


Indians in Nutrition and Dietetics Member Interest Group (IND MIG)
Annual Report 2020 -2021



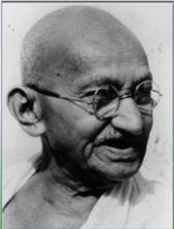
Indians in Nutrition and Dietetics
a member interest group of the
Academy of Nutrition and Dietetics

*Our ability to reach Unity in Diversity will be the
beauty and test of our civilization!*

- Mahatma Gandhi -

You have to taste a culture to understand it.

- Deborah Cater -



Indians in Nutrition and Dietetics is a dynamic and growing member interest group of the Academy of Nutrition and Dietetics. The following are the benefits of being an IND member:

- **A voice that advocates for cultural topics**, serving as a direct resource to the Academy Diversity Committee and internal teams.
- Opportunity to connect Indian peers **on niche topics**.
- An **IND website** to help foster community and connect you with resources.
- A **connected, collaborative community** with opportunities for FNCE® networking events, year-round communication via newsletter and social media as well as a member directory which allows you to identify like-minded fellow members
- Access to **education and professional development** through CPEU webinar trainings, educational toolkits and scholarships for lifelong learning on topics such as clinical diets, cultural foods, holistic, integrative, and functional medicine/nutrition, outreach, impact on nutrition of cultural and ethnic food choices, traditional medicine, and more.
- Opportunities for **leadership development** within the IND Executive Committee, through leadership development programs and scholarships.
- **Social media engagement** to foster connections with peers and hear latest announcements.

Mission: Empowering members to be the nation's Food and Nutrition leaders for Asian Indians.

Vision: Optimizing the health of Asian Indians through food and nutrition

Website: <https://ind.webauthor.com/>

Social media:

Facebook- <https://www.facebook.com/indmig/>

Instagram- @ind_mig

Twitter- https://twitter.com/mig_ind

LinkedIn: <https://www.linkedin.com/company/ind-mig/>

YouTube: <https://www.youtube.com/channel/UC24C8M0g-rUEVkhF5Yw4Mtg>

Membership Totals Ending 5/31/2021

Status	Total
Active	237
Associate	1
International	9
Life	3
Retired	33
Staff	10
Student	37
Total	330

Executive Committee:

	2020-2021 Executive Committee Members and Leadership Team	
1	Chair	Mudita Arora
2	Chair-Elect	Sangeeta Shrivastava
3	Treasurer/Secretary	Madhu Gadia
4	Past Chair	Aarti Batavia

5	Nominating Committee & Awards and Honors Committee Co-Chairs	Catherine Conway, Rita Batheja
6	Nominating Committee & Awards and Honors Committee member	Gita Patel
7	Diversity Liaison	Vandana Sheth
8	Policy Advocacy Leader/Reimbursement Representative	Rita Batheja
9	Professional Resources Committee Chair	Pushpa Soundararajan
10	Communications Committee Co-Chairs	Shraddha Chaubey; Afsheen Syeda
11	Communications Committee Team Members	Suvosree Chatterjee, Priya Karkare
12	Global Liaison	Rupal Shah
13	Regional Meetings/Networking Committee Co-Chairs	Aishwarya Srinivasan, Sapna Punjabi Gupta
14	Regional Meetings/Networking Committee member	Chandni Sen Sinha
15	Student Committee Student Co-Coordinators	Mariana Leon, Prabhdeep Sandha
16	Academy Liaison/ IND MIG Manager	Rita Brummett

Number of EC meetings: 6 virtual meetings

1. July 13th, 2020: First EC Meeting of the fiscal year
2. September 14th, 2020
3. November 9th, 2020
4. January 11th, 2021
5. March 8th, 2021
6. May 10th, 2021: Last EC Meeting of the fiscal year

Special mention: IND MIG was represented **at House of Delegates virtual meeting** in October 2020 by Pushpa Soundararajan, February 13th, 2021 by Shraddha Chaubey and May 1st, 2021 by the Chair, Mudita Arora 2020-2021

Financial Information:

Indians in Nutrition and Dietetics

Actual vs. Budget for last year 2020-2021

Revenue

Account Number	Description	YTD Actual	YTD Budget
2114003010XXXX	MEMBERSHIP DUES	2,880	2,850
2114303220XXXX	GRANTS/CONTRACTS	1,000	0
Operating Revenues		3,880	2,850

Expenses

Account Number	Description	YTD Actual	YTD Budget
2115204850XXXX	TRANSPORTATION	0	400
2115604630XXXX	WEB HOSTING	163	480
2115954720XXXX	OTHER EXPENSE	385	0
2115955030XXXX	BOOKS/SUBSCRIPTIONS	191	0
2115955040XXXX	MEMB DUES/SEMINAR FEES	100	0
2115955131XXXX	CREDIT CARD PROCESSING FEE	43	43
2115955140XXXX	DONATIONS/CONTRIBUTIONS	500	0
2116005250XXXX	DONATIONS TO ADAF	125	0
2116105060XXXX	HONORARIUMS/AWARDS	1,797	700
2116105100XXXX	FOOD SERVICE	0	300
Operating Expenses		3,304	1,923
OPERATING EXCESS -DEFICIT		576	927

Reserves: As of May 31, 2021, reserves were **\$22,102** with a reserve percentage of 1149%.

Professional Development Webinars:

Title: Universal Meals: A Delicious Option that Efficiently Fits Everyone's Needs

Date: Tuesday, September 15, 2020 **1 CPEU**

The need to appeal to a diverse population in large-scale food service has increased across the board. Building meals that can appeal to, and fit the dietary needs of, as many people as possible is one method that can be used to ease the burden of those involved in food service. This webinar will present practical, nutritional, and menu adjustments within the Universal Meals guidelines that can be utilized to better serve your clientele in a wide variety of settings including universities, airlines, hospitals, and in the hospitality sector. Universal Meals resources such as a program brochure, marketing materials, recipes, consulting, and online materials will be available to attendee practitioners looking to cater to populations with various allergens, dietary preferences, and those following religious directives.

Presenters:



Maggie Neola, RD

Maggie Neola, RD, is the community nutrition program manager for the Physician's Committee for Responsible Medicine and a dietitian at the Barnard Medical Center in Washington, D.C. She advocates for eating power-house, nutrient-dense foods for optimal health and disease prevention. Ms. Neola is passionate about helping her patients at the outpatient primary care medical center make lasting lifestyle changes and enjoy healthful eating. Ms. Neola previously worked as a Healthy Eating Specialist at Whole Foods Market, where she enjoyed promoting healthful foods through cooking demonstrations and group classes. Ms. Neola earned a Bachelor of Science in Medical Dietetics at the Ohio State University. She recently passed the Professional Plant-Based Certification Course through Rouxbe Online Culinary School. In her spare time, Ms. Neola participates in triathlons and enjoys art, music, and traveling.



Allison Lenthall, MBA

Allison joined the Physician's Committee for Responsible Medicine as the Senior Corporate Liaison in January of 2020, after working as the Director of Patient Satisfaction and Patient Advocate for a regional healthcare system in Virginia. She utilizes the skills acquired while earning her MBA at the College of William & Mary, specializing in healthcare, to forge relationships with corporations, hospitals, universities, and other institutions to promote the use of plant-based diets. Allison focuses her time supporting hospitals in aligning with the American Medical Association's Healthy Food in Hospitals Resolution, corporate outreach for the Let's Beat Breast Cancer Campaign and the promotion and adoption of Universal Meals. Prior to pivoting into healthcare, Allison worked in Communications and Corporate Social Responsibility for national and international clients, and has worked in Spain and Costa Rica, with teams in South Africa, UAE, Chile, Israel, and other countries. She has experienced the intricacies of eating in various situations first-hand!

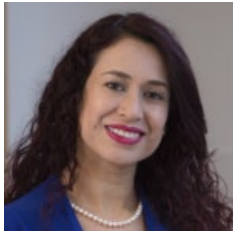
Title: More Inclusive Nutrition: Enhancing Your Practice Through Cultural Understanding

Date: Tuesday, September 29, 2020 **1 CPEU**

Hosted by Asian Americans and Pacific Islanders (AAPI), Indians in Nutrition and Dietetics (IND), Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN), National Organization of Blacks in Dietetics and Nutrition (NOBIDAN), and Religion (RMIG) Member Interest Groups

Food is an integral part of culture. From celebrations of tradition and heritage to religious holidays, recipes can provide a bond and comfort us. They evoke emotion and connection to our families and each other. RDNs have the unique challenge of talking about food in a way that both respects tradition and cultural differences while healthily nourishing patients. **Panel Discussion of Leaders** from five of the Academy's current Member Interest Groups (MIGs) will discuss ways to effectively listen and communicate with patients to be more inclusive of diverse ethnicities and religious cultures and their foods and traditions.

Panelists:



Sandra Arevalo MPH, RDN, CDN, CDE, CLC, FADA is the Director of Community and Patient Education at Montefiore Nyack Hospital. Her commitment is to provide culturally sensitive health care and education to the most underserved and diverse families. She is a recognized national expert on Latino culture, nutrition, and health. Her work on prevention and treatment of obesity, lactation, and diabetes has been presented at various national conferences, and featured in national and international TV, including Telemundo and NatGeo, as well as in numerous printed media outlets, radio, and peer reviewed journals. She is an active spokesperson for the Academy of Nutrition and Dietetics and the American

Association of Diabetes Educators. She has served, and still serves as leader of various local and national professional organizations. Among her numerous nominations and awards are the Award of Excellence from NEP DPG for Best Nutrition Education Program (2012), the Award of Excellence from the National Hispanic Medical Association for her leadership in nutrition for Latinos (2013), Mom On A Mission, next to Michelle Obama (2017), the Garden State Diabetes Educator of the Year Award (2018), and the Academy's Preceptor of the year award (2019).



Laurita M. Burley, PhD, RDN, LD is a retired registered and licensed dietitian nutritionist with more than thirty years of experience. Her primary area of expertise is in nutrition education of health care professionals. She has held adjunct faculty and clinical assistant professorships teaching nutrition to students in dietetics, nursing and family medicine residency. She has provided guest lectures on nutrition for the in-service training of nurses, physicians, pharmacists, home health workers and public school teachers, and made numerous presentations to lay audiences. In the area of clinical service, Dr.

Burley is experienced in providing medical nutrition therapy to individuals of various cultural and ethnic groups. She has developed nutrition education materials with particular

focus on the African American community. She has co-authored publications on nutrition in the prevention and management of diabetes in African Americans. Dr. Burley completed her PhD in educational policy studies at Georgia State University, Atlanta, Georgia. With a concentration in higher education, her research focused on sociohistorical and cultural analysis.



Janice Chow, MS, RD is a Registered Dietitian and the founder of her virtual nutrition counseling practice, The Mindful Chow. She empowers Asians to replace their cultural obsession with body size ideals with a healthier mind-body connection, using the Health At Every Size™ approach. She obtained a Bachelor of Science in Nutritional Science from UC Berkeley before completing her Dietetic Internship and Masters of Science in Dietetics & Nutrition at Tufts University. Janice has 7 years of experience in clinical nutrition, community wellness and nutrition education, working with diverse population. She has published nutrition and self-care articles on the health & wellness platform, WellSeek. Janice has

been an active volunteer in the dietetics field, serving for the former Chinese American Dietitians group and currently as a Professional Development Chair for Asian American & Pacific Islanders (AAPI) Member Interest Group. She is also a preceptor to dietetics students for the past 5 years. Currently living in San Francisco Bay Area, she enjoys cooking different cuisines and traveling with her husband.



Hiba Hamadeh, MMedSci, RDN, LD is a dietitian and the founder of the Happy Energy Nutrition and Wellness online program for moms. Hiba started this comprehensive program for Arab moms to help them in their journey towards health improvement and establishing healthy relationships with food, while honoring their cultural values and food practices. Hiba realizes the importance and value of helping moms keep up their happy energy while caring for their families, as that will in turn help raise children with healthy relationships with food, and who are empowered to make their own healthy choices as they grow. Thereby, positively contributing to their overall health, happiness, and wellbeing.

Hiba completed her first undergraduate, as well as Master of Medical Science (MMedSci) in Human Nutrition degree in the United Kingdom. Her 2007 Master's dissertation titled: "The Effect of Pomegranate Juice on Arterial Stiffness" led to her first scientific publication. After receiving her Master's, Hiba worked as a licensed nutritionist at a maternity hospital in Abu-Dhabi, in the United Arab Emirates (UAE). During her time in Abu-Dhabi, Hiba also had a leadership role as a dietitian field supervisor in a research study conducted by the University of North Carolina and the UAE University, which was titled "Indoor Air, Health and Nutrition" study. Hiba moved to the US with her husband in 2010 and completed the Commission on Dietetic Registration's Certificates of Training in Adult, as well as Childhood and Adolescent Weight Management. To fulfill the Academy of Nutrition and Dietetics' requirements to become a Registered Dietitian (RD) in the US, Hiba completed and thoroughly enjoyed a Didactic Program in Dietetics (DPD) at the University of North Florida and graduated summa cum laude. She then completed a dietetic internship at Emory University Hospitals in Atlanta, Georgia, and later joined the Emory team as a clinical dietitian. She also had the pleasure of leading nutrition seminars in Jordan. Hiba has experience working with people of different ages and backgrounds. She is bilingual in English and Arabic. Hiba currently lives in Florida with her husband and two children, Zaina and Faris.



Vandana Sheth, RDN, CDE, FAND is a registered dietitian nutritionist, certified diabetes educator and owner of a successful private practice in the Los Angeles area. She has over two decades experience and specializes in intuitive eating, food allergies, vegetarian nutrition, diabetes and family nutrition. Vandana graduated summa cum laude from California State University, Los Angeles, completed a certificate program in gerontology, certificate program in Food Allergy Management, and is board certified as a diabetes educator. She was honored to receive the 2016 Excellence in Private Practice, Business and communications award by the California Academy of Nutrition and Dietetics.

This year, she is honored to receive the designation of Fellow of the Academy of Nutrition and Dietetics as a recognition for her commitment to the field of nutrition and dietetics and to celebrate her professional accomplishments and excellence. Vandana is also a Certified Intuitive Eating Counselor. As a Former National Spokesperson for the Academy of Nutrition and Dietetics representing one of the largest media markets, she is a valuable resource for expert commentary, story ideas and background on a full range of food and nutrition topics. She has done hundreds of media interviews and is frequently quoted in print publications as well as TV and online media. In addition to her work with the news media, she has also written articles featured in Food and Nutrition magazine, Live Well and other print/electronic media. She is a published author and successfully released her cookbook in 2019 - My Indian Table: Quick & Tasty Vegetarian Recipes. Vandana shares her food and nutrition philosophy through dynamic speaking engagements. She has presented at FNCE®, California Academy of Nutrition and Dietetics meeting, Food Allergy Research Education National conference, local nutrition chapters, dietetic internship roundtables, corporate wellness clients and community events. She presented at the California Chapter American Association of Diabetes Educators conference on plant-based nutrition for people with diabetes in October 2018. She also presented at the California Academy of Nutrition and Dietetics Annual meeting in April 2019 and was invited to present in New Jersey through a Minority initiative community collaboration between Rutgers and Diabetes Sisters in June 2019. She is scheduled to present at the CA Association of Diabetes Care & Education Specialists conference in October 2020 and also FNCE® 2020.

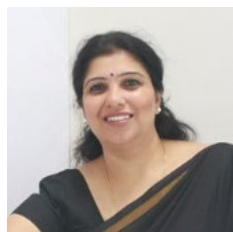
Title: Progression of Digital Informatics in India

Date: Tuesday, December 8, 2020 **1 CPEU**

Digitization and Nutrition Informatics today has taken a big leap across the globe. Technology advancement especially under the umbrella of Nutrition is expanding vividly. The National Family Health Survey, District Level Household Survey, Annual Health Survey, National Nutrition Monitoring Bureau Survey, Rapid Survey on Children and Comprehensive National Nutrition Survey are the various extensive national health and nutrition surveys provide national-level information on different domains of health. These provide vital information and statistics for the country, and the data generated are used to identify the prevalence and risk factors for the diseases and health challenges faced by a country.

“It is hard to imagine anything that would ‘change everything’ as much as a cheap, powerful, ubiquitous [cloud] intelligence — the kind of synthetic mind that learns and improves itself. A very small amount of real intelligence embedded into an existing process would boost its effectiveness to another level. We could apply mindfulness wherever we now apply nutrition concepts. The ensuing change would be hundreds of times more positive to our lives showcasing the transforming power of Nutrition using technology.”

Presenter:



Priya Karkera, PhD-C, FCPN, FPCCN, Monash University FODMAP Trained Dietitian

With an experience of 20 years in Clinical Nutrition, Priya is passionate about Pediatric Nutrition. In the last decade, she has done multiple works around healthy children and children with medical complaints. She has been a health writer for newspapers, and YouTube channels. With multiple certifications and fellowships in Pediatric Nutrition, she emerges as the country's pioneer in practicing the same. Digitally inclined, she has worked extensively in developing digital nutrition platforms, logic building around Nutrition Practice. She is certified by the Academy in Nutrition Informatics. Currently heading the Nutrition vertical at Fitterfly Technologies, Mumbai. Her core area of interest is to enhance use of technology for better nutrition practices in India. Transforming the Clinical knowledge to create best technological methods and reach to the masses of the population in India is her forte. Her goal is to raise the standards of Nutrition practices with modern scientific methods. This can largely help the nation in battling over nutrition, under nutrition and micronutrient deficiencies. To attain this task Fitterfly Technologies have devised completely technology enabled nutrition assessments as per national standards and conducts research in the field of nutrition. Please visit websites www.fitterfly.com & www.ntuitive.com.

Title: Pre-Diabetes in Asian Indian Adolescents and Young Adults - Need for Nutrition Intervention

Date: Tuesday, February 9, 2021 **1 CPEU**

The webinar is designed for dietitians that are interested in understanding the need to strengthen preventive nutrition especially in context with Adolescents and Young Adults – a crucial phase to arrest the damage and progression to diabetes. Using Food based approaches can be a very effective way to ameliorate the internal environment. The Food based approach essentially should focus on snacks, replacing the high refined flour, saturated fats and trans fat rich snack (HFSS) with healthier natural options. The webinar will share the latest research data on the effect of food based intervention on the risk to pre-diabetes and inflammatory state of the body in Indian Adolescents and Young adults.

Presenter:



Dr. Jagmeet Madan is an eminent Nutritionist, National President of the Indian Dietetic Association, Principle and Professor of the Food Nutrition and Dietetics Department at Sir Vithaldas Thackery College of Home Science and SNDT Women's University in Mumbai India. She is also a member of the Academy of Nutrition and Dietetics and Indians in Nutrition and Dietetics Member Interest Group in USA. Jagmeet is a gold medalist and recipient of the Young Scientist Award and Dr. Ramnathan Award by the Nutrition Society of India and National Institute of Nutrition Hyderabad - South India. Jagmeet is a

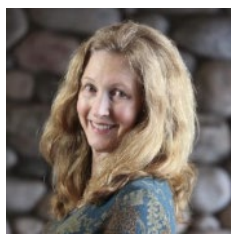
recipient of the Prestigious International Research Grant Award by the Pediatric Nutrition Practice Group of the Academy of Nutrition and Dietetics in USA in 2017. She is a lead Principal Investigator of the International Research Project on Pre-Diabetes in Adolescent and Young Adults in India and Food Based Intervention approved by USDA from 2018 to 2020. Jagmeet is an Expert on the Food Safety and Standard Authority of India (FSSAI) Scientific panels on Labeling and Claims / Advertisement and Scientific Panel of

Nutrition and Fortification from January 1, 2020 to December 31, 2022. She is a member of the National Steering Committee of NetProfan, FSSAI and Government of India. Jagmeet has more than 50 publications in International and National peer reviewed Journals and Books. She is a regular columnist in Times of India, Mid-Day, Mumbai Mirror, Wellbeing and Femina.

Title: Amyotrophic Lateral Sclerosis: The Essential Role of Functional Nutrition in Healing ALS

Date: Tuesday, April 20, 2021 **2 CPEU**

Presenter:



Coco Newton, MPH, RD, CNS is owner of Lifetime Nutrition, LLC, a private practice in Maple City, Michigan. She has expertise in Functional Medical Nutrition Therapy (FMNT) for prevention and treatment of chronic diseases and syndromes. Currently she is devoted to helping patients with Amyotrophic Lateral Sclerosis (ALS) throughout the world via her virtual clinical practice and educational programs for patients and professionals.

Coco received her Bachelor of Science (BS) degree in Dietetics/Community Nutrition from the University of California (Davis) and her Master of Public Health (MPH) in Nutrition from the University of Minnesota. She completed her dietetic internship at the University of California (San Diego) and is a registered dietitian (RD) through the Academy of Nutrition and Dietetics. She is a Certified Nutrition Specialist (CNS) through the Board for Certification of Nutrition Specialists at the American Nutrition Association. Coco co-founded and served on the Institute for Functional Medicine's Nutrition Advisory Board from 2007-2010. In 2010, she co-founded the University of Kansas' Nutrition Fellowship Program, a collaborative program through the University's departments of Integrative Medicine and Dietetics & Nutrition. Coco served on the state of Michigan Board of Dietetics and Nutrition from 2007 to 2013, and championed the successful repeal of the anti-competitive and discriminatory Dietetics/ Nutrition Licensure Law on July 1, 2014, the first repeal in the United States.

Coco is an active lecturer and advisor to HealingALS.org with the mission to educate persons diagnosed with ALS and medical professionals on nutritional protocols to slow, stop, and potentially reverse ALS. Coco authored the chapter: Amyotrophic Lateral Sclerosis (ALS): The Application of Integrative & Functional Medical Nutrition Therapy (IFMNT) published April 2020 by Springer in the textbook: Integrative and Functional Medical Nutrition Therapy: Principles & Practices. Coco received the 2020 Lifetime Achievement Award from Dietitians in Integrative and Functional Medicine (DIFM), a practice group of the Academy of Nutrition and Dietetics.

Title: Decoding Success Without Stress: The Power of Breath

Date: Tuesday, May 18, 2021 **1.5 CPEU**

This Yoga Breathing Meditation webinar is designed for Health Care Professionals (HCPs) seeking to build a proficient practice for their own self-care and enrich their quality of life. HCPs are inspired to serve their patients and profession and in the process of caring for their patients are subject to many stressors, which can often lead to professional burnout affecting their personal life and professional performance. This session provides an opportunity to learn time tested practices that can enhance physical, emotional, spiritual and social well being. By the end of the program one will be equipped with specific techniques that can be practiced daily to rediscover the meaning and rekindle the joy of practice.

Presenter:



Sarita Patel, MD is an excellent clinician, outstanding teacher & stress management and personal development expert. Dr. Patel has an insatiable quest for knowledge that guides her passion for service. She is a physician practicing medicine in New York City and the Director of Pain Management and Palliative Care Service in the Department of Medicine at Kingsbrook Jewish Medical Center. In addition to serving her clinical duties, she is passionate about her academic responsibilities, specifically training medical students, medical residents & supervising scholarly activities in the institution.

Dr. Patel is a senior member of the faculty at the Art of Living Foundation and the International Association for Human Values. She is the Instructor of Yoga, powerful Breathing Techniques & Meditation based on the science of Vedic Wisdom. She has been teaching stress management & self-development programs to health care professionals, specific patient population, hospital administrators and corporate leaders for more than 20 years. Dr. Patel is the Co-Founder of Living Well Programs, a series of programs offered by Art of Living Foundation, a non-profit service organization focusing on stress relief and conflict resolution. The programs teach effective mind-body resilience techniques supported by evidence-based research that addresses the Health Care Professionals' burn out and helps improve their personal and professional performance. She has conducted Living Well programs for Health Care Professionals (HCPs) all over the country. Co-sponsored by NYU Grossman School of Medicine, these programs are also an opportunity for HCPs to earn continuing medical education credits while learning to be healthier and happier.

Dr. Patel has spoken on "Spirituality & Health" and such related topics in various health care institutions, government organizations and other corporations including IBM. Dr. Patel is a certified Ayurveda health & wellness counselor and serves as medical faculty at the Art of Living Foundation and the International Association for Human Values and Ved Vignan Maha Vidya Peeth. Dr. Patel is inspired by her Guru & Founder of Art of Living Foundation and the International Association for Human Values, Sri Sri Ravi Shankar's vision that creating a "healthy, happy individual" a "stress-free, violence-free society" & making "life a celebration on this planet" can be achieved through the reawakening of human values.

Awards and Nominations:

1. IND MIG Outstanding Student Award- Umaima Afsheen Syeda, MSc., MS-NFS



2. IND MIG would like to acknowledge IND MIG member Geeta Sikand, MA, RDN, CDE, CLS, FAND, FNLA for receiving the Academy's prestigious Medallion Award.
3. IND MIG Nominee for Leadership Institute - Livleen Gill MBA, RDN, LDN.
4. Diversity Grant Recipients –
 - a. Sapna Punjabi Gupta – for cooking demo presentation at FNCE®
 - b. Madhu Gadia – for her virtual presentation to dietitians on Indian cuisine, culture and traditions
 - c. Priyanka Sagar and Suvosree Chatterjee – for their combined efforts in creating educational information about Indian holidays and festivals

IND MIG PROJECTS & EVENTS:

IND Activities at 2020 FNCE® Summary:

IND MIG Member Showcase: Monday October 19, 2020

Agenda-Meet and Greet:

- 1: Welcome all: show welcome video
- 2: Chair message Live or recorded video personalized- member benefit, request to join IND MIG
- 3: Resources- Downloadable link-3 handouts and 1 webinar
- 4: Taste of India-Cooking Demo (30 min)
- 5: Words of thanks adjourn



right. and Dietetics
FNCE® 2020
Food & Nutrition Conference & Expo®
Virtual Event | October 17-20 **eat right.**

Indians in Nutrition and Dietetics
a member interest group of the Academy of Nutrition and Dietetics

Virtual Showcase!
Monday 10/19/20 at 12:30 PM-2:30 PM Central Time
Come enjoy ..
Cooking Demo : Taste of India
by Sapna Punjabi- Gupta MS, RDN, LD, AP



2020-21 -Award presentation
IND MIG free resource downloads (Goodybag)
Giveaways
4 books for new members
4 books to all visitors
Tumi leather bag to EC member



Above all come meet friends and make new virtually!

Don't Miss- IND MIG's Educational Session "South Asians & Heart Disease: Calling all RDNs for Their Expertise" by Geeta Sikand MA, RDN, CDE, CLS and Dr. Salim Virani MD on Tuesday 10/20/20 11:30 AM Central

IND MIG Reception: Monday October 19, 2020

Agenda:

- 1: Welcome/Meet & Greet
- 2: Awards and stories of awardees
- 3: Words Gratitude to EC, volunteers, supporters
- 4: Bollywood Dance Party: let's rock on



The banner features a blue sky background with white clouds. In the top left corner, the 'eat right' logo is displayed above the text 'Academy of Nutrition and Dietetics'. The main title 'FNC 2020' is in large, bold, blue letters, with 'Food & Nutrition Conference & Expo' in a smaller blue box below it. To the right, 'Virtual Event | October 17-20' is written in blue. On the top right, the text 'Indians in Nutrition and Dietetics' is in bold black, followed by 'a member interest group of the Academy of Nutrition and Dietetics' and the 'eat right' logo. The central text reads 'IND MIG-Member Reception' in bold black, 'Date: Monday October 19, 2020' in red, and '4:30-6:00 PM Central Time' in red. Below this, a black italicized sentence says 'Please join the Indians in Nutrition & Dietetics as we celebrate our award winners, say thanks to our volunteers/leaders and enjoy...'. The next line is 'Bollywood Dance Party' in red. This is followed by 'By Siddhi Vaishnav, Creative Head of Nartan Dance Academy of Bhartiya Vidya Bhavan, NY' in black. A small portrait of a woman with brown hair is centered below the text. At the bottom, 'You are invited...' is in white, and 'Solo Dance Performances by Siddhi Vaishnav and Monica Pal' is in yellow.

eat right. Academy of Nutrition and Dietetics
FNC 2020
Food & Nutrition Conference & Expo
Virtual Event | October 17-20

Indians in Nutrition and Dietetics
a member interest group of the Academy of Nutrition and Dietetics
eat right.

IND MIG-Member Reception
Date: Monday October 19, 2020
4:30-6:00 PM Central Time

Please join the Indians in Nutrition & Dietetics as we celebrate our award winners, say thanks to our volunteers/leaders and enjoy...

Bollywood Dance Party
By Siddhi Vaishnav, Creative Head of Nartan Dance Academy of Bhartiya Vidya Bhavan, NY



You are invited...
Solo Dance Performances by Siddhi Vaishnav and Monica Pal

IND MIG also hosted several cultural events like Navaratri Celebration, Holiday Party and IND MIG Past Chairs Meet Up during 2020-2021

Resources developed for RDNs:

1. Carbohydrate Counting- A tool to help manage your blood sugar

https://ind.webauthor.com/modules/community/item.cfm?item_type=cms_File&id=90621&community_id=1908

2. Nutrition Guide for Chronic Kidney Disease

https://ind.webauthor.com/modules/community/item.cfm?item_type=cms_File&id=102880&community_id=1908

3. Academy's COVID 19 Resources translated in Hindi

<https://www.eatright.org/coronavirus-hindi>

4. Academy's National Nutrition Month 2021 content translated in Hindi

<https://www.eatright.org/food/resources/national-nutrition-month>

2021 NNM toolkit offers tip sheets and handouts, games and activities, PowerPoint presentations and more. This year, select content is available in six languages, including English, Spanish, Arabic, Chinese, Hindi and Filipino.

Few examples of the translated content from English to Hindi is as follows:



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eat Right with MyPlate

Find your healthy eating routine using these recommendations from the *2020-2025 Dietary Guidelines for Americans*.

Simply start with small changes to make healthier choices you can enjoy.



Make half your plate fruits and vegetables: Focus on whole fruits.

- Choose whole, cut or pureed fruits – fresh, frozen, dried or canned in 100% juice.
- Enjoy fruit with meals, as snacks or as a dessert.



Make half your plate fruits and vegetables: Vary your veggies.

- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted or raw.



Make half your grains whole grains.

- Look for whole grains listed first on the ingredients list - try oatmeal, popcorn, teff, quinoa, millet, bulgur, brown rice, or breads, crackers and noodles made with whole-grain flours.
- Limit grain desserts and snacks such as cakes, cookies and pastries.



Vary your protein routine.

- Mix up your protein foods to include seafood, beans, peas and lentils, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try meatless meals made with beans and have fish or seafood twice a week.



Choose foods and beverages with less added sugars, saturated fat, and sodium.

- Use the Nutrition Facts Label and ingredients list to limit items high in saturated fat, sodium and added sugars.
- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese.
- Drink water instead of sugary drinks.

Find more healthy eating tips at:

- www.eatright.org
- www.kidseatright.org
- www.MyPlate.gov

Source: MyPlate.gov

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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Move to low-fat or fat-free dairy milk or yogurt.

- Choose fat-free milk, yogurt and calcium-fortified soymilk to cut back on saturated fat.
- Replace sour cream, cream and regular cheese with low-fat or fat-free yogurt, milk and cheese.



For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The **Academy of Nutrition and Dietetics** is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

सही खाएं।

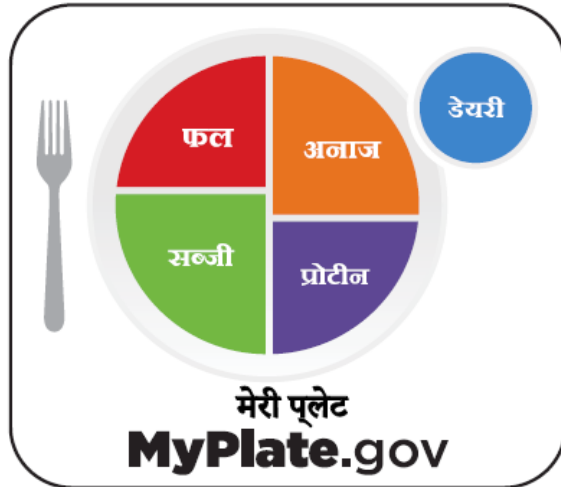
दी एकाडमी ऑफ न्यूट्रिशन एंड डायटेटिक्स की ओर से आहार, पोषण, एवं स्वास्थ्य सम्बन्धी सुझाव।



सही खाने के लिए MyPlate का उपयोग करें

अमेरिकियों के लिए 2020-2025 आहार दिशानिर्देश का उपयोग करके, अपने स्वस्थ खाने की दिनचर्या का पता लगाएं।

स्वस्थ विकल्पों का आनंद लेने के लिए, बस छोटे बदलावों के साथ शुरू करें।



फलों और सब्जियों के साथ अपनी आधी थाली भरें: पूर्ण फलों पर ध्यान दें।

- 100% रस में ताजा, फ्रोजेन (जमे हुए), सूखे या डिब्बाबंद - पूरे, कटे या शुद्ध फल चुनें।
- भोजन के साथ फल का आनंद लें, नाश्ते के रूप में या एक डेसर्ट के रूप में।



अपनी थाली के आधे हिस्से में फल और सब्जियां भरें: अपनी सब्जियों में विविधता लाएं।

- सलाद, साइड डिश और मुख्य व्यंजनों में ताजा, फ्रोजेन या डिब्बाबंद सब्जियों को शामिल करने की कोशिश करें।
- स्वास्थ्यवर्धक तरीकों से तैयार की गई कई प्रकार की रंग-बिरंगी सब्जियों का चुनाव करें: उबली, सौंटेड (बघारी हुई), भुनी या कच्ची सब्जियाँ।



कुल अनाज का आधा हिस्सा साबुत अनाज से आना चाहिए।

- सामग्री सूची पर पहले सूचीबद्ध साबुत अनाज की तलाश करें - पूरे या साबुत अनाज के आते से बने दलिया, पॉपकॉर्न, टेफ, क्विनोआ, बाजरा, बुलगूर, ब्राउन राइस, या ब्रेड, बिस्कुट और नूडल्स लेने की कोशिश करें।
- डेसर्ट और स्नैक्स जैसे केक, कुकीज़ और पेस्ट्री को सीमित करें।



प्रोटीन अपने खाने में प्रोटीन में विविधता लाएँ।

- प्रोटीन के लिए समुद्री भोजन, बीन, मटर और दाल, बिना नमक के सूखे मेवे और बीज, सोया उत्पादों, अंडे, और कम वसा वाले मांस और पोल्ट्री को मिलाएँ।
- बीन्स से बने मीटलेस भोजन खाने की कोशिश करें और सप्ताह में दो बार मछली या समुद्री भोजन करें।



डेयरी कम वसा या वसा मुक्त डेयरी दूध या दही का उपयोग करें।

- संतृप्त वसा पर वापस कटौती करने के लिए वसा मुक्त दूध, दही और कैल्शियम-फोर्टिफाइड सोयामिल्क चुनें।
- खट्टे क्रीम, क्रीम और नियमित पनीर के बजाय कम वसा या वसा मुक्त दही, दूध और पनीर चुनें।



कम अतिरिक्त चीनी, संतृप्त वसा और सोडियम युक्त भोजन और पेय चुनें।

- संतृप्त वसा, सोडियम और अतिरिक्त चीनी को सीमित करने के लिए पोषण तथ्य लेबल और सामग्री सूची का उपयोग करें।
- मक्खन और तेल से बने सॉस और मक्खन, क्रीम या चीज़ से बने डिप्स के बजाय वनस्पति तेलों से बने विकल्प का चयन करें।
- मीठा पेय की जगह पानी पीएं।

Start simple with MyPlate

निम्नलिखित वेबसाइट पर अधिक स्वस्थ खाने के सुझाव प्राप्त करें:

www.eatright.org

www.kidseatright.org

www.myplate.gov

एक पंजीकृत आहार व पोषण विशेषज्ञ के (रजिस्टर्ड डाइटेशियन नूट्रिनिस्ट) रेफरल के लिए और अतिरिक्त भोजन और पोषण संबंधी जानकारी के लिए, www.eatright.org पर जाएँ।

eat right® Academy of Nutrition and Dietetics

अकेडमी ऑफ नूट्रिशन एंड डाइटेटिक्स खाद्य और पोषण पेशेवरों का विश्व में सबसे बड़ा संगठन है। अकादमी स्वास्थ्य में सुधार के लिए प्रतिबद्ध है और शोध, शिक्षा और वकालत के माध्यम से डाइटेटिक्स के पेशे को आगे बढ़ाने में तत्पर है।

यह टिप शीट निम्नलिखित के द्वारा प्रदान की गई है।

इस प्रत्यक्ष को एकेडमी ऑफ नूट्रिशन एंड डाइटेटिक्स स्टाफ डाइटेशियन नूट्रिनिस्ट (पंजीकृत आहार एवं पोषण विशेषज्ञ) के द्वारा लिखा गया है।

स्रोत: MyPlate.gov

© 2021 एकेडमी ऑफ नूट्रिशन एंड डाइटेटिक्स। शैक्षिक उद्देश्यों के लिए इस टिप शीट के पुनरुत्पादन की अनुमति है। विक्री के प्रयोजनों के लिए पुनरुत्पादन की अनुमति नहीं है।

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