ePassport

International Affiliate of the Academy of Nutrition and Dietetics

an affiliate of the Academy of Nutrition and Dietetics

January 2025

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Message from the Editor

Hello IAAND Community,

Wishing you are all off to a great new year! I hope you enjoy reading this edition of our monthly ePassport. Soon National Nutrition Month will be here and I know there are many of you already planning activities. Feel free to share your March activities and especially photos with me for the April ePassport. It's great to see what's happening around the world and develop new ideas that translate to our regions!

As well, IAAND's upcoming Annual Virtual Conference will be in April. See more information in this ePassport for dates and deadlines for abstract submission. There were so many fascinating topics last year and I'm sure there's more inspiration to come this year.

As always, if you have any ideas for either the monthly ePassport or quarterly Gazette, please feel free to send us an email. Your contributions and diverse experiences are most welcomed!

We look forward to hearing from you. Thank you for your continued interest and support.

Maria Bovill, DrPH, RD
IAAND's Newsletter Editor, 2023-2025

The Academy of Nutrition and Dietetics Foundation Award

The IAAND International Project Award recognizes and empowers visionary projects that drive meaningful change across borders. By supporting innovative

initiatives, this award fosters collaboration, amplifies global impact and accelerates progress toward a more sustainable and inclusive future.

Award amount: $2,500

Applications for the 2025 Award are now available online.

The deadline to apply is **February 24**.

Free Webinars

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

Global Flavors - What have you eaten today?

Global Flavors: Sharing your favorite national dish. We are embarking on a delightful journey across the globe through the lens of food. After all food connects us all.

Share a meal with a picture and description, name and location so we can all learn more about global food. Please send your contributions to newsletter@iaand.org.

From Bhavani Mallekedi, India

Hyderabadi Chicken Biryani

Enjoy the rich, aromatic taste of hyderabadi chicken biryani—every bite a burst of flavor!

Ingredients:
- 500g chicken
- 500g basmati rice
- 1 large onion, thin sliced
- 1 cup curd
- 2 tbsp ginger-garlic paste
- 3-4 green chilies, slit
- Spices: turmeric, red chili powder, garam masala, coriander powder and pepper
- Fresh mint and coriander leaf
- Lemon juice
- Oil, ghee, whole spices (cinnamon, cloves, cardamom, nutmeg, star anise and bay leaf)
- Saffron milk (optional)
- Fried onions (for garnish and flavor)

Instructions:
1. Marinate: Combine chicken with curd, ginger-garlic paste, spices, green chilies slits, mint coriander leaves and lemon juice. Marinate for 2 hours.

2. Cook Rice: Soak basmati rice for half an hour. Boil water along with whole spices. Add soaked rice to boiling water and let it cook till 80% done.

3. Layer: In a large vessel add oil and fried onions. Layer marinated chicken and cook for 10 minutes. Next, layer with rice, drizzle saffron milk and garnish

with fried onions, mint, coriander leaves and ghee.

4. Cooking: Cover vessel and cook on high for 15 minutes and on low for 25 minutes. Let rest for 5 minutes.

Mix well and serve hot.

Educational stipend awardee global perspectives: Insights from the NNedPro Summit in Kolkata

By Ahlam Badreldin El Shikieri, PhD, MBA, cPHNutr, CCN, Professor of Clinical Nutrition

As a recipient of IAAND's Educational Stipend, I had the privilege of attending and presenting at the NNedPro Summit in Kolkata, which centered on the critical theme "Democratising & Decolonising Food and Nutrition: From Science to Society." This transformative gathering brought together nutrition professionals, researchers and policymakers from across the globe to address pressing challenges in global nutrition equity.

Key Contributions

I presented two papers that resonated strongly with the summit's theme. The first, "Challenges and Strategies for Transdisciplinary Collaboration of Nutritionists, Social Workers and Policymakers," explored the crucial intersections between different sectors in advancing nutrition outcomes. This presentation sparked engaging discussions about breaking down professional silos and creating more effective collaborative frameworks for

nutrition intervention. My second presentation, "Fostering Nutrition and Dietetics Research in Democratising and Decolonising Food and Nutrition: Why and How," examined the imperative of developing more inclusive and culturally responsive research methodologies in our field. This work highlighted the importance of incorporating diverse perspectives and traditional knowledge systems into nutrition research and practice.

Panel Discussion Engagement
I had the honor of participating as a panelist in thought-provoking discussions. Alongside distinguished colleagues from various countries, we explored critical questions about the necessity of incorporating cultural sensitivity and precision nutrition into clinical practice. This interactive session generated a rich dialogue about practical solutions for advancing nutrition equity and highlighted the importance of international collaboration in our field.

Summit Highlights
The summit provided a unique platform for examining how to make nutrition science and practice more accessible and culturally relevant. Discussions centered on:

1. Integrating traditional food systems with modern nutritional science
2. Addressing power imbalances in global nutrition research and practice
3. Developing locally sustainable solutions for nutrition challenges
4. Building capacity for nutrition research in underrepresented communities

Impact on Professional Practice
This experience has deepened my understanding of global nutrition challenges and provided valuable insights into creating more inclusive and effective nutrition interventions. The connections made with colleagues from different cultural contexts will undoubtedly enhance my future work in the field.

Future Implications
The experience has further reinforced IAAND's crucial role in supporting international professional development and cross-cultural exchange in nutrition and dietetics. The connections made during the summit will help strengthen IAAND's network in Asia and contribute to the organization's goal of advancing global nutrition practice.

I am deeply grateful to IAAND for their support through the Educational Stipend, which made my participation possible. This opportunity has not only contributed to my professional development but also allowed me to contribute to critical global discussions about the future of our profession.

Thank you, IAAND!!!

IAAND Member of the Month January 2025

IAAND would like to recognize IAAND members around the world who have interesting work and also contributed to the growth of IAAND. This month, we would like to introduce Rafika Ghrawi from Lebanon.

Rafika is a highly motivated and accomplished public health professional with a strong academic foundation. She holds a Bachelor of Science in Nutrition & Dietetics (2015) and a Master of Public Health with a concentration in Epidemiology (2024). She is a licensed Dietitian in Lebanon (2016) and a Registered Dietitian Nutritionist (2017). Currently, Rafika is a Research Assistant at the American University of Beirut, actively working on expanding her research portfolio to pursue a PhD.

Her contributions extend beyond academia. She has been an active member of the IAAND, serving as the CR of Lebanon for two terms. Since January 2024, she has

taken on the role of International Projects Coordinator, contributing significantly to conferences in the Philippines and India. Currently, she is diligently working on securing a research grant for IAAND.

Rafika's research endeavors are evident in her two scientific articles currently under review: "Social Determinants of Health as Predictors of Healthy Weight Loss Behaviors and their Relationship with Cardiovascular Disease" submitted to the British Journal of Nutrition, and "Role of Resilience on General Health and Mental Wellbeing Among Syrian and Palestinian Refugees in Lebanon: A Mixed Methods Study" submitted to Conflict and Health.

Furthermore, Rafika has actively engaged in disseminating her knowledge through numerous presentations and contributions to media outlets at both national and international levels.

This combination of academic excellence, research experience and dedication to the IAAND leadership positions made her a valuable asset to the field. The IAAND extends its sincere gratitude to Rafika for her invaluable contributions and dedication.

Know any IAAND member that should be acknowledged or highlighted? Nominate them here. For more info, you can send an email to ncc@iaand.org.

Website Highlight/Resources

European Federation of Dietitians

EFAD aims to improve nutritional health and promote sustainable diets in Europe by advocating the leadership role for dietitians in collaboration with our members and stakeholders. EFAD was established in 1978 and is a not for profit organization that does not pursue any political, religious or financial ends.

You can register free for the newsletter as well as selected education seminars and other learning opportunities. EFAD is similar to the ICDN (International Confederation of Dietetics Associations) but focuses on the European continent national associations.

Religion Member Interest Group of the Academy

RMIG developed a Ramadan Toolkit for Nutritional Professionals. The latest version of the Ramadan Toolkit is now available at the Academy store. This guide serves as a comprehensive resource for dietetic, healthcare and foodservice professionals to provide culturally friendly services and education to their local Muslim communities during the month of Ramadan and beyond. The month of Ramadan, this year starting in March, comes with unique dietetic challenges. Therefore, it is an opportune time for food and nutrition professionals to become involved in Muslim community education initiatives.

The Ramadan Toolkit is approved for CPE Level: 1, CPEU: 2.25 (Valid Until May 2, 2027).

Components of the Ramadan Toolkit include a Practitioner's Guide; two community education PowerPoint presentations ((“Healthy Eating During Ramadan” with participant handout (Top Ten Tips) and “Healthy Eating During Ramadan for (Muslims) People Living with Diabetes”)); an editable flyer to promote a “Healthy Eating During Ramadan” event in your area; an additional resource serving Muslim Patrons following a Halal Diet; and a CPE Activity Assessment.

IAAND Virtual Conference 2025

Seeking Poster Abstract Submissions!

The IAAND will once again be hosting a virtual conference this year (see Save the Dates below). The theme is Building Global Nutrition and Dietetics Workforce Capacity.

We are seeking poster presenters on a variety of topics. Posters will be presented on display throughout the duration of the conference. From these submissions, four posters will be selected for oral presentation on April 5th. Application deadline is February 7th.

Apply here.

Save the Dates/Announcements: Upcoming Conferences and Events

IAAND's Coffee Hour
Join lively conversations on what nutrition and dietetics professionals are grappling with, trends around the world, histories, contexts and stories that line our future. We have free flowing, sprawling conversations with an intention that all voices are heard. We invite registrants and guests to introduce topics, ask questions and ASK for support. The show is on the 1st Saturday of every month at 10am CDT. Register anytime here.

Nutritionists-Dietitians' Association of the Philippines
70th Anniversary Annual Program
Manila, Philippines, 18-20 February

American Society of Parenteral and Enteral Nutrition
50th Annual Meeting (Columbus, OH, USA)
22-25 March (in person and virtual)

The IAAND Virtual Conference 2025
Building Global Nutrition and Dietetics Workforce
April 2, 5 and 9
More details will be shared soon!

The European Congress on Obesity and Weight Management
Barcelona, Spain, April 10-11
More details can be found here.

FOODPathS Festival: Building Tomorrow's Sustainable Food Systems Together
Burssels, Belgium, 20-22 May
The FOODPathS Festival will bring a variety of different stakeholders together, aiming to inspire collective solutions for sustainable change. FOODPathS is a project funded by the EC that aims to offer a concrete pathway and necessary tools for establishing an appropriate operational environment for the future European Partnership for Sustainable Food Systems for People, Planet and Climate, launched in 2024.

The American Society for Nutrition
Orlando, Florida, May 31-June 3
For more details, check here.

23rd International Congress of Nutrition, "Sustainable Food for Global Health"
Paris, France, August 24-29
Click here for more information.

Food and Nutrition Conference & Expo
Nashville, Tennessee, October 11-14
More details can be found here.
The Call for Abstracts submission period is January 1-February 17.

15th EFAD Congress 2025
Rethink. Reform. Sustain: Dietitians at the Forefront of Change
Clarion Hotel Malmö Live, Malmö, Sweden
24-25 October
Click here for more information.

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

International Affiliate of the Academy of Nutrition and Dietetics
iaand.general@gmail.com

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