March 2022

KENTUCKY ACADEMY OF NUTRITION AND DIETETICS

SPRING NEWSLETTER

What's Inside:

Welcome Letter from the President - 2
Feature Article - 3, 4
Spotlights - 5, 6
Kentucky Proud Recipe - 7, 8
Upcoming Events - 9, 10

KENTUCKY ACADEMY
of Nutrition and Dietetics

WELCOME LETTER FROM THE PRESIDENT

BY: KIRA GALLOWAY

Greetings KAND Members!

It is hard to believe that spring is just around the corner. I don't know about you, but after a snowy and cold winter I am eagerly anticipating the arrival of spring and the newness it brings. March also brings National Nutrition Month and Registered Dietitian day. This year's theme is Celebrate a World of Flavors. One of the reasons I became a dietitian is because of my love for food and the way it brings people together. This year's theme amplifies that by encouraging us to recognize the various flavors and foods from around the world that nourish and connect us. I hope this month you will consider trying a new recipe or inviting friends around your table to share a meal together.

March is also an exciting month as it brings the long awaited arrival of the 2022 Annual Nutrition Conference and Expo (ANCE) in Covington, KY occurring March 24-25. I hope you will consider joining us for our first in person conference since 2019! We have the agenda packed with a variety of engaging speakers, time to connect with various sponsors, a networking reception, and the cost of registration includes multiple meals and snacks throughout the day!

Since this will be my last newsletter as president, I wanted to say that it has been an honor to serve the membership this past year. It remained an untraditional and challenging year due to the pandemic, but I am elated that we were able to safely offer an in person Legislative Day at the Kentucky State Capitol with over 60 members in attendance and an in person ANCE very soon. Our organization will be in great hands beginning June 1st with president-elect, Tracey True. There are still a number of appointed board positions available for the next term, so I encourage you to reach out to Kentuckyand@gmail.com for details. Thank you for your trust and confidence in me as your KAND President over the past year.

Sincerely,
Kira Galloway, MBA, RD, LD
KAND President

NATIONAL NUTRITION MONTH
" WORLD OF FLAVORS"

BY: MADISSON VEATCH

It's officially March which means we're celebrating National Nutrition Month! This year's theme is World of Flavors which embraces global cultures, cuisines, and inclusivity. As an RDN we work with diverse populations with different bodies, goals, backgrounds, and tastes. It's important to recognize our patients as individuals and provide ideas that work for them! We're going to breakdown NNM into 4 key messages for you to focus on with your patients!

Vary Your Diet

Week one of NNM is focused on showing how to add variety to your diet and try new flavors from around the world! Providing ideas on how to vary your diet is where we come in! Some patients may not realize they are limiting themselves. Encourage patients to try different fruits and vegetables, experiment with different types of whole grains, or cook with new lean protein sources. Adding variety to your diet is the perfect way to ensure you are getting all the different vitamins and minerals your body needs!

Visit an RDN

Week two is all about promoting Registered Dietitian Nutritionists! March 9th is RDN Day and such a good time to promote our services. Patients can have misconceptions about Registered Dietitians and what we do. This week is a great time to bust those myths and show patients how great it is to work with a dietitian!

Plan Meals and Snacks

It is so important to help patients understand how to plan meals and snacks. Week three is all about learning how to plan. When patients don't plan meals, they spend more money on food at the grocery store and more food goes to waste! (continue on page 4)

.

National Nutrition Month

March 2022

Theme: World of Flavors

4 Key Messages

1. Eat a variety of nutritious foods
2. Visit a Registered Dietitian Nutritionist (RDN)
3. Plan meals and snacks
4. Create tasty foods at home.

(continued from page 3) The first step is for patients is to decide what they want to eat during the week and then make a grocery list. I encourage patients to keep a list on their refrigerator at home or in the notes app on their phone. It needs to be easily accessible so patients don't forget to use it or forget to bring it to the store.

Cooking at Home

Week four is all about cooking! Cooking at home cannot be successful without proper planning and some basic kitchen skills. As dietitians, we can support and teach our patients these basics so they can make delicious meals at home. To keep dinner interesting, dietitians can give patients ideas of new and different flavors to cook with. Use the National Nutrition Month toolkit to find handouts with meal ideas from other cultures. Encourage your patients to get the family involved in the kitchen and enjoy their meal together as a family!

.

About the Author

Madisson Veatch is a Registered Dietitian in Louisville Kentucky. She has been practicing for the last 6 years and is currently working at an Onsite Wellness Center for Louisville Metro Government employees and their dependents. Madisson currently serves on the KAND board as the Media/PR Chair and also on the Louisville Academy of Nutrition and Dietetics board as President Elect and Social Media Coordinator. Dietetics has been the perfect career choice because Madisson loves being in the kitchen and teaching people how to cook healthy meals at home.

For NNM campaign toolkits, including tip sheets and handouts, games and activities, PowerPoint presentations and more... Visit: https://www.eatright.org/nnm

SPOTLIGHT

Karina Christopher PhD, RD, LD

KAND Nominating Committee Member

Karina Christopher has been a Registered Dietitian in Kentucky for 18 years. After graduating with her bachelors degree in Dietetics from Northwest Missouri State, Karina moved to Richmond, Kentucky to complete her masters degree and internship at Eastern Kentucky University. Following graduation with her masters, Karina worked for St. Joseph HealthCare as a clinical dietitian. During those five years, she worked with a variety of inpatient populations and served as a preceptor to dietetic interns. Following her employment with St. Joseph HealthCare, she went to work at the Markey Cancer Center as a researcher and outpatient senior dietitian. In this role, she conducted a nutrition study on cancer patients and provided outpatient medical nutrition therapy. After three years, Karina started the doctoral program in Gerontology at the University of Kentucky and began her tenure in the food and nutrition program at Eastern Kentucky University. She has been a professor at EKU for nearly ten years. She also volunteers as a sports dietitian for student-athletes and ROTC at EKU. Over the years she has served on the board for the Bluegrass Academy of Nutrition and Dietetics and the Kentucky Academy of Nutrition and Dietetics as President, Secretary, Nominating Committee, and various other positions. In her free time she enjoys kayaking and hiking with her two kids and husband. She collects cookbooks and enjoys discovering how food preparation has changed over the years.

SPOTLIGHT

Victoria Casenhiser

KAND Student Liaison for the University of Kentucky

Victoria is from Cleveland, Ohio. She is currently a Junior at the University of Kentucky studying Nutrition & Dietetics, as a part of the coordinated program, with a minor in business. A fun fact about Victoria is that she has traveled to 6 out of 7 continents! In her spare time she loves to workout, cook, spend time with friends, travel, and read.

Emily DeWitt

Emily DeWitt received one of the KAND sponsorships to attend the Academy's 2022 Nutrition and Dietetics Advocacy Summit. Here is a quick summary of her experience during the event:

I enjoyed participating in the 2022 Nutrition and Dietetics Advocacy Summit with my fellow representatives from Kentucky. It was insightful to learn more about the Academy's legislative priorities: Medical Nutrition Therapy and Child Nutrition Provisions. I appreciated that the Academy took time to discuss how to respectfully guide conversations on these topics to have an impact, regardless of party affiliation. This was helpful, as it set the tone for our meeting with Senator McConnell's Legislative Assistant. I was able to prepare for our conversation by learning more about Senator McConnell's priorities and committee appointments, enabling me to find an intersection for his values and the Academy's priorities. This resulted in a productive conversation that ended on a positive note. I look forward to participating in additional legislative opportunities in the future!

Kentucky Proud®

Spring recipes

Plate it up!

Morning Carrot Muffins

1 ¼ cups all-purpose flour
¾ cup whole-wheat flour
1 cup sugar
2 teaspoons baking soda
1 tablespoon cinnamon
¼ teaspoon salt
2 cups shredded carrot
½ cup raisins
½ cup chopped walnuts
½ cup unsweetened coconut
1 finely chopped medium apple
3 eggs
¼ cup vegetable oil
1 cup unsweetened applesauce
2 teaspoons vanilla extract

Preheat oven to 350 degrees F. **Spray** 18 muffin cups with nonstick spray or line them with muffin liners. In a large bowl, **mix** together flours, sugar, baking soda, cinnamon, and salt. **Stir** in carrots, raisins, nuts, coconut, and apple. In a separate bowl, **beat** together eggs, oil, applesauce, and vanilla. **Stir** wet ingredients into the flour mixture until just moistened. Do not overmix.

Scoop batter into prepared muffin cups. **Bake** for 20 minutes, or until a toothpick inserted in the center comes out clean.

Yield: 18 muffins

Nutritional Analysis:
170 calories, 6 g fat, 1.5 g saturated fat, 30 mg cholesterol, 180 mg sodium, 27 g carbohydrate, 2 g fiber, 16 g sugars, 10 g added sugars, 3 g protein

Kentucky Carrots

NUTRITION FACTS: Fat-free, cholesterol-free, low in sodium, and an excellent source of vitamin A, which is an important vitamin for eye health. A medium carrot contains about 30 calories.

SELECTION: Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid carrots that are soft, wilted, or split.

STORAGE: Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks.

PREPARATION: Rinse and remove ends, peel if desired. Carrots are eaten raw or cooked. Use raw in salads, with dips, or plain as a snack. To cook whole or cut: steam, boil, microwave, roast, or add to stir-fries, soups, stews, and casseroles.

PRESERVING: Carrots can be preserved by freezing, canning, pickling, or drying.

KENTUCKY CARROTS
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
August 2019

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. http://plateitup.ca.uky.edu

Plate it up!

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

Kentucky Proud®

Spring recipes

Asparagus Ham Quiche

1 pound fresh asparagus, trimmed and cut into ½ inch pieces
1 cup, finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells
1 egg white, slightly beaten
2 cups shredded reduced fat cheddar cheese
4 large eggs
1 container (5.3 ounces) plain Greek yogurt
⅓ cup 1% milk
¼ teaspoon ground nutmeg
¼ teaspoon salt
¼ teaspoon pepper

Preheat oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and **cover**. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and **cool**. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, **beat** together eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Yield: 16 slices

Nutritional Analysis: 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.

Plate it up! Kentucky Proud

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Asparagus

SEASON: April through May.

NUTRITION FACTS: Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

SELECTION: Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

STORAGE: Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

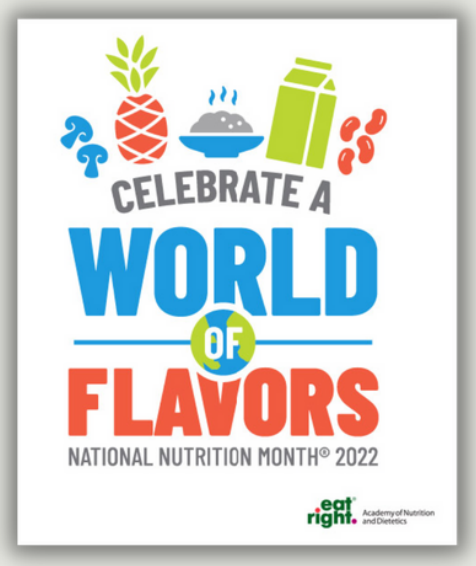
Source: www.fruitsandveggiesmatter.gov

KENTUCKY ASPARAGUS
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
March 2015

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE EXTENSION SERVICE
UK UNIVERSITY OF KENTUCKY College of Agriculture, Food and Environment

Upcoming Events



March is National Nutrition Month!

#NationalNutritionMonth

For National Nutrition Month® and Registered Dietitian Nutritionist Day event ideas, visit : www.eatright.org/nnm

Registered Dietitian Nutritionist Day

Wednesday, March 9, 2022

REGISTERED DIETITIAN NUTRITIONIST
RDN
DAY

KEY DATES (https://thesocialpresskit.com/nnm2022)

- Wednesday, March 2 at noon CT/1 p.m. ET
  - Join @eatright for a Twitter chat to kick off National Nutrition Month®!
- Wednesday, March 9 at noon CT/1 p.m. ET
  - Host @eatrightPRO will lead a Twitter chat to celebrate RDN Day!
- Wednesday, March 9
  - Registered Dietitian Nutritionist Day commemorates the dedication of RDNs and NDTRs as advocates for advancing the nutrition status of Americans and people around the world.
- Wednesday, March 16 at noon CT/1 p.m. ET
  - Discuss nutrition for children and families during this Twitter chat hosted by @kidseatright.
- Wednesday, March 23 at noon CT/1 p.m. ET
  - Round out National Nutrition Month® with a Twitter chat hosted by @foodnutrimag.

Connecting in Covington

KENTUCKY ACADEMY of Nutrition and Dietetics

2022 ANNUAL NUTRITION CONFERENCE & EXPO

MARCH 24-25, 2022
THE MADISON EVENT CENTER & HOTEL COVINGTON
COVINGTON, KENTUCKY

Check out our website for all the details on 2022 ANCE - the agenda, sessions, and speaker information is up and ready for your review. We are looking forward to connecting with you in Covington, Kentucky!

Check your emails for the upcoming opportunity to VOTE for next term's KAND Board Members

Thank you, to our ANCE sponsors

AVANOS · FRESENIUS KABI caring for life · Healthcare Services Group · Kentucky Beef Council · Nestlé HealthScience · Nutricia · The Dairy Alliance · The Milk Bank · Timeless Medical Systems

KENTUCKY ACADEMY of Nutrition and Dietetics

If you would like to be featured as a Spotlight, or to have your article published in the next newsletter edition, please send an email to the Newsletter Editor at Christina.Pelfrey@eku.edu

Want to spread the word about a job vacancy at your organization? In need of a more challenging role? Check out KAND's job board today!