



FIRST COAST

Academy of Nutrition & Dietetics

Established 1997



December 2020 Newsletter

A Message from Your Member-At-Large

2020 has been full of challenges that have forced us to navigate our lives in new ways. We hope you have found silver linings, gratitude for what and who you have in your life, and honor from acting in service.

FCAND is in the middle of an uphill battle to revive the association.



As FCAND's Members-at-Large, Daniyel Macomber and I are on a mission to make sure that everyone is aware of the amazing work being done by our local nutrition professionals. Here is how we aim to spread this message:

National Nutrition Month Scrapbook. Annually, each district (that's us) creates a virtual scrapbook to showcase our nutrition professionals doing what they do best. The scrapbook includes events and accomplishments of our members.

How You Can Help: Send pictures and descriptions of your events, activities, and accomplishments to eatrightjax@yahoo.com or post them in our [Facebook group](#). They do not have to be Pinterest-worthy, so don't hold back!

Newsletter Articles: Do you have a specialty, niche, or passion project? Share it with us in our bi-monthly newsletter, which is meant to entertain and educate nutrition professionals and others who have an interest in nutrition.

How You Can Help: Write an article for the April or June 2021 newsletters. Email eatrightjax@yahoo.com to pitch your article idea.

Membership Matters: One of our goals this year is to double our membership. So far, we have seen a 54% increase. Our mission is to advocate for our nutrition professionals. We can only do this well when we have people who join and who volunteer.

How You Can Help: If you are not a member, [please join](#). If you are a member, spread the word about how much fun we are having this year, share our event schedule, and encourage others to join. Consider reaching out to join a committee or get involved.

Wishing everyone a safe, healthy, and happy holiday season! Now let's bring on 2021!

- Heather Borders, MBA, RD, LD/N

Calendar of Events

Virtual CEU Event - 21 CEUs available

[UNF Fall Seminar Series](#)

November 30, 2020 through
December 4, 2020

Virtual Networking Event - Diabetes Management

December 16, 2020
from 7:00-8:00pm ET

[Registration Information](#)

Virtual Open FCAND Board Meeting

January 6, 2021
from 7:00-8:30pm ET

[Please RSVP - Members Only](#)

Breastfeeding 101: Helping Mom Help Baby

January 25, 2021
from 12:00am-1:00pm ET

Pending Approval 1.0 CEU from CDR
[Registration Information](#)

Tentative Dates for Upcoming Events

Virtual Networking Event Topics

- 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

- 2/3/21 - Heart Health & Plant-Based Diets
- 3/10/21 - Medical Errors / Ethics Bundle
- 4/21 - Virtual Nutrition Counseling

Coaching & Counseling Tips

Moving People Towards Action

by Cintia Vazquez

Have your clients told you they are so very ready for 2021?

So much has happened this year - coronavirus, the fight to end systemic racism, the election - and much of it has heightened people's emotions and changed their lifestyles. Your clients may have a new normal for grocery shopping, eating, exercising, and working. This has gone on for so long that your patients might be feeling frustrated or fatigued. They may have relapsed into precontemplation and not be motivated towards action.

As the new year approaches, it is a good time to reflect on how we, as nutrition professionals, can move people towards action.

Here are some ideas to try in your next counseling session:

1.

Seek to understand the full picture then meet each client where they are.

If you push your precontemplative client by recommending action goals, you will add more stress and frustration, further demotivating your client. Set goals with patients that are focused on what they say is important to them, not what you think is important for them.

2.

Be non-judgmental about choices your patients are making.

Your patients need to know that you are supportive of their need to cope in whatever way works for them - even if it is not the healthiest choice. You can let your patient know that there are healthier choices they could be making; but that you are there for them regardless of their choices. They will confide in you more and be open to hear your recommendations when they are ready for action.

3.

Provide affirmations.

Affirmations allow clients to think about themselves in a new way which can enhance confidence and self-efficacy. Point out something your client may not realize. For example, you may say, "Even with everything going on, you are someone who is consistent with keeping your appointments. Consistency is a strong indicator of success." Affirmations are a key part of motivational interviewing and moving people towards action.

Be a partner for your patients to help them move back towards action as we move into 2021.





Tomatoes have a long list of health benefits. As a non-starchy vegetable, they provide fiber, vitamins, and minerals with a small number of calories. They lower blood pressure and fight cancer due to the high amounts of the antioxidant lycopene, which gives fruits and vegetables their red hue. Tomatoes also contain Vitamin K which promotes strong bones, Vitamin C which provides immune support, and Vitamin A which supports eye health.

Showcase this nutritional powerhouse in a Caprese Wreath Salad (recipe below). This is a classic, simple dish that brings the holiday spirit to any celebration. When you think of the holiday season, you may think of the vibrant red and bright green colors. Make your table more festive with these holiday colors in a healthier holiday dish.

The ingredients in this dish are popular in the Mediterranean diet. This delicious dietary approach is ranked within the top Best Diets for Healthy Eating year after year by the US News & World Report Rankings. For 2020, it came in second to the DASH Diet. This dish follows the Mediterranean dietary approach which is known for its ability to prevent chronic diseases that are prevalent in the US, such as heart disease and cancer, and is focused on nutrient-rich foods that make you feel good from the inside out.

This dish can start off your dinner as an appetizer before your main plate. You can also make it party-friendly by doubling or tripling the recipe and including toothpicks or little plastic swords so guests can spear the perfect bite of mozzarella, tomato, and basil.

Caprese Wreath Salad

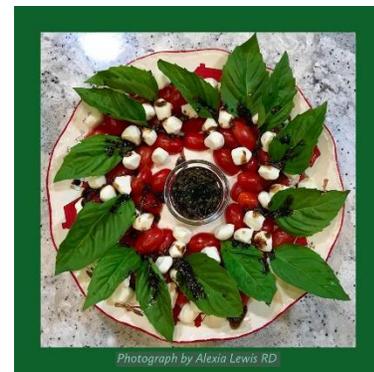
Serves 6

Ingredients

- 1-pint fresh cherry tomatoes, rinsed
- 8-ounces fresh mozzarella pearls or balls
- Large handful fresh basil leaves, rinsed
- 1/4 cup balsamic glaze
- 2 Tablespoons olive oil (Optional)
- 1 Tablespoon Italian seasoning blend
- Salt and pepper (Optional)

Instructions:

1. Slice tomatoes in half. Arrange onto a plate, cut side down, in a circle that is 2-3 tomatoes wide.
2. Slice mozzarella pearls in half. Arrange on plate throughout the cherry tomatoes to build out the wreath shape.
3. Place basil leaves evenly throughout the wreath, sticking out and up.
4. Whisk together balsamic glaze, olive oil, Italian seasoning, salt, and pepper.
5. Use whisk to drizzle the balsamic mixture evenly on the wreath. Place remaining mixture in small bowl in the middle of the wreath for dipping.



Photograph by Alexia Lewis RD

FCAND Member Highlights



Heather Borders has launched a new website and is offering a free Cooking with Kailo eBook, which includes very easy and quick recipes, a “no-plan meal plan”, kitchen staples, and more. Visit <http://kailonutrition.com> for more information.

Join Us for our Next CEU Event!

Breastfeeding 101: Helping Mom Help Baby

When **01/25/2021**
12:00 PM - 1:00 PM (EST)

Location Zoom Webinar

Registered [Be the first](#)

[Register](#)

Human milk is the optimal nutrition for most infants and breastfeeding is a vital part of the bonding experience mothers share with their babies. This CEU course provides mothers and health care professionals information on the benefits of breastfeeding, process of lactation, common challenges, and debunks several common myths related to breastfeeding.

Learning Objectives:

1. Describe the process of lactation
2. Compare/contrast myths versus facts in relation to lactation
3. Explain two strategies to have a successful breastfeeding journey

CPE level 2

[Show details](#)

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.

[Join FCAND today!](#)