

SVAND WINTER 2017 NEWSLETTER



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President's Message

Hello Members!

2017 is off to a swift start and we have a number of exciting events on the horizon! Here's a quick summary of what's currently going on in our local organization and state organization:

SVAND continues to work hard in preparation of hosting the **Virginia Academy of Nutrition and Dietetics Annual Meeting** on **March 26-28, 2017 at The Inn of Virginia Tech**. Please consider supporting SVAND in its efforts by doing the following:



- **Attend the meeting!** Attendance is a vital component of the success of this event and it is a wonderful, local opportunity to earn up to 20 continuing education credits. Even more valuable are the many opportunities throughout the meeting for networking with other dietetics professionals from throughout the state.
- **Volunteer!** If you are interested in contributing time as a meeting volunteer (every person makes a difference!) please email us at svandpres@gmail.com and we'll put you in contact with our wonderful meeting co-chairs, Kimberly and Kerri.

On a statewide level, VAND will be holding its annual **Legislative Day** on Thursday, February 8th. Last year VAND had 150 dietitians from across the state present to represent the organization during the Virginia General Assembly – let's see if we can top that this year! Please read further into the newsletter for more information regarding this exciting event.

Once again, we are working towards offering a fun-networking event in honor of National RDN Day on March 8, 2017. Stay tuned for details!

In April we will be holding our next round of **SVAND Board Elections**. If you are interested in running for the position of President-Elect, Secretary or Nominating Committee, or would like to nominate someone for these positions, please send your nomination to our Leadership Chair, Rachel Werkheiser, at rawerkrd@gmail.com. Detailed descriptions of these positions are available on the SVAND website under About Us > Board Members.

Finally, if you haven't already done so, I encourage you to **renew** your SVAND membership or **join** if new and share in the many benefits of membership! Be sure to note that any membership renewals through April 30, 2017 are good for the membership year of June 1, 2016 through May 31, 2017.

Sending you warm winter wishes,
Kristen Chang, MS, RDN, CSSD SVAND President svandpres@gmail.com

Book Review by Stephanie Burner, Virginia Tech Dietetics Undergrad

The Dorito Effect: The Surprising New Truth About Food and Flavor

By Mark Schatzker Simon & Schuster (2015)

When is the last time that you have cooked a chicken breast and seasoned it with just a little salt and pepper? Chances are that more than just salt and pepper are needed to give that chicken breast the flavor you are looking for. The vegetables that are grown and the chickens that are raised in today's food industry are grown for quantity, not quality. When the demand for chicken and vegetables increased in the 1950's, farmers began to breed chickens and vegetable varieties for a higher product yield. In the midst of this process, flavor and nutrition were lost. Due to a lack in flavor, food is now victim to what Schatzker calls "The Dorito Effect". Our body's relationship with food is lost because synthetic flavors are used to make these bland foods taste better, and we are eating food that tastes like something that it is not. Schatzker is a food journalist who spends time traveling and researching the topics he writes about. He writes in a way so that health professionals as well as the lay public can relate. In the words of Schatzker: "The Dorito Effect, very simply, is what happens when food gets blander and flavor and the technology gets better."

Schatzker uses research and ideas from other professionals to form his own opinions on how flavor is addicting Americans to the wrong kinds of foods. Many studies are described to help the reader understand Schatzker's opinions on flavor. A lengthy bibliography is included with a list of all the resources Schatzker referenced. A number of studies are mentioned that suggest when our bodies need a certain nutrient, we will crave foods with flavors that can fulfil our body's needs. For example, someone craving an orange may fulfil that craving with an orange soda. In reality you are fulfilling your craving with orange-

The book questions whether nutrition and flavors go hand in hand. If flavor is lost, is nutrition lost as well? A study from the *Journal of American College of Nutrition* compared the nutrients of vegetables from 1950 to the nutrients of vegetables from 1999. The study concluded that the vegetables of 1999 had significantly less nutrients than the vegetables of 1950. If Schatzker is accurate in stating that produce has lost flavor over the years, there certainly is a correlation between flavor and nutrition.

Schatzker does a great job organizing the chapters to really help the reader fully understand the "Dorito Effect". The book starts by explaining the history of how food started containing more flavoring and how flavor scientists and food companies started working together to attract customers (maybe a little too much). Then there is a change of pace, to why our bodies are attracted to certain foods and how synthetic flavors are tricking our bodies. Just when the reader starts to think the food industry is in a downward spiral, the book leaves you with some hope. Flavor technology may be able to reverse the flavor and nutrition damage that has been done.

Though Schatzker forms his own opinions based on the facts he presents, this book presents a lot of research and provides information that we as health professionals can relate to. It will make you look at food in a different way and make you realize that the food industry uses synthetic flavoring in foods that do not need to be flavored. This is a valuable read and will leave you believing that, in the words of Schatzker, "Nothing tastes like what it is anymore. Everything tastes like what we want it to taste like."

HOKIE Highlights: Updates from the Virginia Tech Dietetic Interns

As the holiday season began, the Virginia Tech dietetic interns in Blacksburg wrapped up their clinical rotations. Each intern had unique experiences at their sites that developed strong foundations for their futures as registered dietitians.

Audra Kramer and **Lindsey Evans** completed the majority of their clinical work at Carilion Roanoke Memorial Hospital. Their days at RMH were filled with educational experiences; they spent one day in the NICU, observed both a cardiac catheter placement and a PEG placement, witnessed hypothermia protocol, and saw a patient on extracorporeal membrane oxygenation (ECMO).

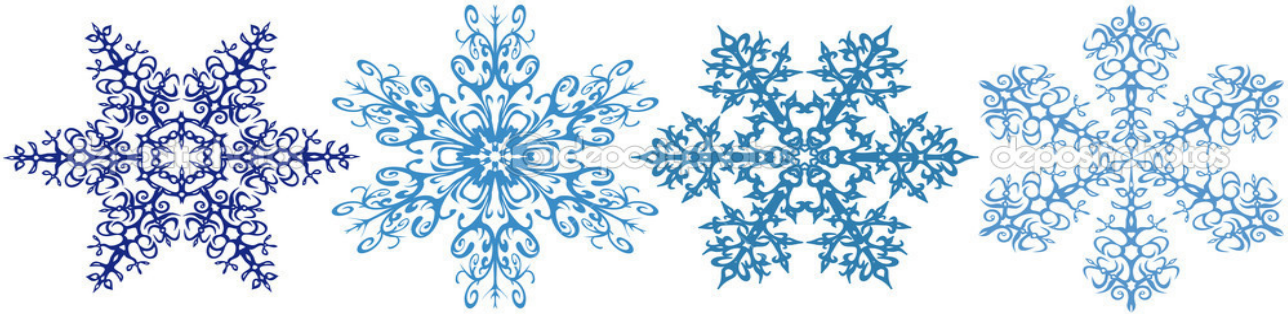
Amanda Brooks and **Amelia Ritchie** were placed at the Salem VA Medical Center. There, Amanda taught an outpatient diabetes education course with a telemedicine component, and Amelia was able to observe a bedside Dobhoff tube placement using a CORTRAK Enteral Access System. **Ashley Bubb** did her clinical rotations at Lynchburg General Hospital, where she had the opportunity to observe a transcatheter aortic valve replacement (TAVR) procedure, a cardiac surgery for those deemed too high risk for coronary artery bypass grafting. She and two RDs from Lynchburg General also hosted a Nutrition-Focused Physical Assessment workshop for preceptors and interns to raise awareness of the prevalence of malnutrition and how to assess for it.



Tyler Epperson was at LewisGale Pulaski, where he was able to observe a Modified Barium Swallow in the hospital's radiology department. **Keya Dunford**, who interned at LewisGale Montgomery, taught TLC diet education for a cardiac rehabilitation class. Additionally, she participated in the Grand Fosters program with the seniors and Head Start kids at Warm Hearth Village. **Ashley Madura** completed her clinical rotations at the LewisGale Medical Center in Salem. There, she was given the opportunity to see TPN mixing in the pharmacy lab and watch a bedside PEG tube placement. She also taught several classes, including giving presentations to hospital employees on healthy eating and weight management.

As winter continues and the New Year begins, the VT dietetic interns will be starting their community nutrition rotations. They will each be working with multiple programs including Roanoke City Schools, PACE, TAP Head Start, VT Hokie Wellness, Virginia Cooperative Extension, American Heart Association, Head Start, Family Nutrition Program, Montgomery County Schools, Healthy Roanoke Valley, and the Blacksburg Children's Museum.

SVAND News



VAND Scholarship Deadlines are quickly approaching on January 31st

Don't miss out on the opportunity for this valuable member benefit!

The **MARGARET MACDONALD MEMORIAL SCHOLARSHIP (\$1,000)** is awarded on the basis of scholastic achievement and promise of excellence in the profession of dietetics.

Eligibility: 1) Be a graduate (or in final semester of program) of a Virginia college or university, at the time of award. 2) Be eligible for a dietetic internship or other approved supervised practice program.

The **GRADUATE SCHOLARSHIP (\$1000)** is designed to support an increase in knowledge base and experience of a VAND member.

Eligibility: 1) Have been a member of the VAND for at least one year. 2) Be a resident of Virginia at the time of application. 3) Have been accepted into a graduate study program at the time the award is presented and plan to complete at least two courses per academic year.

For complete application information, visit: <http://eatrightvirginia.org/students/>.

Don't forget to check out other scholarship and financial opportunities through the Academy's Foundation: <http://eatrightfoundation.org/scholarships-funding/#Scholarships>

Member Awards

The SVAND Board has the privilege of nominating members for the **RECOGNIZED YOUNG DIETITIAN** award (<35 years of age) and the **EMERGING DIETETIC LEADER** award (5-10 years of consecutive practice).

If you would like to make a recommendation to the SVAND Board, please contact District Awards Chair, Mary Jean Miller, m-miller@radford.edu by January 20th.

Mark
Your
Calendar



Legislative Day- February 8, 2017
Help VAND make an impact!



VAND will be holding their annual Legislative Day on Wednesday, February 8th in Richmond.

Stand with RDNs, NDTRs, and students from around the state as we discuss nutrition with legislators in Virginia's General Assembly and earn 1.5 CPEUs in the process. Registration is \$25 for members and available at the following link: [VAND Legislative Day Registration](#).

SVAND will be offering mileage reimbursement for members attending who carpool with at least 2 other SVAND members in their vehicle. If you wish to carpool, please contact Kristen Chang at svandpres@gmail.com.



RDN Day Celebration - March 2017 (details to follow)



*****VAND Annual Meeting*****
March 26-28, 2017
at the Inn of Virginia Tech in Blacksburg
Registration Opens January 31st
Visit eatrightvirginia.org/annual-meeting for more
information