



FIRST COAST

Academy of Nutrition & Dietetics

Established 1997



October 2020 Newsletter

President's Message

We asked.

You wanted FCA to remain independent.

We listened.



On behalf of your 2020 Officers, let me say we are honored to serve FCA to inspire excitement, learning, and camaraderie.

But our work is only beginning.

You must reengage for us to remain independent. Rejoin, attend virtual events, and share that we are having a lot of fun over here.

Since listening brought us here, we focused this newsletter on listening.

A health professional's listening skills can make or break their patient's or client's success.

Read on for coaching tips, myth-busting, upcoming events, member highlights, student issues, and of course, food and a recipe!

- Alexia Lewis, MS, RD, LD/N, ACE-CHC, ACE-CPT

[Join FCAND Today](#)

Visit Us at <https://eatrightjax.org/>

Calendar of Events

Virtual CEU Event

1.5 CEUs *pending CDR approval*

[Delaying Progression of Diabetes from Lifestyle Management Strategies to Using Technology for Continuous Glucose Monitoring and Insulin Therapy](#)

November 4, 2020

6:00-8:00pm ET

Virtual Networking Event

[Virtual Counseling & Coaching](#)

November 18, 2020

6:30-7:30pm ET

Virtual CEU Event - 21 CEUs available

[UNF Fall Seminar Series](#)

November 30, 2020 through December 4, 2020

Tentative Dates for Upcoming Events

1/6/21 - Virtual Open FCAND Board Meeting

Virtual Networking Event Topics

12/16/20 - Diabetes Management

2/17/21 - Preceptors & Precepting

3/24/21 - Leading & Working Virtually

4/28/21 - Clinical Nutrition

5/19/21 - Developing Online Courses

Virtual CEU Event Topics

1/25/21 - Lactation and Breastfeeding

2/3/21 - Heart Health and Plant-Based Diets

3/10/21 - Medical Errors / Ethics Bundle

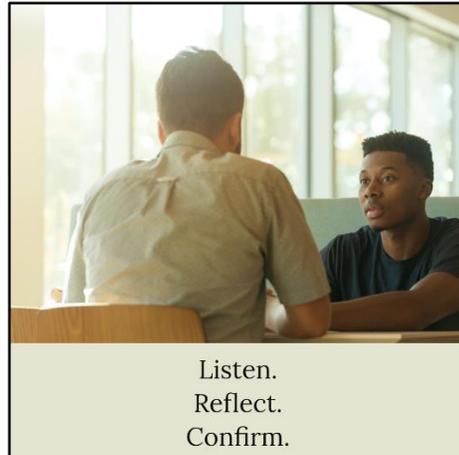
4/2021 - Virtual Nutrition Counseling

Coaching & Counseling Tip Reflective Listening

by Shayla Herring

Have you ever left a conversation feeling misunderstood because the other person was more focused on getting their point across than on hearing yours? Can you imagine your patient or client walking out of a session with you feeling this way?

It is human nature to want to share your thoughts and experiences. As a health and wellness professional, however, you must curb this natural reaction and listen more than you speak. You must hear your client before you can understand their needs.



Make reflective listening your primary focus as your client shares information with you. Bottom line: You don't want to take away from someone's message. Your client trusts you enough to share even when it may be difficult. This is where you can lean in to one of the core components of motivational interviewing: Reflective listening.

Build your reflective listening skills with these three steps.

- 1.** Listen to what your client is telling you. Be non-judgmental, empathetic, and put your assumptions aside. Put down your pen or stop typing and give your client your full attention.
- 2.** Mirror your client's message back to them. The simplest method is to rephrase their words as a statement or question. A more advanced method is to take a guess at the thoughts or feelings underneath their message and pose these back to them.
- 3.** Confirm understanding. When you reflect, or mirror, your client's words, thoughts, or feelings, they feel heard. If you are correct in your reflection, they will know you understand them. If you are not correct, they will let you know and you can continue to listen and reflect until you understand their message.

Reflective listening can help clarify the message for you and for your client. Listening reflectively builds rapport and breaks through communication barriers. It can help you to provide relevant and useful information and advice. Use this motivational interviewing skill to make sure your clients leave your sessions being heard and feeling understood.

FCAND Member Highlights



Dr. Kristen Hicks-Roof is one of the innovative minds behind the **RD Mentorship Program**.

This program was created to build bonds between Registered Dietitian professionals and nutrition students. The program's main goal is to facilitate a professional experiential learning opportunity for nutrition students while helping RDs on a project.

The first year of this program, in 2016, there were 15 students paired with 8 RDs.

This year, 430 students were partnered with 293 RDs!

For more information on the program and to sign up for next year, visit www.rdmentor.com or reach out to [Dr. Kristen Hicks-Roof](#)

FCAND Members Serving with the Florida Academy of Nutrition & Dietetics

Chair of Delegates Elizabeth Bobo

Delegate Claudia Sealey- Potts

Nominating Committee Member Judy Rodriguez

Student Issues, Alexis Harp

Student Issues



[Alexis Harp](#)
Chair, Student Issues
Committee

Hey Nutrition Students -

The FAND Student Issues Committee is a resource for students throughout all of Florida to guide you through the journey to RD. Through this committee, students can find information on Academy membership benefits, the various routes to RD, scholarships, internships, preceptors, among much more.

As Chair, I will serve as a liaison between Florida students and the FAND Board of Directors to communicate any issues they may have, and to help find solutions. Visit the [Student Issues website](#) with links to various resources and more information.

Bust A Myth About... Dietitians

"RDs Only Give Out One-Size-Fits-All Meal Plans"

by Alexia Lewis

There have been a lot of opinions about the recent update to the Florida license requirement exemptions to provide nutrition advice under HB1193. It got me wondering what people who are not RDs or licensed nutrition providers thought. I found through my poorly designed study of posting in a Facebook group of very supportive (mostly) women who are focused on fitness to ask their opinions. **Unfortunately, 46% of the respondents had negative opinions about registered dietitians.** As I read their feedback, I realized there are a lot of misconceptions about RDs.

So, let's start busting those myths.

Myth.

RDs only give people one-size-fits-all meal plans that are way too strict.

Truth.

RDs and other licensed nutrition professionals have the most expertise to be able to customize meal plans for individual needs. Due to the education and internship requirements, we learn about the intersection of food, cooking, health, and health conditions.

Those who are inexperienced or unqualified are more likely to hand a client a one-size-fits-all meal plan. It is most likely based on what they like to do and what they like to eat. It probably doesn't account for someone who has diabetes, high cholesterol, or kidney issues. For the generally healthy person without any health conditions who is willing to eat whatever they are told to - if they like it or not - this might work.



Exceptions.

A few RDs probably give out one-size-fits-all plans. Creating a personalized meal plan takes a lot of time and skill. One of my clients shared with me that her previous RD told her to, "Come back when you are ready to get serious about following my advice." That is hopefully a rare occurrence. If this is your approach, please do the rest of us a favor and stop it.

The Bottom Line.

In reality, people struggle to follow meal plans regardless if they are one-size-fits-all or personalized. If you work with an RD, be prepared to talk about your likes and dislikes about food, your cooking abilities, and your health and wellness goals. Search for an RD who will help you figure out how to make your own meal plans so that you can tailor your meals as your health and goals change.

Announcements

We welcome feedback to eatrightjax@yahoo.com.

Please submit your information to be included in our Member Highlights Section.

Know about a virtual/remote or in-person job? Contact us to add it to our Job Board.

Food Spotlight

A rose by any other name... just might be an apple.

By Sharon Lutheran

Apples are a member of the rose family. There are 2,500 varieties grown in the USA, but crab apples are the only ones native to the USA.

As nutrition professionals, we tend to encourage eating whole fruit. It should make you smile to learn that 63% of apples are eaten as fresh fruit. One large apple has 115 calories, 30 grams carbohydrate, 5 grams fiber, and 17% Daily Value for vitamin C. Do not peel your apple because that's where 2/3 of the fiber and antioxidants are found.

Apples are coated with wax made from natural ingredients after harvesting. While considered safe, we recommend rinsing apples under hot water to remove the wax. Put apples in the refrigerator to keep them fresh longer. They ripen faster at room temperature.

References: [Nutrition Data: Apples](#); [University of Illinois Extension: Apple Facts](#).

Bloomin' Apples

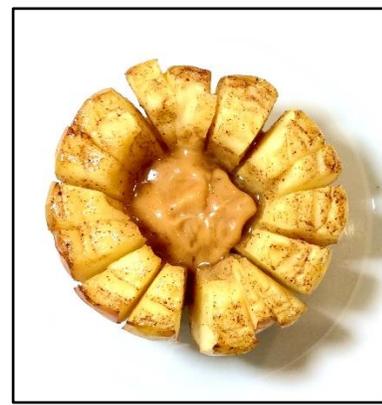
[Watch a Video of Preparing this Dessert On YouTube](#)

Ingredients

- 4 baking apples such as Honeycrisp or Granny Smith
- 2 Tablespoons melted butter
- 1 ½ teaspoons brown sugar
- 1 ½ teaspoons granulated sugar
- ¼ teaspoon ground cinnamon
- 8 caramels

Instructions:

1. Preheat oven to 375° F. Spray baking dish with cooking spray and set aside.
2. Wash apples in water and dry. Slice off tops of apples, then scoop out and discard the core. Make two circular cuts around the top of apples. Cut down the apple, but not all the way through, turn and repeat the cut 9-10 times.
3. Mix together melted butter, brown sugar, granulated sugar, and cinnamon. Set aside.
4. Fill each apple core with two caramels. Brush the butter mixture around the top.
5. Bake for 30 minutes and serve warm.



What Does FCAND Stand For?

One of the first orders of business this year was to refresh our mission, values, and goals.

We hope these resonate with you.

MISSION: To advocate for the dietetic profession and serve the public through the promotion of optimal nutrition, health, and well-being.

VISION: To empower a local network of dietetic professionals to become and to be recognized as a valued part of the health and wellness resources necessary to promote optimal health in our community.

VALUES				
<p>Excellence. Our work is based on our credibility, integrity, accountability, and the following of evidence-based practice.</p>	<p>Service to Others. We serve the public and health professionals as a resource for nutrition-based health and wellness standards of care.</p>	<p>Leadership & Innovation. We visibly champion existing and new courses of action in the local and virtual health and wellness space.</p>	<p>Communication. We seek first to understand and second to find common ground by leaning into collaboration based in grace and kindness.</p>	<p>Inclusion & Diversity. We believe no one is valued until all are valued. We seek and encourage diversity in our practitioners, our service, and our practice.</p>

Membership Benefits
Getting Connected Builds Community.

Receive a 50% discount for FCAND CEU Events	Complimentary Access to all Virtual Networking Events
Discounted Rate for UNF Graduate Student Seminars	Access to FCAND Job Board
Opportunity to be highlighted in FCAND Newsletter and Social Media	Be on the Referral List of RDs & RD-friendly health providers <i>(coming soon)</i>
Be recognized through nominations for FAND and FCAND Awards	Be featured in the FCAND National Nutrition Month Scrapbook
Access to Membership Directory and Event Photos	Access to Members-Only Facebook Group
Online library of Past Complimentary Events & Meetings	Eligible for Members Only Scholarships

Be part of strengthening
the nutrition and dietetics profession.

Jump to the [Members Only Page](#) to... review the Job Board... watch recordings of past Virtual Networking Events... or check out the Membership Directory. [Join today!](#)