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International Affiliate of the Academy of Nutrition and Dietetics

 an affiliate of the
Academy of Nutrition and Dietetics

April 2020

Message from the Editor

[President's Message](#)

Hello IAAND Community,

[President's Podcast](#)

We hope that you and your loved ones are all safe and healthy. Our thoughts are with all of you.

[Free Webinar](#)[Greetings from Monique](#)

If you would like to share any nutrition news or updates on how you are dealing with the present situation, please feel free to email us at newsletter@IAAND.org.

[India's Food Trends](#)[Change in Dues Deadline](#)[Keri Mini Grant](#)

Thank you for your continued interest and support. Stay safe!

[ASN Nutrition 2020](#)

Marion Eckl, BSc, RDN

[Dietitians of Canada](#)

IAAND Newsletter Editor, 2019-2021

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President's Message

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Dear IAAND Members and Supporters,

[New Members](#)

As the fiscal year is coming to an end, it is time to reflect on our 2019-2020 journey as well as look to the future. First, I would like to introduce Monique Richard, your 2020-2021

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IAAND as a Student Outreach Chair plus other activities. Additionally, Monique is the Past Chair and a current member of the Dietitians in Integrative and Functional Medicine Dietetic Practice Group (DPG).

Monique is an internationally experienced dietitian specializing in counseling, integrative medicine, consulting, and nutrition communication services. She is also a registered yoga teacher and integrates many holistic, mindful components into her practice. Her travels have taken her to China and India where she presented research on eating behavior and diabetes and taught healthier nutrition choices to elementary students in Cairo, Egypt. Monique has also studied food culture in Italy and traveled to Israel and India to participate in international nutrition conferences related to the Mediterranean diet and diabetes. We are very fortunate to have Monique as the next IAAND Leader. She brings with her new energy and enthusiasm. We are looking forward to great things during your year, Monique!

IAAND accomplishments during this past year have been impressive. I truly believe this is the result of a team effort focusing on member needs. A summary of this year's activities is included in the Annual Report posted on the IAAND [website](#). I would like to express my gratitude to the entire Board and Leadership Team for their dedicated their time and expertise to IAAND during my presidential term.

Finally, I would also like to thank the entire IAAND community for the opportunity to be your President. It has been a valuable experience for personal and professional growth. I look forward to continuing to support IAAND leadership and wish the new team a great start!

Thank you!

Romina Barritta
IAAND President 2019-2020

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President's Podcast

[Watch Here](#)

Free Webinar

Ready to Be a Media Savvy RD?

Presented by: Sylvia Klinger, DBA, MS, RD, LDN, CPT

Date: May 12, 2020

Time: 11:00am CT

Registration: click [here](#)

Impactful Communication Meaningful Messages to Inspire Change

Presented by: Sylvia Klinger, DBA, MS, RD, LDN, CPT, Maeve Hanan, RD, and Beth Johnson, BS, RD

Date: June 23, 2020

Time: 11:00am ET

Registration: click [here](#)

Greetings from Monique Richard

By: Monique Richard, MS, RDN, LDN, FAND

IAAND President 2020-2021

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I am thrilled to be stepping in as President of IAAND for the 2020-2021 year and look forward to many new projects, initiatives, friendships, and adventures to come. I would like to thank Romina for her leadership this last year. Romina, your steadfast dedication to the group has allowed the board of directors and leadership team to accomplish a number of tasks and provide substantial support and benefits to our members around the globe. You have also been a kind, patient, valued mentor for me and many others on the board. I want to thank Christine, Naomi, Lisa, Brittany and Tara as you step away and welcome Amanda, Victoria, Rupal, Jaime, and Allison.

Emily Dickinson once said "I dwell in possibility," a sentiment I strongly share and invite you to wrap around yourself. When we combine our energy, our expertise, our passion, and our innovations, we not only make the impossible possible, we form new realms of possibility previously inconceivable. Let yourself envision how we can come together as a team for our members, colleagues and volunteers around the globe. Let's dwell in the possibility of food insecurity and malnutrition being non-existent, obliterating socio-economic disparities and injustice. Let's work toward the elevation of regenerative agriculture, health prioritized in every sector with nutrient-dense food first, nurturing ancient tradition and wisdom with current research and recommendations, while all still honoring the connection between body, mind and spirit. Let's dwell in the possibility of cooking more often being more common, that clean water for everyone is a non-negotiable basic human right, protected by all. Let's dwell in the possibility that food brings us together, but as individuals our needs are unique.

members--a year filled with possibilities. Let's combine our hopes, wishes and dreams, then work together to make them happen. If anyone can make it happen, it's the dynamic dietitians.

A Look in Indian Food Trends

By: Rupal Shah MSc, CDE, UGC NET Qualified
CR of India



When thinking of India, one of the first things that come to mind is its diversity--and India is meant for Unity In Diversity. A lot of our eating habits are knowingly or unknowingly influenced by the ancient Ayurvedic system of medicine and yoga, both of which propagate the concept of "You are what you eat." Traditionally food was cooked in clay pots over low heat. Some of the Indian staple foods include roti or chapatti (flatbread), rice, lentils, curries, curd, paneer, and a great deal of exotic spices.

Because foods varies so much by region, there is no "national" traditional dish of India. Main meals include breakfast, lunch and dinner with tea consumption in between which is very common. During festivals sweets also called "Mithai" become very much prevalent in Indian cuisine. The main ingredient of any Mithai is a blend of sugar and ghee (butter). The typical meal usually is comprised of flat bread across India made from high fibre cereals like wheat, rice or from millets like sorghum, pearl millet, ragi, etc. Most Indian dishes are vegetarian meaning it utilizes less animal protein. There are also a variety of pulses in Indian food. Combinations like dal (pulse)

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with all the essential amino acids. A traditional Indian thali (plate) includes small size bowls. It includes 2-3 varieties of dal (pulse), sabzi (vegetable), some rice or roti (flatbread) or both. The thali also includes a small amount of sweet dish. Indian curry is prepared with curry leaves, tomato, onion, black pepper, garlic, turmeric, and various other spices which offers multiple health benefits, decreases inflammation, and is overall good for Immunity. Pickles, chutneys (paste) and papadams are usual side dishes.

Indian cuisines always insist on using local and seasonal produce for cooking. This ensures that the ingredients are fresh and free from any chemicals and preservatives. Using seasonal produce ensures that the food is digested well. Most Indians till date still practice sitting cross-legged on the floor while eating in a yogic posture called "sukhasan." Sitting in this posture improves circulation in the intestinal tract and improves the flexibility of the organs to expand during the process of digestion.

Now, globalisation and multinational fast food chain is bringing a change in Indian food trends. For example, black salt, pink salt and rock salt were once native to India, but now slowly refined version of salt has taken over. Fast corporate life, fuelled by rising income, has also encouraged those living in urban areas to start trying different alcoholic beverages, which was not typically part of the diet a decade ago. Overall, Indian food trend has changed to a great extent and going back to roots and eating smartly is encouraged by dietitians and health practitioners in India.

Change to Dues Deadline and New Payment Options

Don't forget to renew your membership!

The Academy and IAAND recognize that membership renewal coincides with this

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- The membership renewal deadline has been extended through **June 30th** online, by phone or by mail.
- An option to pay dues in two equal installments is now available. The first installment is due by **June 30th**, and a second installment is due by **September 15th**.
- If financial hardship threatens your ability to maintain Academy membership, you may request an application for a Financial Hardship Dues Reduction.

[Renew your membership](#) with the Academy and IAAND [online](#) or by calling the Academy Member Service Center toll-free at **800/877-1600, ext. 5000** (Monday through Friday, 8:00 a.m. – 5:00 p.m. Central Time). International callers can reach us at +1-312/899-0040, ext. 5000.

For more information on the installment and hardship options, please email membership@eatright.org or call the Academy Member Service Center.

For IAAND supporters members, please click [here](#) to renew or contact iaand.general@gmail.com for more information.

KERI Mini Grants Application: Deadline Extended until June 15th!

Three mini grants (\$500 each) will be awarded to three IAAND members from Africa for their adaptation and translation of a KERI Toolkit (one presentation and related handout) into an African language (toolkit not already available in Arabic). In order to apply, the applicant must 1) be a KERI member, 2) be an IAAND member, and 3) are from or currently living in an African country.

Deadline

- **June 15, 2020**

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ASN Hosts Nutrition 2020 LIVE: June 1 - 4

The American Society for Nutrition will be hosting Nutrition 2020 live and online from June 1st until June 4th.



Click [here](#) for more information.

Dietitians of Canada National Conference 2020 Moves Digital

By: Mireille Najm, Dt.P. M.Sc.

CR of Canada



Dietitians of Canada (DC) are thrilled to offer you the DC Conference 2020 in a new form. "Cultivating Possibilities... Virtually" truly represents an unexpected but exciting opportunity to experience learning together in a new

programming that you would have experienced in person.

What you need to know:

- Sessions will be offered on Wednesdays from 2:00-5:00 p.m. EST between May 27 to July 29 (except July 1). Each afternoon session will feature two 75 minutes presentations and a CFDR Lightning Round research presentation.
- You can enjoy each presentation in "real time" or access a recording of the program until August 31, 2020.
- Non-members are welcome to participate at the modest fee of \$55 for each afternoon of learning

To see the complete program and to register, please visit the website [here](#).

Special Call for COVID-Related Project

Healthy Eating Research has announced a [special funding opportunity](#) for COVID-19 related projects. They will be committing a limited amount of funding for rapid-response research projects to explore the impact of the coronavirus pandemic on nutrition and diet quality, food security, and related health consequences for children and families. They are seeking projects focused on USDA Federal Nutrition Assistance Programs serving children and families. These programs play an essential role in reducing food insecurity and hunger and improving nutrition and health for children and families. During the COVID-19 pandemic, the need for these programs has become more apparent with the closing of schools and childcare centers across the country coupled with a loss of critical family income and rising unemployment and furloughs amidst the economic crisis. The goal is to inform decision-making regarding innovative policies and/or programs during and after the COVID-19 pandemic.

They have a limited amount of funds, and will be looking to fund lower cost rapid-response research projects,

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funding, including a brief description of topics of interest, study parameters, and application instructions can be found on [HER's website](#).

How to Apply: Proposals will be accepted on a rolling basis through July 1, 2020, or until all available funds have been commissioned. Interested applicants will need to first submit a letter of intent to HER by [email](#), following either the template for studies or the template for briefs/papers, which can be found on [HER's website](#). Selected letters of intent will be invited by email to submit a full proposal.

Job + Volunteer Opportunities

[Quality Assurance Specialist \(Food\)](#)

SRG

Manchester, England

[Nutritionist](#)

Women, Infants and Children

MA, USA

[Nutrition Science Intern](#)

Abbott Nutrition

Centros, Singapore

Do you know of an open nutrition position in your country or region? Please send job postings to newsletter@eatrightoverseas.org to be included in the next eNews.

Note: Positions are not necessarily endorsed by IAAND or the Academy of Nutrition and Dietetics.

Save the Dates: Upcoming Conferences and Events

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Rio de Janeiro, Brazil, September 14-15, 2020

[International Congress of Dietetics \(ICD\)](#)

Cape Town, South Africa, September 15-18, 2020

[XVII Congreso Latinoamericano de Nutrición Clínica, Terapia Nutricional y Metabolismo \(FELANPE\)](#)

Guayaquil, Ecuador, September 25-29, 2020

[International Congress of Nutrition](#)

Tokyo, Japan, September 14-19, 2021

[Sociedad Latinoamericana de Nutrición \(SLAN\)](#)

Asunción, Paraguay, October 31-November 4, 2021

Note: Training events are not necessarily endorsed by IAAND or the Academy of Nutrition and Dietetics

New Members and Supporters

The IAAND would like to give a warm welcome to our new members and supporters:

ARUBA

Noor Mohamed

AUSTRALIA

Bonny Chow

CANADA

Linda Mailhot-Hall

INDIA

Priya Karkera

JAPAN

Keiko Nakamoto

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Jeehee Song

SPAIN

Judy Harse

UNITED STATES

Katie Brockamp

Dima El-Halabi

Ana Marie Merino Diaz

Laura Mulder

Jennifer Pawig

Kristina Petersen

Sarah Pflugradt



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IAAND Mission is...

Empower members through professional development and promote international collaboration in the global nutrition and dietetics community

IAAND envisions a future where there is ...

A global community of dietitians engaged in food and nutrition related health initiatives with diverse populations

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