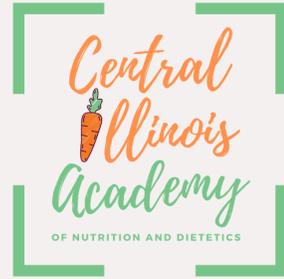




December 2020

CIAND Newsletter



Greetings All,

I hope this message finds you and your loved ones in good health. As we continue to press forward into the unknown of this ever-changing year I would like to take this opportunity to express immense gratitude for our CIAND Board of Directors. Their commitment and hard work has allowed the CIAND to provide opportunities for our members to learn and connect, despite the fact that we are not able to come together in person. I also want to thank our CIAND members for their grace, patience, and continued participation as we navigate this program year in the virtual arena.

So far this year the CIAND has had the pleasure of hosting two brilliant speakers as CE opportunities for our members. In September we heard from Taylor Wolfram, MS, RDN, LDN as she presented an "Introduction to Intuitive Eating for Nutrition Professionals". We also kicked off our two part culinary creations series with Ashley Simper, MS, RDN, LDN as she shared her expertise on recipe modification.

Up next the CIAND will finish out the calendar year with "Culinary Creations Part 2 – Cooking Classes in a Virtual World – Holiday Edition". During this event Golda Ewalt, MS, RD, LDN, CEC will teach participants the ins and outs of executing a cooking demo on a virtual stage. Members will then have an opportunity to showcase the skills they've learned by entering our recipe modification challenge!

If you are interested in becoming a member or have a question about the CIAND, please don't hesitate to reach out. We have many more exciting opportunities in the works for the rest of the program year and hope you will join us!

Sincerely,

Desiray Yeaw MS, RD, LDN
ciandpresident@gmail.com

Upcoming CIAND Events



Virtual January CIAND Social

CEU Opportunity Available

Thursday, January 14 @ 6:00 pm

This interactive food demonstration will allow everyone to make sushi together while being virtually guided by another one of our very own CIAND members, Brooke Rush. During the virtual demonstration, she will teach us her sushi making techniques, and provide some important food safety tips, while teaching us about the history and culture of sushi. A recipe will be provided ahead of time in order for all members to obtain recipe ingredients prior to the sushi demonstration.



Virtual February CIAND Meeting

CEU Opportunity Available

Wednesday, February 24 @ 5:30 pm

The business meeting will start at 5:30 pm. The continuing education will be presented virtually by the University of Illinois (U of I) Extension office master gardener, Jaci Dixon, who will teach us all about container planting for your vegetables and herbs.



April CIAND Meeting

CEU Opportunity Available

Thursday, April 15 @ 5:30 pm

The business meeting will start at 5:30 pm and continuing education will follow. The education will be presented by another CIAND dietitian, Ashley Mathewson, who is an expert in providing evidence-based Nutrition Focused Physical Exams (NFPE). We are excited to dive into the NFPE to uncover not only macronutrient but also micronutrient deficiencies to help provide the best nutrition care to our patients.

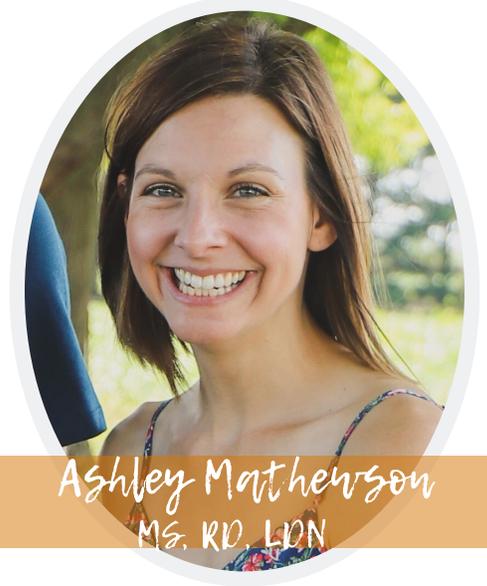


Make sure to follow CIAND on our social media platforms for information on upcoming events!

Registered Dietitian Spotlight

1. Tell us about yourself.

I was born and raised in Chillicothe and now reside in Morton. It's no surprise that I ended up in the Pumpkin Capital of the World because pumpkin is my favorite. I love mixing pumpkin into baked goods, oatmeal, coffee drinks, you name it! I live with my husband, Clint, our two boys, Kellan (6) and Owen (2), and two dogs (one of which is female, so I'm not completely outnumbered). As a busy mom of two littles, I don't have much time for "me" hobbies anymore, but when I do get a chance to do something for myself it usually involves three things: yoga, wine and chocolate. As a family, we love to spend time outdoors. A few of our favorite things are hiking, bike rides, farmers markets, and growing our own fruits and veggies in our raised garden bed. I love food and love educating people, so dietetics felt like a natural fit for me when one of my college academic advisors suggested it to me.



Ashley Mathewson
MS, RD, LDN

2. Where do you work and what are some of your favorite things about your job?

I currently work at OSF HealthCare Saint Francis Medical Center in Peoria. I have been a clinical dietitian there for 5 years. I have really enjoyed the opportunities I've had to utilize my leadership skills through various projects and team involvement.

My favorite part of my job is meeting so many different kinds of people. There are certainly some patients I would love to sit and chat with all day. Beyond providing nutrition care, I love it when I can put a smile on my patient's face, make them laugh, and bond with them over something small when I have the chance.

3. If you could give one piece of advice to current interns, what would it be?

Take advantage of every opportunity you can and make connections during your internship. Although you may think you're leaning more toward one area of dietetics over another, you never know where your path may lead!

Dietetic Intern Spotlight

1. Tell us about yourself.

Hello! My name is Jess Wittenauer and I am currently a Track 2 Distance Dietetic Intern at Illinois State University. I am currently living in my hometown of Waterloo, IL while doing rotations throughout the Saint Louis and metro east area. I graduated from Southeast Missouri State University with my bachelor's degree in May of 2020. In high school, I had the opportunity to work under an amazing chef at a small local bistro. I learned about classic cooking techniques, food preparation, and managing a small business. As an athlete, I understood the correlation between proper nutrition and performance level. Through these experiences, I knew I wanted to study food science and educate others about nutrition. In college, I learned about city gardening and agriculture, while discovering the discrepancies in food distribution common in municipal areas. This side of community nutrition continues to be very fascinating to me. In my free time, I enjoy singing and playing guitar. I listen to all types of music, but I love hard rock and pop the most. Since quarantine started, I have also adopted baking as one of my hobbies!

2. Share some highlights from your internship.

I think there are many advantages to a distance internship that encourages online learning. I love that I have the flexibility to pick rotation sites that interest me and match my career goals, especially during these difficult times. In my first rotation with WIC, I decided to help reinvent the department's website and nutrition page. I created a database of educational materials that included recipes, cooking guides, breastfeeding/pregnancy nutrition handouts, and useful resources within the local area. In my time working with a non-profit cancer/HIV clinic, I had the opportunity to counsel over 25 clients over the phone about their special nutritional needs. I enjoyed this rotation because I am very passionate about counseling.

3. What area(s) of dietetics are you most interested in?

Dietetics contains a wide array of areas serving many different populations. Within all these areas, there is room to grow, expand, and explore throughout a person's career. While I am still discerning what area I like most, I am interested in child nutrition and education. I love learning about community dietetics and nutritional counseling. I would also like to work in a clinical setting to help deliver MNT services to patients.



Jess Wittenauer
ISU Distance Dietetic Intern

Nutrition News

JOB OPPORTUNITY

Dietitians On Demand is recruiting for a consultant dietitian available to work 40 hours ASAP at an acute care facility in Galesburg, IL. Check out the details below:



130-bed facility | Minimum 4 weeks (potentially longer) vacancy | Daytime/Evening/Weekend Hours | New Grad Considered | Travel Offered

If you or someone you know are interested in this position, please email Carinne Taylor (carinne@dietitiansondemand.com) your updated resume and availability for a quick call to discuss the specifics.



CALLING ALL LEADERS

Open positions for 2021-22:

President-Elect | CPI Chair-Elect | Nominating Chair-Elect | Secretary | Delegate-North

Email iandnominations@gmail.com if you or anyone you know is interested! Deadline to respond is December 15.

National Kidney Foundation Updates



National
Kidney
Foundation®

In a joint effort, the National Kidney Foundation partnered with the Academy of Nutrition and Dietetics to update the Kidney Disease Outcomes Quality Initiative (KDOQI) clinical practice guidelines for patients with chronic kidney disease (CKD). The KDOQI has provided evidence-based guidelines for medical nutrition therapy (MNT) since 1999. The 2020 edition not only provides direction for care in patients with end stage renal disease (ESRD), but also for patients with CKD stages 1-5 who are not receiving dialysis and for patients with a functional kidney transplant.

The updated KDOQI statements focus on 6 areas: (1) Nutritional Assessment, (2) MNT, (3) Dietary Protein and Energy Intake, (4) Nutritional Supplementation, (5) Micronutrients, and (6) Electrolytes. Read the full KDOQI at *KDOQI Clinical Practice Guideline for Nutrition in CKD: 2020 Update* (ajkd.org).

KDOQI®
Kidney Disease
Outcomes Quality Initiative

Winter Recipes



Roasted Squash with Goat Cheese and Poached Cranberries

Yields: 6 servings | Total time: 1 hour

INGREDIENTS

- 1 butternut squash, sliced crosswise into 6 rounds
- 1 tablespoon olive oil
- Kosher salt and freshly ground black pepper
- 2 cup fresh cranberries
- 1/2 cup pure maple syrup
- 2 tablespoon fresh orange juice
- 2 teaspoon chopped fresh rosemary
- 1 (4-ounce) loggoat cheese, at room temperature
- 1/4 cup heavy cream
- 1/3 cup roasted and salted pepitas

INSTRUCTIONS

1. Preheat oven to 425°F. Toss together squash and oil on a rimmed baking sheet. Season with salt and pepper. Roast, turning once, until golden brown and tender, 25 to 30 minutes.
2. Combine cranberries, maple syrup, orange juice, and rosemary in a medium saucepan. Simmer over medium heat until cranberries begin to pop, 10 to 12 minutes.
3. Stir together goat cheese and heavy cream in a bowl until smooth. Season with salt and pepper.
4. Serve squash topped with cheese mixture, cranberries, and pepitas.

Source: Country Living

Link: <https://www.countryliving.com/food-drinks/a29628010/roasted-squash-with-goat-cheese-and-poached-cranberries-recipe/>

Peppermint Fudge No Bake Energy Bites

Yields: 9 servings | Total time: 10 minutes

INGREDIENTS

- 1/2 cup raw almonds
- 1/3 cup pitted medjool dates, about 6
- 1 tablespoon cocoa powder
- 3/4 teaspoon vanilla extract
- 1/8 teaspoon peppermint extract
- 1 tablespoon coconut oil
- 1 tablespoon mini dark chocolate chips
- 1/2 cup crushed peppermint

INSTRUCTIONS

1. Put almonds in a food processor and chop.
2. Add the dates and blend well.
3. Add the cocoa powder, vanilla extract, peppermint extract, and coconut oil. Blend for several minutes until starting to combine. Add a couple drops of water if necessary to help it move.
4. Add the chocolate chips and pulse a few final times to combine well. You don't want to pulverize the chocolate though.
5. Take a heaping teaspoon of the mixture in your hand and roll into a ball. Press into the peppermint.
6. Allow the finished bites to set in the fridge for 30 minutes to re-solidify the coconut oil.



Source: Running in a Skirt

Link: <https://www.runninginaskirt.com/peppermint-fudge-no-bake-energy-bites-recipe/>



Composed Waldorf Salad

Yields: 8-10 servings | Total time: 30 minutes

INGREDIENTS

- 1/4 cup sour cream
- 2 tablespoon mayonnaise
- 2 tablespoon white wine vinegar
- 1 tablespoon Dijon mustard
- 1 1/2 teaspoon pure honey
- Kosher salt and freshly ground black pepper
- 1 (5-ounce) package romaine hearts, leaves separated
- 1/2 small head red leaf lettuce, leaves torn
- 3 stalks celery, thinly sliced
- 2 apples, thinly sliced
- 1 cup seedless purple grapes, halved
- 1/2 cup toasted walnuts, chopped
- 1/4 cup pomegranate seeds

INSTRUCTIONS

1. Whisk together sour cream, mayonnaise, vinegar, mustard, and honey in a bowl. Season with salt and pepper. Toss lettuces with half of dressing, reserving remaining. Arrange on a platter and top with celery, apples, grapes, walnuts, and pomegranate seeds. Drizzle with reserved dressing.

Source: Country Living

Link: <https://www.countryliving.com/food-drinks/a29131841/composed-waldorf-salad/>

White Chicken Chili

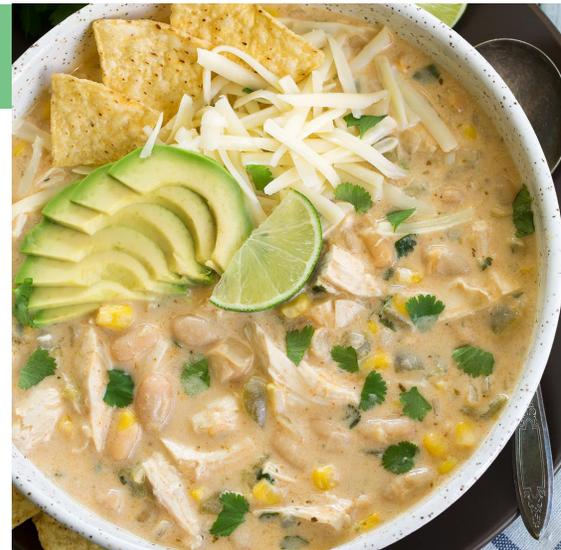
Yields: 9 servings | Total time: 10 minutes

INGREDIENTS

- 2 cloves garlic, finely minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 1 (7 oz) can diced green chilies
- 1 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper
- Salt & freshly ground black pepper, to taste
- 1 (8 oz) pkg Neufchatel cheese, cubed
- 1 1/4 frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 2 1/2 up. shredded cooked rotisserie or left-over chicken
- 1 tablespoon fresh lime juice
- 2 tablespoon chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, Monterrey jack cheese, sliced avocado for serving (optional)

INSTRUCTIONS

1. Heat olive oil in a 6-quart enameled Dutch oven over medium-high heat. Add onion and sauté 4 minutes. Add garlic and sauté 30 seconds longer.
2. Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
3. Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth.
4. Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 - 10 minutes longer.
5. Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.



Source: Cooking Classy

Link: <https://www.cookingclassy.com/white-chicken-chili/>

Recipes found by: Amelia Marino (ISU Distance Dietetic Intern)

Holiday Food Traditions Around the World



With the holidays upon us, it's no secret that we will be celebrating, albeit a little differently this year. While festive gatherings may be smaller, food continues to be the cornerstone of holiday traditions regardless of where you live or what you celebrate. Across the globe different cultures enjoy their own unique holiday food traditions. Read on to learn more about a few!

Japan-KFC Christmas

Although the colonel is not exactly Santa Claus, it's true that Japanese families celebrate the season with KFC Christmas "Party Barrels", a tradition dating back to the 1970s (thanks to some great marketing). The party barrel's staples include fried chicken, shrimp gratin, and a triple berry tiramisu cake.



Puerto Rico-Pasteles

Pasteles are a traditional Puerto Rican dish served during Christmas time. This labor-intensive holiday food is typically made with root vegetables, plantains, a mixture of malanga, green banana, olives, garbanzo beans, annatto-infused lard, and minced pork. They are then wrapped in banana leaves and parchment paper and boiled in salty water for an hour. Pasteles became a traditional Christmas dish because they are difficult to make and resemble a wrapped gift. Today, making pasteles is a family affair. Families gather and create an assembly line to build them, which brings everyone together to create something exceptional.

Ukraine-Kutia

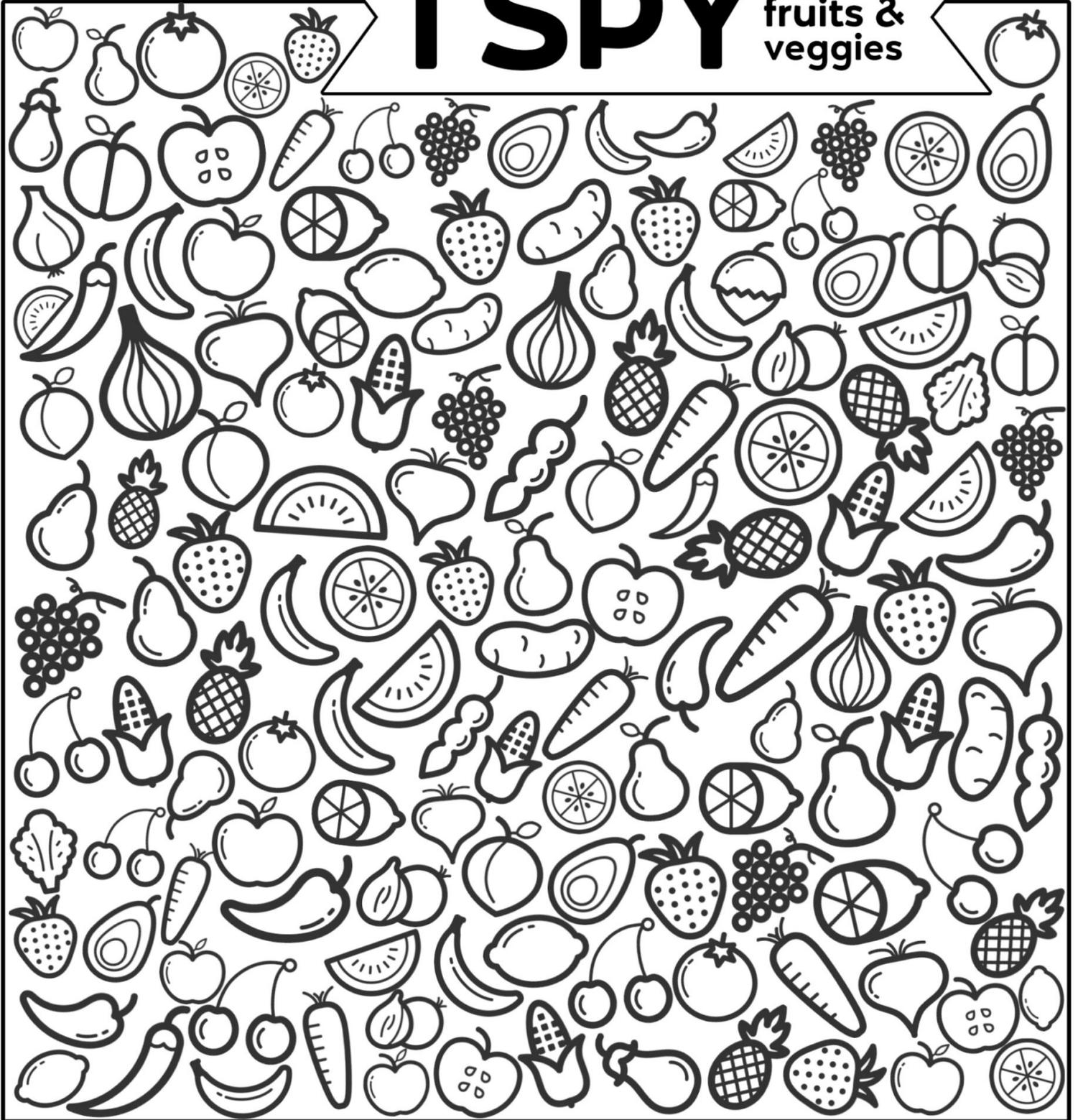
Kutia is a customary Christmas Eve dish popular among members of the Ukrainian Orthodox Church. Traditionally, Ukrainians celebrate Christmas Eve on January 6th with the Holy Supper, a meal consisting of 12 dishes to honor the 12 apostles. Once the first star in the sky is spotted, the meal can begin. Kutia is often served first and consists of wheat grains, poppy seeds, honey and nuts. Everyone is required to eat at least a spoonful, as it presents the union of living with their ancestors.



This short list is just a glimpse into the many holiday food traditions around the world. With the holidays quickly approaching, take time to savor all the delicious foods and maybe create a new food tradition of your own!

Written By: Morgan Harm MS, RDN, LDN

I SPY fruits & veggies



Answers will be posted on the CIAND Facebook page December 23rd