



Charlotte Dietetic Association Quarterly Newsletter

Fall 2018

President's Pen

Natalie Roberts, RDN, LDN

Happy Fall, CDA Members!

It was wonderful to see many of you at the September Member Meeting, and I hope to see even more of you at the next Member Meeting on November 13th. This meeting will be held at Levine Children's Hospital at 6:00 pm; Ruthi Cohen-Joyner, MPH RD will be speaking on Emotional Freedom Techniques and we will be collecting food items for The Backpack Ministry. We had a great turnout for our Annual Virtual Student Mentorship Program last month, which seemed to be a successful and productive event for the dietetic interns and students in attendance.



CDA has a few other exciting events coming up, so mark your calendars! We will have a Holiday Member Social in December – stay tuned for more details on the date and location. The board has been busy planning the NCAND Regional Meeting near Charlotte, which will be held on March 1st at the Gastonia Conference Center. We are looking forward to hosting a variety of great speakers delving into “Nutrition Through the Lifespan”.

With voting season in full force, I encourage you to support current nutrition legislation and take just a few minutes to complete action alerts for the Treat and Reduce Obesity Act of 2017 ([H.R. 1953](#); [S. 830](#)) as well as for support from Congress for malnutrition prevention and treatment.

We currently have over 100 members and counting! Please continue to spread the word to other dietitians in the community about the benefits of being involved in the Charlotte Dietetic Association.

Here's to all things pumpkin and a safe and happy holiday season!

In good health,

Natalie

VOLUNTEER WITH CDA

CDA is working on developing an active volunteer program for the 2018 - 2019 membership year!

Look for upcoming events in your email!

If you have any questions or suggestions related to volunteer events, please contact Amber Richardson, RDN, LDN at: ariches92@gmail.com or (704) 951-7672

TAYLOR SOLOFF SCHOLARSHIP

The Charlotte Dietetic Association is thrilled to offer for a second year the Taylor Soloff Scholarship. Taylor was an integral member of CDA, who selflessly volunteered her time and energy to serve on the board and contribute to advancing our profession. Through her position as Volunteer Events Coordinator, she gave back to the community and our profession in many more ways than we can count. After a long and hard fought battle with cancer, Taylor was taken from us too soon in November 2016. By creating this scholarship, we want to honor Taylor and ensure that her legacy will not be forgotten.

More details about the scholarship and how to apply will follow in a subsequent email to members.

LEGISLATIVE UPDATES

Action Alert!

Co-Sponsor Cost Saving Treat and Reduce Obesity Act

The bipartisan [Treat and Reduce Obesity Act of 2017 \(H.R. 1953; S. 830\)](#) in both the U.S. House and Senate will allow a registered dietitian nutritionist or other qualified nutrition professional to provide intensive behavioral counseling services for Medicare beneficiaries with obesity. Let your members of Congress know where you stand and urge them to support this bill before the end of the year to improve health care access and reduce health care costs.

[Take Action to support this legislation!](#)

Obesity RDNs and Academy Member Experts Needed

The Commission on Dietetic Registration (CDR) is recruiting Subject Matter Experts (SME) in obesity as well as expert facilitators to assist with the development and presentation of instructional content and adult learning-focused strategies for the [Certificate of Training in Obesity Interventions for Adults](#).

SAVE THE DATES

Fall and Winter Member Meetings

November 13, 2018

Topic/Speaker: “Tap Your Cravings Away with EFT”

Ruthie Cohen-Joyner, MPH, RD

Location: Gorelick Conference Room, Levine Children’s Hospital

RSVP: via [EventBrite](#)

January 8, 2019

Topics, times and locations to be announced

Holiday Member Social

Tentative Date: December 6, 2018

Stay tuned for location and additional details!

NCAND Regional Meeting Near Charlotte

Friday March 1, 2019

Gastonia Conference Center, Gastonia, NC

Journal Club Months

January, April

Topics, times and locations to be announced

FALL RECIPE IDEAS

PUMPKIN BREAKFAST COOKIES

Submitted by Tina Marie Bloomer, MS, RD, LDN

Source: LeelaLicious at <https://leelalicious.com/pumpkin-breakfast-cookies/>

These pumpkin flavored healthy cookies make a great seasonal grab-and-go breakfast. With hearty wholegrain oats, cranberries and pumpkin seeds.

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 12 cookies

Calories 192 kcal

Ingredients

1/4 cup coconut oil melted

1/4 cup honey

1 cup rolled old-fashioned oats

1 cup quick cooking oats

2/3 cup dried cranberries unsweetened

2/3 cup pumpkin seeds

1/4 cup ground flaxseed

1 teaspoon pumpkin pie spice

1/2 teaspoon sea salt

1/2 cup pumpkin puree

2 eggs beaten

Directions

1. Preheat oven to 350 F. Line a baking sheet.
2. In a small bowl warm coconut oil and honey (either microwave, inside preheating oven or on the stove top).
3. In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.
4. Drop about 1/4 cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.
5. Let cookies cool on baking sheet before moving to an airtight storage container.

Recipe Notes: To make vegan, replace honey with maple syrup or agave and use an egg replace like flax egg.

Nutrition Facts (Updated 9/19: New nutrition information calculated with MyFitnessPal)

Amount Per Serving: Calories 192 Calories from Fat 90; Total Fat 10g 15(% DV); Saturated Fat 5g (25%DV); Sodium 106mg (4% DV); Total Carbohydrates 22g (7% DV); Dietary Fiber 4g (16% DV); Sugars 11g; Protein 5g (10% DV)

* Percent Daily Values are based on a 2000 calorie diet.

SOUTHWESTERN CORN & BLACK BEAN SALAD

Submitted by Natalie Roberts, RDN, LDN

This corn and black bean salad makes a perfect meatless appetizer to bring to tailgates and holiday parties.

Yield: approximately 14 (½-cup) servings

Serving size: approximately ½ cup

Ingredients

2 10-oz cans Rotel Diced Tomatoes & Green Chilies, mild
1 15-oz can no-salt-added black beans, rinsed and drained
1 15-oz can no-salt-added whole kernel corn, rinsed and drained
½ cup red onion, diced
1 medium avocado, diced
¼ cup fresh cilantro, chopped
Juice of 3 limes
¾ tsp salt
¼ tsp pepper

Directions

1. In a large bowl, combine tomatoes, beans, corn, red onion, cilantro, lime juice, salt and pepper.
2. Marinate in the refrigerator 30 minutes.
3. Add avocado just before serving.
4. Enjoy by itself or with whole grain tortilla chips!

Nutrition Facts: Amount Per Serving: Calories 71; Total Fat 2 g (3 % DV); Saturated Fat 0 g (1 % DV); Monounsaturated Fat 1 g; Polyunsaturated Fat 0 g; Trans Fat 0 g; Cholesterol 0 mg; Sodium 268 mg (11 % DV); Potassium 283 mg (8 % DV); Total Carbohydrate 11 g (4 % DV); Dietary Fiber 4 g (14 % DV); Sugars 3 g; Protein 2 g (5 % DV); Vitamin A (5 % DV); Vitamin C (13 % DV); Calcium (3 % DV); Iron (6 % DV)
(* The Percent Daily Values are based on a 2,000 calorie diet)

CDA MEMBER SPOTLIGHTS



Name: Kim Pennington MEd, RD, LDN

Position: Director - Solmaz Institute for Childhood Obesity & Dietetic Internship, Lenoir-Rhyne University

School/Internship: Graduate of Meredith College (BA in Biology and 2nd major in Nutrition); UNC-Greensboro (MEd in Foods, Nutrition and Food Service Mgmt.); Internship - Presbyterian Hospital, Charlotte

Favorite Foods: Sushi, Chopped Salads---and anything chocolate

Fun Facts: I love all things family, coastal, travel, and being the empty-nester mom of 2 precious pugs! And....I confess I have been a nearly 30 year member of the Charlotte Dietetic Association!

Favorite Nutritional/Dietetic Advice: Be passionate and believe in what you do in the field of nutrition----Your clients will begin to believe too.



Name: Chandler Dalton Kasay

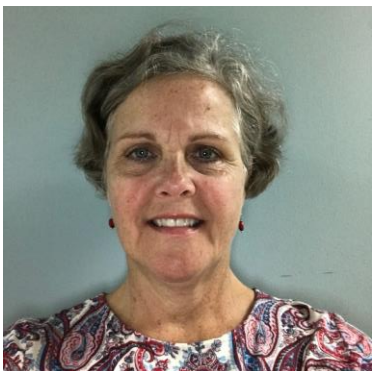
Position: Clinical Dietitian at both CMC Main (inpatient) & Levine Children's Hospital (inpatient/outpatient).

School/Internship: Texas Christian University

Favorite Food: Breakfast Tacos

Fun Fact: My husband and I just added a sweet pup to our family! We named him Silo after the Magnolia Silos where he proposed.

Favorite Nutritional/Dietetic Advice: "Be quick to listen and slow to speak." (She's still working on this... but aren't we all?)



Name: Kelly Vass

Position: Instructor in the Nutrition and Dietetics Technician Program at Gaston College

School/Internship: BS, James Madison University; University of Virginia Dietetic Internship; MS, Winthrop University

Favorite Food: Watermelon

Fun Fact: I grew up on a small registered Black Angus farm.

Favorite Nutritional/Dietetic Advice: Drink a tall glass of water when you think you are hungry; give yourself 5-10 minutes to determine if you are thirsty or hungry.

YOUR 2018 – 2019 CDA BOARD

President: Natalie Roberts, RDN, LDN

Past-President: Mariam Hollingsworth, RDN, LDN

President-Elect: Jennifer Goodman, RDN, LDN

Secretary: Stephanie Nielsen, RDN, LDN

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Program Planner Co-Chairs:

Karen Bryant, RDN, LDN and Amy Sparks, RDN, LDN

Welcoming Committee Chair:

Tina Marie Bloomer, RDN, LDN

Legislative Representative:

Courtney Lenhart, RDN, LDN

Membership/Awards Chair: Chantal Otelsberg

Volunteer Events Coordinator:

Amber Richardson, RDN, LDN

Journal Club Coordinator: Michelle Palcsik, RDN, LDN

Webmaster Co-Chairs:

Pat Griffin, RDN, LDN and Patty Parris, DTR, CDM, CFPP

Student Representative: Cassie Weeks, RD2be

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