

Southeast Indiana Academy of Nutrition & Dietetics



SEIAND SPOTLIGHT

January 2017



President's Message

Greetings. The New Year is rolling right along. I do appreciate all you who have taken the step to renew your membership into SEIAND. This is the 100th year for our national association. Our members here in Indiana share a passion for promoting healthful lifestyles in a myriad of paid jobs and volunteer hours.

Our being part of a national and state, and district organization keeps us knowledgeable. This knowledge helps us to enhance the health of Indiana residents. There are many opportunities. Here are a few upcoming events that will help you .

1. National Nutrition Month® is in March with the theme “Put Your Best Fork Forward.” We have funds available for projects! \$50 can go a long way in reaching out to your community!
2. Annual Indiana Dietitian’s Day at the Indy Statehouse is Wed., March 22! A FREE lunch with our representatives and a CEU will make for a busy worthwhile day!
3. March 28, 3-4:30pm is our next meeting, at Schneck Medical Center in Seymour! Leslie Kendall, MS RD CD will be our CEU speaker! She works at the bariatric center. Students welcome and encouraged to come! Contact Crystal Olry: crystalolry@gmail.com to RSVP!!
4. IAND’s annual meeting will be at The Forum in Fishers, IN on Wed. – Thurs., April 12 & 13! A great opportunity to see old friends and make new ones while getting CEUs!
5. Consider serving on the district or state level. You get 3 CEU’s per year for your volunteer time! The nominating committee will be contacting folks soon!
6. I just recently took the AND preceptor course and earned 8 hours CEU for free. Yet another benefit of national membership!!!

It seems I focused much on gaining more knowledge, but we must grow as we go forward to help our State move forward with important health initiatives. I hope to see many of you in the next few of months.

Cheryl Fisher, MS RD CD

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Date:	9/21/16
Purpose:	Presentation by Stacey Matavuli on G.O.A.L., a pediatric/adolescent family based program for weight loss/healthy lifestyle change.
Members present:	Rachel Noirot, Samantha Schaefer, Katie Shepherd, Stacey Mutavuli, Crystal Olry, Cheryl Fisher, Yu-Han Huang, Lesley Kendall, Hei (Jessie) Wong, Shannon Salas, Jiaying Bao, Keya Sartin, Michaela Stemle. Members Motioned to Approve Last meeting summary: Katie Shepherd, Crystal Olry
Account Balance:	\$3194.79

Old Business:

Topic	Responsible person(s)	Discussion Summary	Action Taken	Further Action Needed	Date needed or completed
Treasurer report/Budget	Katie	Reviewed balance and budget for 2016-17	Voted and approved to donate \$100 to state PAC Voted and approved budget Idea to use dairy counsel money for cheese tasting at possible Huber mtg	Contact Hanna Kelley from Dairy Counsel regarding how to get money	
Scholarships	Rachel Noirot	Get more students to apply for scholarships	Possibly Katie and Rachel speak at a junior/senior level class and encourage students to apply	Contact Vicky or Camille to speak to a class, possibly November, scholarships due in December	

New Business:

Topic	Responsible person(s)	Discussion Summary	Action Taken	Further Action Needed	Date needed or completed
Special Guest	Stacey Matavuli	G.O.A.L.			
Public Policy	Donate to ANDPAC	Would prefer to donate at state level	Voted and approved	none	9/21
Upcoming	March 28 th 2017 Meeting at Seymour Bariatric Center	Lesley Kendall, RD will be the guest speaker.			

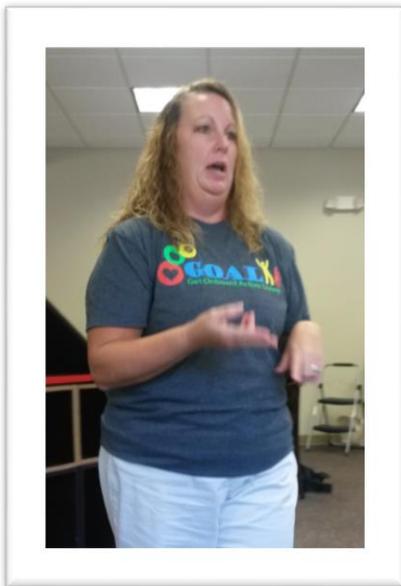
GOAL Program Presentation

At the last meeting in September, Stacey Matavuli, outpatient clinical and community outreach dietitian with IU Health Bloomington/Community Health presented G.O.A.L. (Get Onboard Active Living), a free, family-focused community approach that encourages and promotes healthy lifestyles for children, ages 6-18 years, and their families through nutrition, behavior and physical activity education.

Children with a BMI at or above the 85th percentile are eligible to participate. Program participation also requires a referral from their primary care physician. The 12- week program is offered three times per year in January, May, and September.

The families are encouraged through education and support to make positive life-long changes to nutrition, physical activity, and behavioral habits. Weekly goals are set for nutrition and physical activity to foster and develop an active lifestyle, along with building confidence and self-efficacy.

Dietetic students and ISPP interns interested in participating as a volunteer contact Katie Dooley, GOAL program director at 812-353-5040 or email at kdooley1@iuhealth.org.



Who wants to go to Washington?

SEIAND's budget this year has allocated \$200 for public policy activities. This is a call out to any SEIAND member (RD, intern or dietetic student) interested in attending The Academy's Public Policy Workshop in Washington, D.C. June 25-26!

The \$200 will cover registration and offset some travel expenses. Join nearly 500 of your colleagues at this annual food and advocacy summit and become the voice of nutrition that Congress trusts. Information on this year's national public policy workshop is included below.

The event takes place on Sunday and Monday; so only have to take one day off work!

Please email Cheryl Fisher if you are interested: cfisher@hchin.org

What: Public Policy Workshop 2017

When: June 25 - 26, 2017

**Where: Grand Hyatt Hotel, Washington, DC
1000 H St. NW
Washington, D.C. 20001**

Registration fees: **\$130.00 Academy Member / \$60.00 Student members**

The Academy of Nutrition and Dietetics' premier policy and advocacy training – **the Public Policy Workshop is the must attend event for 2017!** Whether you are new to policy and advocacy or a seasoned professional, there is something for everyone at this year's workshop.

PPW focuses on critical policies that impact the health of the nation and the dietetics profession.

Attendees will receive **top-notch leadership** and communications training that will benefit them during the conference and beyond.

At the end, participants put their knowledge into action when they visit Capitol Hill and meet with members of Congress.

PPW is an interactive, educational experience. Join us to learn about the ever-evolving political landscape that affects RDNs across the country.

You can impact the future of dietetics – start making waves at PPW!!!!

Student Spotlight



Hello! My name is Holly Crozier and I am a second year graduate student at Indiana University. I am married to my wonderful husband Travis and have two amazing daughters, Abigail (14) and Harper (1) and we live in Danville, Indiana. I thoroughly enjoy cooking and love experimenting with new recipes and new ways to cook different foods. My eldest daughter is a vegetarian and I enjoy rethinking classic entrees to keep her meals interesting, and provide my husband and me something new to try. Since Thanksgiving is a challenging time for a vegetarian, this year I made her a 'vegducken' a vegetarian take on a turducken, made of a yam wrapped in leeks

inside a butternut squash, all layered with cranberry dressing. I enjoy spending my free time with my family, going for a run, or reading a good book.

I initially became interested in dietetics because I used to love watching the show Biggest Loser. I had been laid off from my job and was rethinking what I wanted to do with my life, when I realized I wanted to help people. I wanted to help other people realize how easy it can be to live a more healthful life and I want to guide them how to get there. I realize now how many ways in which a RDN can help people in different stages of health, and I am excited for my future in this field.

In May, I will graduate with a Master's Degree in Nutrition Science and I am preparing to apply to Dietetic Internships for spring matching. Since I am location-bound with my daughter being in high school, I am applying to internships in Indiana and some distance programs.

I am excited for my future in this field and look forward to seeing where I land! Upon completion of my internship, I envision myself working in a clinical setting (ideally in pediatrics or oncology) or I could see myself working in community health. My ideal job would be in a comprehensive health care setting, an all-inclusive medical practice including many fields from primary care medicine and physical therapy, to dietetics, oncology, and surgery. I believe the future of health care should head in this direction so our patients can receive all necessary care in one location, providing seamless accessibility for the patient and improved communication and inter-professional interaction between medical practices.

Thank you for featuring me in this spotlight, it is an honor!

OPPORTUNITY IS KNOCKING!

National Nutrition Month Funding Available

Do you have a program or activity that could benefit from a financial boost? Apply for SEIAND National Nutrition Month funding! There is \$50 available to put towards a project of your choice.

We can support 3 different projects this year.

The theme for 2017 is 'Put Your Best Fork Forward'! Consider doing an activity in your town!

To request funding, e-mail the following info by Mon., Feb. 19 to:

Katie Shepherd, SEIDA Treasurer: katie.shepherd@me.com

Your name / Location of event:

Date:

Target audience:

Brief program description:

You will be notified if your application is approved by the board. Submit receipts to SEIAND Treasurer for reimbursement within 2 wks. after the event, as funding will not be provided up front.

NNM- Our District History

In 2016, **Samantha Schaefer, RD** put the funding to good use through a colorful foods activity at Summit Elementary in Bloomington, IN. **Cheryl Fisher, RD** also utilized funds to set up a Chef demo with post-workout smoothies for morning exercisers at the Harrison County YMCA. **Jane Bennett, RD**, along with clinical nutrition staff, dietetic interns, and Recreation Therapy staff teamed up to present a fun NNM event for the residents at both Garden Villa long-term care facilities (Bloomington and Bedford). Recipes featured a variety of whole grains, fresh produce, and low-fat dairy. Residents ‘savored the flavors’ of a wide variety of nutritious foods while they worked on a word search puzzle that included recipe ingredients. Copies of the recipes were also made available.

In 2015, **Indiana State dietetic students** purchased plastic cups with the NNM logo (Take a Bite out of a Healthy Lifestyle) with grant \$ from SEIAND. The cups were distributed at an info table in the commons. Handouts and activity sheets were also provided, and they played a MyPlate game! 150 people (students/staff) stopped by!

In 2013, funding was given for 3 activities! **Cheryl Fisher, RD** did a nutrition event at the YMCA for after school children. **Lauren Nuenschwander, RD** used \$ to provide healthy snacks and door prizes while providing a screening of HBO’s *Weight of the Nation: Children in Crisis* at the Seymour Public Library. Parents were encouraged to bring their children, who were entertained and educated in a separate area.

In 2012, **Bethany Daugherty, RD** utilized this money by starting the second annual **Live Well Lawrence County Challenge**. Live Well Lawrence County is an 8-week, county wide, wellness challenge that encourages the Lawrence County community to take a step (or steps) towards living a healthy lifestyle. This program provides support through a variety of health screenings, educational programs, and community partnerships to help participants make positive lifestyle changes. At each of the sessions, Bethany would do a cooking demonstration and offered taste tests of healthy food items, selected to highlight the educational topic of the week. Participants had plenty of positive comments and feedback about the recipes and demonstrations!

In 2011, **Katie Shepard, RD** utilized this money to promote the ‘Eat Right with Color’ theme by making chili that included foods from all the colors of the rainbow and serving at the YMCA in Bloomington. People enjoyed the healthy dish!

In 2010, **Cheryl Fisher, RD** received this money, and partnered with the Harrison County YMCA to do a program called ‘Moo-vers & Shakers’. The pre-school programs and the ‘Y’s Child Watch programs participated. 180 children and parents were reached! Children were given goodie bags with wrapped low-fat cheese, a fruit or veggie temporary tattoo, stickers, coloring pages, & nutrition tips. Kids were also led to participate in a fun exercise.

Theme for the 2017 National Nutrition Month campaign is “**Put Your Best Fork Forward**”!!!



Here are the delicious recipes used for the 'NNM House Party' hosted by Jane Bennett and the staff at both Garden Villa LTC facilities in March of 2016. Jane was successful in slipping in wholesome and nutritious food on the world's pickiest eaters! Congratulations!!

Jane would like to express sincere appreciation and thanks to SEIAND for funding this event.

Jane Bennett's 2016 National Nutrition Month 'Savor the Flavor' Recipes

Chocolate Zucchini Cupcakes

Makes 12 regular cupcakes (24 small)

1 cup zucchini, grated	
1 cup applesauce	1 tsp vanilla
¼ cup agave nectar	¼ cup brown sugar
1 cup whole wheat flour	½ cup all-purpose flour
¼ cup ground flaxseed	½ tsp baking powder
1 tsp baking soda	1 tsp cinnamon
½ tsp ginger	¼ tsp cloves
¼ tsp nutmeg	½ cup cocoa

Preheat oven at 350 degrees. Grease muffin cups well or line them with paper liners.

Put grated zucchini in paper towel and squeeze out as much liquid as possible. Set aside.

In large mixing bowl, combine applesauce, vanilla, agave nectar; mix well. Stir in cocoa and mix well. Add drained zucchini and stir thoroughly, Portion into baking cups, filling them about $\frac{3}{4}$ full. Bake for approximately 20 minutes (12-25 minutes for small ones) until toothpick comes out clean from the center of a cupcake. To glaze: combine $\frac{1}{4}$ cup agave nectar and $\frac{1}{2}$ tsp cinnamon in a small bowl, Brush or drizzle over warm cupcakes. Cool slightly and enjoy.

Pomegranate Blueberry Smoothies

3-servings/8 oz. each

- 1 cup V8 V-Fusion Pomegranate Blueberry Juice
- 1 cup vanilla Greek yogurt
- 1 cup frozen blueberries

Place all ingredients into a blender; process until smooth.

Parmesan Quinoa Bites

24 Mini-size

- 1 ½ cup cooked quinoa
- 1 green onion, diced
- ½ cup shredded Parmesan cheese
- 2 Tbsp. almond flour
- 1/8 tsp black pepper
- 1 tsp olive oil
- 2 large eggs
- 1 clove garlic, minced
- 3 Tbsp. chopped fresh cilantro
- ¼ tsp seasoned salt
- ½ tsp fresh lemon juice

Preheat oven to 350 degrees. Grease mini muffin tin well, Mix together all ingredients. Portion into mini muffin cups using a #60 scoop (heaping tablespoon). Bake for 20 minutes. Serve hot, accompanied with a spicy mustard or sriracha sauce if desired.

Deviled Cauliflower

6 servings, ½ cup each

2 lb. head cauliflower, cut into florets

Steam cauliflower just until tender, about 5-8 minutes: cool quickly in cold water. Drain. While cauliflower cooks, stir together this sauce:

- 1/3 cup plain yogurt
- ¼ cup Dijon mustard
- ¼ cup Parmesan cheese
- ¼ tsp dried tarragon

Add drained cauliflower to sauce and stir to coat. Line a 8 to 9 inch baking pan with parchment paper; place coated cauliflower into this pan. Make the seasoned crumbs:

- 1 sl whole wheat toast, crumbled
- 1 tsp olive oil
- 1 tsp dried tarragon

Sprinkle seasoned crumbs over cauliflower. Bake at 375 degrees for 15-20 minutes until crumbs are browned. Serve warm.

Pizza Hummus

6 servings, ¼ cup each

1 can(16 oz.) chickpeas, drained/rinsed	¼ cup tomato paste
¼ cup water	1 tsp dried oregano
1 tsp dried basil	1 Tbsp. olive oil
2 Tbsp. fresh lemon juice	¼ cup shredded Parmesan cheese
¼ tsp crushed red pepper	1 clove fresh garlic, minced
¼ tsp salt	¼ tsp pepper

Place all ingredients into food processor and process for 1-3 minutes until smooth and creamy. If too thick, thin with addition of water 1 Tbsp. at a time to reach desired consistency. Great dip for raw veggies or crackers, or a sandwich spread.

Member Information and Announcements:

Even though little Ella is well on her way to becoming a 'big girl', this is the announcement Crystal submitted right after her birth. With newsletters currently running bi-yearly, it was after the June 2016 newsletter. So welcome (once again) little Ella Ann, the sunshine of Crystal and Steve's life!

Greetings from Crystal Olry, MS, RD, CD:

I'd love to announce to you that our baby Ella Ann Jasmine was born July 5th at 8:27pm. Her birth weight was 7lbs 4oz and 20 inches long. Steve and I are in love and we have been completely saturated in Ella's needs since her birth. It took us a little longer to get her home because she needed a little extra help for a few days with oxygen and she was suspected to have a lung infection. She only had additional help with oxygen for a short time, but since she had fluid in her lungs at birth and a high lab score, we had to keep a close eye on her in NICU. Her labs had to be sent to Indy for testing, which after 48 hours came back negative. After that we had to see her CrP come down, which was trending that way on it's own after an initial high score. Finally Saturday morning, with a last check and all her vital signs looking great, we came home! Ella came home with us Saturday, one of the most beautiful days of the year. My whole family, then, was able to hold her and all be in the room together.....at the same time. Grandma and Grandpa and her Aunt Jessi were here with us and 'so ready' to hold her.



Katie Shepherd is officially a blogger! It's called #CookwithKatie. Every Monday, Katie posts easy, economical healthy recipes geared toward college students. The blog website includes contributions from all departments at the Indiana University Health Center, however, Katie's blog focuses on nutritious cooking. Check out her posts and find a delicious recipe to try at:

<http://blogs.iu.edu/iuhealthcenter/>

Improving Children's Acceptance of New Foods

By: **Meiting Huang, Dietetic Intern** with Rachel Noirod at Indiana University RPS Dining Services 1//17/17

At RPS Dining we observed this issue in the IU Campus Daycares which the IU Dietitian prepares menus for. We observed the children at 2 daycare sites during lunch for their acceptability of homemade turkey meatballs (which also had chopped carrots). In the classrooms where the children were served family style, there was less food waste, while in the rooms where teachers plated meals; there was more food waste. The kids who saw their friends take a meatball and put on their plate wanted to follow and do that too. Some kids said they didn't like the meatball before they even tried one! This was all quite interesting!

I will share my story and some tips from what I have learned along the way! I am a mother of two little ones, a 3.5-year-old girl and a 1.5-year-old boy. My daughter has been picky in terms of trying new foods, and it was especially challenging before she turned 3. The foods she accepted during that time were white rice porridge, plain noodles with stock, steamed eggs, certain types of fish, formula and fruit. She did not consume milk, cheese, vegetables, bread or meat at all, so my husband and I tried many ways to improve the variety of foods in her diet. We limited her snacks between meals, gave her chocolate after meals if she ate well, and kept her in her highchair until she finished her plate. However, these things were not as successful as we hoped and she cried almost every meal. I then took a new approach and used different methods. Now, she is a "good eater". She is even known to be that by her teacher at day care, because she eats almost everything on her plate and feeds herself well. Here is a summary of my experience and some tips that may improve acceptance and intake of new foods.

Know your child's unique response to new foods. Every kid is unique. Never force your little ones to try anything new to them. And never just ask them to eat anything new to them without tasting. We often tell them, "just take a bite, and you don't have to eat it if you do not like it". However, I would not do this now because they refuse most of time. SO what should we do to introduce a new food to young children? Perhaps, we can try the following tips:

1. Get Them to Taste – make tasting fun and easy.

Eating something new can be hard for young kids. We, as parents or child caregivers, have to be caution about making introduction of new foods into a fighting situation. First of all, let kids know tasting new foods is fun. Start with something they like, familiar with different flavor. For example, taste red bean ice cream instead of vanilla ice cream. Second, advertise the event with passion and get them involved. Settle for a taste, a touch, or even just a sniff can be helpful. If they refuse to try, don't get mad, but eat ahead of them and share your feeling with them. Repeat the tasting within a week. Last but not least, present the foods in different forms. If possible, serve it with the foods they like. For example, my daughter refused avocado many many times. But when I diced it, served with fusilli pasta, and told her "avocado and fusilli are good friends, they want to go to your tummy together", she started to love it!

2. Model trying the foods yourself.

Never expect kids will like everything after the first time tasting. It is fine that they do not like a few specific foods. Never give up, but keep repeating the second and third tips of "Getting Them to Taste". It is beneficial for children to share their feelings on a new food. Do the things yourself that you want your kids to follow. They will likely come around with persistence.

3. Get Them to Enjoy – show them the benefits.

Though young kids will start to enjoy certain foods as their food acceptability, by nature, will expand with age, we cannot neglect the significant roles caregivers play in promoting food variety. Kids will start to enjoy a food if they know the food will benefit them. For instance, kids will like milk better if they know it will make them stronger. Finally, your kids will enjoy foods more if they understand you are trying to prepare the best for the whole family. They are young, but they can feel and appreciate your effort and love.

For more information on this topic, read the article 'Children and Food Acceptance' by Ellen Satter, MS, RDN from 'Secrets to Feeding a Healthy Family': <http://ellynsatterinstitute.org/cms-assets/documents/198420-256277.sec-app-j-ch-acc..pdf> or visit her website at: www.ellynsatterinstitute.org