The Division of Nutrition continued to prosper and grow during 2011. We have been following a path of expanded course offerings to take advantage of the surge in student enrollment at the University of Utah and undergraduate student interest in our nutrition minor. This cumulative increase in student credit hour offerings has paid back dividends to the Division and convinced the University that we can support two additional tenure track faculty positions. We have advertised these positions and we will be conducting interviews this spring. Our plan is to use this opportunity to expand our faculty research expertise in order to provide a greater range of exposure and depth to new and exciting aspects of nutrition for our graduate students and facilitate our ultimate goal of establishing a doctoral program in nutrition at the University of Utah.

One of the critical facilitators of our graduate student education is providing scholarships to help defray ever increasing tuition costs. We currently have seven scholarship donors and would like to increase this to 13 (the same number as the number of students in our CMP program) in the near future. Currently, the University has offered a great opportunity to establish an endowed scholarship in nutrition. The University has offered to match a $5,000 scholarship donation to raise the scholarship to the $10,000 level. This would then permit an annual scholarship award of approximately $500 per year on a continuing basis. If you are interested in establishing a scholarship in the Division of Nutrition, please contact me or our College of Health Development Officer Marsha Lundgren (marsha.lundgren@health.utah.edu), and we will be glad to discuss.

Dr. Askew asks that Alumni stay in touch with the division!

with you your wishes and what would be involved to make this happen. The Division of Nutrition faculty members and I wish you a happy and prosperous new year. We sincerely hope that your degree from the University of Utah has helped you achieve many of your career goals. By now you are probably painfully aware that we told you we couldn’t teach you everything you needed to know to be successful in your chosen field of nutrition, but we hope did provide you a foundation upon which to grow as you progressed in your profession. We would love to hear from you explaining where your professional path has taken you and how your time here at the University of Utah has helped you along that path. Please stay in touch; we enjoy hearing about your professional experiences, your accomplishments give us something to point to with pride, and we are proud of our alumni!

—Dr. Wayne Askew
Hillary Chrastil — Outstanding Preceptor
By: Sara Browning

The University of Utah’s CMP nutrition students are exposed to various facets of applied dietetics through the preceptor programs. Hillary Chrastil has been a valued member of this program since 2009. I got the chance to talk with her a little bit about her experience and let her know how important she is to our program.

What’s your favorite thing about precepting? There are so many things I like about precepting! First, students help me get so much more done than I could on my own. Last year I had an advanced practice student who did a project for me that would have probably taken me over a year to do if I would have had to do it myself. Second, I like showing students how awesome management can be. I knew so many students when I was an intern that had really lame management rotations, but my job is fun so I like sharing it. Third, having interns keeps me inspired. Interns are always so energetic and open to possibility; I can't help but feel motivated when I have someone rotating through!!

Why do you choose to precept U of U students? We continue to partner with the U because we have had such great experiences with their students and faculty.

What excites you the most about the future of the field of nutrition? I guess I am most excited about the opportunities that are arising for dietitians. I get excited about health promotion and disease prevention type programs, and I think dietitians are so well suited for those kinds of jobs. I am excited for us, as a field, to break out of our mold and do things that are new and fresh and exciting.

What’s your favorite winter dish to cook? Yay, an easy question! Chili. Nothing fancy, plain old chili, in the crock pot!!

Kristine Jordan — Advancing the Field of Pediatric Research
By: Becky Cannon

Kristine Jordan is not only a professor, student, and mother of twins, but also finds the time to do research. She and her research team—which includes one of the Division of Nutrition’s own CMP students, Kelly Daily Wolfe—were recently awarded a grant from the University of Utah. Dr. Jordan completed her postdoctorate in the department of pediatrics, and she continues this focus on pediatrics with her new research, entitled Prediction of magnetic resonance imaging-derived visceral adipose tissue by standard anthropometry in preterm infants.

This study aims to identify the influence of prematurity on the deposition of adipose (or fat) tissue in preterm infants, by using magnetic resonance imaging (MRI). MRI is better than past methods, because it can differentiate between abdominal fat, which surrounds the internal organs, and subcutaneous fat, which is located under the skin.

This method is also non-invasive, so it does not expose infants to radiation. Dr. Jordan’s research is important and needed because past studies have shown that increased amounts of abdominal fat in preterm infants can lead to hypertension and glucose intolerance in later life regardless if the individual is obese or not.

Kristine and her research team hope their findings will guide future research and, importantly, improve treatments for preterm infants. Her study will also contribute to future clinical trials in the field of pediatrics and preterm infant body composition. Kristine is a great example of how RDs can contribute to and expand our understanding of how early life health problems can contribute to disease risks in adulthood. We look forward to learning the results of this important research!
Matt Schmidt — Getting in Touch!
By: Sara Shupe

It’s a phrase Matt Schmidt (CMP class of 2001) knew that he wanted to teach before he graduated from the University of Utah. While working for his MS and RD, Matt’s research focused on investigating antioxidant supplement efficacy in quenching free radical production in a group of Marines.

He still enjoys research, but his true passion lies in influencing and educating students at Southern Utah University, where he and his family have been since he received his RD. At SUU, Matt teaches general nutrition, advanced nutrition, and lifecycle nutrition. His research has been focused on investigating the hydration, snacking, and food purchasing practices in SUU athletes. Soccer, gymnastics, basketball, and cross country athletes have worked with Matt to improve their performance and make a friend in the process. More recently, his research has delved into the international arena, and because of his involvement in SUU’s Japanese study abroad program, Matt has worked on projects comparing Japanese and American school lunch program’s nutrient content and plate waste practices.

His rapport with the faculty, staff, and students at SUU make him a respected, trusted, and loved member of the university. Matt’s career is exciting and busy, but his life is continually filled with time spent with his wife and children. He enjoys coaching and watching his children’s soccer teams and playing the Wii with his family.

“To be the best, whatever you do, do 100%....It pays off,” is the advice he gives to all who are looking for a mantra for progression and happiness in all aspects of life, be it professional, educational, or personal. Matt’s zest for life and enthusiasm are contagious. It has helped him influence and make his mark on his community, his professors, his students, and his family.

Rose Thayer – Celebrating 20 Years
By: Ron Beckstrom

Rose Thayer began working in the University of Utah Division of Nutrition 20 years ago as administrative manager. Rose enjoys working behind-the-scenes and prefers that her contributions in the office go unnoticed. Despite this modesty, faculty within the division depend on Rose as a vital asset. Faculty describe Rose as dependable, attentive to detail, knowledgeable, and a big part of the Division’s success. Rose finds her work stimulating and loves the variety of tasks she encounters each day.

Even more gratifying than the work, Rose cherishes the relationships she has developed with faculty and students. Nothing gives her more pride than to witness the transformation of a tentative student into a confident professional. Rose is known in the office for her warm smile and loyal friendship; many faculty turn to her when they are having a bad day.

Few know that at the beginning of her employment, Rose was studying to become a paralegal and anticipated leaving the university in 3-4 years. The division is fortunate that she would later turn down a lucrative position as a paralegal for the benefits of her career as office manager. Rose looks forward to her future here at the University and hopes to maintain enough flexibility to adapt with the Division as it continues to evolve and develop. Faculty look forward to the continued stability of her management and the warmth of her friendship. Thank you, Rose, for your dedicated service.
Matt Johnson — Success with REDS
By: Ashley Goodell

After graduating from Southern Utah University in 2008 with a B.S. in Human Nutrition, Matt Johnson moved to Salt Lake City to complete the CMP at Utah. Throughout his time at SUU and the U, he became interested in the food industry. He was one of the first students to participate in classes now part of the “Regulation and Evaluation of Dietary Supplements (REDS)” program and completed his advanced practice with the Regulatory Affairs Department of a Utah County dietary supplement company. Immediately upon graduation from the CMP, Matt secured a job as a Consumer Safety Officer with the Food and Drug Administration office in Salt Lake City. One of his main responsibilities is to conduct Good Manufacturing Practice audits of food manufacturing facilities, and he also works with recalls on food, medical devices, and dietary supplements. Cantaloupes sure kept him busy this past September!

Another big project he was involved in was the Nutrition Labeling Market Basket study. Each week, Matt bought a variety of products at local grocery stores and shipped them to a lab in Kansas to have their nutrition labels checked for accuracy and compliance with federal laws.

Matt “[has] loved [his] time with the FDA and hopes to stay with them long term.” Currently, he is waiting to hear from the United States Public Health Service Commission Corps regarding his application to work as a service dietitian. Upon attaining this position, he would continue his position with the FDA, but would also be a part of a specialized national public health team that is deployed for up to 3 weeks to assist with national disasters throughout the United States. He credits his studies at SUU, the U, and especially the REDS program for his successes.

Beth Wolfgram — Esteemed Alumnus
By: Anna Mitchell

Beth Wolfgram, a 1996 graduate of the CMP program, is passionate about her work with the University of Utah’s athletes. She is the sports dietitian for all 17 of the University’s teams, a job that has increased in excitement since the Utes joined the Pac12.

Since sports dietetics is a relatively new field, Beth has accomplished much in gaining the confidence and respect of the entire sports medicine team. Since she started her job with the Utes, Beth has implemented nutrition screening for all new athletes, protocols for nutrient deficiencies in athletes, and training table meals for many of the teams. Because she is the first sports dietitian at the University of Utah, she is constantly defining and creating her job as time goes by. She loves her work and considers watching the athletes perform well to be a great reward.

Beth has experience in areas other than collegiate athletics too. She was first employed at a corporate wellness facility in Maine, where she worked as an exercise programmer and nutrition counselor. She also teaches classes at the University of Utah, develops meal planning websites, has worked in private practice, and frequently gives nutritional assistance to the Utah Jazz.

Beth’s passion for nutrition and sports is seen not only in her work, but also in her personal life. She enjoys running, mountain biking, skiing, and doing triathlons. She shares her love of the outdoors in her 21 month old son, who likes to hike with her. Beth encourages young dietitians to try many things in order to figure out what they want to do. She promotes open-mindedness when making final career decisions. However, she advises our students to follow their passions and know that every little thing is a stepping stone. You never know where these stepping stones will lead.
Joan Ryan — Enjoying the Moment
By: Stephanie Ashmore

As she enters the room, this runner and mother of two exudes a natural ease and positive attitude. It is clear within a few moments of talking that she loves what she does. Joan Ryan is a graduate of the Coordinated Masters Program in Dietetics at the University of Utah and now works as a Clinical Home Care Dietitian, Certified Nutrition Support Clinician, and Marketer for Infusion Innovations.

Joan enjoys her job, but didn’t initially intend to work in a clinical setting. She came to the CMP program intent on becoming a sports dietitian. Prior to attending the University of Utah, Joan competed as a rower at the Western Washington University. After seeing the challenges faced by athletes in weight dependent sports, she was sure she wanted to help athletes improve their nutrition.

As so often happens in life, things turned out differently. Upon graduation Joan became a clinical dietitian, eventually becoming the Chief Clinical Dietitian at Ogden Regional Hospital. But it wasn’t until she took a few years off to care for her children that she found her current position. At Infusion, she works to improve the care of patients receiving tube feeding and TPN. She directly coordinates with patients and in-house pharmacists to ensure patients get the nutrition they need and thus, feel better.

It is this indirect road that sparks Joan’s advice to current CMP students. She advises them to be open to thinking outside the box and consider new opportunities. She also advises to “have a little self-check every day.” This habit can help students remember to look at the bigger picture. Good advice no matter where you are in life.

Joan has certainly learned to sit back and enjoy the moment now. She balances her work and family with a genuine enjoyment of each. Her education influences all aspects of her life. Even her children are aware of this influence. Recently her son asked, “Mom, are you going to be a dietitian grandma?” With the amazing influence Joan is having on her patient’s lives, we hope that she will be.

Sara Oldroyd -
By: Jessica Hargroder

Sara Oldroyd began her work in global health while she was still a student in the CMP program here at the U. After completing an advanced practice in Ghana–screening children for malaria and examining vitamin A intake–she developed curricula for refugees in Salt Lake City as her final project. Sara graduated in 2006, and traveled across the world teaching nutrition classes, doing research, and promoting health in places such as Ghana, Haiti, Peru, and Armenia.

She now works for the Thrasher Research Fund, and has a position with Utah State University extension here in Salt Lake. Teaching participants of the SNAP food stamp program, Sara works with refugees, Hispanic populations, and church and community groups. Her classes involve a variety of topics including community nutrition, diabetes education, and supplementation. In addition to all this, Sara teaches night classes at Utah Career College and has found a passion for teaching nutrition at the collegiate level. She is currently working on a doctorate in public health.

Ultimately, Sara sees herself as an adjunct professor, teaching classes like community nutrition or introduction to public health. Most importantly she always wants to keep a hand in community affairs, through part time job or volunteer activities, in order to keep in touch with what students need to know. And, as if she hasn’t contributed enough, Sara also aspires to work in policy and legislation because, “that’s where big change happens.”
Breaking Down Breakfast
By: Ema Thake

For most children, cereal is what they have for breakfast because they like the marshmallows or singing tigers, but can cereal be delicious and beneficial to you as an adult? Cereal companies have been making a big push for cold cereal being the “healthy and smart” choice for breakfast. After years of having to defend themselves against a sugar-phobic and fat-fearing population, companies such as Kellogg’s and General Mills, are making it known to the world that they offer more nutritional benefits than drawbacks.

Not only are these companies focusing on the economic responsibility of eating cold cereal, claiming that eating breakfast cereal costs only 50 cents per bowl, there has been more focus on the important nutrients that are offered and reduced incidence in obesity with individuals who consume breakfast cereal with milk.

Some of the nutritional claims of breakfast cereals include:

- A great source of whole grains, claiming that their cereals promote heart health, weight management, and decreased risk for cancer and diabetes.
- Using milk and the new vitamin D “craze” to help promote their cereals, stating that 1/10 children are deficient in vitamin D and 6/10 children don’t get enough calcium per day.
- Meeting the demand of consumers to have lower sugar content; General Mills has lowered the sugar content of its breakfast cereals by an average of 14% since 2007.

Not only are breakfast cereal companies focusing on the nutrients that cereals offer, but they are claiming that eating breakfast cereal in the morning will decrease rates of obesity and diabetes in today’s growing obesity epidemic. According to the National Health and Nutrition Examination Survey, General Mills stated that “on average, breakfast contributes less than 20 percent of daily calories, while delivering more than 30 percent of needed calcium, iron, and B vitamins.”

Whether or not you are on the breakfast cereal bandwagon, it’s important to remember that as part of a well-balanced diet, cereal with milk can be great for contributing whole grains, vitamins, and minerals to the diet...with or without the marshmallows and singing tigers.

SAC: 2011 Achievements
By: Brittney Urban

The Student Advisory Committee (SAC) had a lot of fun last year and participated in many worthy events. Two events of particular interest were the National Nutrition Month Event and the end of the year Awards Banquet. For National Nutrition Month, Katie Knappenberger, one of the SAC co-chairs, applied for and won a grant from the Utah Dietetic Association to purchase pens, cups, and t-shirts with the theme “Eat Right with Color” printed on them. SAC members contracted with several of the main dining halls on campus to teach hundreds of university students about different aspects of healthy eating. Nearly the entire CMP student body got involved with this teaching effort, which included topics such as dorm-friendly snacks, eating right on a budget, and eating with color in the cafeteria. Our SAC students agreed this event was a hit with the U of U student body!

The end of the year Awards Banquet turned out to be a success as well, and was held with a twist. Along with the usual festivities of food and celebrating scholarship recipients, students decided to use the evening as an opportunity to raise money for the 4th Street Clinic. The clinic, which serves the homeless population in downtown Salt Lake City, received $110.00 from donations and also from the sale of the National Nutrition Month t-shirts SAC students had created with the UDA grant. This addition of a fundraiser to help worthy causes just might become a tradition at future banquets, and become a great way for students and faculty to give back to the community.
Searching for a New Tenure-Track Faculty Member

By Ying Qian

The Division of Nutrition is seeking new tenure-track faculty to join the Division next year. It is expected that this new faculty member will help the Division of Nutrition by teaching classes and by generating research in which our students can participate. Right now, the Division does not offer a PhD program, because of a lack of research faculty. But with this new faculty member, the Division will have sufficient researching faculty to start such programs.

The qualified candidate must, according to the chair of the search committee, Dr. Thunder Jalili, either be engaged in or be able to start out his/her research complimentary to what the Division already has. In addition, the candidate must be able to obtain grants employing graduate students who want to do their thesis projects. The preferred candidate will have an RD and be able to teach to a core graduate program in dietetics. It is not necessary for the candidate to have a lot of teaching experience, but he/she has to demonstrate the ability to teach.

The application deadline is October 31, 2011. After that, the search committees began review of the individual applicants. Two or three candidates will be selected for interviews. The final decision will be made in March, 2012 in order that the candidate can move and teach here by the summer or fall semester.

White Chicken Chili

By: Leisa Price (Adapted from Better Homes and Gardens)

This is a healthy, easy, fix-it-and-forget-it meal. This colorful soup is perfect for a busy family on a cold winter day.

3 15- to 15.5-ounce cans Great Northern or cannellini beans, rinsed and drained
2 ½ cups chopped grilled or baked chicken breast (about 2)
1 cup chopped onion (1 large)
1 chopped green pepper
1 chopped orange pepper (or any combination of 2 sweet peppers)
1 jalapeno pepper, seeded and chopped
1 red Anaheim chile, seeded and chopped
3 cloves garlic, minced
2 teaspoons ground cumin
½ teaspoon salt
¼ teaspoon dried oregano, crushed
3 ½ cups low-sodium chicken broth

In a 4-5 quart slow cooker stir together the drained beans, chicken, onion, sweet pepper, jalapeno, anaheim chile, garlic, cumin, salt, and oregano. Stir in chicken broth.
Cover and cook on low-heat setting for 8-10 hours or on high-heat for 4-6 hours. If desired, serve with shredded Monterey jack cheese, sour cream, or pita chips.
Optimizing Your Health – Alumni Alan Shugarman
By: Dana Gershenoff

Finding Alan Shugarman is a bit like searching for Waldo. He is constantly busy with his company, Discovery Nutrition, and writing for several magazines such as FLEX, Muscles & Fitness, and Natural Muscle Magazines. After receiving his Bachelor of Sciences in Chemistry and Biology at Chapman University, he completed a Master of Sciences in Nutrition in 1998, through our own CMP program at the University of Utah. His reason for pursuing his masters was to obtain a strong foundational knowledge in nutrition, which, when added to his undergraduate studies set him up to run his own nutritional supplement company.

Discovery Nutrition is a nutrition and supplement company that specializes in research, product development, and sales and marketing for supplements. While he has not spent a day as a clinical Registered Dietitian, Alan says he uses this knowledge to help his clients optimize their health through daily nutrient supplementation. Alan believes it’s vital to recognize the American diet is low in many micronutrients, and he is convinced that supplements may lessen this nutritional gap. His long-term plan is to build a multi-level marketing company that focuses on nutritional supplements for the anti-aging and baby boomer market.

He attributes his success to his scientific knowledge and savvy business management skills. While the latter is best learned on the job Alan recommends that students attend as many leadership, management and organizational seminars that are available at the University of Utah. And his final advice to CMP program graduates is, “Know who you are; what you want will help lead you down your path of success.”

Coconut Water as a Sports Drink?
By: Stephanie Ashmore

In the 1980s coconut received a lot of bad press for its saturated fat content, and the many claims that it was unhealthy and associated with raising cholesterol levels. Now coconut is making a comeback, in the form of coconut water. Unlike coconut milk or cream of coconut, coconut water is low in fat. Coconut water is being touted as the perfect all-natural sports drink. Coconut water typically has less than 80 calories per 8 oz serving. Depending on the brand, coconut water has between 7 – 19 grams of carbohydrate comparably to the 14 grams found in Gatorade. Coconut water contains considerably more potassium than traditional sports drinks but significantly less sodium. The lower sodium content may not benefit extreme athletes who are losing a lot of sodium through sweat, but for the average person while working out it will provide them with some sodium and the benefit of balancing sodium with potassium. Coconut water can contain up to 50 mg of calcium a serving while traditional sports drinks contain none. While coconut water may not have the fruity flavor of many sports drinks many people do enjoy it. But as a substitute for sports drink, it typically is more costly. Bottom line, coconut water can be an alternative to sports drinks for someone...