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ePassport

November 2022

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Message from the Editor

Hello IAAND Community,

We hope that you and your loved ones are all safe and healthy.

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 Sagittarius members.

It is incredible to watch the 2022 FIFA World Cup football tournament

dietetics community!

Being an IAAND member means there are various opportunities to join, and I want to introduce or remind you of how you can be an active member and benefit from being a part of the IAAND community:

- Educational Stipends and Awards: follow the announcements on our social media platforms to grab the opportunity by the deadline
- Participation in International Projects: e-global mentoring, kids eat right international, and others to gain international recognition. Find out more on IAAND's website.
- Subscribe for webinar recordings, monthly newsletter, or country information sheets
- Job Opportunities: posted on IAAND's monthly newsletter or through IAAND's group communications
- National Nutrition Month: the annual event happening in March 2023 with this year's theme "We'll look and feel better." It is never too early to start planning!
- Google Group: participate actively with the opportunity to interact with other members on IAAND's Google group.

Spotlight session at FNCE 2022

The collaborative session "Preserving Kidney Function with Cultural Plant-Based Foods: A Global Collaboration" of IAAND with the Indian Member Interest Group at FNCE 2022 was evaluated and deemed to have achieved the goals and objectives of the session. The average results came as the following from 92 total quantitative evaluations over a total score of 5:

- Overall quality of the session: 4.67
- Session description meeting expectations: 4.65
- Incorporation of practice applications: 4.66
- Content presented: 4.70
- IAAND/INDMIG Speaker: 4.78.

Let us keep on celebrating unity in diversity.

Varsha

Varsha, PhD, MS, RD, CCN, CNIS

Free Webinars

Join us on Thursday, December 1 for the free webinar "Global Collaboration and Virtual Nutrition Care: Insights from the Global TeleNutrition Consortium."

This webinar will highlight the development of a global volunteer network that was born out of the pandemic and the group's work to promote care access, equity, and drive the healthcare of tomorrow by examining virtual care practices globally. It will also familiarize attendees with what is known about conducting virtual physical exams when patients are not physically present in the room. Join IAAND and members of the Global TeleNutrition Consortium on **Thursday, December 1 at 8 a.m. (Central Standard Time)** as they inspire you to make meaningful global connections in nutrition care.

Participants will earn 1 CPEU for their attendance, so don't delay and register for this FREE webinar today!

Fun Facts About Some of Spain's Most Popular Dishes

By Susan Burke March, MS, RD

Living in Valencia, Spain has spoiled me in terms of weather, ease of travel, and especially food. Throughout Spain, fresh foods are quite diverse and inexpensive where dining out is equally varied from enjoying a simple bocadillo, a small sandwich made with Spanish bread, to sitting by a fountain at any casual or fine dining restaurant. I am especially fond of local fresh fish and mollusks, and for those who eat meat, Spain's ham and sausage are world-renown.

Paella

One of the most famous dishes in Spain originated in the port city of Valencia's rice-growing region where "it is said to be a perfect union between two cultures from Spain, the Romans, for the pan and the Arab that brought rice."

Traditionally, the paellera, or paella pan, is brought steaming to the table and filled with succulent rice and other ingredients, therein lies the conflict of what is the real paella. Some are very passionate and declare the only authentic paella is Valénciano, which must only include rice, saffron, butter beans, garlic, chicken and rabbit, and occasionally snails. However, throughout the rest of Spain chefs do include ingredients such as seafood, duck, and even pork. There is one other rule that is unanimously accepted in Spain is that paella must only be eaten at lunch. If you order it for dinner, it is a sure sign that you are a tourist.

Pintxos

You might have heard of tapas known as small Spanish appetizers, but in the north of Spain where Basque is spoken, you will find pintxos. Spelled "pinchos" in Spanish, they are like Spanish tapas but so much more! Described as "ingenious little culinary works of art made from different ingredients that are held together with a skewer," you can find them in a bar where they are usually served, maybe in the enchanting San Sebastián area, and help yourself to as many

advice is to pile the skewers on the side of your plate as they are counted when you are ready to pay.

Tortilla Española (Spanish Tortilla)

Do you typically start by sautéing onions in oil when preparing an omelet? Well, this is not the case when you are making a Spanish tortilla. Purists or people that strictly abide by traditions say that onions will tarnish the flavor, and therefore the authentic Spanish tortilla must be made only from good eggs, good oil, and good potatoes. Of course, some chefs will disagree as this Spanish staple counts to it many different recipes cooked based on the region. I have eaten some excellent tortillas throughout Spain, some with onion, and some without!

Churros Con Chocolate (Churros With Chocolate)

We landed in Valencia on July 8, 2020, where the Covid-19 virus pandemic had subsided in Spain and restaurants had reopened. From our terrace, we watched as people enjoyed their churros outdoors at the cafe across the square. Basco Fine Foods describes churros as “made from a choir pastry style mix, piped with a star-shaped nozzle into long straight or curled fingers, fried in oil and coated in a mix of sugar and cinnamon.” Often served with a cup of very thick pudding-like hot chocolate, we watched as diners’ customers would dip their churros into the thick brew for breakfast, or a mid-morning snack, in the afternoon, and throughout the evening. Spaniards love their sweets but this treat is popular throughout Latin America too.

Click here to view the references.

Biography

After 15 years in business, Susan Burke March returned to college to obtain her dietetic credentials. She worked for more than 25 years as a registered dietitian nutritionist, certified diabetes educator, and executive team director for a leading online weight management company. Susan retired to Valencia, Spain in July 2020 after first living for six years in Cuenca, Ecuador. Currently, she volunteers as a Country Representative for the International Affiliate of the Academy of Nutrition and Dietetics and was the first CR for Ecuador and as of June 2021, for Spain. Before moving to Ecuador she had volunteered with the Academy of Nutrition and Dietetics Weight Management Dietetic Practice Group serving first as secretary and then as sponsorship relations director. Susan and her husband are home exchangers, having completed more than 70 exchanges in various cities in the US, Europe, and Oceania. In the spring and summer of 2022, they completed exchanges in Spain, Brussels, and the Netherlands. She submitted this article in October 2022 while exchanging in Hamburg, Germany. You can reach out to Susan by email.

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

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 Coordinator Sanele Nkomani.

IAAND at FNCE

We would like to thank the contributions of the many country representatives for submitting research publications, pictures, descriptions, and recipes of popular breakfast items and other dishes from around the world!

Check out the interesting presentation that was shown during the IAAND reception at FNCE on October 8 in Orlando, Florida USA.

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.

Spring Symposium Recording

The Spring Symposium Recording Is Now Available!

The International Affiliate of the Academy of Nutrition and Dietetics, Dietitians in Integrative and Functional Medicine and Vegetarian Nutrition Dietetic Practice Groups Spring Symposium Collaboration – **The Intersection of Culture and Nutrition: Our role in DEI and Sustainability in Dietetics** is now available to purchase through the Eat Right Store starting at 10 USD for students and 39 USD for members.

The covered topics include “Integrative Medicine for All,” “Plant-Based Diets, Sustainability and Transforming Healthcare,” “Spice Up Your Meals with Ayurvedic Wisdom,” and a panel discussion on “Working Together to Create a New Future: Creating a Call to Action for the Dietetics Profession.”

Check this link for more information or to purchase.

Job Vacancies

Food Security and Nutrition Programme Specialist

The Border Consortium, Bangkok, Thailand (Application Deadline: First Week of December 2022).

Do you know of an open nutrition position in your country or region? Please, email us job postings to be included in the next ePassport.

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

Save the Dates: Upcoming Conferences and Events

Nutrition Focused Physical Exam Hands-on Training Workshop

Virtual, Live event, November 29-30, 2022

International Diabetes Federation Congress (IDF)

International Congress of Nutrition (ICN)

Tokyo, Japan, December 6-11, 2022

American Society of Nutrition (ASN) Nutrition 2022

Virtual Webinars, through December 31, 2022

Today's Dietitian 10th Annual Spring Symposium

Georgia, US, May 14-17, 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:

AUSTRALIA

Dami Loms

Melanie McGrice

CANADA

Bethany Saunders

Joan Triandafillou

Noura Sheikh Al Zoor

HONG KONG

Debbie Wan

INDIA

Shanthi Dhandapani

KUWAIT

Zaid Hasan

Monica Montserrat Ancira Moreno

QATAR

Asmaa El Masri

SAUDI ARABIA

Zainah Al Ghamdi

UNITED ARAB EMIRATES

Danya Al Atrash

Tala El Chaar

Marianne El Feghali

Jana Kazma

UNITED STATES

Lily Grace Chikhani

Carey Page

Harshana Persaud

Terese Scollard

Jasmine Fromm

Suvosree Chatterjee

Charlotte Worth

Julius Navarro

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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