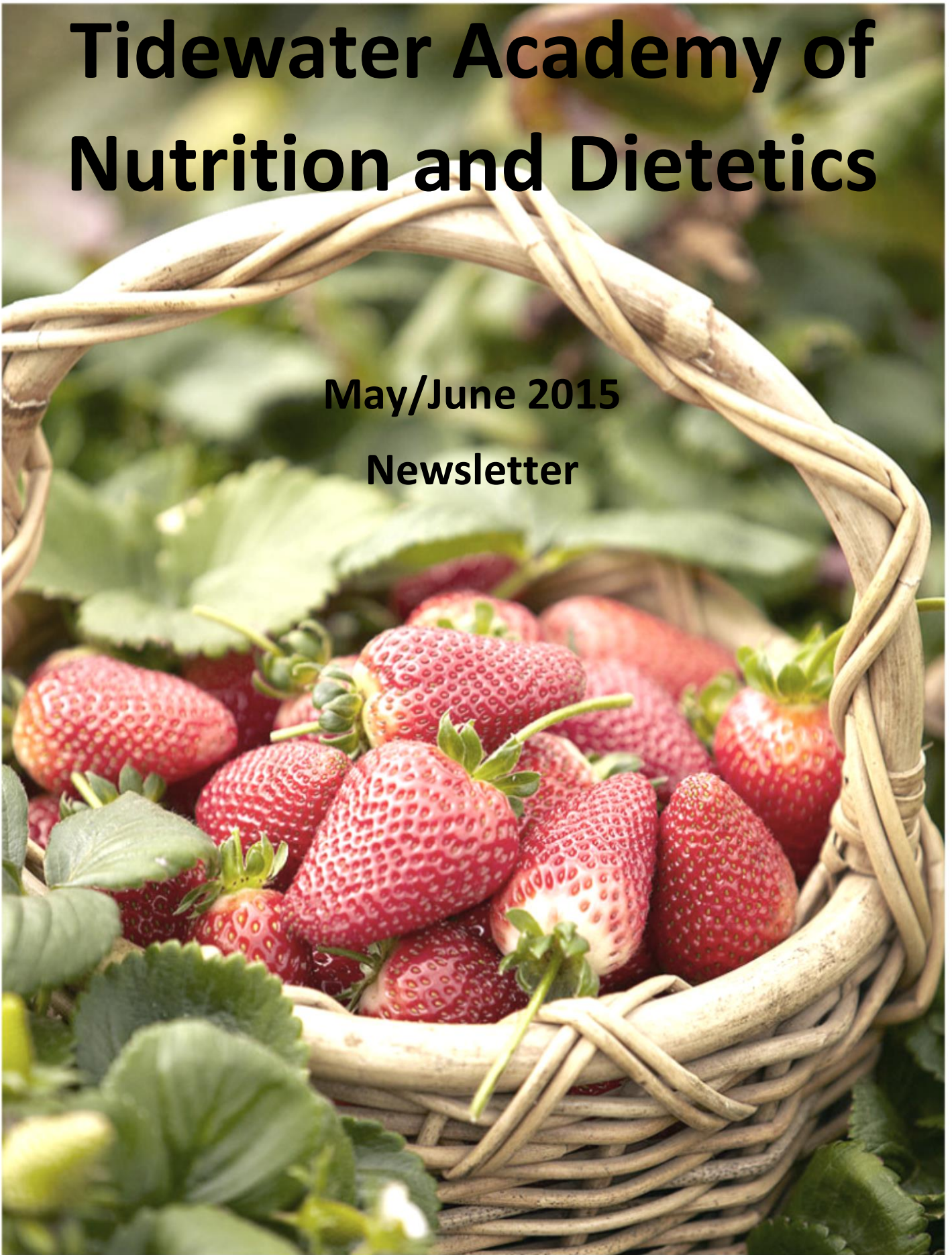


# **Tidewater Academy of Nutrition and Dietetics**

**May/June 2015**

**Newsletter**



Hello TAND members and happy summer! Thank you to all who attended the VAND Annual Meeting. It was wonderful to see so many familiar faces and to meet new members of the dietetics community. We couldn't have made the conference a success without you!

With the annual conference behind us, we are excited to move forward into the new membership year. First we would like to welcome Erin Isom Wills, Erin McCarthy, and Kameo Synder to our Board. Congratulations ladies! Next we would like to let you know we are working on upcoming continuing education events for the summer and continuing our mentorship program with Norfolk State University dietetic students.

Our next board meeting will be June 2<sup>nd</sup> at 6:30PM at the Panera Bread in Town Center. As always, we welcome members to come and share their input for what they would like to see from TAND.



## Upcoming CPEUs

**FODMAPs and IBS: Beyond the Basics** (Cary, NC- ~3.5 hrs from Hampton Roads)

**Presenter:** Patsy Catsos, MS, RDN, LD  
**Date:** Monday, July 27, 2015

**Time:** 8:30am to 3:30pm  
**Location:** SAS Institute Inc Health Care Center (100 SAS Campus Drive, Cary, NC)\*

6 CPEs. \$195.00

For more information, please see [www.ibsfree.net](http://www.ibsfree.net) or email [patsycatsos@gmail.com](mailto:patsycatsos@gmail.com). Thank you!

\*not a TAND-sponsored event

### Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
fruit banana, blueberry, huckleberry, cantaloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo <small>Note: if fruit is dried, eat in small quantities</small>	vegetables alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swells, sweet potato, taro, tomato, turnip, yam, zucchini	cereals gluten-free bread or cereal products bread 100% spelt; bread rice oats polenta other arrowroot, millet, psyllium, quinoa, sorghum, tapioca	milk lactose-free milk*, oat milk*, rice milk*, soy milk* <small>*check for additives</small> cheeses hard cheeses, and brie and camembert yoghurt lactose-free varieties ice-cream substitutes gelati, sorbet butter substitutes olive oil	tofu sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in "ol" honey substitutes golden syrup*, maple syrup*, molasses, treacle <small>*small quantities</small>

### Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
fruit apple, mango, nashi, pear, dried fruit, in natural juice, watermelon sweeteners fructose, high fructose corn syrup large kofal fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice honey corn syrup, fruitana	milk milk from cows, goats or sheep, yoghurt cheeses soft-ripened cheeses eg. cottage, cream, mascarpone, ricotta	vegetables artichoke, asparagus, beetroots, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta fruit custard apple, persimmon, watermelon miscellaneous cherry, datestone, inulin, pistachio	legumes baked beans, chickpeas, kidney beans, lentils, soy beans	fruit apple, apricot, avocado, blackberry, cherry, longan, lychee, nashi, nectarine, peach, pear, plum, pine, watermelon vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn sweeteners sorbitol (E420), mannitol (E421), isomalt (E953), maltitol (E965), xylitol (E967)



## Motivational Interviewing

**Presenter:** Katie Abbott, MS, RDN, HC  
**Date:** TBD (June/July)  
**Location:** TBD

# Advancing Your Education

Starting in August 2015, EVMS is offering an online master's degree program in medical & health professions education. Prepare to be an educational leader by obtaining advanced education in the areas of learning, assessment, curriculum, instruction, research, evaluation, and professionalism in a flexible, distance education program.

- Complete in less than two years
- 100% online
- 8-week courses
- No GRE requirement if undergraduate GPA > 3.0



If you would like more information about this degree, please call Cynthia Cadieux at 757-446-7935, email [mhpeinfo@evms.edu](mailto:mhpeinfo@evms.edu), or visit the webpage [www.evms.edu/mhpe](http://www.evms.edu/mhpe).

## Job opportunities

- Nutrition that Works, LLC  
Consulting Dietitian- part-time, short term (16 hrs per week for 6-8 weeks)  
Long Term Care facility located in Virginia Beach.  
Please contact Sarah Carnathan at [sarah@carnathan.com](mailto:sarah@carnathan.com) for more information.

## Recipe of the Month

### Spicy Strawberry Kiwi Peach Salsa



#### Ingredients

- 1 ripe peach - peeled, pitted, and diced
- 1 kiwi, peeled and diced
- 4 fresh strawberries, diced
- 1/2 jalapeno pepper, seeded and diced
- 1 tablespoon lime juice
- 1 green onion, chopped
- 2 tablespoons chopped fresh cilantro
- 1 pinch salt

#### Directions

Combine the peach, kiwi, strawberries, jalapeno pepper, lime juice, green onion, cilantro, and salt in a bowl; gently stir to combine.

Get the strawberries for your salsa at the upcoming 32<sup>nd</sup> Annual Pungo Strawberry Festival this Memorial Day weekend! <http://www.pungostrawberryfestival.info/>