

infuse

STEEP YOURSELF IN INSPIRATION, INNOVATION & DEBATE

COVER STORY:

A woman with many hats

– we sit down with
Professor Clare
Collins

FEATURE
ARTICLES INSIDE:

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- + ***A force of nature***
– meet Alice Zaslavsky
.....
- + ***The road less travelled*** – meet lead
nutritionist for Fitbit,
Tracy Morris
.....
- + ***Right where she's
meant to be*** –
we speak with dietitian
Tracy Hardy
.....

NOVEMBER 2020



dietitianconnection®



Step *inside*

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Submit ***your photos*** to *Infuse!*

Dietitian Connection is now accepting submissions of original photographs to be featured in upcoming issues of Infuse. Snap a pic relating to any aspect of food, nutrition, and/or your work, then send it to: info@dietitianconnection.com

Infuse it with inspiration, innovation, creativity and, of course, your personality.



infuse

STEEP YOURSELF IN INSPIRATION,
INNOVATION & DEBATE

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RESOURCE® ULTRA, a new addition to the clear, fruit flavoured beverage range



HIGH PROTEIN

100% whey protein
14g per serve
(highest in its category)*



ENERGY

300 kcal per serve



FRUIT FLAVOURS

Apple and Orange

Optimising compliance by providing a refreshing, clear fruit flavoured option without compromising on protein quantity



RESOURCE® ULTRA, together with the current Fruit Flavoured Beverage range provide greater flexibility and choice in protein and calorie delivery

Average quantity per 237mL serve

• Energy 250 kcal • Protein 9g • Fat 0g

*RESOURCE® ULTRA contains the highest amount of protein per serve, compared to other clear fluid oral nutritional supplements available in Australia, April 2020, based on label nutrition information.

RESOURCE® ULTRA is a food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under medical supervision.

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From the Desk

of Maree Ferguson

Founder & Director, Dietitian Connection



Gosh, what a rollercoaster of a year 2020 has been! Our thoughts are with everyone who has been impacted by COVID-19, especially our Victorian colleagues.

Although the year hasn't panned out exactly as we had hoped, we've taken the time to reflect on the ups and downs of the year, what we've achieved so far and where we're heading next. For us, it's been an opportunity to channel our efforts into projects we've always wanted to do, but never really had the time.

One thing that has really grounded team DC this year has been talking about what we're grateful for in our daily morning meetings. Anything big or small will do – a webinar that ran exactly to plan, some help from a colleague the day before, a bit of time in the great outdoors or a simple moment of peace with a cuppa in hand. It's all about harnessing the power of positivity!

One of the 2020 moments we're most grateful for was the opportunity to chat with inspirational USA media dietitians Maye Musk (mother to Elon Musk), Ellie Krieger and Joy Bauer. You can **check out our conversation here**.

Some of our favourite quotes from the discussion are featured beside.

I hope that you, too, are able to reflect on the year that was and find some small positives in an otherwise challenging year. Again, we'd like to thank you for your ongoing support – your good vibes and encouragement really pull on our heart strings... it's hard to put into words how much we truly appreciate it!

So, here's to a bigger and better 2021. We've got our fingers and toes crossed that we'll get to see you in person soon at Dietitians Unite.

“I feel like I have self doubt constantly, but I think that the difference is just do it anyway.”

Ellie Krieger

“Don't get disappointed if you're in a job that you don't necessarily love or feel a lot of passion towards. It's a stepping stone”

Joy Bauer

“Explore every opportunity and you will find the ones you love”

Maye Musk

“The future will kind of come to you in a way if you carve the path that is really something you're passionate about.”

Ellie Krieger

“The best bit of advice that I could say to people is to know that you don't have to be perfect. No one is expected to be perfect.”

Joy Bauer

“You do get your confidence knocked out of you over and over. And then you just get up and smile and you just carry on trudging. That's what you do.”

Maye Musk

Vita-Weat, Date and Pecan Bliss Balls



Will keep up to
2-3 days in an
airtight container
in the fridge.

SERVINGS: 20
PREPARATION: 20 MINS
CHILL TIME: 1 HR

Ingredients

200g Arnott's Vita-Weat 9 Grain
180g pitted dates
30g pecans
3 tbs maple syrup
2 tbs boiling water
Shredded coconut and cocoa for dusting

Nutrition information per bliss ball:
415kJ (99 calories), 2g protein,
3g total fat, 0.9g saturated fat,
15g carbohydrate, 9g sugar, 3g dietary
fibre, 48mg sodium

Preparation

Step 1

Place Vita-Weat in bowl of food processor and process to a crumb, add dates, pecans, maple syrup, pulse until combined. Add 2 tbs of water (a little more if required) as some dates are drier than others) pulse to bring mixture together.

Step 2

Place mixture into a bowl and roll tablespoons into balls, toss in coconut or cocoa. Chill until ready to serve.

For more recipes like this, visit www.arnotts.com/recipes

ARNOTT'S
VitaWeat

Welcome to the team!

We are so excited to introduce our two new team members at Dietitian Connection. We asked Jane and Melissa to share a little about themselves with you.



Jane Winter Account Director

Tell us how pursuing a career in dietetics all started?

I really had no idea what I wanted to do when I left school but was better at science subjects than humanities so went on and did a Bachelor of Science which I think was about fourth on my preference list. Once that was finished, I was still none the wiser about a career and my mother suggested I have a look at Dietetics (thanks Mum), so I did and then applied unsuccessfully to a number of universities. I waited a year and did further study and work experience to try and strengthen my application and the following year was accepted at Flinders University. A fairly mediocre entry to the profession!

How did your career progress from there?

My first job was as a clinical dietitian at Flinders Medical Centre in Adelaide. In those days we only had about 12 people in the course so most of us got jobs. But once again, I was lucky because the job interview was at the same time as the DAA conference interstate and most of my classmates attended the conference. I think 2 of us were interviewed for the 2 new grad positions, so once again a fairly inauspicious start to a career.

After that I worked in number of clinical positions in Adelaide and Melbourne and then took up a part time position lecturing and organising clinical placements at Deakin University. I loved the teaching but after 10 years decided it was time to move on and try something new which was when I found myself working in the medical

nutrition industry. It was also a job I loved as it involved offering professional development to dietitians and other health care workers about nutrition but also had a clinical focus.

Over the working journey, I've also completed a Masters of Professional Education and my PhD which was probably the most rewarding (and painful) experience of my whole career.

What attracted you to working at Dietitian Connection?

I've worked with Maree, as a client since Dietitian Connection launched and have been inspired by the business that she's built. I feel like it's a perfect combination of what I've been doing my whole career encompassing education for dietitians, understanding clinical dietetics and providing responsible links between clinicians and industry. I'm really excited to be a part of the DC team.

Melissa Meier

Marketing and Communications Assistant

Tell us how pursuing a career in dietetics all started?

I grew up in an environment where eating well and exercising was very important, so I was always interested in healthy living. What really sparked my interest in a career in nutrition, however, was my diagnosis with coeliac disease when I was a teenager. I was fascinated by the interplay between diet and health, and I wanted to be in a position where I could help others in the same position. Towards the serious end of high school, however, I was talked out of pursuing a career in nutrition because I wasn't all that interested in studying chemistry, so I shifted gears and applied to do a business degree instead. One semester and a failed subject later, I just knew I wasn't on the right path. So, I took some time off, re-evaluated and applied for my Bachelor of Applied Science and Master of Nutrition and Dietetics – and the rest is history, as they say!



How did your career progress from there?

The first few years of my career have involved many different hats! I was lucky enough to land two contractor roles in nutrition communications as soon as I finished studying – one as the dietitian at Healthy Food Guide magazine and one as a regular contributor at body+soul. I absolutely loved this work as I believe it's so important to speak up against the ever-growing pool of nutrition misinformation out there. I also dipped my toe into the world of private practice, but just didn't feel comfortable going it alone so early in my career. At the start of 2020, I decided it was time to look for a full-time role I could really sink my teeth into, and just like clockwork, my current role at Dietitian Connection was advertised.

What do you love about working with DC?

My role at Dietitian Connection is a great blend of many of my strengths and interests. It allows me to use my communication skills, flex my creativity and juggle many different projects and deadlines – all while expanding my nutrition knowledge along the way! I love working for a company that has such a positive impact on the nutrition profession and feel so lucky that I get to work with a team of incredible, inspiring people every single day.



PRODUCT SHOWCASE

Elevit Probiotics & Elevit DHA are new additions to the Elevit range, designed to help women meet their nutritional requirements during pregnancy and breastfeeding. Probiotics support the microbiome and immune function while DHA is essential for the healthy development of baby's brain and eyes.

elevit.com.au | [@elevitaus](https://www.instagram.com/elevitaus)



Dietitians Unite

21 MAY 2021, MELBOURNE



| The Chosen Link for Nutrition Leaders |
dietitianconnection.com/product/dietitians-unite/

   #dietitiansunite

A woman with many hats



Professor Clare Collins. Unrivalled in the dietetic world. Researcher, media commentator, mentor, and innovator. Dietitian Connection founder Maree Ferguson was lucky enough to sit down for a chat and to ask the burning questions – like just how does she fit everything in?

Maree: You're a National Health and Medical Research Council senior research fellow and lead the largest team of research dietitians internationally at the University of Newcastle here in Australia. How did it all start?

Clare: Well, many years ago, when I was a teenager, I had this wonderful teacher who took it upon himself to give us career advice. I remember him telling us to take a piece of paper, and on one side write the subjects that we were good at, and on the other side, write what we liked best. Then we had to

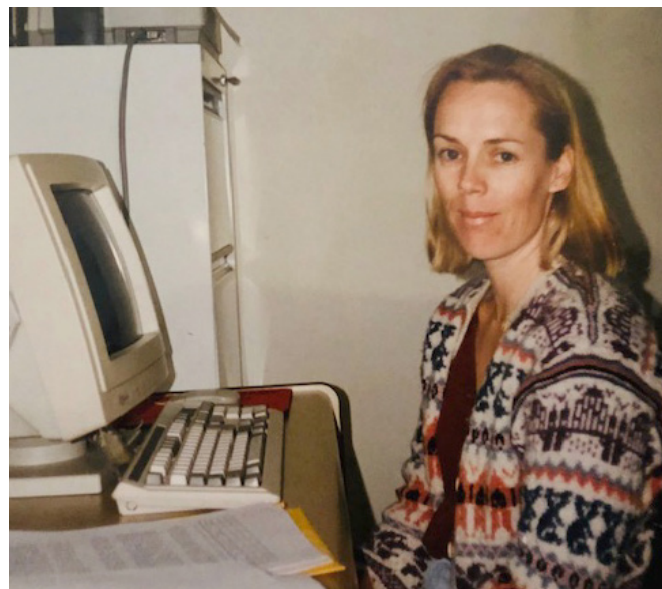
head off to the library and thumb through the A to Z book of careers until we found a job that embodied them both. I got to 'D' for 'dietitian', and that was it. I went home and told mum that I was going to be a dietitian, and I was going to do a science degree and then go to Sydney University, as there was no course in Queensland at that time. I was one of nine kids growing up in a house with parents who had never been to university, but they encouraged me to do what I loved. Basically, I would give that same advice to anyone – pursue what you love, and it'll come together down the track.

A few years go by and you graduated as a dietitian, then what?

I needed a job, fast. My university supervisor Sue Ash mentioned a locum going in Newcastle, so I had the interview, finished uni on the Friday and started at the Mater on the following Monday! I had just missed pay week, so the first month I lived on a bag of oats and a giant cauliflower and thank goodness for the nuns, they gave you scones for morning tea! It was just a wonderful job, I learnt so much over the next 2 years before I decided to go off travelling. I started my trip at the International Congress of Dietetics in Toronto in 1984 and met fabulous dietitians from all over the world, then travelled around visiting them.

I'm sure many dietitians reading this can relate! What brought you back to Australia?

I returned home when I got offered a job at the Royal Brisbane Hospital, which just had this great reputation, and I worked in



Images courtesy of Clare Collins.
Above: Clare completing her PhD in the 90's

the head and neck cancer unit. It was a really exciting time, but deep down my heart was in paediatrics, and my husband hadn't been able to get full-time work in Brisbane, so we came back to Newcastle where I worked as a paediatric part-time research dietitian. The next few years flew by, as I had three kids, I worked part-time, I did locums, oh and a PhD! It was also around this time that I did my first media training.

article continues overleaf...

"...pursue what you love, and it'll come together down the track."

Was writing and media communications something you had always been interested in?

My husband was flabbergasted when I said I wanted to do the training. I had kept it a secret, because I thought, what if I can't do it? Dietitians are like that, what if we fail? But I went and did the course, and I learned that if you want to work in the media, you must be proactive. I came home and wrote snail mail to the local newspaper, the television station, the ABC and lo and behold, I got a reception!

What do you think it was about you or your style that made journalists keep coming back to you?

Well, I think of myself as a translator, like when you're a clinical dietitian, you're always translating – how many times has the patient said, 'what did the doctor say? What does that mean?' I think I could see that people don't necessarily understand the medical speak and they certainly don't understand the science speak, but they would like to. I can interpret science for them in a way that they can understand.

In terms of young dietitians, any tips on getting that first media job?

Do as much professional development as possible and learn about the journalist's world – they are always on a deadline, so find out what that is and buy yourself some time to gather your thoughts. You can always do a sharper interview. Also, you usually don't get paid for talking to journalists!

As well as being active in the media, you're a prolific researcher in terms of grant dollars, publications, and research students – how do you do it?

I'm very well organised. The other thing is, I look at students, as future colleagues, and I tell them that if there is an opportunity, just grab it. I've seen people miss out because they think they'll do it next year, and then it is not offered next year. Try to focus on the most important things, rather than urgent, but less important in the big scheme of things. And try to be resilient! I always say 'you're allowed to cry yourself to sleep, but it's what happens the next day that counts'. It hurts, because you put your heart and soul into these things, but don't give up – just keep trying and that's the best you can do.

**"Find a mentor,
talk to people, ask
people who could
help you, don't expect
to do it all alone."**

A lot of your current research work is technology-based. How do you see technology benefiting dietitians in the clinic?

When people come to see dietitians, they like the personalisation, the behavioural counselling, the goal setting, all those elements. The only way we can have enough time to really get into those things is to automate some of the more mundane aspects like the food records. You can get clients to use online questionnaires or apps. The other really important aspect is telehealth consultations. I recently worked with Dietitians Australia on the telehealth position paper – the responsibility is on us now to prove that telehealth is a valuable service and should be here to stay.

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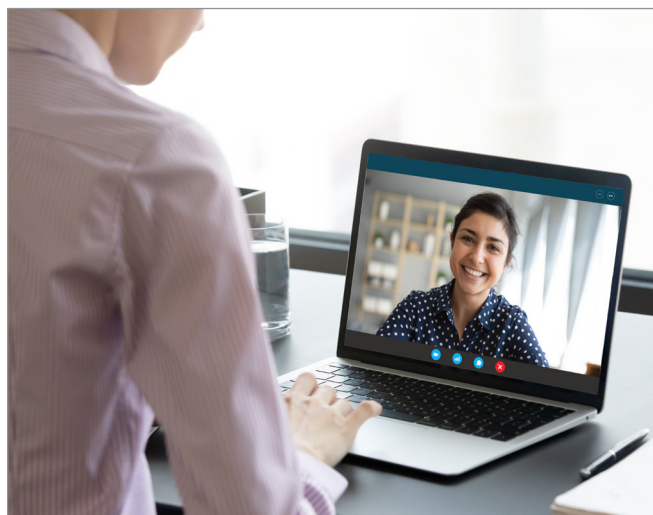


Image courtesy of Clare Collins.

Above: New contacts made at the annual DAA Conference

Professor Collins

by the numbers:

- More than **350** manuscripts published
- Supervised **28** higher degree research candidates to completion
- Co-creator of the hugely successful open online course **The Science of Weight Loss: Dispelling Diet Myths** (completed by nearly 60,000 people)
- Most read Australian contributor on **The Conversation** (more than 80 articles and 10 million readers)

Open online short course
The Science of Weight Loss: Dispelling Diet Myths
Starts 6 May, 2020

Fast facts					
<div>Duration</div> 6 weeks	<div>Effort</div> 2-3 hours per week	<div>Cost</div> FREE - Certificate for US\$49	<div>Subject</div> Food and Nutrition	<div>Level</div> Introductory	Enrol at edX

About

About this course

Arm yourself with the knowledge and tools to make healthy eating decisions as you learn the science behind weight loss and dispel diet and nutrition myths.

Whether you are trying to lose weight yourself, or are supporting others, this food and nutrition course will dispel common myths about weight loss and teach you the science behind healthy eating for a healthy weight.

This course is not a diet plan - there are plenty of diet plans out there to choose from. Rather, we will take you through the science behind weight loss and arm you with the knowledge and tools to make the right decisions.

Based on the latest research, you'll learn to develop a healthy eating plan to achieve a healthy weight. You'll also discover more about the definition of a healthy weight, the nutritional composition of foods, how to cut calories or kilojoules, proper portion sizes, and how to identify and avoid fat diets.

What you'll learn

- ✓ Key weight management concepts including measuring body composition, calories and kilojoules, energy density, portion size, and metabolic rate
- ✓ The nutritional composition of different foods
- ✓ How to use dietary assessment tools and calculate energy requirements
- ✓ How to identify features of fad diets and healthy diets
- ✓ Key behaviours for successful long term maintenance of lost weight

Course syllabus

- > Topic 1. Assessing weight status and setting weight loss goals
- > Topic 2. Dietary guidelines and introduction to energy
- > Topic 3. Macronutrients and portion control
- > Topic 4. Dietary assessment and food and exercise tracking

Meet the instructors

Professor Clare Collins
Clare is a Professor in Nutrition and Dietetics at the University of Newcastle in Australia. She loves nutrition and does a lot of research related to healthy eating to improve health and well-being. She has published over 250 research papers and supervised lots of budding researchers and research studies.

Associate Professor Tracy Burrows
Tracy is an Associate Professor in Nutrition and Dietetics at the University of Newcastle in Australia. She is highly passionate about all things food, food behaviours, and communicating high quality, evidence-based information about diet and nutrition.

Video: The Science of Weight Loss: Dispelling Diet Myths



What would you say to young dietitians about the importance of mentors?

Oh, I absolutely have to shout out to Sandra (Capra). She has been a fabulous mentor and supporter of dietitians – allowing those flower buds to open, she's a watering can, backing you up, and that's a really, really, important role. And then I've had two wonderful PhD supervisors, who challenged me out of my comfort zone when I starting thinking about how to prove whether or not my contribution made a difference in the care of children with cystic fibrosis back in the 1990's.

I think it's really important to find a mentor, someone who has been down the path before you. Also find yourself a network of people who can advocate for you, people who know what opportunities you are looking for and what skills you need to develop and can get your name out there. Don't expect to do it all alone.

And that's the thing about you Clare, you're so giving of your knowledge, your expertise, and your time. Thank you for everything you do for the dietetic profession.

For more on Clare's incredible career, be sure to tune in to the Dietitian Connection podcast – find out what research she is most proud of and how investing in the dietetic profession has helped her career.



Tune in to the DC podcast [here](#)



Images courtesy of Clare Collins.

Above: Mentoring and supporting fellow PhD students





*“Just cook food that
makes your heart sing.
Connect with it. Find
the joy in it yourself
and it oozes out of you
and bounces out of
your face.”*

A force of nature

A force of nature. That's how Nigella Lawson described Alice Zaslavsky, and we have to agree. Dietitian Connection's Kate Agnew caught up with the author, cook, teacher and food literacy advocate recently, and it was a fast-paced hour that could have lasted all day.

Coming to Australia as a child from Georgia in the former USSR, Alice remembers arriving in a country of abundance and embracing everything that Australian food culture had to offer. Growing up to be a teacher (of humanities – English, history, and geography), she wove her love of food into all that she did. When teaching history, she organised a whole pig on a spit and dressed as Cleopatra for medieval day, saying that her students will remember the diet of the Ancient Egyptians forever. Trying to get the concept of a 'food and culture' elective over the line with her superiors, Alice auditioned for MasterChef with the idea that her students would see her and want to learn more about food. Her journey on the television program was successful, and following that, she had more opportunities than she knew what to do with.

Her first book, *Alice's Food A to Z*, was published soon after, and then came *Phenomenom*. A digital resource for the classroom, *Phenomenom* is based around the premise that learning to understand food and the way it makes us feel, as well as its connection with the world around us, is a fundamental life skill.

Above images courtesy of @aliceinframes
Top: A Cooks Tour around Melbourne with Stephanie Alexander.
Bottom: 'Alice's Food A-Z Family-Friendly Cook-Along'



article continues overleaf...

Her overarching mission is simple – connect people with food and get them cooking.

It's a completely free, curriculum-aligned resource, but it's designed to go beyond the home economics or food science, into every subject. "So, as a dietitian, if you've got a picky-eating client, you can suggest to the parents that maybe they listen to Nomcast (Zaslavsky's podcast) on the way home, or send the Phenomenom link to their child's teacher, or that they do a little bit of remote learning from home and look at the videos or try out some activities."

Her most recent project has been *In Praise of Veg*, a 500-page reference book about vegetables, but it's not the dry monolith you might expect. Alice feels that veggies have had a rough ride in people's minds, and somewhere along the 'healthy eating' highway, the simple messages about delicious, fresh, flavoursome food have been lost – "Just cook food that makes your heart sing. Connect with it. Find the joy in it yourself and it oozes out of you and bounces out of your face. Hedonism and health should not be mutually exclusive".

A strong proponent of the healing power of food, Zaslavsky believes that it's far more resonant to talk in terms of 'function' over 'flavonoids'. "One of the key aspects that sets our food literacy resources apart is that when we do speak to kids about nutrition, it's through the lens of 'functional benefits', because research shows that's what most interests them. I don't actually think that changes too much into adulthood." The book contains Functional Benefits for many of the entries, focusing on a whole-family approach to feeling your best by upping your veg.

In Praise of Veg celebrates vegetables, their texture, warts and all. Zaslavsky is an advocate for accessible, real food, saying "the fetishisation of perfect-looking produce only makes it more inaccessible for people who can't afford it. When we first came to Australia, Mum and dad had to leave everything behind. They took a little while to get work so my childhood meals depended very much on what cheap root veg mum could find to the side of the green-grocer and cooking all of that up into a borscht or a vegetable soup on a Sunday night, which would then be our afterschool meal for the week".



Image courtesy of
Alice Zaslavsky

Her overarching mission is simple – connect people with food and get them cooking – “What I'm trying to do is remove as many barriers as possible that are in people's way that are keeping them from cooking. Because, no matter what you cook, it's always going to be better than what you get out of a box. That, at its heart, is what I think I do, and it drives me”.

So, what next for this whirlwind? Like so many people, Alice has had her plans scrambled by COVID-19. A new television show, described as ‘like Super Nanny, but with food’, has had to be temporarily shelved until visiting people in their homes is feasible again. She’s keen to spend more time with her family.

article continues overleaf...






Image courtesy of @aliceinframes

She recalls sitting at her desk for hours on end while writing *In Praise of Veg*, surfacing only to feed her now 17-month-old daughter – “Sometimes I’d feed her at the computer and keep typing. That’s something that came very naturally to me because my mum wrote her PhD with my brother as a toddler on her lap too. I guess I come from a long, long line of women who just get it done”.

Something tells us that she is definitely a woman who just gets it done. We expect to see a lot more from this bubbly, energetic powerhouse. Her enthusiasm is infectious, her messages simple and powerful.

Check out Phenomenom, listen to a Nomcast, and if you haven’t already, make sure you follow her on Instagram @aliceinframes. Check out our podcast episode with Alice for more of her story.

LEARN MORE:

-  <https://aliceinframes.com>
-  <https://phenomenom.com.au>
-  facebook.com/aliceinframes
-  [@aliceinframes](https://www.instagram.com/aliceinframes)



Tune in to the Nomcast podcast [here](#)



Tune in to the DC podcast [here](#)



Order your copy of 'In Praise of Veg' [here](#)

In Praise of Veg:
A Modern Kitchen
Companion by Alice
Zaslavsky. Published by
Murdoch Books for RRP
\$59.99 on 3 November
2020. Book is available
from your favourite
book retailer





FUNCTIONAL FOOD

If you grew up with an overzealous nonna/baba/nana, you've no doubt experienced garlic's sickness-fighting properties first-hand at the first sign of cold season, be it in a poultice or punching up a broth. Indeed, garlic's antimicrobial properties have long been lauded as a natural antibiotic, helping to stave off infection and relieving toothaches for centuries. Chomping a clove down against an aching molar releases allicin, a chemical that acts as an anti-inflammatory, while also potentially targeting any underlying bacterial infection. Garlic's pungency also acts as a great insect repellent, masking the scent of human blood like a deodorant; it's not just your breath that smells garlicky, after all. This natural potency is also what lands garlic into vampire-repelling folklore, because if the smell doesn't keep blood suckers (mosquitoes, ticks, vampires) at bay, then perhaps its antibiotic properties might help heal the blood infection reputed to cause vampirism in the first place.

Rid the reek

If garlic breath is a bug-bear, consider adding some fresh parsley to your dishes, as it is a natural breath freshener. For garlicky fingertips, rubbing your hands on something stainless steel is the cure – be it a specialty stainless steel 'soap', or just the back of a saucepan or other kitchen utensil.



WITH COMPLEMENTS

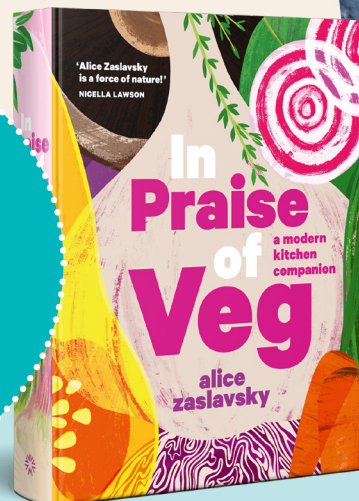
Garlic is the white T-shirt of savoury ingredients: it goes with everything.



SCRAP MEDAL

Before you start peeling your garlic on auto-pilot, ask yourself: do I want the flavour of garlic to be background or foreground? If it's background you're after, leaving the garlic in its skin to roast with your other vegies is a no-fuss solution that means less scraps and, let's face it, less work. If you do indeed have a heap of garlic scraps left over, you can put them to good use against garden pests. Steep your skins and offcuts in boiling hot water, allow to cool, then transfer to a spray bottle to keep bugs at bay.

WIN
a Zoom chat
with Alice +
a copy of her
book!



We're huge fans of Alice here at Dietitian Connection, and we are excited to give you the chance to **WIN one of two prizes:** ***a copy of In Praise of Veg and a 30 minute zoom chat with Alice plus runner up: a copy of In Praise of Veg.***

To win, simply tell us: why you need In Praise of Veg in your book collection in less than 25 words. Submit your response on our Instagram post or within our Facebook group.

[Closes 30 Nov 2020].

Images and text from *In Praise of Veg* by Alice Zaslavsky, photography by Ben Dearnley.

ADVERTORIAL

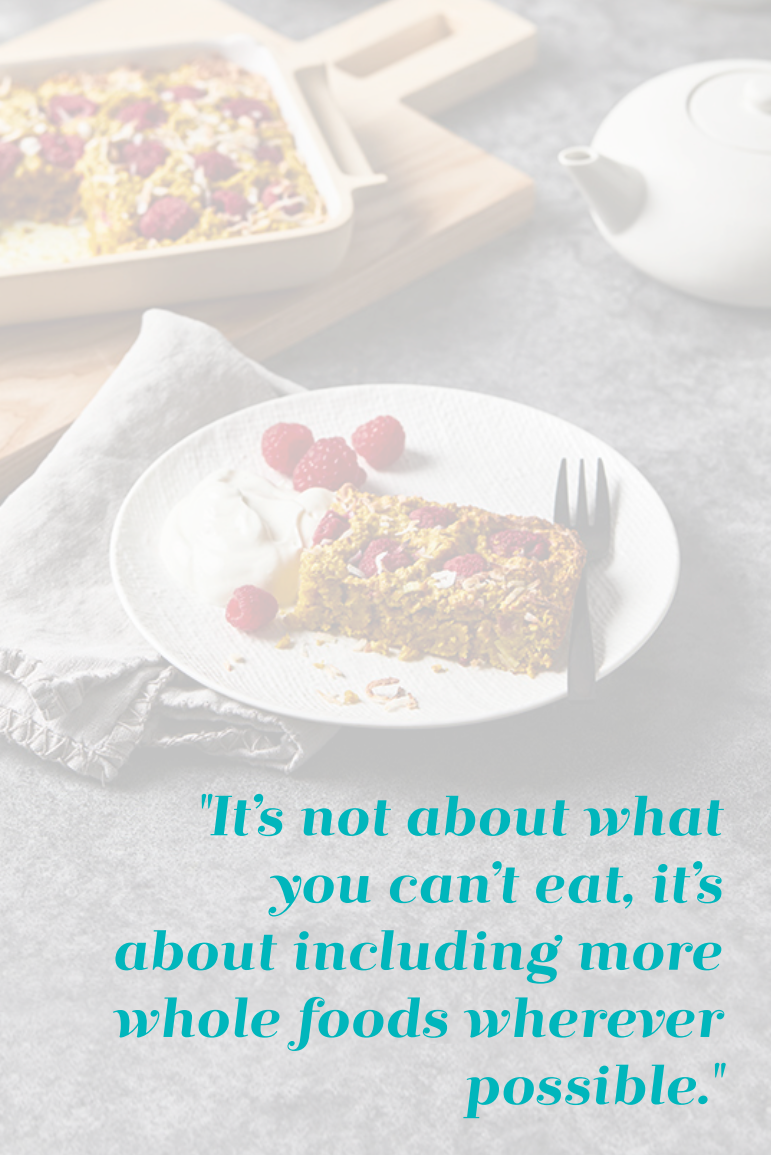
Supported by *UNCLE TOBYS Oats*



Images courtesy of *UNCLE TOBYS*

Fibre: the unsung hero

It's a nutrition hero, but fibre is often overlooked in favour of 'sexier' topics. We talked to Kathleen Alleaume, nutritionist, writer, author, and *UNCLE TOBYS Oats* ambassador, about the science of fibre and her hot tips for increasing fibre in the diet.



Your high-fibre day on a plate

Porridge with fruits



UNCLE TOBYS
Traditional Rolled
Oats with fruit = 6.4g

1 small handful of
raw macadamias
(30g) = 1.9g

Cucumber, dip and nuts



1 small sliced
cucumber
(100g) = 1g

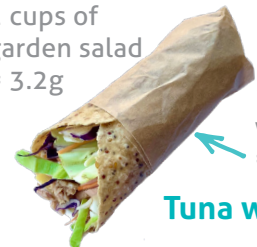
2 tbsp of
hummus
= 2g



1 apple
= 3.5g

Apple and coffee

2 cups of
garden salad
= 3.2g



1 grainy
wrap
= 4.3g

Tuna wrap

1 cup
cooked
brown
rice
(100g) =
1.5g



Beef stir fry

1½ cups stir fried
mixed veg = 3g

Nutrition trends come and go, but it's safe to say that one has emerged that will be around for some time to come. We're talking of course about gut health, the term on everyone's lips. Research is coming at us from left, right and centre, and much of it talks about feeding the microbiota.

Kathleen Alleaume, respected nutrition writer and speaker, says there are several dietary and lifestyle factors that impact the health of the gut. The biggest positive influence is fibre. "Fibre is something that we need to bring to the forefront a little bit more. We know fibre is mainly in plant-based foods. It's the indigestible part of the plant foods. When we talk about fibre to clients, again, it's educating them around exactly what that fibre does."

So, what is the role of fibre in gut health? You're likely familiar with the soluble/ insoluble types of fibre, but a lot of research is now focusing on resistant starch and prebiotic fibres. Kathleen says "It's really hard to say what food has what types of fibre, because at the end of the day, the message is to eat an array of plant-based foods because there's much more to fibre than just the soluble and the insoluble. To get all those types of fibres, your resistant starch and your soluble and your insoluble, is to look at a whole array of plant-based food and get the diversity. Because what your gut really loves... If you were to ask me what your gut really loves and what a healthy gut looks like, it's having a diversity of bacteria in there."

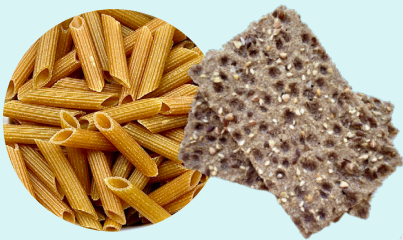
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Kathleen's practical tips to increase fibre intake



Eat a rainbow - aim for 30 different plants per week

Snack on popcorn! Corn is a whole grain too



Switch things up – swap your bread, crackers and pasta for whole grain options

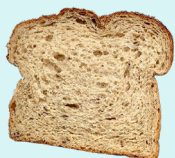


Top rolled oats with yoghurt and fruit for a delicious, gut-friendly breakfast



Add barley or quinoa to soups and salads

Choose foods high in whole grains – the Grains & Legumes Nutrition Council recommend a daily target of 48g whole grain for adults. Choose any of these 3 to get at least 48g of whole grains³



One slice whole grain bread

UNCLE TOBYS Oats Breakfast Bake. (Contains 34g of whole grains!)



$\frac{1}{4}$ cup whole grain cereal



$\frac{1}{3}$ cup cooked **UNCLE TOBYS Traditional Rolled Oats**



$\frac{1}{4}$ cup cooked grains like brown rice

As a nation, Australians are not doing so well with their fibre intake. Data from our latest National Nutrition and Physical Activity Survey shows that less than half of the population meets the daily recommendation for fibre intake¹. On average, median fibre intake for adults is around 20g per day, well short of the Suggested Dietary Target to reduce risk of chronic disease (28g for women, 38g for men)^{1,2}. So how do we address this? What simple strategies can we use with our clients to increase fibre intake? Kathleen says we need to be careful not to confuse people with different terms and numbers; rather we should be encouraging consumption along with fruit and veg – “I think when we’re talking to clients, we just want to be as positive as possible – It’s not about what you can’t eat, it’s about including more whole foods wherever possible. Keep the message simple.”

Check out Kathleen's practical tips and jump on our social media channels to share yours.

LEARN MORE:



facebook.com/TheRightBalance/



@therightbalance_

References:

1. Fayet-Moore, F., Cassettari, T., Tuck, K., McConnell, A., and Petocz, P. 2018. Dietary Fibre Intake in Australia. Paper I: Associations with Demographic, Socio-Economic, and Anthropometric Factors. *Nutrients*. 10(5): 599
2. National Health and Medical Research Council Australian Government Department of Health and Ageing New Zealand Ministry of Health. Nutrient Reference Values for Australia and New Zealand. NHMRC; Canberra, Australia: 2006
3. Grains & Legumes Nutrition Council 2018 https://www.glnc.org.au/wp-content/uploads/2018/09/Whole-Grain-Serve-Sizes_.pdf accessed 30/08/2020

TURMERIC SPICED PUMPKIN PORRIDGE WITH POACHED PEAR

SERVINGS: 1 | PREPARATION: 10 MINS | COOK TIME: 10 MINS

The prebiotic fibre in Super Blends Prebiotic Fibre – Turmeric & Coconut helps to nourish the good bacteria in the gut[^]. Pears, pumpkin and blueberries contain vitamin C to help keep your immune system fighting fit[^]. Warm spices of turmeric and cinnamon makes it a comforting breakfast option for a chilly morning.

[^] As part of a healthy varied diet

INGREDIENTS

1 x 46g sachet of **UNCLE TOBYS Super Blends Prebiotic Fibre – Turmeric & Coconut**

1 pear, peeled, quartered and cored

½ cup water

1 tsp pure maple syrup

1 tsp lemon juice

½ tsp ground cinnamon

½ cup butternut pumpkin, peeled, chopped

1/3 cup skim milk

1 tsp crushed walnuts, to serve

¼ cup (30g) blueberries, to serve

Nutrition per serve: 1744 kJ; 11g protein; 10.9g fat (2.3g saturated fat); 59g carbs (36g total sugars); 17.3g fibre; 49mg sodium.

PREPARATION

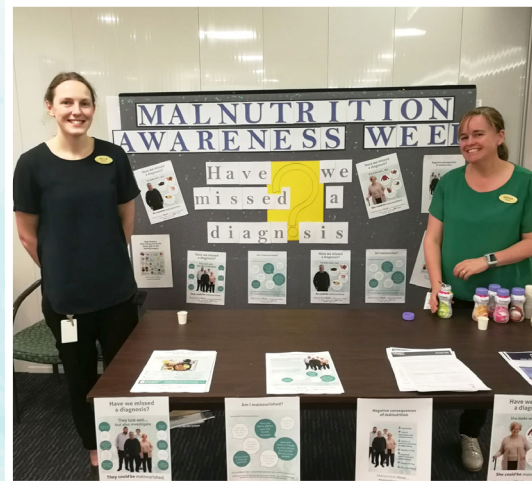
1. To prepare the pear, place water, maple syrup, lemon juice and cinnamon in a medium saucepan, and stir over a medium-heat and bring to a boil. Add the pear and reduce the heat to a gentle simmer for 5 minutes or until pear is tender. Remove from heat and set aside.
2. In a small microwave-safe dish, cook the pumpkin for 1.5 minutes in the microwave or until tender. Once softened, mash with a fork until it forms a smooth texture. Set aside.
3. Cook the oats as per packet instructions with skim milk. Set aside.
4. To serve, fold porridge mixture through pumpkin puree. Top with the poached pear and chopped walnuts. Garnish with pumpkin seeds and berries.

Malnutrition Week^{ANZ}

Highlight Reel



Northwest Health, Wangaratta



Southern District Health Board



Christchurch Hospital



Plena Healthcare

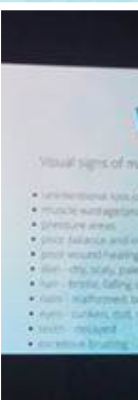


Griffith Rehabilitation Hospital

*As dietitians, you
play a pivotal role
in diagnosing and
treating malnutrition
– or preventing it all
together.*



Southern District Health Board



#malnutritionweekANZ


98,000 *reach*

**3AW RADIO SEGMENT
WITH KAREN INGE AND
AGED CARE DIETITIAN
EMMA MITS**



Christchurch Hospital

**'Malnutrition
Alert' for
electronic ward
boards**



Cabrini Health

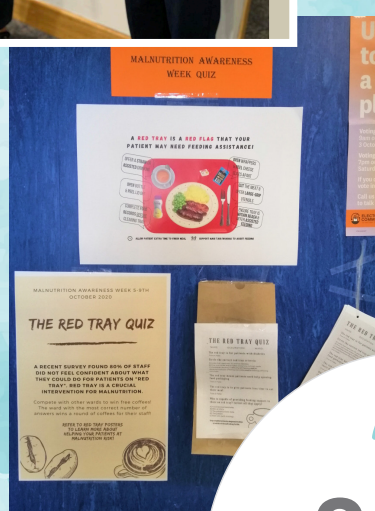


Left: St Andrew's
War Memorial
Hospital

Cabrini Health



WA Country Health Service

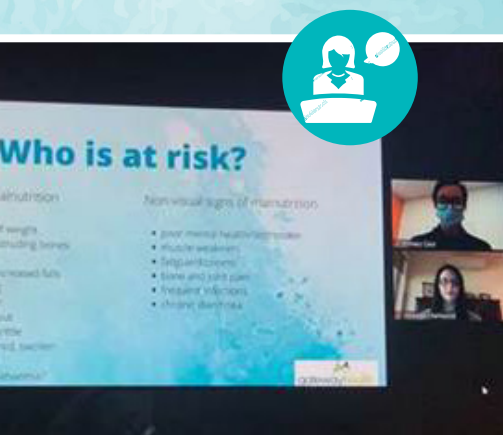


Midcentral DHB



WA Country
Health Service


**>2,000
DIETITIANS
WERE INVOLVED IN
MALNUTRITION
WEEK ANZ**



Gateway Health



Christchurch Hospital



Central Adelaide

The road less travelled

Dietitians can be found in many places. We were fortunate to catch up with Tracy Morris, lead nutritionist for Fitbit in a recent podcast about careers 'outside the box'.

When Tracy Morris walked into the classroom to begin her degree in electrical engineering, she couldn't have imagined where she would end up. A lover of science and maths, she was dreaming of designing bioelectrical medical devices. Having what she describes as 'a quarter-life crisis', Morris decided in her second year that engineering wasn't for her and went off to see a careers counsellor. Twenty years, four countries and three kids later, she now sits as lead nutritionist for Fitbit.

That conversation with the counsellor was pivotal – "I don't think I'd even realised that there was such a career as nutrition and dietetics at the time, I'd only heard of one dietitian through a friend's mum who was trying to lose weight", she says. Learning about the diversity of the profession was the start of a successful career for Morris, who went on to study a Bachelor of Science in her hometown of Johannesburg, South Africa. Continuing her studies in beautiful Cape Town, Tracy followed a well-worn path and headed to the UK upon graduating to work as a locum. It was a valuable learning experience. Working in seven hospitals across England and Wales, Morris gained skills and a new perspective – hospital-based roles weren't for her. Meeting her now-husband was the catalyst for a move Down Under and a new approach – private practice and corporate health.

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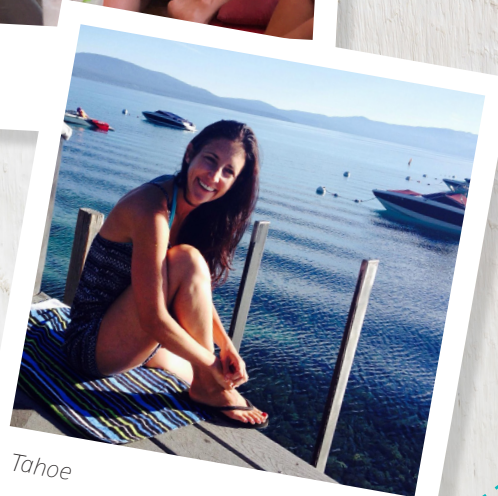
Images courtesy of Tracy Morris
Beside: The Morris family, Tracy visiting Thailand,
Tracy visiting Tahoe



The Morris family



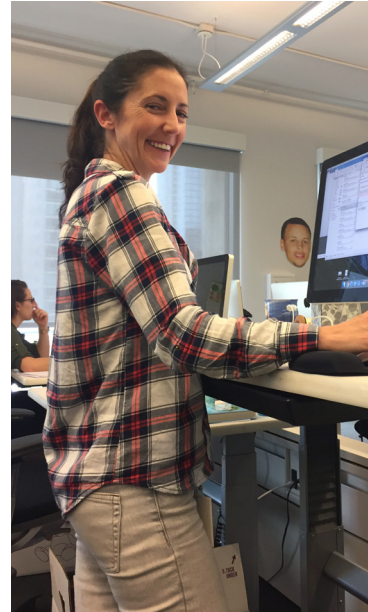
Thailand



Tahoe

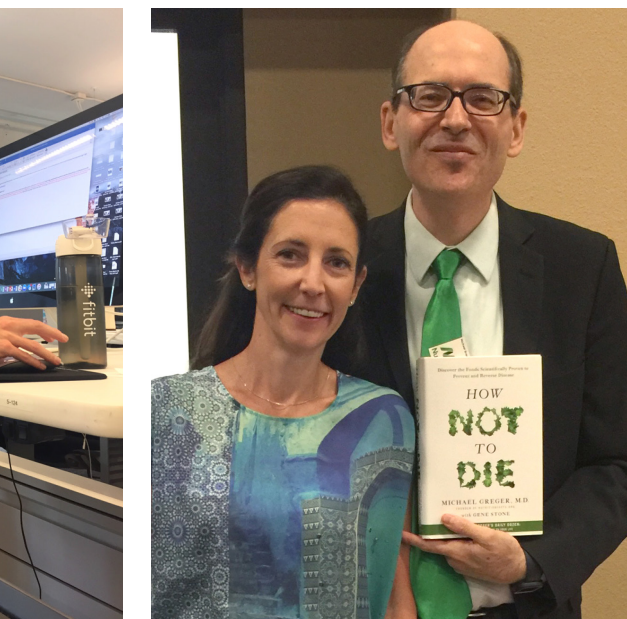


"I feel like every role I've grown and learned and had the pleasure of working with such smart, committed, amazing women."



Above: Tracy in the San Francisco Fitbit office, Meeting Dr. Michael Greger, the internationally-renowned nutrition expert and physician in Vegas

Morris credits her Australian mentors Nicole Senior and Emma Stirling with helping her to find her passion, nurturing a love of writing. Zeroing in on what it was that got her to leap out of bed each day is something that Morris says has continued to happen organically over the course of her career, with each role building skills and confidence – "I feel like every role I've grown and had the pleasure of working with such smart, committed, amazing women". Clarity and focus would come in handy when the family uprooted again, this time heading to San Francisco with three kids under five.



When they arrived in the USA, Tracy found herself juggling parenting with the demands of living in a new country and navigating the reality that she couldn't work as a dietitian. Always one to look for a solution, she began searching for jobs with the words 'nutrition' or 'nutritionist' in the description, and took a chance applying for a role on the blog team with Fitbit. The role was full-time, and in the city office, the opposite of the part-time, work-from-home role that she was looking for, but she backed herself and went for it anyway. Put through a prolonged interview process, Morris was interviewed by a large panel, including her soon-to-be boss, saying "she just knew that my skills were something that were missing in the team and at Fitbit.

There was no nutritionist at Fitbit. There was nobody guiding any of the nutrition messages that were going out there or helping to guide the product." She was initially hired as a freelancer, writing blog articles and analysing recipes, but the role quickly grew into a permanent position on the marketing team and led to one of her proudest achievements – the Fitbit nutrition philosophy.

Morris was keen to see negativity and rigidity banished, saying that you don't have to be perfect to be healthy – "it's really about loving who you are and finding foods that you love to eat and activities that you love to do, and then making it easy for people to do those things every day". This premise now guides Fitbit's language and strategy around nutrition, with everything from in-app health coaching to food company partnerships being scrutinised for alignment with the principles.

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Now a long-term fixture at the company, Morris enjoys a supportive atmosphere and has earned her stripes – the product developers listen to her. She has a vision to provide a ‘nutritionist in your pocket’ as part of the wider product range. She wants to seamlessly track what people are eating and then use that data to help guide people to make small, achievable changes each day. She points out that Fitbit is more than just devices; there is also a standalone app that includes features like guided meditation and yoga along with the usual fitness tracker data like sleep and exercise. Dietitians can draw on these resources with their clients and use the data as a motivator for continued success.

Since moving back to Australia, Tracy has continued to work with Fitbit, thankful for a global company who were flexible. Lesson here – don’t be afraid to make an opportunity your own – “be brave and believe in yourself, because we know a lot, and we know a lot about nutrition. And don’t let people who potentially are more confident or more outspoken make you believe that they know more than you do, because we are the experts on nutrition and we should be guiding these nutrition messages that are coming out of apps and any online forums”.




Tokyo



Boston

2020 has been a challenging year for everyone. Like many dietitians, Fitbit has had to pivot, and Tracy says she is incredibly proud of the company’s response to the coronavirus situation. She says the culture is genuinely about helping people, and this is reflected in their latest activities, starting studies tracking flu-like symptoms and temperature, adding a section in the app to guide people toward helpful practical information, and even dedicating a team to building ventilators in the US.

For a girl who grew up in South Africa thinking she wanted to be an engineer, she certainly has come a long way, and what a path she has tread.



"Be brave and believe in yourself, because we know a lot, and we know a lot about nutrition. And don't let people who potentially are more confident or more outspoken make you believe that they know more than you do..."

LEARN MORE:

Check out Tracy's blog at Fitbit here:

 <https://blog.fitbit.com/author/tracy-morris/>

 <https://au.linkedin.com/in/tracy-morris>



Tune in to the DC podcast [here](#)

Right where she's meant to be

It's been an interesting journey, but Tracy Hardy finally feels like she's where she's meant to be. The dietitian and proud Gamilaroi woman (Aboriginal) recently joined Maree Ferguson as a guest on the Dietitian Connection podcast.

Maree: Tracy, thanks so much for joining us. You're relatively new to the profession, what made you choose dietetics?

Tracy: There is a bit of a story there. Where to start? I've had lots of different jobs – I worked in marketing, I was a travel consultant, in insurance sales and I was a beauty therapist! I grew up on a farm, very much a paddock-to-plate experience, so I understood a lot about food and where it came from, but my relationship with food wasn't always good. I developed an eating disorder when I was 19 after my father was killed in a car accident, later my grandfather died from preventable diabetes-related complications. Then when I was in my mid-thirties, I had renal cancer. I had an Auntie tell me at some point after all of this that my ancestors were trying to lead me down this path of studying food and nutrition and health and our culture, and I had been too stubborn to listen!

One day, following a rigorous discussion with one of my good friends about health and welfare equality, she asked "well what are you doing about it?!" Next thing, I'm enrolled in a Nutrition and Dietetics degree at the Uni of Sunshine Coast!

How did you find that experience?

It was a bit of a learning curve, I was obviously a mature-aged student, hadn't done chemistry since Grade 10, and I'm sitting there going 'when do we learn about the green smoothies?' I really enjoyed it; I loved learning about what was happening in our bodies.





Images courtesy of
Tracy Hardy

After you graduated (with flying colours), what did you do?

I literally finished my very last assessment and jumped in my car down to Brisbane to take up a role at the Institute for Urban Indigenous Health. I worked as an APD, doing one-on-one consultations as well as health promotion activities, which I really enjoyed. I learned as much as my clients did, it's a two-way street, and I was always integrating our bushfoods. At the same time, I started my own business Wattleseed Nutrition.

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"As dietitians and nutritionists, we work in so many different areas. We've got so many opportunities to influence positive change on so many levels."

"...integrating nutrition science with bushfoods and healing practices, delivering them in Aboriginal ways."

Tell us about Wattleseed. What made you move in that direction?

I had this vision of being able to work with and for communities, supporting them in self-determining their health, wellbeing, food systems and their foods. So with what I had learnt at university, I was able to reframe some of that in a way that's more translatable, applicable, appropriate and relatable to the clients and communities that I work with and for. I've recently been able to put on another Aboriginal dietitian, and that has enabled me to spend more time on the development of some other unique programs that I'm working on.



Images courtesy of @WattleseedNutrition

That's exciting, being able to support another dietitian. Tell us about some of these other programs.

We're developing some programs integrating nutrition science with bushfoods and healing practices, delivering them in Aboriginal ways. I've also recently secured another contract to work in partnership with an organisation in developing a program for Aboriginal and Torres Strait Islander girls in high school, integrating our traditional knowledge and science and gut health. The next few months are going to be so exciting! I've taken leave from my PhD studies to focus more on this kind of community-based work.

Let me know if I have the number correct, there's about 20 Aboriginal and Torres Strait Islander dietitians in Australia? What can we do to support more young Aboriginal and Torres Strait Islander people to consider dietetics as a career?

There's about 30 dietitians who are registered with DA who identify as a First Nations Person of Australia. Some more are students, some are retired, but about 20 are registered as APDs. You know, when I was young, I grew up in a small town, and going to university wasn't something that I was encouraged to do. So I think the key takeaway is to open up the conversation with our students to let them know that this opportunity is there, and they can do it, and there are support mechanisms in place. That the impact they can have on their communities is really amazing. So as dietitians, go along to your universities, talk to Indigenous service units there, and schools in your community – ask about their careers days and perhaps think of it as a kind of cross-cultural communication, where you're supporting both. Also show that you are working to provide a culturally safe and appropriate and inviting learning environment as a dietitian too.

And how can we best do that Tracy?

Well, I'm no expert, I can only speak from my own lived experience as a light skinned Aboriginal woman and the privilege that provides. There are lots and lots of resources people can access. So I'm on Dietitian Australia's Reconciliation Action Plan working group, as well as their Indigenous Nutrition Interest Group Leadership Team, and together have worked to put together some cultural safety online training options for people to access, to develop their own understanding and cultural capabilities. Also, be a voice. As dietitians and nutritionists, we work in so many different areas. We've got so many opportunities to influence positive change on so many levels.

What would be your advice then to Indigenous students or younger dietitians just beginning their studies or starting their career in dietetics?

For Aboriginal and Torres Strait Islander students, I would say, have a mentor, access your Indigenous services unit, utilise all the support that is available. You can access external tutoring if you need to and lean on your peers. And for students in general, I think one of the biggest things I would probably recommend would be to start doing your networking, even while you're at university. Start doing your informal job search. I know that when I joined up with Indigenous Allied Health Association I stepped out of my comfort zone and worked hard at developing connections and demonstrating my work ethic, passion and commitment. I believe this assisted securing my first job. So establishing those relationships and then demonstrating your value and your values throughout, I think is really important.

That's my number one tip too, networking. So important. Tracy, it has been an absolute pleasure hearing about your passion and the work you're doing with First Nations people.

You can hear more of Tracy's story on the Dietitian Connection podcast, available now.

LEARN MORE:



<https://www.wattleseednutrition.com/>



<https://www.linkedin.com/in/tracy-hardy-bnutrdiet-apd-maica-95a8a5117/?originalSubdomain=au>



Tune in to the DC podcast [here](#)

Challenges are what
make life *interesting*...

OVERCOMING
THEM IS WHAT
MAKES LIFE
MEANINGFUL

Joshua J. Marine

