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December 2022

Message from the President

Free Webinars

Ecuadorian Spices

CR Corner

IAAND E-Global Program

Volunteering with IAAND

Save the Dates

New Members and Supporters

Message from the Editor

Hello IAAND Community,

We hope that you and your loved ones are all safe and healthy. We would like to wish you a joyful holiday season and a happy New Year!

If you would like to share any nutrition news or updates, please feel free to send us an email.

Thank you for your continued interest and support.

Marise Abboud, LD
IAAND's ePassport Editor, 2021-2024

Message from IAAND's President

Dear IAANDites,

Greetings from Chennai India, and sending my birthday greetings to all our Capricorn members.

Florida, helped in proving the worldwide achievement of overcoming the COVID-19 pandemic and the automatic hibernation mode and sometimes inertia that came with it, in my last month's message I had urged that the 2022 FIFA World Cup should inspire IAAND members to start and continue supporting IAAND's mission and take part in the different opportunities offered. Well, time flies and we are at the threshold of making New Year's 2023 resolutions.

Let us be determined to make IAAND the most coveted identity; pride, honor, and privilege to be associated with each other from around the world through IAAND!

We have created a Google Group to keep us connected at all times, and it is a golden opportunity to bring the IAAND international community closer to each of you. It is an opportunity to unite and work towards enhancing our professional expertise and sharing various inputs on important issues in our field, such as malnutrition and the various ways to alleviate it.
In addition, I'd like to remind you of the goal, the dream, we set for 2021 of reaching 10,000 IAAND memberships worldwide. With that, I want to continue inviting our dear country representatives to be reminded of this goal and determined to help us achieve this target by 2023. Encourage current and new members to participate actively in IAAND activities and events, and don't miss out on opportunities to compete and win awards! Also, to our dear leadership team to keep being persistent in leading IAAND's work in its best format.

This year's National Nutrition Month is happening in March 2023 under the theme "We'll look and feel better," and I cannot help but reflect on IAAND's international community that we should look and feel better first, only then will it reflect in the quality of professional services that we aspire to provide to the community as a whole. For that, I invite you again to use all the resources and platforms offered by IAAND to be able to support and work together.

I wish you all a merry Christmas and an exciting new year!

Varsha, PhD, MS, RD, CCN, CNIS

Free Webinars

If you missed any of our previous webinars you can access this website to watch them!

Ecuadorian Spices: The Sense of Taste Comes From Smell

By Maria Gabriela Cucalon, MS

Ecuadorian cuisine is enriched by the diversity of cultures, climates, and a variety of spices and products that exist in the country. Additionally, the indigenous and European heritages

renewed through new generations of cooks and diners.

In most Ecuadorian households, soups and broths are consumed where they are cooked using several spices; the reason why it is called the “territory of soups” is due to the diversity and quality of the soups available. Among the most prepared on the coast are encebollado, known as broth of plantain balls, viche or fish soup, and meat sancocho, which is a meat soup or its fish variant. In the highland areas of Ecuador, such as in the Sierra, the locro de papas, potato and cheese soup, is well known nationally along with barley rice, quinoa soup, guinea pig chili and yaguarlocro.
Spices, also called condiments, are products of plant origin that can flavor dishes and are very popular in the country's food preparations, whether hot or cold. In the following, I will elaborate on the different original Ecuadorian spices.

Chili Pepper
This fruit is the condiment par excellence for Ecuador. Each region has a different type of chili and a preparation typical of the place.

Sal Prieta (Brown Salt)
A mixture of peanuts, greens, cilantro, salt, pepper, and cumin that is originally from Manabí in Ecuador. It is used in viche, sango, casserole, and roasted green dishes.

Ishpingo (Cinnamon Flower)
Stronger in flavor than cinnamon bark, it is the flower of the same tree from the Amazon rainforest. Traditionally used in the infusion of sweetness in the seasonal drink called colada morada.

Annatto
It is a seed, also known as achiote, that provides flavor but, more importantly, color. It is grown in the coast and Amazon rainforest, but it is best known in the Ecuadorian provinces of Santo Domingo de los Tsáchilas, Manabí, Napo, and Zamora Chinchipe, where the soil types are ideal for plantations. It is a

Chillangua (Tropical Cilantro)
A wild leaf used in Esmeralda province cuisine, with a flavor similar to coriander, it is an essential ingredient in fish stews such as tapao and encocado dishes.

Tsinso
An aromatic herb from the highlands area of Ecuador with a very powerful flavor. It can be used to replace garlic and onions in refried foods.

Amazonian cinnamon
The natural habitat of this tree is the humid tropical forest of the Ecuadorian Amazon.

Cumin and Pepper
It is a tropical and humid crop with temperatures ranging from 23 to 30 °C, and it is grown in the Ecuadorian Orient due to the favorable humid conditions available all year.

Parsley
Although it prefers hot climates, it can resist cold environments.

Cilantro or Coriander
Planted primarily in Ecuador's Sierra region in the provinces of Imbabura, Pichincha, Chimborazo, Carchi, Tungurahua, and Bolvar.

Garlic
Hot and rainy regions are not suitable for its planting. It is necessary to have a cold environment at the beginning or in the middle of the growing season.

Not to forget the imported spices such as sweet pepper, laurel, good grass, sesame, and rosemary that are also used in Ecuadorian food preparations. However, the most used spices by Ecuadorians are annatto, cumin, chili pepper, and natural spices such as cinnamon, coriander, chillangua, maggi herb,

spices that are a great part of the Ecuadorian food traditions.

Click here to view the references.

Biography

Maria Gabriela Cucalon graduated with a Bachelor of Science in Human Nutrition from San Francisco de Quito University, Quito-Ecuador, and has a master's degree in nutritional sciences - didactic program in dietetics from Drexel University, College of Nursing and Health Professionals, Philadelphia, USA. She is the former program coordinator in Nutrition and Dietetics at the Escuela Superior Politécnica del Litoral, and is currently the dietetic internship program director, associate professor of clinical nutrition assignments, and investigator at ESPOL, and provides private consultations for chronic disease patients. Maria is also a reviewer of the Clinical Nutrition Journal of the European Society for Clinical Nutrition and Metabolism known as ESPEN, Bionatura Magazine, and the Colombian Journal of Clinical Nutrition. You can connect or reach out to Susan by Gmail, another email, or Instagram.

Compiled and edited by Country Representative Chair Rupal Shah, MS, RD, CDE

Thank you IAAND members for taking the time to read the following summaries of the reports submitted by our CRs. Below is a compilation of both their IAAND involvement and personal or professional work that they participated in during the 2nd quarter of FY 2022-2023. Their work ranges from answering IAAND members and non-members about nutrition or the practice of dietetics in different countries to work-related activities practiced daily as part of their professional development. Feel free to reach out to any of the CRs if you find their work interesting, have questions about their country, or have questions about anything found in their report. Their contact information can be located on this website.

Argentina (Jessica Lorenzo)
Sent a welcome email and shared information about grants and proposals. Implemented a front-labeling package law in Argentina that impacted the food industry. Need to conduct research to understand its impact on consumers and their overall health.

Barbados (Sade Haynes)
Sent information about IAAND's global mentorship/collaborator program.

Cyprus (Elina Angastinioti)
Attended events organized by the local dietetic association to promote nutrition.

Czech Republic (Victoria Hawk)
Nothing to report.

Canada (Rim Mouhaffel and Nadine Moukheiber)
Sent out a welcome email to new members and emailed those who dropped IAAND membership. Answered a student request from the US regarding resources needed by

Columbia (Eva Weston)
Compiled common Columbian breakfast foods. Answered to US student about how to get his RD degree in Colombia. Another RD reached out to see if she could legally see a patient who is a Colombian resident.

Ecuador (Maria Gabriela Cucalon, known as Gaby)
Answered a request about the Nutrition process in Ecuador. Presented at the interdisciplinary conference on the “Approach to the patient with diabetes by the Ecuadorian society of parenteral, enteral, clinical nutrition and metabolism chapter Azuay–Ecuador with carbohydrate counting on diabetes.” Ambassador with Abbott Nutrition on the local application for nutrition screening.

Hongkong (Macy and Michelle)
Emailed dropped members.

India (Sohini Shah)
Reached out to the dropped member.

Japan (Shinta Nishioka)
Sent information about IAAND’s e-global mentorship/collaborator program for IAAND Japan members. Sent out a welcome email to new members and emailed those who dropped IAAND membership. Supported a member who wanted to renew their membership. Drafted an article for a popular magazine introducing the Academy of Nutrition and Dietetics and IAAND activities for the Japanese RDs.

Jamaica (Christine Fray)
Nothing to report.

Malawi (Getrude Mphwanthe)
Nothing to report.

Pakistan (Ayeza Umar)
Formed a WhatsApp group for IAAND Pakistan members.

Awarded as Country Representative of the year 2021-2022. Emailed members about FNCE and Spain members to wish them a safe and healthy holiday season. Answered a query regarding finding employment as a dietitian in Spain, perhaps in Granada. Answered another query about the legality of counseling clients in Spain.

Sweden (Liliana Löderup)
Responded to a request from a student doing a BS in Human Nutrition and Dietetics at Ziauddin University, Karachi Pakistan about completing a questionnaire on professional human nutrition care in different countries of the world. Completed the course on mentoring dietetic students.

Switzerland (Louise Pollard)
Certified intuitive eating counselor specializing in women and family health.

Taiwan (Janet Malanga)
Sent a reminder to IAAND Taiwan members regarding FNCE. Prepared a presentation about the achievements of Taiwan Dietitians. Attended the Turkish trade office in Taipei's tea party, which included a cooking demonstration. Virtually attended FNCE in October. Participated in the Taiwan international coffee show at the Nangang exhibition center.

United Arab of Emirates (Dania Jukaku)
Shared webinars and conferences with members on IAAND's WhatsApp group. Sent a welcome email to new members, and emailed dropped members. Received an inquiry regarding developing a professional career in nutrition in the UAE. Encouraged members to introduce themselves and their practice area on the WhatsApp group. Virtual group discussion about nutrition software, documentation, licensing procedures, and nutrition care manual subscription.

United States of America (Elizabeth Marino)
Welcomed new members. Responded to multiple requests from members inquiring about becoming an RD in the US

reimbursed in Canada when providing telehealth to a US client. Attended IAAND events in the US. Preparing an exhibit for the Massachusetts Dietetics conference in early 2023.

Venezuela (Pablo Hernandez)
Published the article "Food consumption, anthropometric nutritional status, physical activity and motivations for vegetarianism in Venezuelan adults." Presented at the conference "Advances in the energy balance model: beyond the calories ingested and expended" framed the activities of the XII Congress of the Venezuelan Scientific Society of Obesology. Attended the 3rd Evidence-Based Research Conference by EVRES. Interviewed for "El Pitazo" a digital media about the topic "Venezuelans consume more carbohydrates in the face of high food prices."

IAAND: E-Global Mentorship and Collaboration Program

About the program
The program seeks to connect dietetics professionals from various parts of the world in a nurturing and supportive mentee-mentor relationship, and also to foster multicultural and international collaboration opportunities with IAAND members from different countries.

Application Process
If you are interested in participating in this inaugural program which is an ideal way to meet and work with dietitians and nutritionists from around the world, please fill out this application form **by January 1, 2023**. After filling out the application form, it will go through a process of matching with other applicants for mentor or mentee and collaborator roles, and if matched you will be contacted by the e-Global Mentorship and Collaboration Coordinator.
This opportunity is only open to IAAND and Academy of Nutrition and Dietetics members. For more information, please contact the e-Global Mentorship and Collaboration

A Call for Volunteers With IAAND

New opportunities to explore and experience await you!

Being a volunteer with IAAND is a wonderful opportunity to connect with nutrition professionals around the world, build your resume, strengthen your leadership skills, and connect with a fun group of like-minded professionals.

We are constantly looking for volunteers! If you are ready to join our team, please fill out this application form which should take less than 5 minutes.

Save the Dates: Upcoming Conferences and Events

American Society of Nutrition (ASN) Nutrition 2022
Virtual Webinars, through December 31, 2022

Obesity for Pediatrics and Adults, Commission on Dietetic Registration (CDR)
Live Virtual Program, February 2023

ASPEN 2023 Nutrition Science & Practice Conference
Nevada, US, and Virtual, April 20-23, 2023

Georgia, US, May 14-17, 2023

WEON 2023 Dutch Society for Epidemiology Conference
Rotterdam, the Netherlands, June 22-23, 2023

WCMN 2023 3rd World Congress on Medical Food and Nutrition
Dubai, United Arab Emirates, August 3-5, 2023

Sociedad Latinoamericana de Nutrición (SLAN)
Cuenca, Ecuador, October 22-26, 2023

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

New Members and Supporters

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

CANADA
Julia MacLaren
Danielle Mascarenhas
Leslie Redmond
Alaa Chahrour

HONG KONG
Lingyi Fan
Sallie Leung

JAPAN
Yoko Hasegawa

PAKISTAN
Raeha Zahid

PHILIPPINES
Pamela Aclan

SAUDI ARABIA

Zainah Al-ghamdi

UNITED STATES

Angie VanDenbark

Rebecca Seifried

Louisa Showers

IAAND on Facebook IAAND on Twitter IAAND on the Web

IAAND Mission is…
Empower members though 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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