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International Affiliate of the Academy of Nutrition and Dietetics

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October 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 Scorpio members.

I would like to dedicate this month's message to conveying with a

Debra and I started as IAAND members, where Debbie as I fondly addressed her held the scientific committee and conference chair position at IAAND's leadership team, the same position I held when I first became a part of IAAND. She did not only bring great depth, understanding, and insights into handling the demands of the position but she was immensely eager to explore and expand the scope. Despite the opposite time zones, it appeared that Debbie was always available to assist, guide, and support whether recording video clips, drafting the memorandum of understandings, or discussing and brainstorming sessions for the collaboration with the Philippines, Pakistan, and Indian Member Interest Group at FNCE. Always on the move and traveling, it appeared she never slept. Never a dull moment, cheerful with sparkling eyes, her enthusiasm was infectious and energizing.

IAAND has lost a great leader and personally valuable support to my presidential tenure. I wish her peace and pray for her soul in her onward journey.

Debbie, you will be greatly missed.

Varsha

Varsha, PhD, MS, RD, CCN, CNIS

Free Webinars

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

Food Enjoyment: Essential to Swiss Food Culture and Key to a Healthy Relationship With Food

By Louise Pollard, MS, APD, Certified Intuitive Eating Counselor

One of the many wonderful things about living in another country is learning about and enjoying its food culture. Often overshadowed by the food culture of its neighbors France and Italy, Switzerland is a food lover's paradise in its own right, not just because it produces some of the best cheese and chocolate in the world, but because of the diversity of its food culture along with a general belief and expectation that taste and pleasure are integral to the eating experience.

different Swiss products are officially recognized as part of Switzerland's culinary heritage. Overall, there are more than 400 different types of bread and more than 450 varieties of cheese available to choose from, as well as a huge assortment of sausages and dried meat specialties. Some 250 grape varieties are grown, 40 of which are indigenous to Switzerland.

Interestingly, one 2012 review commissioned by the Swiss Society for Nutrition, found that 77 percent of Swiss consumers rank taste and enjoyment slightly higher than the health-promoting aspects of a certain food, a figure that reflects my personal experience of marrying into my Swiss family in 2001, for whom food enjoyment was and still is considered just as important as the nutritional value of food.

Having trained and worked as a clinical dietitian in Australia in the 1990s when the low-fat diet was the norm, finding myself in a country where food enjoyment was considered just as important if not more than the nutritional content of food was the beginning of my personal and professional journey away from the restrictive approach to food I was trained in, towards an approach that focuses on food enjoyment and satisfaction.

That is not to say this happened overnight. It wasn't until 2019, that I stumbled across these words by Evelyn Tribole, MS, RDN, CEDRD-S and Elyse Resch, MS, RDN, CEDRD-S authors of "Intuitive Eating – a Revolutionary Anti-Diet Approach: "If you don't love it, don't eat it, and if you love it, savor it." Though these words rang true for me, at first, I was skeptical about the Intuitive Eating approach. However, the more I researched the science behind IE (and Health At Every Size®), the more the approach resonated with my personal and professional experience.

One reason why is the focus it places on food enjoyment and satisfaction. We often reduce food to its nutritional properties, use these to create a hierarchy of foods and overlook the fact that eating is also supposed to be a pleasurable and satisfying experience. One consequence is that eating foods we find pleasurable that are deemed "unhealthy" or "bad," can lead to feeling enormous guilt and shame which in turn can lead to unhealthy behaviors. Put simply, if you aren't enjoying and satisfied with the foods you are eating, it is difficult to develop a healthy relationship with food.

I now run a private practice specializing in women's and children's

some are Swiss. Many share a similar story that is a complicated relationship with food following years of chronic dieting, food restriction, and body shame, and want a healthier relationship with food and their body. They want to enjoy eating again without feeling guilty. They want these things for their children too. From that, I feel truly fortunate to be able to support them along the way.

Click here to view the references.

Biography

Louise Pollard has a Bachelor of Science and Master's in Nutrition and Dietetics from the University of Sydney, Australia. She is an accredited practicing dietitian, a certified intuitive eating counselor, and a member of Dietitians Australia, the Academy of Nutrition and Dietetics, and the Swiss Association of Dietitians. She volunteers as the Country Representative for Switzerland for the International Affiliate of the Academy of Nutrition and Dietetics. Louise has a diverse experience having worked as a dietitian in both clinical and community settings at the Royal North Shore Hospital in Sydney, Australia and the NHS, across the United Kingdom. After meeting and marrying her Swiss husband, she moved to Geneva, Switzerland in 2001, where she worked in clinical research. This was followed by 10 years of teaching students completing their undergraduate degree in nutrition and dietetics at the Bern University of Applied Sciences in

people, Louise opened her private practice based in Basel in 2021 specializing in IE. She helps women and their families develop a healthier relationship with food, mind and body through one-to-one counseling, writing, or speaking. You can reach out to Louise by email.

The Mediterranean Diet: Dead in Spain?

By Susan Burke March, MS, RD

Spain enjoys a temperate climate and fresh produce of olives and olive oil, beans, grains, fish, and wines that make the basics of what is known as “The Mediterranean diet” which are relatively inexpensive and abundant.

This year, as in the past four years, the Mediterranean diet has been voted by the U.S. News & World Report as the “best” overall diet plan. As reported by registered dietitian nutritionist Elaine Hinzey, the Mediterranean diet isn’t one diet but represents the traditional cuisines of 21 countries that border the Mediterranean Sea. Described as “plant-based” it mostly includes unsaturated fats sourced primarily from vegetables and fruits like avocado, olives, and nuts, local fish is traditionally included a few times weekly, whereas wine is optional.
The Harvard School of Public Health, the World Health Organization, and Oldways, a non-profit think tank in Boston, developed the Mediterranean diet pyramid which is a handy visual that demonstrates the diet. The pyramid shape neatly narrows the choices and amounts of animal products consumed, depicting sweets and red meat at the top as occasional treats.

However, is the Mediterranean diet still essentially adopted by Spaniards? The Childhood Obesity Surveillance Initiative, which monitors the height, weight, and eating habits of tens of thousands of children in more than 30 European countries shows that fewer than one in three Spanish children eat barely one piece of fruit daily, and fewer than one in 10 have a daily vegetable. Additionally, Spanish adult diets are lacking in fresh, seasonal, and local food.

Mediterranean. It could be, while also the obesity rate in Spain is growing and in children even faster, which correlates with the risk for associated diseases such as type two diabetes and heart disease, Spain's national health care system is one of the best in Europe keeping people relatively healthy despite risky habits.

The daily diet culture of Spain is different from other countries, with meal timing being quite challenging for some foreigners usually starting with a light breakfast composed of coffee and pastry, the main meal is eaten mid-afternoon, and dinner is typically at 8 p.m. or after. Although meals include an occasional fruit and typically a salad or vegetable, it's far from the minimum as described by the Mediterranean pyramid. According to Euronews.com, "Spain eats more meat than any other EU country, with an average of more than one kilogram of meat being consumed a week, slaughtering 70 million livestock each year to produce 7.6 million tonnes of meat." When Spain's Minister of Consumer Affairs was speaking about Spain's catastrophic droughts and fires of 2022, he suggested that Spaniards can help mitigate greenhouse gas emissions by consuming less meat, similarly reported by the prime minister.

Certainly, there are healthful options offered throughout Spain where we recently signed up for a tourist-focused "tapas tour" in Madrid promising to feature traditional small plates, delicious grilled mushrooms, potato omelets, and grilled shrimp and cuttlefish. Is this tour just a nod to nostalgia? Like in most of the industrialized world, are Spaniards choosing to grab-and-go, take-out, or be delivered to, and otherwise not benefit from the bounty of fresh, whole foods so prevalent throughout the peninsula? In parallel, it is an ongoing struggle as Spain's legislators have taken up proposals for taxes on soda and limits on fast food advertisements.

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 the past 11 years in various cities in the US, Europe, and Oceania. In 2022, they have completed seven exchanges in Spain and France, and just completed four exchanges this past summer, three stays in Bloemendaal, Rotterdam, Amsterdam, and one in Brussels. You can reach out to Susan by email.

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,

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.

Save the Dates: Upcoming Conferences and Events

International Diabetes Federation Congress (IDF)

Lisbon, Portugal, and Virtual December 5-8, 2022

International Congress of Nutrition

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
Kellie Millard

CANADA
Raina Beugelink

COLOMBIA
Sandra Perez Castro

GERMANY
Souline Bassit

JAPAN
Yoko Ichikawa

MEXICO
Brenda Ceballos
Ana Perez Lizaur

OMAN
Thuraiya Al Rawas

PHILIPPINES
Juvy Martillos

THAILAND
Janejira Asvatanakul

UNITED STATES
Hannah Jehring
Aricia Lustosa
Nancy Rodriguez Suarez
Thomas Romack

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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