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Eating During the Holidays: A Guide for Health Care Practitioners
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MESSAGE FROM THE PRESIDENT

Edward Bitok, DrPH, MS, RDN



Dear ANDIA member,

This month marks the one-year anniversary since the formation of ANDIA. It's been a year full of challenges and triumphs, and through it all, God has remained faithful to us. As

we celebrate the organization's one-year anniversary, we are so proud of ANDIA's achievements. Over the past year, the organization has registered a steady growth in membership - drawn from different corners of the world, which affirms the global nature of this organization.

As you may know, mission remains at the core of ANDIA. We seek every day to serve humankind through living and teaching the Seventh-Day Adventist's health message with emphasis on nutrition and healthy eating behaviors. We do so by reaching out to both members and non-members through online publications and webinars on plant-based nutrition.

It is encouraging to see that the publications and webinars have attracted viewership and attendance from a wide spectrum of individuals,

including students, professionals, practitioners, and others seeking information on plant-based nutrition. This is the very essence of why we exist as an organization; not to serve narrow personal interests, but to reach out to a world in need of healing in this moment and time.

Even as we celebrate this milestone, I'm quickly reminded of the work ahead of us and the tremendous potential this organization has. I pray we never lose sight of our true purpose, so that this organization may continue to grow and fulfill its mission as the LORD sees fit.

As my term comes to an end, I would like to thank the incredible team of volunteers that I have had the privilege of working with over the past year. You all brought your best to the team and I wouldn't have made it this far without your dedication and commitment to the mission and vision of ANDIA. I pray that God grants you favor as you continue in His service. Lastly, I wish you all a beautiful holiday season and a new year of peace and happiness.

Edward Bitok
Outgoing President

ANDIA CELEBRATES
IT'S
1 YEAR ANNIVERSARY



MESSAGE FROM THE EDITOR

Neosie Morris, MPH, BS



Dear Reader,

We have come to the end of another year – a time for reflection and thanksgiving, comfort food, family gatherings, and merriment. It is also a time when many

persons find it challenging to practice healthy eating habits. In this issue, the hot topic article presents the current evidence on the impact of the holidays on persons living with chronic diseases such as diabetes and provides practical suggestions for patients and clients during this time of the year.

Our university highlight takes us to Andrews University, and the member spotlight is on Helda Mailoa and her work as a dietitian in Indonesia.

The life and work of Ella Eaton Kellogg, the “Mother” of Adventist home economics and dietetics, is covered in our column, “Historical Reflections of Adventist Nutrition & Dietetics”. We have also provided a delicious apple crisp recipe which would be a great addition to your holiday dinner.

A heartfelt thank you to the communication and editorial team, and to all those members who volunteered their time and contributed to the newsletter this year. As you celebrate and reflect upon the events of this year, you can be sure that the same God who has kept you, is able to provide all your needs in the year ahead.

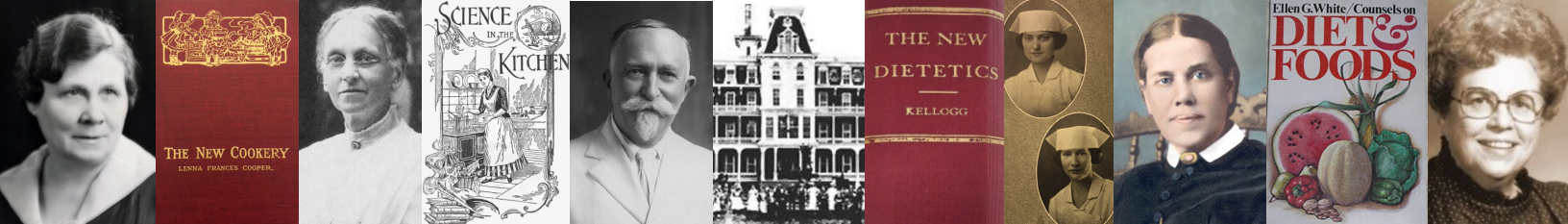
Happy and healthy holidays!

Neosie Morris, MPH
ANDIA News Editor 2021/22

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”
Proverbs 3:5,6

Correction to Recipe

In the Spring 2021, Volume 1, Number 1 publication, there was an error in the Plant-Based Cooking Corner section. The featured recipe is titled “Vegan Gluten-Free Pizza”. This recipe title should have read “Vegan Pizza”. We apologize for any confusion that this error may have caused.



HISTORICAL REFLECTIONS OF ADVENTIST NUTRITION AND DIETETICS

This column explores the historical legacy of the Adventist nutrition and dietetics work and ministry, through articles and reprinted writings of Adventist nutrition and dietetics pioneers, for historical and educational purposes.

ELLA EATON KELLOGG (Mrs. John Harvey Kellogg) The “Mother” of Adventist Home Economics and Dietetics

By John Westerdahl, Ph.D., M.A., M.P.H., RDN, FAND, DipACLM

Ella Eaton Kellogg, the wife of the Battle Creek Sanitarium’s Superintendent and Medical Director, Dr. John Harvey Kellogg, is possibly the most underrated individual in the history of home economics and dietetics, from within the Seventh-day Adventist Church, as well as on the national level. She was the founder and superintendent of the Battle Creek Sanitarium School of Cookery, which later expanded and became known as the School of Home Economics. It was Ella Eaton Kellogg who was the first real dietitian of the Battle Creek Sanitarium. Her work, more than anyone else’s, led to the advancement of dietetics in the very early days of the Seventh-day Adventist Church. Yet, Mrs. Kellogg was a lifelong member of the Seventh Day Baptist Church. Working closely with her Seventh-day Adventist husband, Dr. Kellogg, they partnered together in establishing the vegetarian menus served at the Sanitarium to patients and visitors (1,2). They were very careful and diligent to make sure that the meals served were consistent with the dietary teachings of the Seventh-day Adventist Church.



Ella Eaton Kellogg

Ella and her physician husband were mentors to many young students and graduates of the Battle Creek Sanitarium schools of home economics and nursing. No student of theirs became more instrumental to the health work and ministry of the sanitarium, and famous on a national level, as Miss

Lenna Frances Cooper. Miss Cooper was first a graduate of the Battle Creek Sanitarium nursing school and then went on in her academics to study food science, cooking, and the domestic sciences (3). She publicly expressed “her indebtedness to Dr. and Mrs. Kellogg...who first inspired her with a love for the study of foods and their scientific preparation and who have since been constant sources of help and encouragement” (4). After Lenna’s education and training in the food sciences, she returned to the Battle Creek Sanitarium to carry on the founding work and

under the leadership of Mrs. Kellogg, was appointed as the new Director and Dean of the Battle Creek Sanitarium School of Home Economics. She was also appointed by Dr. Kellogg as the Head Dietitian of the Battle Creek Sanitarium. In 1917, Lenna became famous on a national level in the fields of nutrition and dietetics for being the cofounder and first Vice President of the American Dietetic Association (now known as the Academy of Nutrition and Dietetics) (3,5).

Lenna always acknowledged the founding work and leadership of her mentor Mrs. Kellogg, for whom “she stood on the shoulders of”. Someone once asked her, “You are the Mother of Home Economics, aren’t you?” Lenna replied, “I’m sometimes called the Dean, but the ‘Mother’ of Home Economics is without a doubt Ella Eaton Kellogg”(6).

Ella Eaton Kellogg – Her Life and Work

Ella Eaton Kellogg was born on April 7, 1853, in Alfred, New York. She was of Puritan ancestry and was a lifelong member of the Seventh Day Baptist Church. In 1872, she made history at Alfred University when at the age of nineteen years old, she was the youngest person ever to receive a bachelor’s degree. Later, in 1885, she received her Master of Arts degree from Alfred University (1,2).

In the summer of 1876, Ella traveled to Battle Creek, Michigan to visit her aunt. During her time in Battle Creek, there was an outbreak of a typhoid fever epidemic. During the epidemic, Ella volunteered to help the Battle Creek Sanitarium’s nursing staff with patients stricken with typhoid. While assisting with nursing duties, she caught the attention of Dr. Kellogg who said he was impressed with her “absolute reliability and responsibility” and “unswerving devotion to duty”. Dr. Kellogg convinced Ella to stay in

Battle Creek to continue to help during the typhoid epidemic and work at the sanitarium. She stayed, and over time, Dr. Kellogg and Ella developed a high respect and fondness for each other. They married in February of 1879 (1,2,6).

Ella dedicated her life to helping her husband in all that she could do to further the work and mission of the sanitarium. Her experience at the Battle Creek Sanitarium led her to play a role in creating the field of dietetics. She developed a reputation in Michigan as a dietitian and writer, as well as an advocate for the welfare of children. Among her many duties, Ella was the assistant editor and writer for the sanitarium’s *Good Health* magazine. In order to make the sanitarium’s vegetarian diet more palatable to its visitors and patients, she took charge of the institution’s experimental kitchen. In this kitchen, recipes for the sanitarium’s clients and patients were scientifically formulated and tested. These recipes include some of the early vegetarian meat substitutes, cereals and other foods, caffeine-free beverages, and nutritional and dietary products that became marketed by The Battle Creek Food Company. Many of these recipes were published by the Battle Creek Sanitarium and in cookbooks written by Ella Eaton Kellogg and Lenna Frances Cooper. As the sanitarium’s first dietitian, Mrs. Kellogg planned all the meals for the patients and staff. She founded the School of Home Economics and developed dietetic courses for the nurses who served at the sanitarium (6,7). As a result of her intensive study of food chemistry in its relationship to body chemistry, and her work in food science and recipe development, she authored her landmark book, *Science in the Kitchen* (7,8). In speaking about her book, Dr. Kellogg stated, “[it] was a record of her work in the field of dietetics and culinary science, and really opened a new era of progress in this branch of home economics. It introduced rational and scientific methods into the kitchen, where they

had before been little known, even in most advanced institutions” (7).



Science in the Kitchen
By Mrs. E. E. Kellogg, A.M.

Ella was a woman of many great accomplishments during her 67 years of life. She was a charter member of the American Dietetic Association and president of the Michigan Women's Press Association. She was an active member of organizations such as the

Congress of Mothers, the American Home Economics Association, the Women's League, and the Young Women's Christian Association (YWCA). She became the national superintendent of the Social Purity Department of the National Woman's Christian Temperance Union (1,2,7). In addition to her book, *Science in the Kitchen*, she also authored *Studies in Character Building: A Book for Parents* (9).

Dr. and Mrs. Kellogg were not able to have children of their own. Instead, they raised more than 40 children as their own, with usually about 20 children living with them at a time, and they legally adopted 12 of them. They founded the Haskell Home for Orphans in Battle Creek, where Ella served as chairperson of the board and manager of the home. This home for orphans nurtured between 150 to 200 children each year (1,7).

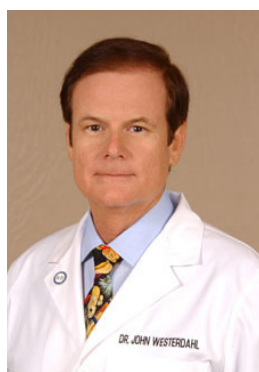


Kellogg Family Christmas Card for Christmas 1927 (pictures of Dr. John Harvey Kellogg and his late wife Ella Eaton Kellogg)

Ella's commitment to the field of nutrition and dietetics continued throughout her life and lasted right up until the day she passed away in 1920 at the age of 67. Her contributions to the health ministry of the Adventist church and the dietetics profession at the Battle Creek Sanitarium were substantial. She was a woman of science and of faith, and worked closely with both the Seventh-day Adventist Church as well as her own Seventh Day Baptist Church. The Battle Creek Seventh Day Baptist Church building was built in 1929 and is dedicated in her honor. Her portrait prominently hangs inside the church. Outside of the building hangs a plaque which reads: "This Seventh Day Baptist House of Worship is Dedicated March 30, 1929, as a memorial to ELLA EATON KELLOGG, A Faithful Member of this Church, A Friend of Humanity, A Servant of Jesus Christ" (10).

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John Westerdahl, PhD, MA, MPH, RDN, FAND, DipACLM is a Past Chair of the Vegetarian Nutrition and Dietetic Practice Group of the Academy of Nutrition and Dietetics. He is currently in private practice as a nutrition and lifestyle medicine consultant in Thousand Oaks, California. His weekly national radio talk show, Health & Longevity, is broadcast on the LifeTalk Radio Network.



EATING DURING THE HOLIDAYS: A GUIDE FOR HEALTH CARE PRACTITIONERS

By Kristie LeBeau, MPH, RD, RN, Abigail Clarke, MPH, RD, & Rita Amen, MPH

Given the overabundance of food and drinks during the holidays, it is not surprising that health care professionals often notice seasonal rises in HbA1c levels in patients with diabetes. Healthcare professionals may also observe increased fluid weight gain in renal patients and increased weight gain, even in patients actively trying to lose weight [1-4]. The holidays provide many with a "free pass" to "eat, drink and be merry", and for persons required to follow specific dietary guidelines, navigating the social scenes during the holidays can be an absolute nightmare. This article explores the current evidence on the impact of the holidays on persons living with chronic diseases such as diabetes. It also provides some practical suggestions for patients and clients during the holidays.

Diabetes

A study of over 600 patients with type 2 diabetes followed in an outpatient clinic showed peaks in fasting blood glucose and HbA1c after Christmas and Easter [1]. Though problematic, the more significant issue may be that these levels may not fully return to their pre-holiday levels and contribute to an overall increase in HbA1c over

ten years, as noted in one prospective study [5].

The holidays can increase stress levels for several reasons, such as a higher demand on time to attend holiday gatherings and purchase gifts. In response to stress, cortisol levels increase, causing a release of glucose into the bloodstream, resulting in elevated blood sugars [6]. Holiday-related travel can also add to the stress, and the change in time zones can affect the body's circadian rhythms, contributing to insulin resistance [7].

Weight Management

A study of 443 men and women indicated that 65% and 58% of males and females respectively gained more than 0.5 kg of weight during the holidays [8]. Another prospective study on 195 adults also indicated that persons gained an average of 0.37 kg during the holidays (from mid-November to mid-January) compared to the pre-holiday and post-holiday periods [9]. Like HbA1c, the increase in weight during the holidays is typically not lost during the non-holiday period (spring and summer months). This increase can contribute to the overall average weight gain throughout adulthood [9]. Similar findings were observed in studies conducted in Germany and

Japan, with participants' weight increasing by 0.6% and 0.5% respectively within ten days after Christmas compared to the ten days before Christmas [10].

Water weight gain can also be a challenge for patients managing their fluid intake. In a multicenter observational study on 252 patients with end-stage renal disease and hemodialysis, patients were more likely to experience increased absolute and relative inter-dialytic weight gain (fluid weight gain between dialysis sessions) during the holidays [2].

While treatment must be individualized, below are some general and practical guidelines that can be adapted to help patients and clients during the holidays.

1. Patients can be encouraged to practice mindful eating, which emphasizes paying attention to internal hunger and fullness cues, instead of external cues. Strategies include slowing down the speed of eating and paying attention to the food's appearance, smell, and texture in order to enhance enjoyment [11]. Mindful eating can help patients avoid overindulgence during holiday meals. Stress reduction programs can also be helpful. Recent studies indicate that stress reduction programs that include meditation and breathing exercises resulted in lower fasting blood sugar, HbA1c, depression, and anxiety scores [12, 13].
2. Patients should be encouraged to integrate exercise into daily activities as this can improve blood glucose and prevent or reduce weight gain [14-17]. Suggested activities include: taking a walk or going on an afternoon hike after a meal. Studies have indicated that a 20-minute self-paced walk after a meal can reduce blood sugars by 21.8% in patients with type 2 diabetes [15]. Hiking, in particular, downhill hiking, has been shown to improve insulin resistance [18]. While walking and hiking may be appropriate exercises for those who live in the tropics or the western states of the United States, in other places, due to the weather conditions, these outdoor activities may not be feasible during the holidays. Indoor exercises such as stair climbing after a meal for 3 to 10 minutes can assist in lowering blood sugars [19, 20]. Since the holidays are typically a family affair, patients can be encouraged to get everyone involved in being active after dinners. Games such as "scavenger hunt", "bean bag toss", and "catch" can be used to get everyone moving after meals. Using devices that count steps such as smartwatches and Fitbit can also help patients remain physically active during the holidays [21].
3. It can also be suggested that patients selecting a smaller plate (for example, using a salad or dessert plate instead of a dinner plate) can help control portions and prevent or lower the risk of weight gain [22]. Alternatively, persons can continue to use the dinner plate and use the plate method to make half of their plate non-starchy vegetables (such as broccoli, spinach and cauliflower) thus incorporating more fiber [23]. High fiber foods have been shown to lower fasting blood glucose levels [24].
4. While it may be tempting to skip meals, this can result in overeating at the next meal [25, 26]. Skipping meals may also make it harder to control blood glucose [27]. Studies have indicated that persons with type 2 diabetes who skip breakfast may experience high blood sugars after lunch and dinner, also known as postprandial hyperglycemia [28]. One of the underlying causes of this postprandial hyperglycemia is the decrease in glucagon-like peptide one and insulin secretion [28].

5. Most of the holiday favorites are made of refined flour and sugar and are calorie-dense. Excessive consumption of these foods increases the risk of weight gain and elevated blood sugars. The selection of holiday recipes that incorporate nutrient-rich foods such as 100% whole grains instead of refined grains (whole grain pasta instead of refined pasta) should be promoted. While these recipes may differ slightly in taste and texture, greater benefits can be derived due to the high fiber, B-vitamins, trace minerals, and antioxidants content [29, 30]. Patients should be encouraged to include at least one plant-based protein entrée (beans, nuts and seeds, tofu, and soy-based products) in their menu. Plant-based protein foods contain fiber and have no cholesterol, which can decrease body weight and lower the risk of cardiovascular-related conditions [31]. Like whole grains, entrées made from plant-based proteins will differ in taste and texture compared to those made from meat. However, the use of fresh and dried herbs such as garlic, green onions, rosemary, and thyme can be used to add flavor.

6. In addition to adding flavor, fresh herbs and spices provide non-nutrient chemical components called phytochemicals that can benefit the body. Cinnamon, for example, has been shown to assist in the lowering of blood sugar, while turmeric and garlic are known to have anti-inflammatory properties [32, 33]. Research has also indicated that persons who consume foods high in phytochemicals can assist in lowering blood sugars and reducing obesity [34].

The increase in emergency room visits and hospitalizations just after the holidays may partly be due to eating, drinking, and being merry [35, 36]. Navigating through the holidays while integrating health-related factors such as weight

and diabetes management can be challenging. However, following the simple steps mentioned above can help avoid the post-holiday effects while enjoying quality time with family and friends. Let the holiday season of 2021 be the merriest of all seasons.

Have a Happy Holiday.

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Kristie LeBeau, MPH, RD, RN, started working as a registered nurse for several years. She realized the importance of nutrition in health, then obtained her Registered Dietitian (RDN) credential along with her MPH. She has been a Registered Dietitian for 10 years and has worked in various clinical areas, including diabetes education. She is currently a Ph.D. student in Nutrition at Loma Linda University School of Public Health. Her current research focuses on the effects of daily consumption of avocado on the glycemic index and glycemic load.



Abigail Clarke, MPH, RD, is a Registered Dietitian and has worked in dietetics for the past 7 years. She has counseled several patients in Barbados and the USA as it relates to weight management. She currently works per diem as a dietitian at Loma Linda University Medical Center and is completing her Ph.D. in Nutrition at the Loma Linda School of Public Health. Her current research focuses on the effects of eating one avocado with a meal on satiety and satiation in overweight and obese adults.



Rita Amen, MPH, is a nutrition consultant at Arrowhead Orthopaedics and focuses on various health conditions, including weight loss, diabetes management, pain management, reducing the level of inflammation, and achieving optimal health for the past 5 years. She strongly believes in the power of nutrition and plant-based foods and their impact on health and longevity. She is currently working on completing her Ph.D. in Nutrition at Loma Linda University School of Public Health. Her current research focuses on the impact of the polyphenols found in walnuts on cardiometabolic risk factors.





PLANT-BASED COOKING CORNER

Featured Recipe: Apple Crisp

Provided by Shelby Huse & Lael Agard, Andrews University Nutrition and Dietetic Students

INGREDIENTS

- 1/2 cup white unbleached flour
- 1/2 cup whole pastry flour
- 3/4 cup rolled oats
- 1 cup brown sugar
- 1 teaspoon ground cinnamon
- 1/2 cup vegan butter, softened
- 4 cups chopped green apples
- 3/4 cup white granulated sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 teaspoon vanilla extract

METHOD

1. Preheat oven to 350°F or 177°C. In a large bowl, combine the first 5 ingredients. Cut in butter until crumbly. Press half of mixture into a greased 2 1/2 quart baking dish or a 9-inch square baking pan. Cover with apples.
2. In a small saucepan, combine the white granulated sugar, cornstarch, water, and vanilla. Bring to a boil; cook and stir for 2 minutes or until thick and clear. Pour over apples. Sprinkle with the remaining crumble mixture.
3. Bake for 60-65 minutes or until apples are tender. Serve warm, with vegan vanilla ice cream if desired.



ESTIMATED TIME: 1 HOUR, INTERMEDIATE LEVEL
SERVES 8-10

Nutrition Information (per 1/2 cup):

Calories: 187 kcal
Carbohydrate: 46.6 g
Protein: 1.2 g
Total Fat: 9.2 g
Dietary Fiber: 4.6 g
Sodium: 83 mg
Sugar: 32.2 g



Shelby Huse is a senior Nutrition and Dietetics student and a graduate student in the M.S. Nutrition and Wellness program at Andrews University in Berrien Springs, Michigan. She enjoys cooking, playing guitar, painting, and spending time outdoors.



Lael Agard is a senior Nutrition Science & Dietetics student at Andrews University. She enjoys traveling, cooking/baking and being physically active.

PROGRAM & STUDENT HIGHLIGHTS: ANDREWS UNIVERSITY

By Sherri Isaak, MS, RD, CDCES, BC-ADM, DipACLM
Dietetics Internship Director



Andrews University has a rich history of dietetics education dating back to 1974 when the university started a Coordinated Program in Dietetics. In 1990, the program was split into the Didactic Program in Dietetics and a Dietetic Internship Program to better serve the student body. The programs continue to be conducted out of Marsh Hall, one of the oldest buildings on the campus. Marsh Hall holds special value since it was designed by, and named after, Frank and Alice Marsh. Alice Marsh was a founding member of the Seventh-day Adventist Dietetic Association (SDADA). She served as president of SDADA in 1968 and as the Publications Review Committee Chair for many years.

The philosophy behind the program has remained true to its roots with a continued focus on plant-based, vegetarian nutrition, and has become increasingly relevant to the shifts in nutrition practices. The nutrition programs at Andrews University are housed in the School of Population Health, Nutrition & Wellness and includes:

1. BS in Nutrition Science & Dietetics (Dietetics Emphasis): The BS program in Nutrition Science and Dietetics with Dietetics Concentration is recommended for students wishing to become a Registered Dietitian (RD)/Registered Dietitian Nutritionist (RDN). This BS also prepares students for dietetics registration eligibility.

2. BS in Nutrition Science & Dietetics (Nutrition Science Emphasis): The BS program in Nutrition Science & Dietetics with Nutrition Science Concentration is designed for students pursuing professional degrees in the fields of Nutrition, Dietetics, Medicine, Dentistry, Public Health, Research and other health-related graduate degrees (e.g., Pre-Med, Pre-Dent). This BS also prepares students for dietetics registration eligibility.

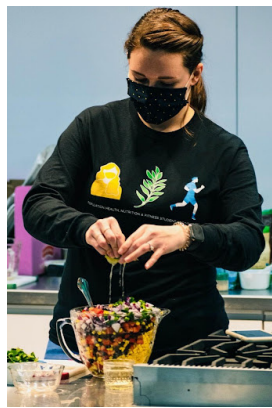
3. Dietetic Internship (Clinical Focus): The Dietetic Internship has a clinical focus with a vegetarian emphasis. Internship locations are available across the country. Optional rotations are available in eating disorders, sports nutrition, pediatrics, and other clinical specialties.

4. MS Nutrition & Wellness: The online MS program has a unique plant-based emphasis and offers flexibility and convenience for working adults. It can be taken during the dietetic internship or after the internship for those that are established RDNs. It is offered at a 50% tuition discount and is available for students to start in any semester.

5. MPH Nutrition & Wellness: The CEPH accredited MPH program has an emphasis in vegetarian nutrition. This nationally recognized program is designed for working professionals, has 100% online flexibility, and is also offered at a 50% tuition discount.



Professor Sherri Isaak second from left with Dietetic interns after a presentation on Cardiac Culinary Medicine at the Andreassen Center for Wellness, Andrews University



Jessica Grzybowski demonstrating a recipe for a Public Health, Nutrition, and Fitness Student Association (PNFSA) event

Department Highlights

1. Andrews University Lifestyle Medicine Clinic is in development as a result of a recently funded grant.
2. Professor Sherri Isaak earned DipACLM credential; board certification as a lifestyle medicine practitioner.
3. The online MS in Nutrition and Wellness is offered as part of the dietetic internship or post internship for established RDNs.
4. For new incoming Freshmen interested in dietetics, an accelerated track which combines the BS Nutrition Science and Dietetics Program with the online MS Nutrition and Wellness is available. The BS, MS and dietetic internship can be completed in 5 years.
5. Community Nutrition students filmed 18 professional cooking demonstration videos that were part of a community-wide nutrition and fitness program named NEW-AU (Nutrition, Exercise and Wellness at Andrews University). The videos will be used for the website and other initiatives related to wellness across campus.
6. Jamika Smith, Dietetic Intern, was awarded the 2021 FNCE DIFM scholarship.
7. Students enrolled in Sports Nutrition class provided team nutrition talks for local athletic teams, to teach some of the valuable information they learned in class to their peers.
8. Students from Community Nutrition and Community Health & Fitness teamed up to create a virtual community program in Spring of 2021. Due to COVID restrictions, the students took a creative approach to reach the community and provided class sessions that focused on topics such as nutrition, fitness, advanced fitness and weight loss. The program included participants that were students, faculty, staff, and local community members.
9. Dietetic Internship graduates are continuing to obtain high-level positions including organ transplant dietitian, clinical director, executive chef for a government official in the state of Michigan, online private practice, and more!
10. Nutrition Science and Dietetics students presented a virtual cooking demonstration on alumni weekend. The demonstration was pre-recorded, and the students met with the audience live for questions following the event.
11. The Master's in Public Health program at Andrews has a concentration area of Nutrition & Wellness and this year we have added a new interesting course as an elective to the curriculum. The course is titled Phytotherapy & Pharmacology of Herbs and Spices and is taught by Dr. Padma Uppala.
12. Professor Sherri Isaak is the featured nutritionist for the Michiana Veg Fest Newsletter, which involves writing an article on vegetarian nutrition and submitting a unique vegetarian recipe. Undergraduate students also participated as co-authors.



Sherri Isaak, MS, RD, CDCES, BC-ADM DipACLM is the Director of the Dietetic Internship Program and Associate professor at the School of Population Health, Nutrition and Wellness at Andrews University in Berrien Springs, Michigan. Her expertise is in diabetes, weight management, cardiovascular disease, and lifestyle medicine. She also stays active with clinical nutrition consulting patients with a variety of disease states.

MEMBER SPOTLIGHT:

HELDA J. MAILOA, SST., MM., RD

HEAD OF NUTRITION DEPARTMENT AT BANDUNG ADVENTIST HOSPITAL

Helda Mailoa is a registered dietitian and author who has experienced the benefits of a vegetarian diet and is dedicated to helping people in Indonesia to adopt a healthy lifestyle. It is a pleasure to feature her in this issue.



1. Why did you decide to pursue a career in nutrition and dietetics?

At first, I was not interested in this field, and never thought that I would become a dietitian. However, after studying nutrition and working at Bandung Adventist Hospital, it became apparent to me that God wanted me to become a dietitian. Also, since it was quite rare to find dietitians who promoted vegetarian nutrition in Indonesia, I decided to focus on promoting a vegetarian diet as part of a healthy lifestyle.

2. Tell us about your career path within dietetics.

I graduated with a diploma in nutrition from the Academy of Nutrition in Makassar in 1987, and worked at the Bandung Adventist Hospital for twelve years. In 2000, I joined the Indonesian Vegetarian Society (IVS) which is part of the

International Vegetarian Union (IVU) and had the opportunity to present information about the correct application of a vegetarian diet for various cities in Indonesia.

After completing the Bachelor of Science in Clinical Nutrition at the Faculty of Medicine, University of Indonesia, I worked as Head of Nutrition Installation at Royal Progress Hospital, Jakarta. From 2004 to 2018, I worked at the Bandar Lampung Adventist Hospital as the Head of Nutrition Installation. During my time at Bandar Lampung Adventist Hospital, I completed a Master of Science in Management from Bandar Lampung University, wrote a plant-based diet cookbook, and later obtained my registered dietitian credential. I also contributed to the diet guide for vegetarians which became a part of one of the mandatory books for Nutritionists and Dietitians in Indonesia, issued by the Indonesian Nutritionists Association & The Indonesian Dietetic Association. In August 2018, my husband was transferred to the Bandung Adventist Hospital, and I accepted a position there as Head of Nutrition Installation. I believe that God wants to use me in service at Bandung Adventist Hospital, and in Indonesia.

3. What skills do you consider to be essential in this field?

Since the idea of a plant-based diet is becoming popular in Indonesia, I believe it is essential for dietitians in this region to be skilled in preparing

vegetarian dishes using locally grown foods, know how to conduct community nutrition programs, and have strong leadership and public speaking skills.

4. Have you noticed any changes in public perception and nutrition awareness since you started working as a dietitian in your country or community?

Yes, people in my community are becoming aware of how a dietitian can help them to make healthy food choices. I have also noticed that in Indonesia the upper-middle-class groups have an appreciation for the services provided by dietitians and are utilizing these services to guide them in making appropriate food choices when sick.

5. What is your vision for the field of nutrition and dietetics?

There are four Adventist hospitals in Indonesia, and I observed that many nutritionists in these hospitals were not exposed to current information on vegetarian diets. I would like to see dietitians become knowledgeable about vegetarian diets. My vision is to form an organization for Indonesian Adventist Nutritionists and Dietitians. The members of this organization can learn about a vegetarian diet and how it can be used to help reduce the risk of diabetes and other lifestyle diseases.

6. Are there any upcoming projects you would like to tell us about?

I am currently part of a 12-week Reversing Type 2 Diabetes Program at Bandung Adventist Hospital, and I teach patients how a vegetarian diet can help to reverse and manage diabetes. I am also creating cooking videos with vegetarian dishes that are appropriate for children and for specific health conditions. I would like to establish a Center of Influence that includes a vegetarian restaurant and focuses on educating people about the benefits of vegetarian diets. I would also like to create a special guidebook on vegetarian diets that is specific to the dietary practices of Indonesians.

7. What is your favorite food to eat around the holiday season?

I enjoy fruits and vegetables and would usually make a delicious salad that includes lettuce, red cabbage, apples, steamed corn, cucumber, pineapples, carrots, grapes, and a creamy vegan homemade dressing.

7. What is one tip you would give to someone who would like to maintain healthy eating habits during the holiday season?

Try to always practice moderation. You can eat your favorite food but just a little bit, just to taste it.

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Here, we post the latest ANDIA news and events, healthy recipes, member spotlights, and more!

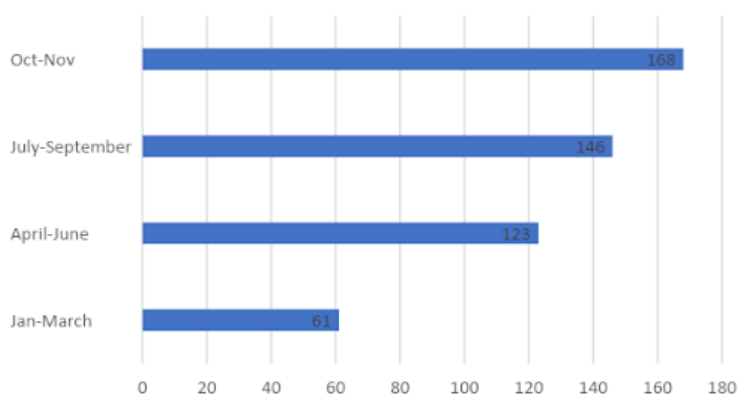


ANDIA UPDATES

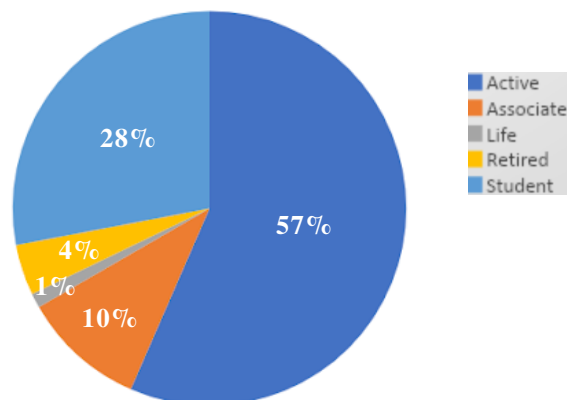
ANDIA Membership

The Adventist Nutrition and Dietetics Association (ANDIA) has grown exponentially since it became established as an organization. At the end of the first quarter, there were 61 registered members. At the writing of this newsletter, the organization has grown to 168 members from 22 different countries.

ANDIA Membership Growth by Quarter in 2021



Classification of Members



Be an Independent Preceptor

Did you know that you can register to be an independent preceptor with ACEND and obtain continuing education? Email us at ANDIAAssociation@gmail.com to find out more.

Plant-Based Nutrition Webinar Series Ends in January

The last webinar in ANDIA's Plant-Based Nutrition Webinar Series will be held on Sunday, January 9, 2022. To access recordings and/or summaries of a few of the past webinars, visit <https://www.adventistdietetics.org/educational-materials>



RENEW YOUR MEMBERSHIP FOR 2022

Beginning in 2022, there will be an introductory membership fee for all ANDIA members. The membership fee will cover all benefits of membership and help fund the mission and activities of ANDIA.

ACTIVE MEMBERS: \$25 USD
STUDENT MEMBERS: \$10 USD
RETIRED MEMBERS: \$10 USD
ASSOCIATE MEMBERS: \$25 USD
LIFETIME MEMBERS: \$500 USD

Read more about the different membership categories [HERE](#).
Further details regarding payment to come.

Thank you for renewing your membership. We appreciate your support!

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ANDIA NEWS

The Official Newsletter of the Adventist Nutrition & Dietetics International Association



Our Mission

To connect nutrition and dietetic professionals globally and advance the profession through research, education, and outreach in accordance with the philosophy and teachings of the Seventh-day Adventist Church.



Submission Information

This newsletter is a way of connecting with our members. You are invited to submit articles, news, and leave comments/recommendations. Find article submission guidelines [HERE](#).

Article Submission Deadlines

Spring Issue: January 24, 2022

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