ePassport

International Affiliate of the Academy of Nutrition and Dietetics

an affiliate of the Academy of Nutrition and Dietetics

March 2025

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Message from the Editor

Hello IAAND Community,

It's a very exciting and busy time as IAAND's second virtual conference is almost here (see details below in case you haven't registered yet)! The conference theme (Building Global Nutrition and Dietetics Workforce Capacity) is one that I believe will cover many important areas, relevant to us all. The IAAND BOD and Leadership Team look forward to welcoming you!

It's also election time so please do take a few minutes to preview IAAND's slate of candidates. It's always great to see new faces as well as repeat performers, who continue to dedicate time and passion to our profession!

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

IAAND Country Representatives' 3rd Quarterly Report

Compiled and edited by CR Chair, Rupal Shah, RD, MSc, CDE (India)

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/professional work that they have participated in during the 3rd quarter of FY 2024-2025. Feel free to reach out to any of the CRs if you find their work interesting, have questions about their country or about anything found in their reports. Their contact information can be located **here**.

Canada (Allana Kerr and Leslie Redmond)

Answered an inquiry via a call from a local Nova Scotia dietitian's group about relocating to Nova Scotia from the United States. Answered three other requests from RDs in the US about practicing in Canada, reciprocity for RDN status in British Columbia or Ontario, steps involved for transfer of licenses, job availability and sponsorship questions. All explained via Zoom and Google Meet. Discussed potential PR/networking opportunities to consider for the future (e.g., reaching out to relevant organizations such as post-secondary institutions and/or hosting a webinar).

Colombia (Christine McCullum-Gomez)

Hosted and invited guest speaker (Country Director, World Bank, Colombia) on February 26. Discussed how school feeding programs are key part of Colombia's Strategic Plan (2025-2028, January 1, 2025-December 31, 2028, UN World Food Programme) and Colombia's National Development Plan 2022-2026: "Colombia, world power of life." More specifically, in Colombia's Strategic Plan (2025-2028), in alignment with its national priorities (Outcome 2), it is stated: "Boys, girls, and young people benefit from comprehensive school feeding programmes that are culturally appropriate, and where possible, linked to local food production, contributing to food security, access to healthy diets and school retention."

Sweden (Liliana Löderup)

Answered request of RDN from Portugal (who contacted through the IAAND website) about job opportunities, language requirements, salary expectations and work environments in Sweden. Accepted requests to take portraits and was also included in the quarterly Colour of Photography magazine; obtained certification as Photographer of the Year. Continued to study Integrative and Functional Nutrition part-time.

Switzerland (Stephanie Fiorito)

Emailed current members to request regular virtual networking events. Answered query from a dietetics student who contacted via CR email to inquire about dietetics in Switzerland. Interacted as follows: Nutrition Care Process and Terminology Committee member, Disorders of Gut-Brain Interaction Working Group member and Dietitians in Integrative and Functional Medicine networking.

Free Webinars

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

IAAND 2025-2026 Slate of Candidates

Review the candidates now!

The slate of candidates for the 2025 IAAND election ballot and their information can be found at this **link.**

Thank you to everyone who submitted nominations!

Check out the slate of candidates for 2025-2026:

President-Elect:
Vilasavathi Venkatachalam, MSc, MS, RDN, CNSC

Country Representatives Chair:
Vandana Sheth, RDN, CDCES, FAND

Nominating Committee Chair-Elect 2nd seat:
Ahlam El Shikieri, PhD, MBA, cPHNutr

Professional Development Chair:
Rasha Al-Aseili, MPH

From now until April 10th, there is a 30-day write-in period during which members can propose write-in candidates (5% membership required). A minimum of 200 signatures is needed to propose a write-in candidate for BOD positions.

Spring Cultural Holidays and 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.

Submitted by Judy Beto, USA

Spring Holidays around the world include a few of these events:

- Holi (India): Celebrates end of winter and beginning of spring
- Songkran (Thailand): Marks beginning of Thai New Year
- Spring Equinox at Teotihuacan Pyramid (Mexico)
- Flower Parade of the Bollenstreek (Holland)
- Sham el Nessim (Egypt)
- Nowruz, Persian New Year (Iran)
- Equinox Celebration at Stonehenge (England)
- Mărțișor (Romania)
- Fallas of Valencia (Spain)
- Hanami (花見) in Tokyo (Japan)
- Yeouido Cherry Blossom Festival in Seoul (South Korea)
- Skagit Valley Tulip Festival in Washington State (USA)
- Tulip Festival in Holland, Michigan (USA)

Here in Seattle, our cherry blossoms will probably bloom the first weeks in April like the cherry blossoms in Japan and Washington DC. It is all about the warm air to turn the buds to blooms.

This year (2025)

Ramadan began on Friday, February 28 and ended on Saturday, March 29.

Passover begins at sundown on Saturday, April 12.

Easter (Christian) begins with Palm Sunday on April 13, Good Friday on April 18 and culminates on Easter Sunday, April 20

My own family, who immigrated from Slovakia, always includes a slow-cooked red cabbage dish. My great grandmother and Aunt Anne shared that it would be used to finish the “storage” of cabbage and apples that were found in the cellar all winter. Sometimes the cabbage would be “soft” not crisp after months in the cellar, even when wrapped in fabric or stored in barrels. The green onions would be just coming up in the garden. I am sharing the red cabbage dish that I will also make for my family on Easter Sunday. I have a food processor to chop the cabbage up, but I still remember chopping by hand with a knife under the watchful eye of my relatives!

Slovak Red Cabbage

Ingredients:

-1 head of red cabbage, chopped fine (remove outer tough leaves and inner white core)
-1 bunch of green onions (scallions) – chopped fine, discard roots
-2 stalks celery, finely chopped with leaves
-4 slices, thick bacon (or for vegetarian, omit and add 1 T vegetable oil)
-I apple, grated or finely chopped with- peel
-2 T apple cider vinegar
-2 T water

Instructions:

In a heavy large pot, add all ingredients into pan except apple cider and water.

Heat gently until bacon begins to render the fat.

Continue to cook on low heat until the vegetables become limp and start to dry out.

Add cider vinegar and water. The cabbage will change color.

Continue to cook until very soft and starts to brown on the bottom. This may take 30-40 minutes. Stir every 10 minutes.

This dish can be made ahead and reheated.

Yield: Side dish for 8 people.

(Photo with permission from **All Kitchen Colours**.)

Apply for IAAND Educational Stipends! Deadline April 30th.

Twice annually, IAAND competitively selects member applications to receive one of the following three educational stipend awards to attend or present at a food/nutrition-related educational event, such as a conference or workshop:

(1) Two $250 member (student/non-student) stipends to attend an event, and
(2) One $500 stipend for a member from any membership category to present at an event.

To be considered for an educational stipend, applicants must meet membership criteria, have completed the application form according to the guidelines and have not been awarded a stipend within the past three year. All stipends are awarded in USD after the event has occurred and only after all stipend awardee requirements have been fulfilled.

For an educational event held between June 1st and December 31st, the application deadline is April 30th.

For an educational event held between January 1st and May 31st, the application deadline is November 30th.

All applications must be submitted online. More information can be found **here.**

NOTE: To access application you must first LOG IN as a member.

IAAND Member of the Month March 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 Sruthi Kuruvath from Dubai.

Sruthi is a dedicated and experienced Clinical Dietitian with a strong academic background and passion for patient-centered care. She holds a Master of Science in Nutrition and Dietetics from the University of Calicut, Kerala, and has pursued additional certifications in Integrative and Functional Medicine, Maternal and Fertility Nutrition and Advancing Patient-Centered Clinical Nutrition from prestigious institutions such as Harvard T.H. Chan School of Public Health and Panacea Health Education.

Currently, Sruthi works at the renowned American Hospital in Dubai, where she is actively involved in developing individualized meal plans, optimizing nutritional support and mentoring dietetic interns. Her expertise extends to working with oncology patients, taking a comprehensive approach to understanding their nutritional needs and providing tailored care. She has also contributed to the development of department policies and procedures, ensuring the delivery of high-quality nutrition care to patients. Prior to her role at the American Hospital Dubai, Sruthi worked at Abela and Co / American Hospital Dubai, where she actively participated in interdisciplinary team meetings and conducted nutrition education sessions for patients and staff.

Sruthi is an active member of IAAND, serving as a key member of the IAAND X (formerly Twitter) Team. She plays a vital role in helping the organization connect with dietitians around the world through this platform, facilitating global collaboration and knowledge sharing.

With her extensive clinical experience, commitment to ongoing education and active involvement in IAAND, Sruthi continues to make invaluable contributions to the field of nutrition. The IAAND is proud to recognize her dedication and efforts in advancing the practice of dietetics globally.

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

Nutrition Advance

This website is hosted by Michel Joseph, MSc, ANutr, a registered dietitian from Australia.

Example of how to use: Click the "food" tab and then "fruits". There are 54 fruits listed in alphabetical order. You can click on the fruit and the nutrition information pops up with a picture of the fruit. The same applies for vegetables and other categories. The website nutrition data is linked to the USDA Food Database.

IAAND Virtual Conference 2025

Join us for our second annual virtual IAAND conference! Registration is now open! The theme is Building Global Nutrition and Dietetics Workforce Capacity.

Educational sessions will take place on April 2 and 9. Live networking opportunities will take place on April 5. Register **here.**

Ticket prices range from $10-$40. Click **here** to see more on pricing tiers.

Check out our **agenda** for session descriptions.

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.

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.

New Members and Supporters

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

BULGARIA
Anita Ivanova

GHANA
Musherifa Amadu

INDONESIA
Rodlia Dyah

ITALY
Paola Calgaro

MALAYSIA
Zuriati Ibrahim

PAKISTAN
Benash Sarwar

SAUDI ARABI
Ghada Aloufi

SOUTH KOREA
Minji Kang

UNITED STATES
Shouq Alsulami
Jennifer Brewer
Tugba Demir
Christina Nelms
Eric Otoo-Annan
Danielle Rizzi
Agata Siegenthaler
Anne Vipperman-Cohen
Y Vu

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