

SPRING 2022 • VOLUME 2 / NUMBER 1



ANDIA NEWS

The Official Newsletter of the Adventist Nutrition & Dietetics International Association





IN THIS ISSUE

- 01** **Message from the President**
- 02** **Message from the Editor**
- 03** **Historical Reflections of Adventist Nutrition & Dietetics:
Dr. U.D. Register**
- 07** **Hot Topic: Canned Foods in a Pandemic and Beyond**
- 09** **Plant-Based Cooking Corner: Italian-Style Green
Banana Alfredo**
- 10** **Program & Student Highlights: University of the
Southern Caribbean**
- 11** **Member Spotlight: Cory Gheen, MS, RDN, CEC, CCE**
- 13** **ANDIA Updates**
- 16** **Introducing ANDIA's 2022-2023 Executive Committee**

Copyright © 2022 *ANDIA News*, the official newsletter of the Adventist Nutrition and Dietetics International Association. All material appearing in this newsletter is covered by copyright law and may be photocopied or otherwise reproduced for non-commercial scientific or educational purposes only, once the source is acknowledged. For all other purposes, the written consent of the editor is required.

Disclaimer: The views expressed in this newsletter are those of the authors and do not necessarily reflect the policies and/or official positions of ANDIA. The information presented in this newsletter is for informational purposes only and shall not be used to diagnose, cure, or treat any medical, health, or other condition. Further, the information should not be substituted for individual patient/client assessment based on the professional's examination of each patient/client and consideration of laboratory data and other factors unique to the patient/client. ANDIA does not endorse any products or services from the organizations and companies mentioned in this issue of *ANDIA News*. Information published in *ANDIA News* shall not be used for legal, tax, or financial advice.

MESSAGE FROM THE PRESIDENT

John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM



Dear ANDIA Member,

I am honored to serve as your new president for 2022. I am confident that this will be a big year for ANDIA, as our organization grows with new members, offers more

member services and benefits, develops a strong financial foundation, and expands our nutrition and health global outreach.

Today, we live in an interesting, challenging, and yes, even a very strange time in world history. With the current pandemic, along with the worldwide turbulent political, military, environmental, religious, and cultural issues and conflicts facing many nations, there is much to be concerned about. Yet, as an international Seventh-day Adventist Christian health organization, ANDIA, with members like you, have a tremendous opportunity to make a positive impact on the health and wellness of the people we serve worldwide. As Seventh-day Adventists, we have a unique health message to present to and share with the world.

Several years ago, an article on the health of Seventh-day Adventists appeared in the *Saturday Evening Post* magazine, stating; “Probably no other religious movement, ancient or modern, has put greater emphasis on diet and nutrition than the Seventh-Day Adventist Church” (1). Adventists have been longtime leaders in promoting a healthy vegetarian lifestyle, not only from a Biblical standpoint but from a scientific one as well. The church’s emphasis on diet and nutrition is a vital part of the Seventh-day Adventist healthy lifestyle DNA. The words, “Adventist” and “Seventh-day Adventist”, have become part of medical terminology used in peer-reviewed scientific

publications. Adventist colleges and universities that offer degrees in the foods and nutritional sciences, dietetics, and public health nutrition fields of study have become highly respected. Adventist lifestyle centers and medical institutions have had a longstanding reputation in offering vegetarian menus and clinical nutrition counseling and education to its patients, clients, and communities they serve. Our churches are known for conducting community vegetarian cooking and nutrition classes. ANDIA is just beginning to become known as a leading professional organization of dietitians, nutritionists, and health professionals who represent the Adventist health-promoting lifestyle. Because of the increased knowledge and interest about the Adventist plant-based diet and lifestyle and the Loma Linda, California “Blue Zone”, the world wants to learn more about Seventh-day Adventists. This is a tremendous opportunity for ANDIA members to share our diet and nutrition knowledge with the world.

Beginning this year, in an effort to build a stronger financial foundation for our organization, ANDIA will be charging a nominal membership fee. If you have not yet joined ANDIA or renewed your membership for 2022, please do so [here](#). Further details regarding the various membership categories can be found on page 14 or by visiting our [website](#). We appreciate any additional financial contributions you can make on the [website donation page](#) to help further the work and mission of ANDIA.

Thank you in advance for your 2022 membership and support of ANDIA.

Sincerely,

John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM
President (2022)



MESSAGE FROM THE EDITOR

Neosie Morris, MPH



Dear Reader,

We are well into another year and what a blessing it is to be alive. It is my pleasure to serve as the newsletter editor this year as we continue to promote the mission of ANDIA.

In this issue, we highlight canned foods, its contribution to an overall healthy balanced diet, and share tips for selecting nutritious options. We take a look at the nutrition programs offered at the University of the Southern Caribbean in Trinidad and Tobago, in the program highlight

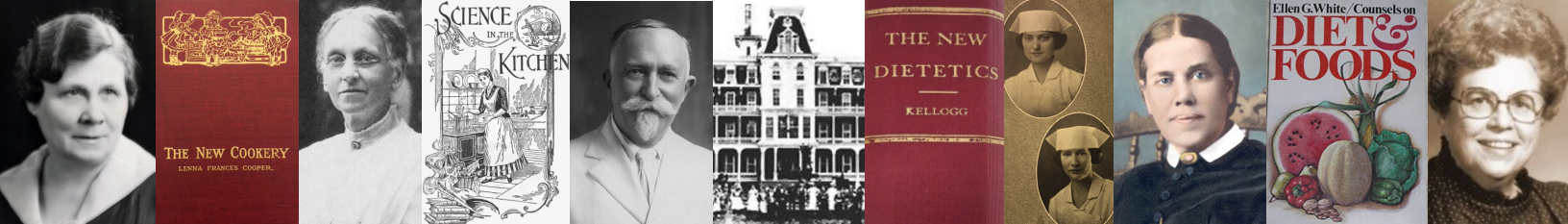
section. The member spotlight is on Cory Gheen, executive chef, and professor at Loma Linda University. The life and work of Dr. U.D Register, is covered in our column, “Historical Reflections of Adventist Nutrition & Dietetics”.

In keeping with National Nutrition Month, we celebrate the rich flavors from around the world with a Green Banana Alfredo recipe which marries Italian and Caribbean flavors in a delicious plant-based dish.

Thank you to those who contributed to this issue. We appreciate your continued support.

Neosie Morris, MPH
ANDIA News Editor (2022)

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”. Philippians 4:6-7



HISTORICAL REFLECTIONS OF ADVENTIST NUTRITION AND DIETETICS

This column explores the historical legacy of the Adventist nutrition and dietetics work and ministry, through articles and reprinted writings of Adventist nutrition and dietetics pioneers, for historical and educational purposes.

“Mr. Nutrition”

Dr. U.D. Register – Biochemist, Loma Linda University Nutrition Professor, and the Diet for Mars

By John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM



Dr. U.D. Register

Ulma Doyle Register was born into a family of five children on February 4, 1920, in West Monroe, Louisiana. He developed a love for chemistry as a child when he first received a chemistry set. In high school, chemistry was his favorite subject.

He went on to study chemical engineering at Louisiana State University and then transferred to Madison College, a Seventh-day Adventist college located in Madison, Tennessee, where he received his B.S. degree in 1942. Three days after his graduation, Register married Helen Hite, a young woman from Texas.

Biochemist, Vegetarian Food Products Scientist, Vitamin B12 Researcher

In 1944, Register received his master's degree in organic chemistry from Vanderbilt University in Nashville, Tennessee. During this time, he was also working as a research chemist for Madison Foods, to improve the nutritional value and

palatability of health foods. Madison Foods was a vegetarian health food company affiliated with the college that pioneered the manufacture of soy food products. Register's research work contributed to the development of these vegetarian food products. It was during his years in Madison, Tennessee that he adopted a vegetarian diet, a practice he followed enthusiastically for the rest of his life.

Register went on from Madison Foods to spend two years in the United States Army. During a portion of his military time, he served in the army's nutrition division. In 1950, he began a three-year fellowship at the University of Wisconsin, where he earned a Ph.D. in biochemistry with a research emphasis on the then little-known vitamin B12. Following his education at the University of Wisconsin, Register spent one year at Tulane University in New Orleans for a postdoctoral fellowship in human nutrition. While at Tulane, he set up their vitamin B12 laboratory. The study of vitamin B12 remained his lifelong interest.

Loma Linda Professor and Mentor to Students

In 1951, Dr. Register became a professor in the Department of Biochemistry at the Loma Linda College of Medical Evangelists (now known as Loma Linda University School of Medicine). He spent much of this time in research and organizing graduate studies. In 1958, Dr. Register, as a freshman class sponsor for the School of Medicine, was loved by students because of his kind and helpful nature, assisting them by explaining answers to questions in difficult subjects. Students also visited Dr. and Mrs. Register in their home for daily evening worship, singing hymns, reading scriptures, and praying together. Dr. Register became highly respected by his students as both a man of science and a man of faith.

Loma Linda University School of Public Health and the Department of Nutrition

In 1948, the School of Tropical and Preventive Medicine was established at the Loma Linda campus by two physicians, Dr. Bruce Halstead and Dr. Harold Mozar. In 1964, the school evolved to change its structure to become the Loma Linda University School of Public Health. In 1967, the School of Public Health began offering MPH degree courses and established a Department of Nutrition. In 1968, Dr. Register became the first Chair of the new nutrition department.

During his early years as Chair, Dr. Register discovered that not everyone was enthusiastic about his advocacy of a vegetarian lifestyle. During that time, graduates from the department's dietetics program were not recognized by the American Dietetic Association (ADA), primarily because of the ADA's bias and negative attitudes towards the program's emphasis on vegetarian diets. Dr. Register was determined to change the negative perception towards vegetarian nutrition, and he did. He developed a strong academic and research program in the department. Through scientific research both in humans and animals, he

and other faculty members demonstrated the nutritional adequacy of vegetarian diets. Their research showed that plant proteins in healthy vegetarian diets could provide the essential amino acids. The department's pioneering nutrition research work led to the acceptance of vegetarian diets and the California Nutrition Council elected Dr. Register to become their third president. In 1969, he was invited to participate in the first White House Conference on Food, Nutrition and Health. Later in 1972, he was invited to speak on vegetarian diets at the 55th annual meeting of the American Dietetic Association. In 1974, he was invited by the Food and Nutrition Board of the National Research Council to write their statement on vegetarian diets. Dr. Register later was one of three authors of "The Vegetarian Diet: Food For Us All", educational literature produced and published by the American Dietetic Association. Kathleen Zolber, PhD, RD, former Director of the Nutrition and Dietetics program at Loma Linda University and Past President of the Academy of Nutrition and Dietetics, credited the document as the beginning of the American Dietetic Association's acceptance of vegetarian diets as reasonably healthful.

Spreading the Adventist Diet and Nutrition Message to the Public and Through the Media

Early in his career, Dr. Register recognized the importance of nutrition education and sharing the Adventist vegetarian diet and nutrition message, as well as the latest research, to the general public and through mass media. Affectionately known as "Mr. Nutrition", he had a skill in explaining complex nutrition information in a clear and understandable way to his audiences. He traveled across the nation and around the world, sharing his knowledge on vegetarian nutrition. Dr. Register recognized the advantages of utilizing the mass media to get his message out. Working with his wife, Helen, they became an integral part of the *It's Your World* nationwide healthy lifestyle-focused television program, hosted by the famous

television personality, Art Linkletter, which was sponsored by the Seventh-day Adventist Church. The Registers also engaged in a weekly radio broadcast on nutrition, hosted by Mrs. Register and produced at the School of Public Health.



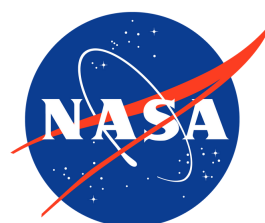
Art Linkletter - Television
Host of Adventist television
program, *It's Your World*

Dr. Register and the Diet for Mars – Vegetarian Nutrition and Space Exploration

On July 16, 1969, history was made when American astronauts, Neil Armstrong and Buzz Aldrin, first landed and walked on the moon in the Apollo 11 space mission. NASA continued with further Apollo manned moon landings and exploration of the moon's surface, with the last trip to the moon on December 7, 1972, with Apollo 17. NASA then began research and planning for a potential future manned space mission to Mars.

In 1980, it was announced in classes at the LLU School of Public Health, that Dr. Register had been selected by NASA to be a consultant in planning astronauts' diet for a potential future trip to Mars. NASA's research indicated at that time, that manned space travel to Mars and return to Earth, would involve a few years of time. As a result, the astronauts would have to rely on a vegetarian diet for the majority of the trip and would involve growing plants on the spacecraft for food. With Loma Linda University's expertise in vegetarian nutrition, NASA scientists recognized the need to consult with the university. NASA contacted the LLU Department of Nutrition and talked with Dr. Register to request his assistance with the project. Dr. Register agreed to be a consultant to NASA and worked closely with

LLU nutrition and dietetics professor, Dr. Kenneth Burke, on the Mars diet project as Dr. Burke was very knowledgeable in regards to the development of nutritional food products. Not much is known about what transpired between Dr. Register and NASA regarding their discussions and planning on the astronaut's diet for Mars. However, the fact that NASA recognized Dr. Register and Loma Linda University as experts at that time in history, in the little-known field of vegetarian nutrition, is quite remarkable. For about three decades following Dr. Register's initial contact with NASA, due to U.S. political decisions and budgetary cutbacks, NASA set aside the Mars project to focus its primary attention on the International Space Station and Space Shuttle programs. Over the past several years, there has been a growing resurgence of interest in moving forward in the manned space exploration of Mars. Much of this interest has been driven by entrepreneurs such as Elon Musk, CEO of Tesla and SpaceX. Musk and his SpaceX team of scientists and engineers have a passion in sending manned space missions to Mars and even having humans live on Mars within the next decade. Currently, Musk's SpaceX company is being contracted by NASA for upcoming space projects, including new manned flights to the moon in preparation for travel to Mars. It is interesting to note that while NASA's initial discussions with Dr. Register regarding the vegetarian diet and space travel to Mars took place over 40 years ago, this topic is still actively talked about today. Science and technology writer, futurist, and popular TEDTalk speaker, Stephen Petranek, says that future astronauts traveling to and living on Mars "...will be vegetarians whether they like it or not, since animals are radically less efficient to grow".



Dr. U.D. Register (1920-1997) – Scientist and Gentleman

Register passed away in his Loma Linda home on July 17, 1997, from an accidental fall. In commenting on Dr. Register's many awards and recognitions that he had received over his long career, Patricia K. Johnston, DrPH, MS, MPH, LLU Emeritus Professor and former Dean of the School of Public Health stated, "Throughout all the recognition, he remained the humble and caring man he had always been, a man thoroughly dedicated to what he believed in. "Reg" was much more than a mere scientist, researcher, academician, or administrator. He was the truest of gentlemen, one whose optimism, patience, and encouraging ways are missed."

I am grateful to the late Richard A. Schaffer, and also to Patricia K. Johnston who prepared most of the biographical information on Dr. U.D. Register that I used extensively in preparing this article. References to their biographical article are listed below.

References

1. Schaeffer, RA. Ulma Doyle Register (1920-1997), encyclopedia.adventist.org, ISSN 2690-8514.
2. Johnston, PK. Dedication: UD Register, 1920-1997, Am J Clin Nutr 1999;70(suppl):433s.
3. Westerdahl J. personal conversations with Dr. U.D. Register and memories of being in his classroom, Loma Linda University School of Public Health, 1979-1981.
4. Westerdahl J. personal conversation with Bert Connell, PhD, RD, regarding Loma Linda University nutrition and dietetics professor, Kenneth Burke, PhD, RD and Dr. Burke's involvement in collaborating with Dr. U.D. Register on the diet for Mars project, March 4, 2022.
5. Petranek, SL. How We'll Live on Mars. 2015, New York, NY: TED Books Simon & Schuster, Inc.



John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM is a Past Chair of the Vegetarian Nutrition and Dietetic Practice Group of the Academy of Nutrition and Dietetics. He is currently in private practice as a nutrition and lifestyle medicine consultant in Thousand Oaks, California. His weekly national radio talk show, Health & Longevity, is broadcast on the LifeTalk Radio Network.





CANNED FOODS IN A PANDEMIC AND BEYOND

By Angela Vince Saunders, MA, RD

Many of us throw the occasional can of lentils or an extra can of diced tomatoes in a pasta sauce. Or maybe a can of corn in a salad. But canned foods can be used widely as cheap, delicious pantry staples that can help you meet your daily nutrition goals and veggie intake without breaking the budget.

Most children and adults do not eat the recommended amount of vegetables each day. And during the Covid-19 pandemic, with snap lockdowns sometimes making it difficult to access fresh fruit and vegetables, canned foods with a long shelf life can be a great option.

So, how healthy are canned foods?

Dietitians encourage the use of canned foods such as canned fruit, vegetables, and legumes especially when fresh isn't so accessible. They can be just as good for you – and in some cases, better than their fresh counterparts. Canned foods can be nutritionally equivalent to fresh because they are packed in the cans almost immediately after the produce is picked.

Minerals, such as iron and zinc are certainly not affected. Protein and carbohydrates are maintained, as are antioxidants. The only vitamin you would affect with the cooking would be your

water-soluble vitamins, such as vitamin C and B vitamins, although in a balanced diet that is not going to be an issue.

And when it comes to tomatoes, canned trumps fresh. With tomatoes, lycopene (a plant nutrient with antioxidant properties) is increased when it's cooked or canned. Research shows lycopene may help decrease rates of prostate cancer.

Any other benefits?

Canned food also has lots of benefits when it comes to reducing food waste. When you buy fresh fruit or vegetables, you often end up throwing some out. But you tend to use an entire can of food, with no waste.

And for those on a strict budget, canned foods are generally cheaper than fresh fruits and vegetables, making them an economical option.

Full of beans

Legumes and beans are a great addition to a healthy, balanced diet. But, in their raw form they can require soaking overnight and hours and hours of cooking to get them right.

Canned legumes and beans – such as kidney beans, garbanzos, lentils and even borlotti beans –

can easily sit for long periods on your pantry shelf, ready to use for a quick, healthy meal or even a snack. Best to give them a quick rinse and drain before using them, to get rid of most of the sodium.

Remember, though, if you're cooking with garbanzos, to preserve the liquid. Known as aquafaba, it can be used as a plant-based egg replacement.

What should I be looking for when it comes to canned food? And is there anything I should avoid?

Canned foods with no added sugar and salt are going to be best for maintaining a healthy diet, so make sure you're reading the labels. Also look for fruit in natural juice, not syrup.

And remember, shoppers should avoid swollen, severely dented and leaking cans. Swollen cans are a sign 'all is not well inside'. Leaking cans can indicate a failure in the processing. It's

important you throw away any canned food with an unusual odour. Also make sure you check the label for the use-by date.

So, what's in your pantry?

Dietitians' pantries are almost always well stocked with a variety of canned fruits (in natural juice, of course), canned vegetables such as tomatoes and corn, as well as a variety of legumes and beans. Even baked beans!

Some people prefer to cook their own legumes, in the slow cooker or pressure cooker, but now there's such a variety of canned legumes on the shelves, there is almost no need to cook your own. Canned are quick, nutritious, and economical. So – be sure to stock your pantry with these dietitian favorites!

Adapted from

<https://www.sanitarium.com.au/health-nutrition/vegetarian-eating/canned-food-recipes>



Angela Vince Saunders is an Accredited Practicing Dietitian, with a Master of Arts in Leadership and Management (Health Services) and a BSc in Dietetics from Loma Linda University (1979). Angela worked as the Senior Dietitian for Science and Advocacy at Sanitarium Health and Wellbeing, Australia. She was coordinating editor and co-author of the Medical Journal of Australia 2013 supplement "Is a Vegetarian Diet Adequate?" and co-author of several book chapters on vegetarian/vegan nutrition.

**FOLLOW US
ON SOCIAL MEDIA**



[Adventist Nutrition and Dietetics International Association](#)



[@adventistdietetics](#)

Here, we post the latest ANDIA news and events, healthy recipes, member spotlights, and more!



PLANT-BASED COOKING CORNER

Featured Recipe: Italian-Style Green Banana Alfredo

Provided by Davina Gayle-Harris

INGREDIENTS

- 20 green banana fingers
- 1/2 small white onion, diced
- 1 medium tomato
- 2 spring onions
- 1 small nopal or tuna leaf
- 1 tablespoon vegetable oil

Cashew cream

- 1 cup of cashew nuts, soaked overnight
- 1/8 teaspoon salt (optional)

Sunflower onion cream

- 2 tablespoons sunflower seeds, lightly toasted
- 1 large onion
- 2 cloves garlic
- 2 tablespoons cashew cream
- 1/8 teaspoon salt
- 2 tablespoons water

Servings: 10

Nutrition Information (per 322 grams):

Calories: 402 kcal

Carbohydrate: 71 g

Protein: 8 g

Total Fat: 14 g

Dietary Fiber: 2 g

Sodium: 65 mg

METHOD

1. Make cashew cream by blending soaked cashew nuts and 1/8 teaspoon salt until velvety smooth, then set aside.
2. To a blender, add sunflower seeds, onion, garlic, 2 tablespoons cashew cream, salt, and 2 tablespoons water. Blend until smooth. Add more water if needed to get a thick creamy consistency.
3. Peel green bananas and rest in a bowl with cold water. Bring a pot of water to a boil then add green bananas. Cook for 25 minutes.
4. Drain and slice boiled green banana fingers into 1-inch pieces and set aside in a bowl.
5. Add oil to a pan. When hot, sauté white onion, tomato, spring onions, and nopal. Add green bananas and salt to taste.
6. Add 2 tablespoons of cashew cream and 2 tablespoons sunflower onion cream. Sauté for 30 seconds then remove from heat to a serving dish. Top with a spoon of cashew cream and some nutritional yeast.



About the Contributor:

Davina Gayle-Harris is a Jamaican and an associate member of ANDIA. She is also the co-founder of The Natural Remedies Kitchen.

PROGRAM & STUDENT HIGHLIGHTS: UNIVERSITY OF THE SOUTHERN CARIBBEAN

By Claudette Mitchell, PhD, RD



Promoting the development and advancement of students in preparation for service at the local, regional, and international levels remain critical for the Department of Family

and Consumer Sciences. Our aim aligns with the university's vision and mission statement. Therefore, we seek to provide quality education for all students. Additionally, both programs offered in the department (BS Family and Consumer Science, and BS Nutrition and Dietetics) include a holistic approach to health, nutrition and wellness, and the development of life skills. The most recent program – BS Nutrition and Dietetics provides supervised practical training within the cultural context to meet the existing needs of the regional communities. Such approaches provide student dietitians the opportunity to acquire field experience in community nutrition, foodservice systems management, and medical nutrition therapy; the practicum sites are located throughout the region: Antigua and Barbuda, Barbados, Grenada, Guyana, St. Kitts and Nevis, St. Vincent and the Grenadines, and Trinidad and Tobago.

More importantly, the graduates from the program excel. For example, three graduates from the Class 2018 were recipients of OAS scholarships; they attended graduate school at Johns Hopkins University, USA, and University of Technology, Jamaica, and completed graduate studies (Master of Science) in Public Health and Public Health Nutrition. Today, our graduates are employed as community dietitian/nutritionist, dietetic technician, entrepreneur, and secondary

educator across the Caribbean region. Also, more than 50 percent of the graduates completed graduate degree programs, and others completed the dietetic internship and were successful at the Registration Examination for Dietitians in the US. Graduates with the BS Family and Consumer Science enter careers as secondary school educator, foodservice manager, caterer, family life and health educator, and clothing and textile consultant. Likewise, some complete the Diploma in Secondary Education and other graduate programs to enhance their training. Recently, we offered the “Upgrading of Home Economics Teachers” (for primary and secondary school educators) to BS Family and Consumer Sciences on the islands of Antigua and Barbuda and Grenada. Other activities for community involvement include short courses in dressmaking, vegetarian cooking, and baking.

Overall, we seek to work collaboratively with governments, stakeholders, businesses, and faith-based organizations to build sustainable communities. The focus is to promote healthy eating and prevent and/or lower risk for non-communicable diseases.



July 2019 – Final year nutrition and dietetics students completing a four-week regional dietetic internship at the General Hospital in St. Georges, Grenada.



Claudette Mitchell, Ph.D., RD is an Associate Professor and Chair of the Department of Family and Consumer Sciences at the University of the Southern Caribbean, School of Science, Technology, and Allied Health.

MEMBER SPOTLIGHT:

CORY GHEEN, MS, RDN, CEC, CCE

ASSISTANT PROFESSOR, SCHOOL OF ALLIED HEALTH PROFESSIONS EXECUTIVE CHEF, LOMA LINDA UNIVERSITY



1. Why did you decide to pursue a career in nutrition and dietetics?

Food has been a passion of mine since early childhood. Although I have always been drawn to the kitchen/culinary side of nutrition, the connection between good eating and health has never escaped me. I decided to get a nutrition education to deepen my understanding of the connection between food and health to strengthen my culinary perspective.

2. Tell us about your career path within dietetics.

My career path has been consistently culinary focused. It is my vegetarian focus that has been my connection to dietetics. After culinary school, I decided to continue my education with a business degree. This started me down the path of food service management and has culminated in my current placement in administrative dietetics.

3. What skills do you consider to be essential in this field?

Certainly a culinary focus is required, however I have been finding that it is hospitality that is really the defining trait that leads to success. Food touches everyone, and those who can present it well get everyone's attention. Using that to your professional advantage can lead to many door openings!

4. Have you noticed any changes in public perception and nutrition awareness since you started working as a dietitian in your country or community?

Oh certainly, things are always changing in this field. When I first started, it was the superstar chef that got all the attention, now it's all about social media and information availability. Eating well was easy to classify as eating a diet rich in plant foods and low in refined foods. Now there are so many niche diet ideas, with a multitude of eating patterns, it's hard to define what a standard diet looks like. From a kitchen perspective, cooking for people has become infinitely more complex.

5. What is your vision for the field of nutrition and dietetics?

My focus continues to be the integration of good eating into the concepts of nutrition management. We can have complete, healthy, and clinically relevant diets while being conscious of the aesthetic factors of meal planning.

6. Do you have any advice for students who are interested in studying nutrition and dietetics?

You will be a better, more well-rounded professional if you enjoy eating, cooking, and generally being in the food world. Yes, food is the medium for nutrient delivery, but it is and should be fun too!

7. Do you have any upcoming projects you would like to tell us about?

Our Quantity Foods course prepares a lunch meal once a week that is completely student-driven. The menus they create are quite intriguing and culturally specific. As we do not repeat menus/recipes, we have quite a library of really good quantity recipes at this point. We are beginning the process of making that library available to food service professionals. Look for a print and/or online resource of recipes for quantity applications.

8. What is your favourite meal of the day and why?

In fact, it is breakfast right now. My two young kids are interested in helping me in the kitchen, and breakfast is a great place for them to start building their skills. We like to do pancakes and waffles, but crepes are fun on special occasions. My kids help with cutting up fruit which is a great place to get some basic knife skills. Ask me this question again in a couple of months and you will probably get a different answer, but this is where I am right now!



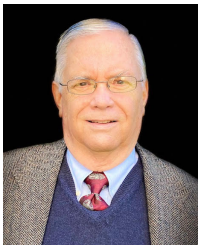
LOMA LINDA
UNIVERSITY





ANDIA UPDATES

Dr. Bert Connell Receives Distinguished Service Award from Loma Linda University Health



Dr. Bert Connell, the Interim Treasurer of the Adventist Nutrition and Dietetics International Association, was the recipient of the Distinguished Service Award from Loma Linda University Health. This award was given in recognition of his decades of service to Loma Linda University as an educator and his longstanding contributions to the Seventh-day Adventist church, promoting the health message and helping establish community-based nutrition education programs around the world.

March was National Nutrition Month®!

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics.



Learn more at <https://www.eatright.org/food/resources/national-nutrition-month>

Be an Independent Preceptor

Did you know that you can register to be an independent preceptor with ACEND and obtain continuing education? Email us at ANDIAssociation@gmail.com to find out more.



BECOME AN ANDIA MEMBER FOR 2022

Beginning in 2022, there will be an introductory membership fee for all ANDIA members. The membership fee will cover all benefits of membership and help fund the mission and activities of ANDIA.

MEMBERSHIP DEADLINE HAS BEEN EXTENDED TO APRIL 30, 2022

ACTIVE MEMBER: \$25 USD
STUDENT MEMBER: \$10 USD
RETIRED MEMBER: \$10 USD
ASSOCIATE MEMBER: \$25 USD
LIFETIME MEMBER: \$500 USD
FRIEND OF ANDIA: \$25 USD

[REGISTER NOW](#)

Read more about the different membership categories [HERE](#).

Thank you for becoming a member of ANDIA. We appreciate your support!



WEBINAR SERIES

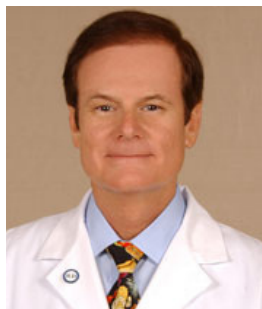


The Dimensions of a Balanced Healthy Lifestyle

Starting April 8, 2022

**ADDITIONAL INFORMATION AND
REGISTRATION DETAILS TO FOLLOW**

INTRODUCING ANDIA'S 2022-2023 EXECUTIVE COMMITTEE



PRESIDENT

***John Westerdahl, PhD,
MA, MPH, RDN, CNS,
FAND, DipACLM***

Dr. Westerdahl is a Past Chair of the Vegetarian Nutrition and Dietetic Practice Group of the

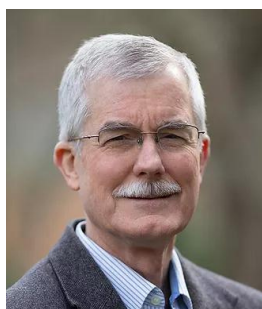
Academy of Nutrition and Dietetics, and is a nutrition and lifestyle medicine consultant in Thousand Oaks, California. His weekly national radio talk show, Health & Longevity, is broadcast on the LifeTalk Radio Network.



***FIRST
VICE-PRESIDENT
Abigail Clarke-Bitok,
MPH, RD***

Abigail Clarke currently works as a Per Diem Clinical Dietitian at the Loma Linda Medical Center

and is also pursuing her Ph.D. in Nutrition at Loma Linda University School of Public Health.



***SECOND
VICE-PRESIDENT
John E Gobble, DrPH,
RDN, LD, FACLM,
MCHES***

John is founder of “Lifestyle Medicine Group”, a team of registered dietitians and health coaches providing medical nutrition therapy and therapeutic lifestyle change services for medical groups throughout Oregon and Washington. He continues to be an active member of AND, and past president of the Oregon affiliate. A graduate of Loma Linda University School of Public Health, John earned the DrPH (preventive care) and MPH in both public health nutrition and health education.



SECRETARY

***Liesbeth Fernandez,
MS, RDN, FAND***

Liesbeth is a Consulting Dietitian Nutritionist and founder of Lifestyle Endeavors, LLC, where she has developed a whole plant-

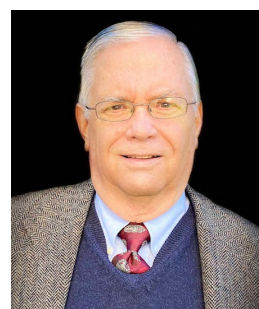
based nutrition and lifestyle program. Liesbeth is based out of Flint, Michigan.



ASSISTANT SECRETARY

Nadeen McFarlane, BS

Nadeen is currently a dietetic intern at Oakwood University.



INTERIM TREASURER

***Bert Connell, PhD, RD,
FADA, LD***

Dr. Connell served for more than 40 years as an educator and administrator with an emphasis in

food systems management. After graduating from Walla Walla University, he served a dietetic internship at Brook Army Medical Center, Fort Sam Houston, Texas, completed a Master's of Science degree in food systems management at Loma Linda University, and a Ph.D. in food systems management at the University of Missouri-Columbia. He has previously served as chair and program director of nutrition and dietetics at Loma Linda University Medical Center. He has served as a consultant and educator in China, Northern Ireland, Germany, Slovakia, Czech Republic, Serbia, Romania, Zambia, Zimbabwe, Kenya and the Russian Federation.



NOMINATING COMMITTEE CHAIR

***Joycelyn Peterson,
DrPH, MPH, RDN***

Dr. Peterson is Professor and Director of the Nutritional Sciences Program at Morgan State University, Baltimore, Maryland. She also conducts nutrition, health, and vegetarian cooking seminars internationally.



ASSISTANT NOMINATING COMMITTEE CHAIR

***Stacia Whittaker MPH,
CVFI, RDN***

Miss Stacia Whittaker is a member of the New Life Seventh Day Adventist Church in Beautiful Barbados. She is a Registered Dietitian Nutritionist (RDN) with Master in Public Health. Miss Whittaker volunteers her time with the Community Education Empowerment & Development Programme where she teaches basic cooking classes to low-income community members. Overall, she enjoys planning community nutrition programmes that are geared towards improving the health of communities and is dedicated to helping people of all ages take control of their health.



NUTRITION EDUCATION CHAIR

***Winston Craig, PhD,
MPH***

Dr. Craig is Professor Emeritus of Nutrition at Andrews University, Michigan, and adjunct Professor of Public Health at Loma Linda University, California. He continues to write scientific articles and lecture internationally.



ASSISTANT NUTRITION EDUCATION CHAIR

***Celine Heskey, DrPH,
MS, RDN***

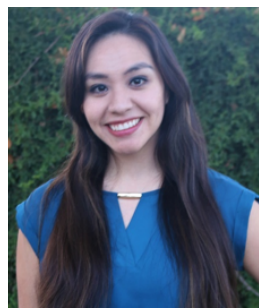
Dr. Heskey is an Assistant Professor of Nutrition at Loma Linda University's School of Public Health. She teaches courses on nutrition assessment, medical nutrition therapy for heart disease and diabetes, the health impact of plant-based dietary patterns, and nutrition counseling and education.



COMMUNICATION DIRECTOR

***Jasmine Westerdahl,
MS, RDN***

Jasmine is a graduate of Loma Linda University School of Allied Health Professions. She serves as a Clinical Registered Dietitian for Adventist Health, where she provides medical nutrition therapy related to individuals' disease processes, assesses for nutritional and malnutrition risk, and provides in-patient nutrition education.



WEBMASTER

Arlene Moreno, MS, RD

Arlene currently works as a Consultant Dietitian at NutriHealth, where she conducts nutrition counseling in the community setting.



NEWSLETTER EDITOR

Neosie Morris, MPH, BS

Neosie is the Assistant Nutrition Coordinator of the WIC Program in Plainfield, New Jersey, where she conducts nutrition assessment and provides nutrition education and counseling for women, infants, and children. She is also a dietetic intern with Oakwood University.



EDITORIAL REVIEW COMMITTEE

Abigail Clarke, MPH, RD

Arlene Moreno, MS, RD

Jamie Morris, BS, Dietetic Intern

Jasmine Westerdahl, MS, RDN

John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM

Kristie LeBeau, MPH, RN, RD

Neosie Morris, MPH

Sherine Brown-Fraser, PhD, RDN

Editor:

Neosie Morris, MPH

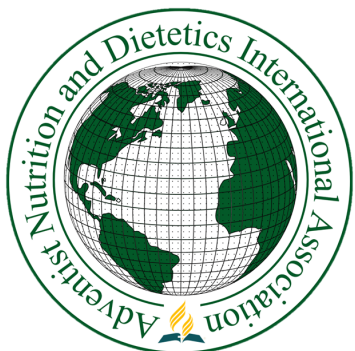
Layout Designer:

Jasmine Westerdahl, MS, RDN

SPRING 2022 • VOLUME 2 / NUMBER 1

ANDIA NEWS

The Official Newsletter of the Adventist Nutrition & Dietetics International Association



Our Mission

To connect nutrition and dietetic professionals globally and advance the profession through research, education, and outreach in accordance with the philosophy and teachings of the Seventh-day Adventist Church.



Submission Information

This newsletter is a way of connecting with our members. You are invited to submit articles, news, and leave comments/recommendations. Find article submission guidelines [HERE](#).

Article Submission Deadlines

Summer Issue: April 10, 2022

Contact Us:

Website: adventistdietetics.org

Email: ANDIAAssociation@gmail.com

Facebook: [Adventist Nutrition and Dietetics International Association](https://www.facebook.com/AdventistNutritionandDieteticsInternationalAssociation)

Instagram: [@adventistdietetics](https://www.instagram.com/adventistdietetics)