish well into winter and luckily stores quite well, allowing enjoyment far past its October through January fertile season. If you haven't guessed yet, we’re talking pomegranates. This “Jewel of Winter” has a rich history dating back to 3500 BC when Queen Kubaba, or Kug-Bao, the only woman depicted on the Sumerian King List (an ancient stone tablet that chronicles leaders of Sumer, the first major civilization in the world), was drawn holding what appears to be a pomegranate in her right hand and a mirror in her left. Fast forwarding from this history lesson brings us to today’s evidence-based learnings that show pomegranate is more than just a royal adornment. This fruit has been shown to offer powerful antioxidant and anti-inflammatory effects due to its rich polyphenol concentration. Of note, the arils, or seeds, have anthocyanins and the rind and pith have ellagitannins, and studies have shown various levels of efficacy dependent on which part (or combination of parts) of the fruit were used. Research is ongoing, but thus far, pomegranate juice supplementation has shown potential positive correlations with improved muscle strength recovery, cognition, and memory. Studies are also ongoing regarding pomegranate's protective effects on the vascular system and its antiproliferative, antimetastatic, and anti-invasive effects on various cancer cells, as well as its impact on other physiological processes and disease states. While waiting for more definitive outcomes on pomegranate’s benefits and how best to implement supplementation, why not start taking advantage of this winter gem’s polyphenol content by whipping up a batch of Pomegranate-Matcha Green Tea Smoothie to sip by the fireplace (see sidebar for recipe)?

REFERENCES:

Pomegranate-Matcha Green Tea Smoothie

Serves: 2 | Makes: 2 16-oz glasses

Prep Time: 10 minutes | Total Time: Overnight

FOR THE POMEGRANATE LAYER:
1. 5 cups 100% pomegranate juice
1 frozen banana
1 5.3-oz container of plain non-fat Icelandic style yogurt
Fresh pomegranate arils

FOR THE MATCHA LAYER:
1. 5 cups boiling water
3 teaspoons matcha green tea powder
1 frozen banana
2 teaspoons vanilla extract
2 teaspoons agave
1 5.3-oz container of plain non-fat Icelandic style yogurt

METHOD:
1. Make matcha and pomegranate ice cubes the night before. Whisk matcha powder into boiling water to make the matcha tea. Freeze 1 cup of the tea in ice cube trays. Chill the remaining half cup of tea. Freeze 1 cup of the pomegranate juice in ice cube trays.
2. For the smoothie matcha layer, blend matcha ice cubes, chilled tea, banana, vanilla, agave, and yogurt together in a powerful blender. Pour half into each glass and freeze for 15 minutes while you make the pomegranate layer.
3. For pomegranate layer, blend together the pomegranate juice ice cubes, half cup of pomegranate juice, banana, and yogurt in a powerful blender.
4. Pour or spoon the pomegranate layer over the matcha layer. Garnish with fresh arils.

This recipe was provided by POM Wonderful. Find more ways to help your clients (and yourself!) incorporate this antioxidant powerhouse into their diets by visiting the POM Wonderful website at https://www.pomwonderful.com/recipes or doing an internet search for “pomegranate recipes.”

AUTHOR’S BYLINE
Rebecca Rivera Torres, MS, RD, is a registered dietitian and communications specialist. She is also Editor-in-Chief of the SCAN Connection newsletter and can be reached at scanconnection@gmail.com or rebecca.a.rivera.torres@gmail.com.
Resources and Events

Events to Connect With Colleagues and Learn

Ongoing/On-Demand Events

SCAN offers on-demand webinars
For information: https://www.scandpg.org/cpe/

CDR offers online continuing education modules in various areas
For information: https://www.cdrnet.org/products/assess-learn-online-continuing-education-modules

IAEDP offers on-demand webinars
For information: http://www.iaedp.com/webinars-schedule/

Eating Recovery Center offers on-demand webinars
For information: http://www.eatingrecoverycenter.com/professionals/on-demand-professional-development

Jessica Setnick offers ongoing, in-person
Eating Disorders Bootcamps
For information: http://understandingnutrition.com/store/store_results.php?Category=10&Section=Eating+Disorders+Boot+Camp

Nancy Clark’s on-demand, home-study course Nutrition for Sports, Exercise & Weight Management: What Really Works and Why?
For information: http://www.nutritionsportsexerciseceus.com/

Renfrew Center offers ongoing, in-person conferences
For information: http://renfrewcenter.com/events

Conferences

March 21-24, 2019
ACSM’s International Health & Fitness Summit & Exposition, Chicago, IL.
For information: http://www.acsmsummit.org

April 6-9, 2019
Experimental Biology 2019, Orlando, FL.
For information: http://experimentalbiology.org/2019/Home.aspx

April 26-28, 2019
Join your colleagues at the 35th Annual SCAN Symposium, Navigating the Path to Wellness, Phoenix, AZ.
For information: www.scandpg.org/symposium-2019/

May 28-June 1, 2019
ACSM Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Sciences of Exercise and the Brain, Orlando, FL.
For information: www.scandpg.org/symposium-2019/

June 6, 2019
Female Athlete Conference, Boston, MA.
For information: https://bostonchildrens.cloud-cme.com/Aph.aspx?R=1&EID=910

Resources to Connect With Your Patients

- **American Association of Diabetes Educators (AADE)** ([www.diabeteseducator.org](http://www.diabeteseducator.org))
  For patients with diabetes who need to find a diabetes education program in their area, refer them to [https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program](https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program). They can search by program name or location for ADA-recognized and AADE-accredited DSMES Program Sites.

- **American Diabetes Association** ([www.diabetes.org](http://www.diabetes.org))

- **American Heart Association (AHA)/American Stroke Association (ASA)** ([www.heart.org](http://www.heart.org))
  Worksites can qualify for AHA’s Gold, Silver or Bronze-level recognition based on their score on a Workplace Health Achievement Index. For more information, see [https://www.heart.org/en/professional/workplace-health/workplace-health-achievement-index](https://www.heart.org/en/professional/workplace-health/workplace-health-achievement-index).

- **American Medical Association (www.stepsforward.org)**
  Patients may have many reasons why they don’t take medication as prescribed. For strategies on medication adherence, see [https://www.stepsforward.org/modules/medication-adherence](https://www.stepsforward.org/modules/medication-adherence). View the online module or click on Downloadable Tools.

- **CardioSmart (www.cardiosmart.org)**
  To help patients see the link between diabetes and heart disease risk, click on the infographic at [https://www.cardiosmart.org/DiabetesandHeartDisease](https://www.cardiosmart.org/DiabetesandHeartDisease).


- **National Stroke Association** ([www.stroke.org](http://www.stroke.org))