KAND Quarterly Newsletter

KENTUCKY ACADEMY of Nutrition and Dietetics

Welcome Note from the President:

Dear Members and Sponsors,

Over the last few years the Kentucky Academy of Nutrition and Dietetics has withstood many challenges, from within and without. The word “unprecedented” could not describe our organization’s recent experiences more accurately! Despite the challenges we have faced, our dedicated volunteers have banded together and continued to carry out our mission of empowering you to be food and nutrition leaders across the great state of Kentucky.

KAND is a vital organization in the Commonwealth. We advocate for food and nutrition professionals on every level and strive to be the go-to professional resource, for both networking opportunities and continuing education. In everything we do, our main focus is to enrich your experience as members and sponsors.

Building a strong professional network that you can call on to help you do your job better is of utmost importance, no matter where you work in the field of dietetics. Join our team! Whether you would like to get involved, or simply provide feedback on how we can better serve you, we would love to hear from you.

It is a great honor to lead the Kentucky Academy of Nutrition and Dietetics this upcoming year, and I thank you for your vote of confidence.

Tracey True, RDN, LD
KAND President

Interview with Tracey True: The Dairy Alliance

WRITTEN BY: TRACEY TRUE AND CHRISTINA PELFREY

"What was your role within The Dairy Alliance?"

I was the Manager of Food and Nutrition Outreach in Kentucky and Tennessee, and later transitioned into Digital Marketing with The Dairy Alliance. While the titles differ, the goal of each role was essentially the same - to promote the sustainability and health benefits of dairy foods as part of a balanced diet.

"Is there any new research or hot topics of discussion regarding the dairy industry?"

Milk has been consumed for centuries, but we are still learning the depths of its benefits to human health. Most recently, milk was found to be a good source of zinc, potassium and selenium, and an excellent source of iodine, thanks to new research examined by the FDA and a review of the Dietary Reference Intakes (DRIs) by the National Academies of Sciences, Engineering and Medicine. Milk can now claim to provide 13 essential nutrients in every glass!

"What key pieces of dairy-related nutrition knowledge and/or advice would you like to share with other Registered Dietitians?"

There are many reasons why your patient or client might not drink milk - food access, storage, culture, taste preference, allergy, etc. As you explore options with your client, remember that dairy "alternative" does not mean "equivalent." Real dairy foods provide a unique combination of nutrients. Dairy alternatives can be consumed as a source of calcium, but most do not count as a serving of dairy. Fortified soy beverage is the only alternative included in the dairy group, since they are most similar to the nutrient composition of real milk. (Dietary Guidelines for Americans, 2020-2025, p. 33) Don't forget about lactose-free options, and look closely at the nutrition labels on dairy alternatives!

"Is there any new or interesting information about lactose-free dairy options?"

A common question that I receive about lactose-free milk is why does Fairlife have less carbohydrates than Lactaid? The lactase enzyme is added to both brands, which breaks lactose down into smaller components - galactose and glucose - making the milk "lactose-free." However, Fairlife milk is also "ultra-filtered." This means processors pass the milk through filters, which concentrates the protein and calcium and removes most of the lactose. When the lactose is removed, and not simply broken down using the enzyme, the end product has a lower carbohydrate content! Regardless, they are both real milk and still provide 13 essential nutrients.

"What else do you want to share with your fellow RD's?"

That people are more interested in their food and where it comes from than ever before - this is great for RDs! This also means we are advocating for America's farmers. All food production comes with an environmental footprint, and dairy farmers have been working for decades to minimize that footprint. I urge all dietitians to go on farm tours. Not just dairy farms, but all commodities. Go meet the families who are producing our food, learn what they're doing to leave the land better than how they found it, and then go tell their story.

END OF INTERVIEW

Spotlight: Amanda Goldman, MS, RD, LD, FAND

KAND Awards and Honors Co-Chair

Amanda Goldman obtained her B.S. in Dietetics from Miami University and her M.S. in Clinical Nutrition from the University of Kentucky. She completed her dietetic internship at UK Hospital. Amanda is currently the Healthcare Industry Sales Strategist for Gordon Food Service. In this role, she utilizes her background to serve as a segment customer operational and financial subject matter expert for the national healthcare sales team. Prior to this position, Amanda was the System Director for the Catholic Health Initiatives Food & Nutrition Services national program. At CHI, she helped to implement room service dining, healthy food initiatives, as well as a comprehensive malnutrition program. Amanda volunteers on a number of committees affiliated with the Academy of Nutrition and Dietetics. She is also a member of multiple dietetic practice groups and a Past Chair of Management in Food & Nutrition Systems. In addition, she is an Association for Healthcare Foodservice Industry Advisory Board member, and a Past President of the Kentucky Academy of Nutrition and Dietetics. She is passionate about food & nutrition, and has been speaking for several years at multiple state & national association events on a variety of timely topics

KAND President of the Western District

"Our plans for the western district is to get back to in-person meetings this Fall."

Liz Choate has been working at Jackson Purchase Medical Center in Mayfield for 34 years! She is currently the Director of Clinical Nutrition. "With my job, I have a passion working with patients on their weight loss journey. I work with people doing traditional weight loss as well as people who have had bariatric surgery. Also, I currently work with several eating disorder patients. I also love working with students. I have been a preceptor for numerous interns and undergraduate students." In her spare time, "I am an avid reader, I always have a book that I am reading! Also, I love any type of sport. My husband and I may go to baseball, football, soccer, golf, hockey or even boxing events! You never know where we might go on a weekend."

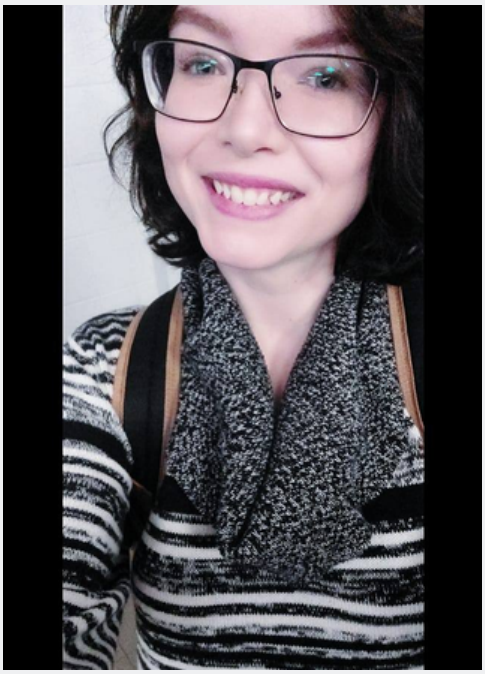
Spotlight: Liz Choate RD, LD

KAND State Policy Representative

Mary Plowman received her bachelor's degree in General Dietetics from Eastern Kentucky University in 2018, and went on to complete her dietetic internship via the University of Kentucky Hospital/Lexington VA Healthcare System Dietetic Internship in 2019. Mary is now a clinical dietitian at UK Hospital in Lexington, KY. Mary initially served as an inpatient medicine RD at UK, but transitioned to the role of abdominal transplant dietitian in early 2022. In this role, Mary works with patients both before and after kidney, liver, and pancreas transplants to optimize their nutrition status. She also participates as a preceptor for the UK Hospital Dietetic Internship. Mary has served as the State Policy Representative within the Kentucky Academy of Nutrition and Dietetics since 2019, and is now pursuing a role within the Nominating Committee. Outside of work, Mary enjoys spending time with Margot and Griffin (her dog and cat, respectively), working out, reading, and enjoying all the outdoor activities that living in KY offers.

Spotlight: Mary Plowman RD, LD

Spotlight: Christina Pelfrey MS, RD, LD



KAND Newsletter Editor

Christina obtained her Bachelor of Science in General Dietetics, Master's degree in Community Nutrition, and completed her Dietetic Internship - all through Eastern Kentucky University. She graduated Summa Cum Laude with Honors, top of her class and top of the department of Applied Human Sciences. She has been teaching an 'Essentials of Nutrition' introductory course at EKU since 2018 and dreams to someday obtain her PhD and become a full-time instructor. In her free time she enjoys painting, reading, hiking, tending to her many plants, and relaxing with her cat, Bella.

"My passion for nutrition started at a very young age and being able to share my knowledge with others is indescribably rewarding."

Student Spotlight: Mikayla Marti

Mikayla Marti is a KAND Student Liaison for EKU:

"I started university as a business major with a nutrition minor but liked my nutrition classes so much I made the switch. The area of nutrition that holds most of my interest is public policy and community nutrition. Outside of class, one of my favorite things I do is teach my dance group fitness class at the recreation center. I have met and befriended so many fun individuals through this class and learned so much about myself along the way."

Student Spotlight: Olivia Kates

Olivia Kates is a KAND Student Liaison for EKU:

"I am a student liaison from Eastern Kentucky University. I am entering my Senior year and will soon be the President of the Student Food and Nutrition Association. I have been lucky enough to work with one of our sponsors, KANDLE Dining for two years, in the role of the dietary lead at Camp Kikthawenund. My favorite hobby is to create tasty foods. I have the best job in the world, as I work in a local bakery, Bespoke Bakery and Cafe! I do the baking of course, but also decorate cakes and other sweets. In my spare time I love to read, fish and kayak!

Kentucky Proud Recipe

Blackberry and Basil Spritzer

2 cups lemon sparkling water
2 cups ice cubes (6-7 large cubes)
2 cups blackberries
2 tablespoons honey
½ lime, juiced
3 basil leaves

Put all ingredients, except basil, in a blender and **blend** on high speed until completely combined. **Strain** mixture through sieve to separate blackberry seeds. **Pour** in 3 glasses, **add** 1 basil leaf to each drink and **serve** with lime wedge.

Serves: 3, 16 oz. servings

Nutritional Analysis:
90 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 30 mg sodium, 22 g carbohydrate, 5 g fiber, 15 g sugar, 1 g protein

Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
February 2017

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

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

Kentucky Proud Recipe

Summertime Sensation Casserole

4 strips turkey bacon
⅓ cup minced onion
3 tablespoons diced green pepper
4 ears fresh sweet corn
½ teaspoon salt
⅛ teaspoon black pepper
1 teaspoon dried sweet basil
2 cups tomatoes, chopped
⅓ cup reduced fat shredded cheddar cheese

1. In a large skillet, **cook** turkey bacon until crisp.
2. **Drain** turkey bacon on paper towel, **chop** and put aside. Do not drain pan. **Cook** onion and green pepper in bacon drippings over medium heat until tender.
3. **Cut** corn from cob and add to onion and green pepper mixture in skillet. **Add** salt, black pepper, basil and tomatoes. **Cook** 5-10 minutes. **Add** chopped turkey bacon and cook an additional minute.
4. **Pour** skillet contents into a greased 1-1/2 quart casserole dish.
5. **Top** with shredded cheddar cheese.
6. **Bake** at 350°F for 30 minutes, or until cheese is melted and bubbling.

Yield: 5, ½ cup servings.

Nutrition Analysis: *160 calories, 7 g fat, 2.5 g sat.fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.*

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

Plate it up! Kentucky Proud

Kentucky Sweet Corn

SEASON: July to August

NUTRITION FACTS: Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a one-half cup serving.

SELECTION: Look for ears with green shucks, moist stems and silk ends that are free of decay. Kernels should be small, tender, plump and milky when pierced. They should fill up all the spaces in the rows.

STORAGE: Keep unshucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and placed in a plastic bag for 4 to 6 days.

PREPARATION: To microwave: Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for 1 ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set for several minutes before removing the shucks and silks.

Source: www.fruitsandveggiesmatter.gov

To boil: Remove shucks and silks. Trim stem ends. Carefully place ears in a large pot of boiling water. Cook 2 to 4 minutes or until kernels are tender.

To grill: Turn back the shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasoning such as salt, pepper or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

SWEET CORN
Plate It Up! Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
June 2012

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

JUNE 2022

Upcoming Events and Announcements

The Dietitians in Business & Communications DPG is in search of a DBC member from Kentucky to serve as a liaison between organizations, sharing DBC opportunities with KAND and relevant Affiliate information with DBC members. While there are no additional requirements for this position outside of being a member of both the DBC DPG and KAND, this person should feel comfortable connecting with both groups to share upcoming events, webinars, and information. If this is of interest to you (or someone you know), please email dbc@eatright.org or contact Amanda Goldman directly at Amanda.Goldman@gfs.com

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!

Please check out the current "Action Alerts" on the Academy's website:
https://www.eatrightpro.org/advocacy/take-action/action-center
"Action alerts allow us to bring the Academy's policy issues to the attention of members of Congress and help to raise awareness and add legitimacy to a particular priority issue." (eatright)