The landscape of health care and preventive services is changing and so is the Division. In order to realize the full potential of Nutrition and the other units in the College of Health in wellness, prevention health care and rehabilitation, the College is in the process of reorganization. Reorganization will likely take a year to be formalized yet will offer immediate opportunities for enhanced collaboration with faculty and students in other departments, potential for additional faculty positions and further collaboration with University Health Care. Nutrition will likely be part of a larger department that includes exercise physiology and a new pre-professional health degree. The department has yet to be named, so if you have an idea for a name that is more creative than Nutrition and Exercise Physiology, we are open to suggestions!

While change is in our future, Nutrition continues to provide high quality educational programming. The Coordinated Master’s Program in Nutrition and Dietetics has grown and now accepts 15 students per year and the Online Master’s in Nutrition is in its second year. The online program provides a convenient opportunity for dietitians or other health professionals to obtain a Master’s degree to further their knowledge and careers. Division faculty provide undergraduate education to approximately 1,200 students per year and 300 students are in our nutrition minor program. The Division is committed to providing nutrition education to students, the university community and the larger community of Utah.

During fall semester, the Division hosted reviewers from the University of Utah, The Ohio State University, Drexel University and the University of Texas Medical Center as part of our five-year Graduate Review process. Reviewers were impressed by the quality of the graduate program, faculty morale, use of career-line faculty members and our highly qualified graduate students. The Division continues to participate in a variety of programs and services across campus including the PEAK clinic, University Athletics and the Diabetes Prevention Program. Our graduate students are developing nutrition services at the Midvale Clinic, a student run, pro-bono clinic that provides medical, dental and physical therapy services in addition to nutrition care. We are excited to be recognized for our successes, to develop new programs that meet community needs and to continue to change and grow.

Stay posted for the changes in the College of Health and let us know of the changes in your life.

Julie Metos, PhD, MPH, RD
Interim Chair, Division of Nutrition
Inspiring Students at Her Alma Matter

Becky Hurst is a native of Salt Lake City who has stayed true to her roots and continues to encourage students at her Alma Matter. After obtaining her bachelor of science in chemical engineering from the University of Utah, she worked ten years in that industry before returning to the U to complete the Coordinated Master’s Program (CMP) in nutrition. Becky is now employed at the University of Utah Hospital doing research with pediatric motor disorders. She helps patients with spinal muscular atrophy, who have decreased metabolic activity, optimize their vitamin and mineral intake while minimizing their weight gain.

In addition to her clinical work, Becky is now the Focused Area of Study coordinator for the CMP. She streamlines committee composition for graduate students and keeps them on-track to graduate. Her favorite part of the job is when she “sees a light shine on when the research finally comes together” for a graduate student.

When Becky is not engaged in one of her roles at the university, her 5 year-old son keeps her busy with kindergarten homework. She also teaches master swimming classes, and is proud to report that she completed her goal of swimming 100 miles this past summer.

By Rebecca Moore

Welcome, Dean Perrin!

It is with great pleasure that the University of Utah Division of Nutrition welcomes Dr. David Perrin as the new Dean of the College of Health. Born in Vermont, Dr. Perrin attended Castleton State College where he played college basketball and earned an undergraduate degree in Physical Education. From there, he earned an M.S. in Athletic Training from Indiana State University, and a Ph.D. in Exercise Physiology from the University of Pittsburgh while working as a Clinical Athletic Trainer. He then became the Director of Graduate Programs in Athletic Training and Sports Medicine at the University of Virginia where he also developed a research laboratory and later served as the department chair. Dr. Perrin next became the Dean of the School of Human Health and Performance at the University of North Carolina at Greensboro, and subsequently served as Provost, which eventually lead him to the University of Utah. Dean Perrin says that his greatest joy and passion as a professional in higher education is being able to work with students.

Since moving to Salt Lake City, Dean Perrin has enjoyed exploring the canyons and mountains on his daily morning 5-6 mile runs, being closer to his siblings, and he also looks forward to cross country skiing once the snow starts falling. The University of Utah College of Health has a bright future under the guidance of Dean Perrin as he continues to implement innovative plans to provide students with exciting academic and research opportunities, enhance diversity and inclusion, and increase collaboration between the various Health Science programs. Above all else, Dean Perrin wants students to know that he is completely accessible to them and wants students to feel comfortable sharing any concerns or suggestions they may have to improve the overall student experience in the College of Health.

By: Danielle Perry
FDA Requirements for “Gluten-Free” Food Labels

It is common to see labels containing the words “gluten-free” when roaming around the grocery store, but what exactly does that entail?

Gluten is a protein complex that is known in the cooking world for its thickening properties; however, this protein complex that is found in certain grains such as wheat, rye, or barley, is the cause for discomfort.

Celiac disease is the most severe form of gluten intolerance and is an autoimmune disorder of the small intestine; because of the nature of the body’s immune response, this condition can be severe which has warranted standardization for the definition of “gluten-free”.

As of August 5, 2014, food labels that tout a food is “gluten-free” must meet the standardized rule requirements established by the Food and Drug Administration (FDA). These requirements state a gluten-free food must not contain any of the following:

1. An ingredient that is any type of wheat, rye, barley, or cross-breeds of these grains.
2. An ingredient derived from these grains that has not been processed to remove gluten.
3. Foods containing greater than 20 parts per million (ppm) of gluten.

As a result of recent events, the “gluten-free” designation is now a reliable source for people with a sensitivity, intolerance, or celiac disease to help treat their condition through an elimination diet of food containing higher than 20 ppm.

By: Daniel Burgess

Welcome Brittany Chandler!

The Division of Nutrition has a new staff member, Brittany Chandler! Brittany started working at the University of Utah in June of 2014 and is the new Executive Secretary and Academic Coordinator.

As the Executive Secretary, Brittany provides crucial support for the faculty and students in a variety of ways, and helps out with academic admissions. She is also the Academic Advisor for students who are minoring in nutrition. Brittany grew up in Twin Falls, Idaho and attended school at Brigham Young University. At BYU, Brittany acquired a degree in Family Life and Psychology.

Her favorite things about working at the U include the variety of work that is entailed in her job and all of the faculty and students she gets to work with. Outside of work, Brittany has a number of interests. She is a Zumba instructor and will be teaching a Zumba class at the new student life center starting in January. Brittany also enjoys reading, with her latest read being Les Misérables.

Spending time with her family and friends is also a priority for her when she is not working. When asked what a fun fact was, Brittany replied that she loves ice cream!

By: Kristin Jakus

Welcome Shannon Jones!

The Division of Nutrition would like to welcome Shannon Jones as the newest member of the faculty. Shannon began with the department in August and will be teaching the courses Nutrition Policy and Cultural Aspects of Food this coming year. She has an interest in journalism and worked in that field for several years before returning to the University of Utah to finish her Bachelor’s degree in Communications, and Masters Degree in Critical Rhetoric, Critical Cultural Studies, and Food Studies. Shannon has been a guest lecturer for several courses this semester because of her unique perspective on the budding field of food policy and how it relates to society. She also has an interest in sustainability and even participated in a sustainability conference here at the University of Utah called The Wasatch Experience. She hopes to use ideas she learned from the conference in addition to her education to incorporate sustainability into her curriculum. Shannon is proficient in camping, backpacking, and mountaineering and even took a course where she lived in the wilderness for nearly 3 months! Her favorite local hiking spots are Big and Little Cottonwood canyons and the Bonneville Shoreline trail. We are excited to welcome Shannon to the department!

By: Ashley Miller

Over the years the University of Utah, Division of Nutrition has proudly awarded scholarships to nutrition students in the Coordinated Master's Program (CMP). During the academic year of 2013-2014, the department awarded $28,600 to ambitious nutrition students, and the following year have notably funded $31,750. This was a great increase due to an additional scholarship given out from a donor whose funds were not part of the endowment. Another reason for the funding difference was that some requirements weren’t met. Therefore, it is highly encouraged for students to continuously check the CMP scholarship website to stay up-to-date on requirements and funding availabilities. It is also important to highlight that there is only one scholarship, known as The Anna M. Jacobsen Scholarship that is renewable and awarded $5,000 to one student per year. The incoming student cohort should apply for scholarships at the same time they apply for the CMP program; the deadline is on February 15th. Continuing students have the same deadline for CMP scholarships, February 15th. Starting with the academic year of 2015-2016 it will be much easier to apply for scholarships as everything is now done electronically! The College of Health has standardized the scholarship application process to be submitted directly to the scholarship committee. Selected students are recognized yearly at the spring banquet awards night, held by the Student Advisory Committee.

By: Cynthia Wilson

Theresa Dvorak: Exploring A Multidimensional Approach to Nutrition

Enthusiastic, bright, outgoing and spunky: all words that describe the Division of Nutrition's very own Theresa Dvorak. Theresa's interest in food and nutrition is dynamic and diverse, spanning from sports nutrition to weight loss education. She first found her calling in her family’s Colorado home where the kitchen was the epicenter of the house.

From there she entered the University of Northern Colorado, working hands on with football players as an athletic trainer and student. The players looked to Theresa, an undergraduate in dietetics and sports and exercise science, to design a diet that would boost their performance. Theresa realized collegiate athletic nutrition was a field in need of recognition and decided to explore its opportunities by earning a masters in dietetics and gaining an RDN certification at the University of Utah.

Graduating in the summer of 2007, Theresa quickly packed her bags and set off with the US Olympic Speed Skating Long Track All Around team as their athletic trainer. Although she spent time in beautiful places including Japan and Holland, Theresa regretfully decided living out of a suitcase was not for her and reestablished herself in Salt Lake City following her year abroad.

Currently, Theresa works at The Orthopedic Specialty Hospital (TOSH) with a variety of populations including young athletes and seniors. Aside from conducting research at TOSH, Theresa also serves as the head of the Salt Lake City Way to Health program, an evidenced based progressive weight loss program, and is in the midst of redesigning its curriculum.

In addition to her busy work schedule, Theresa celebrated her marriage to Ron Linfesty on October 17th in Colorado. Theresa is an important part of the Division of Nutrition team and we all look forward to the new ideas and plans she will bring in the future!

By: Hilary Cutler
Checking In with Beth

Beth Wolfgram, MS, RD, CSSD, CSCS, is our Sports Dietitian for the University’s Athletic Department. She is a native of Maine, but completed her completed her master’s degree here in the Coordinated Master’s Program. She took the sports dietitian position here seven years ago, and since then, the department has undergone a night and day transformation.

It’s been a long and difficult road to establish the current sports nutrition program, but thanks to Beth’s persistence and willing faculty and coaches, great changes have been made. Now she and two fellows, along with various interns, have an important and essential part in the University of Utah’s athletes’ success.

Beth and her team are involved with every university sports team in some way. Some of their services include performing individual consults, team educations, hydration testing, game day bags including snacks and drinks for the athletes on the day of competition, as well as working in the on-campus dining hall and fueling station, which provides sandwiches and snacks to the athletes for fueling throughout the day, especially pre- or post-workout.

Nutrition brings not only a performance benefit, but also a lifestyle benefit in many aspects. Beth is excited to see that so many people are recognizing the importance of it. Good sports nutrition takes more than just getting the athletes on board; it’s about building relationships with the weight coaches, the athletic trainers, the team coaches, as well as the athletes.

We’re excited for these new developments and can’t wait to see what comes next for Beth and the Sports Nutrition program!

By: Natalie Norris

Focus on Alumna: Sara Mickelson, MS, RD, MBA

Sara graduated from the Coordinated Master’s Program with an emphasis in Sports Dietetics in December 2011. She first became interested in sports nutrition when she was a collegiate athlete on a team without a dietitian, so she had to do all the research herself. However, during her time at the U, weight management caught her attention and she pursued internships in that discipline, including a rotation at the VA Medical Center.

Upon graduation, Sara got a position in the MOVE! Weight Management Program at the VA, and she is now the program coordinator. As such, she teaches group nutrition classes and counsels individual clients. Most of her clients are overweight or obese and generally also have type 2 diabetes, hypertension, or PTSD. In addition to her teaching and counseling roles, she manages the administration, organization, marketing and planning of the MOVE! program.

Sara loves the varied challenges each day brings and being able to give back to the veterans who sacrificed so much.

Sara’s advice for students and new dietitians reflects her personal path to success: always keep an open mind, you’ll never know what area of dietetics will pique your interest if you don’t give it a try!

By: Brianne Newton

“Keep an open mind, you’ll never know what area of dietetics will pique your interest!”

Sara Mickelson
Breanne Nadler: Pedaling to Greater Heights

Breanne began her education in Salt Lake City where she earned a degree in biology from Westminster College. In 2010, she began her education in dietetics and enrolled in the Coordinated Master’s Program with a Sports Nutrition Emphasis at the University of Utah and graduated as a Registered Dietitian in 2012. During her time in the program she worked with Kathie Beals completing a thesis entitled “Bone Density and Energy Availability in Elite Male Cyclists”. Currently, she is a Nutrition Coach for Plan 7 Endurance Coaching. Her primary responsibility with this job is helping athletes with diet plans to optimize cycling performance. Not only does Breanne offer help to cyclists, but she is also an avid cyclist herself. Breanne described that she races “all over the country and a bit internationally for the DNA Cycling team. It’s super cool to race with the top females in the world. And I get to work with my comrades and competitors”. If she ever finds herself outside of work and cycling she enjoys hanging out with friends, “wining and dining”, and playing with puppies. And of course, what kind of nutrition article would this be if hummus was not mentioned? Breanne claims to be “pretty famous” for her homemade hummus recipe, “yummus”.

By: Eric Finley

Dr. Anandh Velayutham Shines Light on the Power of the Berry

On any given day, chances are good that you can find Dr. Anandh Velayutham in his laboratory. There he mentors students on their way to identifying novel dietary components for the prevention and treatment of cardiovascular complications.

Since joining the Division of Nutrition in 2012, Dr. Velayutham has been studying, teaching, and writing about the health benefits of some of our most health-promoting foods. His research focus has been on green tea and blueberries and their beneficial affect on cardiovascular disease. Currently he is working with students to understand how eating blueberries might reduce complications from diabetes. His work has shown promising results, demonstrating berries’ power to keep blood vessels healthy. His previous work on green tea opened many eyes to tea’s healthful properties as well as earning him recognition as a leader in nutrition research. In addition to mentoring students in research, he teaches classes to graduate and undergraduate students.

Dr. Velayutham’s interest in the U stems from its solid reputation as a great institution, offering opportunities to work side by side with other great scholars. Dr. Velayutham adds to that reputation by publishing many award winning scientific papers. Five of his publications have won “Hottest 25” - an award based on number of downloads.

Outside of the classroom and his lab, Dr. Velayutham enjoys time with his family. He travels as much as he can with his wife and 2 sons—ages 10 and 14. In between trips, he enjoys yoga, music, and reading literature.

Graduating with a PhD in biochemistry, he combines his interest in biochemistry with a passion for nutrition. He says that everyone should know some nutrition basics and the role it plays in our day-to-day lives. Nutrition information is vital. As Dr. Velayutham puts it, “Nutrition knowledge will help us to lead a healthy life and to prevent various chronic diseases such as diabetes, cardiovascular diseases and cancer.”

By: Chrissa Petersen
High Performance Alumni

Allen Tran has been busy since his graduation in 2013. Since completing the program with a dual Master’s degree in Nutrition and Exercise Science, he’s been working with the U.S. Ski and Snowboard Association as their high performance chef. When I arrived to interview Allen, he was kind enough to give me a tour of the impressive U.S. Ski and Snowboard Facility where he works. Right now, Allen leads the athlete kitchen by himself, but says he hopes to set up a larger department and hire more staff in the future. Working as the teams’ chef, Allen travels all over the world with the ski and snowboard teams. This includes traveling to the Sochi Olympic Games last February. He interacts with the athletes on a daily basis, establishing relationships to better understand their food preferences. Allen also prepares meals, and uses this opportunity to teach athletes about nutrition. “It doesn’t matter what population you’re working with, [nutrition] education is always going to play a part” Allen says about his job. He notes that his experience working with University of Utah Athletics while in school, along with his culinary background helped prepare him for his current position. He says his favorite part of the job is being able to watch the athletes compete and know that he has helped them in some way or another.

By: Megan Foley

Keeping Current While Serving with Staci McIntosh

Staci McIntosh, an Assistant Professor in the Division of Nutrition, has a lot on her plate. In addition to teaching ‘Nutrition Intervention’ and ‘Applied Nutrition Through the Life Cycle classes’, she also is the author of a textbook, a volunteer for the uninsured, and a member of a new educational excellence committee. The publishing company, Elsevier, wanted a young nutrition professor working with nursing students to take over authorship of their textbook Williams’ Basic Nutrition and Diet Therapy from the original author Sue Williams. Staci was “in the right place at the right time” and became the book’s author in 2001. Since then, she has authored three editions of the textbook, each taking two years to produce. The current edition has sold over 30,000 copies and is translated into several languages.

Staci has been volunteering with the People’s Clinic in Park City, Utah since 2010. The clinic serves the uninsured in Wasatch and Summit counties. The most rewarding thing she experiences there is to see patients come in with type II diabetes, and within 6 to 12 months be no longer considered diabetic due to weight loss and exercise. Staci is also volunteering at Wasatch Recovery, an addiction recovery center in Cottonwood Heights, Utah. She has reviewed and revised their menu, helped them start and maintain a garden, and has been teaching group lessons and cooking classes for the residents.

The education excellence committee that Staci is a member of was organized in August 2014. It is charged with figuring out a way to have more successful clinicians leave the classroom by improving their exposure to patients. The committee is also considering an idea to have aspiring clinicians from different disciplines get more exposure to one another so that they can become comfortable with the interactions that are essential in the clinical setting.

By: Brian Duke

Focus on Alumna: Kelly Daly-Wolfe, MS, RD

Kelly Daly-Wolfe has always loved science, graduating from Virginia Polytechnic Institute and State University in 2010 with a B.S. in Chemistry. Her interest in nutrition was sparked when she worked as a site leader for Summer Food Service Program, where she delivered meals to children from low-income families and counseled them on healthy food and beverage choices. Pursuing her passion, Kelly relocated from New Hampshire to Utah to attend the Coordinated Master’s Program (CMP) in Dietetics.

Following graduation from the CMP in 2012, Kelly began working as a renal dietitian for Fresenius Medical Care, at Wasatch Dialysis in Murray, UT. Kelly loves her job! She works with clients who have end stage renal disease, providing them counseling and education. She enjoys that each client’s needs are constantly changing and are individualized. Kelly strives to provide a quality life to her clients. As Kelly’s clients regularly attend dialysis, she is able to build strong relationships with them. She finds this part of her job to be particularly rewarding.

Her advice to current CMP students: get involved with opportunities outside of school. Kelly found volunteering to be extremely rewarding. She also recommends attending the annual Utah Academy of Nutrition and Dietetics Conference, as an excellent opportunity to network and learn from peers.

By: Jennie Harris
A Quick and Healthy muffin can be a great balanced breakfast option for all. These *Gluten/Dairy/Processed Sugar Free Spiced Apple Orange Almond Muffins* are a great seasonal favorite with healthy fats and lots of vitamin C for the winter!

**DRY INGREDIENTS:**

- 1½ cups Brown Rice Flour
- 1 cup White Rice Flour
- ¼ cup Tapioca Flour
- 1 t Xanthan Gum
- 1 t Baking Powder
- 1 t Baking Soda
- 1 t Sea Salt

**WET INGREDIENTS:**

- ½ cup Orange Juice
- ¼ cup Honey
- 1 cup Unsweetened Apple Sauce
- 1 t Orange Extract
- 2 Eggs
- ¼ cup Sunflower Oil
- 1 t Cinnamon

**ADD INS:**

- 2 cups Chopped Fresh Apples
- ½ cup Grated Orange Peel
- 1 cup Chopped Almonds

**BAKE IT UP:**

1. Set oven to 350 degrees.
2. Grease Muffin pan with sunflower oil or coconut oil.
3. Mix all wet ingredients together in a large mixing bowl.
4. In a separate bowl, mix all dry ingredients in a large mixing bowl.
5. Combine wet and dry ingredients into one bowl until just moistened.
6. Slowly fold in the ADD INS to the mixture until well combined.
8. Bake at 350 degrees for 18 – 20 minutes.
9. Check for doneness, remove from oven and let cool for 10 - 15 minutes - ENJOY!

*By: Valerie Mey*