

NOVEMBER 2017

# GSDA NEWSLETTER



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# FNCE

Some dietetics students were lucky enough to attend FNCE this year in Chicago, and here's what they thought!

## Jacquelyn Klunk:

Of all the lectures I was able to attend at FNCE, my favorite was one led by dietitians who place and manage enteral access devices for tube feeding. It was intimidating seeing professionals who have begun to tackle advanced issues in providing enteral nutrition.



However, it was also inspiring to see the progress these registered dietitians have made individually and for the profession. By placing and/or managing complications of enteral access devices, the RDs were able to reduce time in the OR and cost, while increasing successful patient outcomes and patients' confidence in being able to manage their tube feeding at home. It was an intriguing lecture that emphasized the many opportunities RDs can create for themselves (and their patients) with extra effort and education.

**FNCE** 2017

Food & Nutrition Conference & Expo™

McCormick Place West | Chicago, IL | October 21–24



1917-2017

# Joshua Glasser:

I'm not sure which was harder, being away from my wife and kids for five days, or having to deal with the FNCE exhaustion that takes another 5 days to recoup from. FNCE has now come and gone; the connections have been made, the samples have been gone through, and business cards have been appropriately filed. The FNCE high has subsided, and now it's back to business as usual. Don't get me wrong, it's worth it, I'm already looking forward to the next one.

Being fortunate enough to be one of the 13,000 that ascended onto Chicago to celebrate the 100th year anniversary of the Academy was very exciting. I need to give my wife a huge Thank You for taking on the role of single mother and supporting my attendance.



I had an amazing weekend with Julian Chismar (the only other fellow future guyatitian in my graduating class) attending conference sessions, tasting samples of new products, and meeting other professionals from all over the country. My favorite session was called "Intermittent Fasting Effects on Cardiometabolic Disease and Cancer" because it is a topic of interest for me that I have been recently been trying to learn more about. Two other highlights of the trip were the Pitt Alumni event where past and present students can come together and meet each other, and the Foundation's Gala where we get dressed to the nines, eat, dance, and mingle with the who's who of the Nutrition world. Julian and I even got to meet the current President of the Academy, Donna Martin. I encourage everyone to attend at least one FNCE at some point, it is a great experience. I have memories from my two FNCE's that I will cherish for a lifetime.



# Therezia Alchoufete:

Many of our most rewarding accomplishments are not met without significant challenges that we must overcome, and grad school is no exception. However, we are lucky to be surrounded by individuals and organizations that want to see us succeed and provide us support in the process. This year, I had the honor of receiving the PitAND Leadership Development Award. This award is presented each year to provide funding for emerging leaders in supervised practice programs and encourage their participation in Association activities. As part of this award, I was recognized at the Food and Nutrition Conference and Expo (FNCE) on October 21-24, 2017 in Chicago, IL. This experience allowed me to meet other individuals who are considered leaders in the field of nutrition and dietetics, and I was flattered to have my name listed among them. I left Chicago rejuvenated and excited to wrap up my final year in grad school and continue to work towards becoming a Registered Dietitian.

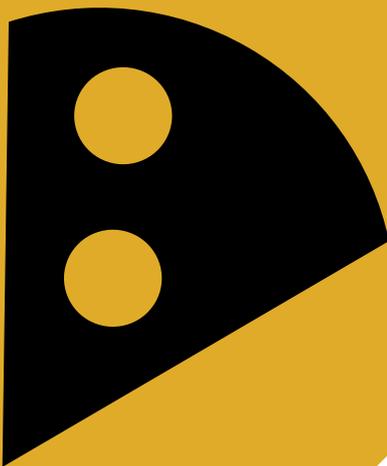


# Julian Chismar:

Although I was in Chicago for the Food and Nutrition Conference and Expo and to celebrate the 100th anniversary of the Academy of Nutrition and Dietetics, as soon as I touched down there was only one thing on my mind: deep dish pizza. As soon as Josh and I ordered our plane tickets in early June, we began researching where all the best places were. My initial thought was that I would eat deep-dish pizza for every meal, however my inherent hankering towards free samples at the expo ultimately ruined that. We narrowed it down to three different pizzerias: Lou Malnati's, Giordano's, and Gino's East.



Unfortunately, with the busy FNCE schedule, we were unable to get a chance to make it to Gino's. We stopped at Lou Malnati's first and ordered their most popular pizza. It was an entire layer of cheese, then sausage, and then the sauce on top. Don't get me wrong, it was delicious, the crust was cooked to perfection, but it wasn't quite what I thought it would be. Delicious, but disappointing. Fast-forward 3 days, and countless protein bars, probiotic drinks, and random other samples later, we finally arrived at Giordano's. We ordered the stuffed deep dish "Meat and More Meat," which consisted of pepperoni, sausage, salami, and bacon. When it finally arrived, I knew this was what I was searching for. The crust was at least an inch or two deeper than Lou Malnati's. Crust is my main criteria when choosing pizza; I don't trust people who don't eat their pizza crust. It was the perfect combination of perfectly cooked crust, cured meats, and a ridiculous amount of cheese. I only managed three slices, but Josh ate five without any regret. If you're ever in Chicago and have time for one pizza place – pick Giordano's.



# Molly Vandora:

While we all enjoy attending FNCE and benefiting from the massive amounts of education and networking, the expo has to be one of the most exciting yet overwhelming parts of the entire FNCE event. For starters, people line up every morning waiting to rush the entrance just to target specific vendors and stand in another line for free swag...Um, did you see those Siggis bags?! Groups of people spill all over the convention center floors with the look of pure exhaustion on their faces from unlimited taste testing, coupon collecting, and stuffing samples into their bellies and new swag bags...so much fiber! The expo, to some, is the highlight of their FNCE trip.

I was very much looking forward to attending my first FNCE and spending a few days in Chicago, as I had never been before. I was lucky enough to have a day and a half to enjoy Chicago before FNCE even began. What amazed me more than anything was that I found myself to be most exhausted at the end of my FNCE expo days than the days I spent walking and biking all over the entire city of Chicago! I literally “shopped till I dropped!”

FNCE had over 390 vendors offering samples of some of our favorite foods as well as the trendiest new foods of our future, wellness and prevention for everyday life as well as MNT supplies, and the newest advances in technology for practice including apps to share with clients to medical equipment to use in the field. The expo was a wonderful way to indulge in our industry and open our eyes to the unlimited employment opportunities that are out there for future RDs and DTRs.

If there is anything you take from this little article, my future FNCE seekers, it is to plan ahead! The following tips will help you not only master the FNCE expo floor next year, but take home ALL THE SWAG!!!

# Molly's Tips!

1. Pack light or take an extra bag in your luggage so you can pack it full with all the goodies you get to take home!
2. Look at the layout of the expo so you know where you want to go!
3. No need to take a bag to FNCE, get a swag bag and use it for the rest of the day. (You'll end up with 8 of these...seriously)
4. Hydrate, hydrate, hydrate! Take a water bottle to refill rather than purchasing.
5. Wear comfortable shoes! (We're all ladies, no need to impress)
6. Divide and conquer! Sometimes it's beneficial to break your group up so you can get to as many different vendors as possible. (Put your game face on!)
7. Talk to the people working, actually invest in them, be open to all these products...you might just end up with more swag delivered directly to your doorstep post-FNCE! (So many t-shirts and goodies!!)
8. Do not be afraid to ask for a sample to take home! (These companies shipped their supplies to FNCE, the last thing they want to do is ship the leftovers back home – get yo samples girl! And guy!)
9. Finally, enjoy! Laugh, mingle, do everything!



# Marsha Stamatakis:

One “Path” Does Not Fit All – Highlights from my Favorite Educational Session  
This year as I traveled to Chicago for my second FNCE experience, I had a goal to learn more about different career paths for Registered Dietitians. The field of nutrition and dietetics is ever-growing, ever-changing, and there is an increasing need for RDs in a multitude of professions related to health, wellness, the food industry, and more. One session that I attended titled “Hot Career Paths in Nutrition: Expert Panel” involved a panel of experienced nutrition professionals who pursued their passions and took non-traditional paths towards fulfilling careers in the dietetics field. Each of these speakers gave words of wisdom for those with an entrepreneurial spirit but are unsure about where to start. I will now highlight some of my favorite takeaways:

**Rebecca Lewis**, MS, RDN is the Head Dietitian at HelloFresh, a company that sends customers recipes and ingredients for healthy meals that they can prepare themselves. Rebecca had gone back to school in her 30s to obtain her RD credentials after her mother passed away due to food-related diseases that plague so many Americans. Knowing that cooking at home is one of the best ways to instill healthy habits, she reached out to companies related to this industry and marketed her skills, which ultimately led her to creating her own position at HelloFresh! She noted how sometimes the job you want probably isn't posted on a job board, but once you are hired with a company in an industry that excites you, it is possible to curate the job you want from the skills and talents you have – don't be shackled to the job description and trust your value!

## The "Recipe" for Success

*Ingredients:* passion, confidence, drive, knowledge, creativity

*Instructions:*

1. Select an industry that excites you, then find companies in this field to reach out to
2. Have an entrepreneurial spirit - the job you want probably isn't posted on a job board
3. Once hired, don't be shackled to your job description - you need to curate the job you want from the skills and talents you have
4. Trust your value - YOU are the health expert
5. RDs can empower each other; network, mentor, and collaborate



**Dawn Jackson Blatner**, RDN, CSSD, is the nutritionist for the Chicago Cubs, as well as a food and nutrition blogger for Huffington Post and a nutrition expert on the advisory board of SHAPE magazine. Dawn explained that when she completed her education and dietetic internship, she had no idea what she wanted to do. She did know, however, that she wanted to follow what makes her happy. She started reaching out to spas and wellness centers (because... have you ever seen an unhappy person getting a massage?) and asking if she could provide consulting services for spa-goers and clients. Initially, they said no. Dawn still asked to consult anyway, even if it meant she would not get paid. She just wanted to get her name out there. Before she knew it, opportunities started popping up. She was writing blogs, books, and being featured on TV. Soon enough, a representative from the Chicago Cubs reached out to her after seeing some of the fun pictures she had posted of herself on her blog and asked if she would like to be the team's dietitian. Dawn admitted she did not know how many innings were in a baseball game at the time, but nonetheless she said yes!

JOY IS MY COMPASS.

NO DOESN'T MEAN STOP.

OPPORTUNITIES FIND YOU WHEN YOU ARE ENTHUSIASTICALLY DOING THE WORK.

YOU WOULD BE MORE SUCCESSFUL IF YOU ADDED MORE FUN.



As one can see, there is no set path to success in the dietetics field.

-Marsha

# Kleiber's Kitchen

## Tortellini with Pesto and Roasted Veggies

Yield: About 6 servings

### Ingredients

- 2 medium zucchini, sliced
- 2 medium yellow squash, sliced
- 1 red bell pepper, chopped
- 1/2 large red onion , diced into medium squares
- 8 oz. button mushrooms , sliced fairly thick
- 1 (10.5 oz.) pkg. grape or cherry tomatoes, halved
- 2 Tbsp. olive oil
- Salt and freshly ground black pepper
- 2 cloves garlic, minced
- 1 (~20 oz.) pkg. three cheese tortellini
- 4 cups fresh spinach
- 2/3 cup homemade or store-bought pesto
- Finely shredded parmesan cheese , for serving
- Optional: add chicken, salmon, or shrimp or extra protein!



### Instructions

Preheat oven to 425 degrees. Place zucchini, squash, bell pepper, onion and mushrooms on a baking sheet. Drizzle veggies with olive oil and season with salt and pepper then toss to evenly coat. Roast in preheated oven 10 minutes, then remove, add tomatoes and garlic and toss. Roast 10 minutes longer or until veggies are tender then remove, add spinach and toss, roast 1 minute longer or until spinach has wilted. While veggies are roasting, cook tortellini according to directions listed on package and drain. Pour drained tortellini into a large bowl. Add in roasted veggies and pesto and season with salt and pepper to taste then toss to evenly coat. Serve warm, top each serving with parmesan cheese.

Recipe adapted from: Cooking Classy

# Veterans Day Event

Rachel Duncan



In a week-long celebration of Veteran's Day, the Office of Veterans Services (OVS) hosted events to recognize United States Military veterans that attend The University of Pittsburgh. The OVS invited the gSDA to contribute an event on Thursday November 9th, called "Day of Healthy Living for Pitt Veterans and Their Families." This event served to educate Pitt student veterans about nutrition and healthy eating. gSDA members created a health fair, with table topics ranging from healthy grocery shopping on a budget, hydration and sugar sweetened beverages, eating for muscle growth and endurance training, portion control, and eating to optimize health. gSDA members also provided body composition assessments with BodyMetrix ultrasound technology, blood pressure readings, cooking demonstrations, and chatted with students and faculty about developing healthy lifestyle habits. Thank you to those who contributed to make the event a success, and thank you to our sponsors Giant Eagle, The Pittsburgh Zoo and PPG Aquarium, and Amerifit Fitness Club who donated to our raffle! Most importantly, thank you to the brave service men and women who dedicate their lives and risk their safety for our nation! We are thankful for you every day.

# Dietetic Students in Action!

First year CMD student Laura Kleiber applied her nutrition assessment knowledge by performing body composition assessments with the BodyMetrix ultrasound technology.



First year CMD student Nicole Destefano talked about the latest nutrition topics and answered questions, while handing out home grown apples from her orchard in New York!

# Shannon Frizzell:



Post Bacc student Shannon Frizzell (left) led a cooking demonstration for overnight oats, and First Year CMD student Pei-Yi Lin (right) discussed quick and easy breakfast options with attendees.

"At gSDA's health fair for our veterans I used a blueberry honey overnight oats recipe to give a food demonstration. I provided a sample of the recipe featured in my demo and got a lot of positive feedback from the everyone who tried it. I also provided handouts with cooking instructions and three additional recipes. It was nice to see a lot of people who had never heard of overnight oats before interested in learning about how to make them and all of their different health benefits. It was also exciting to talk to so many people who had already tried overnight oats before because I got to educate them further on ways to substitute ingredients to increase nutritional value. Overall, I had a really great experience and was happy for the opportunity to volunteer for our veterans."

# Blueberry & Honey Overnight Oats

## Ingredients:

- ½ cup Quaker Oats
- ½ cup low-fat milk
- ¼ plain Greek yogurt
- ¼ cup blueberries
- 1 Tbsp. honey

## Instructions:

1. Add Quaker Oats to your container of choice, pour in milk, add in blueberries and layer Greek yogurt.
2. Sweeten by topping with honey before refrigerating.
3. Rise, shine, and enjoy!



## ***What makes Overnight Oats Healthy?***

- Oats are high in heart healthy soluble fiber
- Greek yogurt is a good source of lean protein
- Blueberries are full of antioxidants that help reduce inflammation
- Low-fat milk provides Calcium and Vitamin D for healthy bones

## ***Nutrition Facts:***

*336 Calories, 15 g Total Fat,  
62 g Carbohydrates, 5 g  
Dietary Fiber, 30 g Total  
Sugar, 14.5 g Protein*



**University of Pittsburgh**

School of Health and Rehabilitation Sciences  
Department of Sports Medicine and Nutrition