



*Spring greetings from BWH Dietitian Connect!
Hope everyone is enjoying the warmer weather and sunshine!*

Achievements and News from BWH DI Alumni and RDs

(If you have an update you'd like to share with your fellow alumni in the next newsletter, please email June Skuza @ jskuza@partners.org)

Lindsay LaJoie, class of 2014 will graduate from Tufts University with a MS in Biochemical and Molecular Nutrition degree in May. She will be moving back to her home state of Maine to work for New England Life Care as a clinical dietitian.

Jocelyn Boiteau, class of 2013 has been accepted into Cornell University's PhD program in International Nutrition and will be returning to Ithaca in August to begin this next step in her nutrition career.

Kris M. Mogensen, MS, RD, LDN, CNSC team leader at BWH served as a guest editor for *Support Line* in the April 2016, Volume 38, No.2 edition. In the publication, Kris shared her insight on a variety of topics that she has come across in her practice, or have been raised by her colleagues.

Christina L. DiSegna, MS, RD, LDN, CNSC senior dietitian at BWH working in oncology, also published her CNIS in the April 2016, Volume 38, No.2 edition of *Support Line*, where she covers the challenging topic of estimating maintenance fluid requirements in adults.

We are Excited to Announce the 2016-2017 BWH Dietetic Interns

2016-2017 Interns	School
AUGUST	
Alexandra Franklin	BS – University of Arizona
Haley Harzynski	BS- UMass Amherst
Jessica Hews	BS – Chapman University MS – Cal Poly SLO
Christina LiPuma	BS - Syracuse
Katharine Nash	BS - UVM
Michele Ries	BS – Iowa State University
OCTOBER	
Katherine Deren	BS- Simmons MS - Simmons
Marion Eckl	BS- CUNY Queens College
Erin Gilfillan	BS- Providence College, DPD-Lehman College MS- Teacher's College (Nut Ed 2/2017)
Suzanne Howell	BS- Furman University, DPD – Simmons MS/MPH – Tufts
Alexandria Risi	BS- University of Toronto, DPD- NYU MS- NYU (9/2017)

Anna Roto	BS - UConn; MS/MPH - Tufts DPD - Simmons PhD - UConn (08/2018)
-----------	--

Events & Lectures

HNRCA Weekly Seminars:

Located in the HNRCA Mezzanine Auditorium, 12 noon

May 2nd, 2016

A Pilot Study of Dietary Behavior Change and Weight Control in the Worksite

[Sue Roberts, Ph.D.](#)

Director and Senior Scientist, Energy Metabolism Lab, HNRCA

The effect of microbial metabolites of polyphenols on innate immunity

[Oliver Chen, Ph.D.](#)

Interim Director and Senior Scientist, Antioxidants Research Lab, HNRCA

Functional vitamin B6 deficiency & tryptophan degradation in inflammation

[Christina Reginaldo](#)

Graduate Student, Vitamin Metabolism Lab, HNRCA

May 9th, 2016

Circadian molecular clock in chronic lung disease

[Irfan Rahman, Ph.D.](#)

Professor, Department of Environmental Medicine, University of Rochester Medical Center
Rochester, New York

The HMS Obesity Public Forum: Whose Fault is Obesity?

June 1, 2016

Location: Marriott Long Wharf Hotel - Harbor View Ball Room 296 State Street, Boston, MA 02109

[Link to Register](#)

Experts in the field of obesity medicine, including faculty from Harvard Medical School (HMS) and around the country, will lead a discussion of the complexities of obesity and an assessment of its causes and effective treatment. Offered in conjunction with the HMS Blackburn Course in Obesity Medicine, the 2016 Public Forum includes an opportunity to ask questions to the faculty and help frame the discussion. The session is free and open to the public.

Research Brief

How Diet Influences Colon Cancer. Anne Trafton. **MIT News 2016.**

Recent studies have been done to suggest that intestinal epithelial stem cells are the most likely contributors to the development of colon cancer with the accumulation of cell mutations. A study was done with mice who were fed a 60% fat diet for 12 months, and when compared to the control of 20-40% dietary fat, the high-fat diet led to 30-50% more body mass and a greater instance of intestinal tumors. Researchers have discovered a nutrient-sensing pathway hyperactivated by a high-fat diet affecting not only stem cells, but other neighboring cells. Current research is now further investigating the mechanisms of this metabolic pathway in hopes of identifying cancer drug targets for tumors that arise during obesity.

For full text: <http://news.mit.edu/2016/diet-influences-colon-cancer-0302>

Infant BMI or weight-for-length and obesity risk in early childhood. Sani M. Roy, Jordan G. Spivack, Myles S. Faith, Alessandra Chesi, Jonathan A. Mitchell, Andrea Kelly, Struan F. A. Grant, Shana E. McCormack, Babette S. Zemel. **Pediatrics 2016.**

Anthropometrics from 73,949 infants was extracted to compile weight-for-length and BMI z-scores up to 24 months. Weight-for-length is currently the standard used to assess infant adiposity and the risk for developing obesity. When comparing weight at 2 months to weight at 2 years, it was found that a high BMI at 2 months was a better predictor of obesity than weight-for-length. In fact, 47% of infants with a BMI > 97.7 percentile at 2 months (versus 29% of infants > 97.7 percentile weight-for-length) were obese at age 2. In summary, the use of BMI in early infancy should be noted as a better predictor of obesity than the current gold-standard of weight-for-length.

For full text:

http://pediatrics.aappublications.org/content/early/2016/04/20/peds.2015-3492?sso=1&sso_redirect_count=1&nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token

Continuing Professional Education (CPE) Opportunities

Ethics in Dietetics

This session meets the RD requirement for a unit of "ETHICS" during a 5 year renewal period.

- May 19, 2016 (03:00 PM - 04:00 PM EST) | 1 CEU credit | \$18.00
- http://www.dietitiancentral.com/ceu/dietitian_webinar.cfm?art_id=254&cid=229

Recovery Nutrition for the Injured Athlete

Recovery Nutrition for the Injured Athlete will discuss the elevated nutritional needs of the injured athlete including specific foods, spices and herbs that can help with healing. It will culminate with a discussion on meal planning and available resources for injured athletes.

- May 11, 2016 (04:00 PM - 05:00 PM EST) | 1 CEU credit | \$18.00
- http://www.dietitiancentral.com/ceu/dietitian_webinar.cfm?art_id=253&cid=228

Job Postings

Research Dietitian, Endocrine - Brigham and Women's Hospital

Position: Full-time RD (40 hr/wk)

Where: Boston, MA

Additional Qualifications: Spanish-speaking

For more information:

<https://partners.taleo.net/careersection/ex/jobdetail.ftl?job=3015810&src=JB-10326>

Patient Services Manager/Registered Dietitian – Beth Israel Deaconess Medical Center

Position: Full-time RD (40 hr/wk)

Where: Boston, MA

Additional Qualifications: none

For more information:

<https://external-careers-sodexo.icims.com/jobs/51040/patient-services-manager-2/job>

Registered Dietitian - Boston Medical Center

Position: Part-time RD (16 hr/wk)

Where: Boston, MA

Additional Qualifications: RD eligible applicants accepted

For more information: <https://jobs.bmc.org/job/-/-/193/1713507?apstr=src%3DJB-10180>

Registered Dietitian I - Boston Medical Center

Position: Per-Diem, days

Where: Boston, MA

Additional Qualifications: none

For more information: <https://jobs.bmc.org/job/-/-/193/1513546?apstr=src%3DJB-10180>

Patient Services Manager/Registered Dietitian - Boston Children's Hospital

Position: Full-time RD (40 hr/wk)

Where: Boston, MA

Additional Qualifications: none

For more information:

<https://external-careers-sodexo.icims.com/jobs/51113/registered-dietitian/patient-services-manager>

/job?mode=job&iis=Job+Board&iisn=Indeed&rcmo_src=Indeed&jobboard=indeed&c=organic&mobile=false&width=858&height=500&bga=true&needsRedirect=false&jan1offset=-300&jun1offset=-240

Clinical Nutrition Specialist I - Boston Children's Hospital

Position: Full-time (40 hr/wk)

Where: Boston, MA

Additional Qualifications: 1-2 years pediatric experience preferred

For more information:

<https://sjobs.brassring.com/TGWebHost/jobdetails.aspx?jobId=2227722&partnerid=368&siteid=5205&Codes=IIND>

Clinical Nutrition Specialist I, Patient Services - Boston Children's Hospital

Position: Part-time RD (17 hr/wk)

Where: Boston, MA

Additional Qualifications: none

For more information:

<https://sjobs.brassring.com/TGWebHost/jobdetails.aspx?jobId=2232437&partnerid=368&siteid=5205&Codes=IIND>

Clinical Nutrition Specialist, Cardiology - Boston Children's Hospital

Position: Full-time RD (40 hr/wk)

Where: Boston, MA

Additional Qualifications: none

For more information:

http://www.hospitalcareers.com/hospital-job/1932264/clinical-nutrition-specialist-cardiology-40-hours-patient-services-clinical-nutrition?utm_source=Indeed&utm_medium=cpc&utm_campaign=Indeed

Dialysis Dietitian - Dialysis Clinic, Inc.

Position: Part-time RD (20 hr/wk)

Where: Somerville, MA

Additional Qualifications: none

For more information:

<https://careers-dialysisclinic.icims.com/jobs/5009/dialysis-registered-dietitian%2c-20-hours-week/login>

Registered Dietitian - Carney Hospital

Position: Per-Diem RD, day shift

Where: Dorchester, MA

Additional Qualifications: none

For more information:

https://www.healthcaresource.com/steward/index.cfm?fuseaction=search.jobDetails&template=dsp_job_details.cfm&cJobId=100108426&source=Indeed.com

Clinical Dietitian I - Aramark Healthcare

Position: Full-time (40 hr/wk)

Where: Jamaica Plain, MA

Additional Qualifications: none

For more information:

<https://uscareers-aramark.icims.com/jobs/66667/clinical-dietitian-i---jamaica-plain%2c-ma/job?mode=job&iis=Internet+Resources&iisn=Indeed.com&mobile=false&width=1133&height=500&bga=true&needsRedirect=false&jan1offset=-300&jun1offset=-240>

Registered Dietitian - Cambridge Eating Disorder Center

Position: Full-time RD (40 hr/wk)

Where: Cambridge, MA

Additional Qualifications: Master's Degree

For more information:

http://www.indeed.com/cmp/Cambridge-Eating-Disorder-Center/jobs/Registered-Dietitian-27d6e889f85cd34a?sdu=QwrRXKrQZ3CNX5W-O9jEvScFjl-_DomyYevDSsAMHVKnFh6YI8i7NqKGmlzRRZAJRV3fuljW5afShdy9wA-rSg

Registered Dietitian - Walden Behavioral Care (4 locations)

Position: Full-time RD

Where: Braintree, MA

For more information:

<https://www.paycomonline.net/v4/ats/index.php?/job/apply&clientkey=0113628C7F3B6B0A036A2EA8C298AD7C&job=9711>

Position: Part-time RD

Where: South Windsor, CT

For more information:

<https://www.paycomonline.net/v4/ats/index.php?/job/apply&clientkey=0113628C7F3B6B0A036A2EA8C298AD7C&job=9639>

Position: Part-time RD

Where: Amherst

For more information:

<https://www.paycomonline.net/v4/ats/index.php?/job/apply&clientkey=0113628C7F3B6B0A036A2EA8C298AD7C&job=9575>

Position: Per-Diem RD

Where: all locations

For more information:

<https://www.paycomonline.net/v4/ats/index.php?/job/apply&clientkey=0113628C7F3B6B0A036A2EA8C298AD7C&job=9583>

Diabetes Outpatient Dietitian - Carney Hospital Diabetes Clinic

Position: Full-time RD/CDE (40 hr/wk)

Where: Dorchester, MA

Additional Qualifications: Certified Diabetes Educator, Master's Degree preferred

For more information:

https://www.healthcaresource.com/steward/index.cfm?fuseaction=search.jobDetails&template=dsp_job_details.cfm&cJobId=100107823&source=Indeed.com

Renal Dietitian - DaVita

Position: Full-time RD (40 hr/wk)

Where: Boston/Weymouth, MA

Additional Qualifications: Pass the Competency Assessment for Renal Dietitians (CARD)

For more information:

http://careers.davita.com/search/260966/02118/registered-dietitian?utm_source=indeed&utm_medium=organic&aasi=2

WIC Nutritionist - Neponset Health Center

Position: Part-time RD

Where: Dorchester, MA

Additional Qualifications: Lactation Consultant preferred

For more information:

<http://careers.hhsi.us/careers/Careers.aspx?adata=EA3o1OdqV6geBBCMIUVoLZz8G2tYkIfldGcxawjH2PyYfhs3TBEPQ2vxUfa1ZmxoVaW0Qlsd5%2bTjql1slGz%2b6TzTO1cRh9l0e9HtHlEwJAjp1BnJjM9n3dZDz5YyadsTeNFcb8dXlrpupauz6KJv%2b0OQE9zUvX4mjfdUh4L8rJNuxrbC7VMxtzcBYkyPEU1mqZ%2bCKAE%2fdyvOKNur7t10%3d>

Consultant Dietitian - Leap into Wellness, LLC

Position: Part-time RD (8-20 hr/wk)

Where: Jamaica Plain, MA

Additional Qualifications: none

For more information:

<http://www.indeed.com/cmp/Leap-Into-Wellness,LLC/jobs/Consultant-Dietitian-696b8af192c4d55f?q=registered+dietitian>

Senior Wellness Food Service Manager - Compass Group USA

Position: Full-time RD

Where: Boston, MA

Additional Qualifications: ServSafe certified after hire

For more information:

<https://compassrcext.peoplefluent.com/viewjob.html?optlink-view=view-536382&ERFormID=newjoblist&ERFormCode=any&eresc=Indeed>

Clinical Dietitian - Hebrew SeniorLife

Position: Part-time RD (24 hr/wk)

Where: Dedham, MA

Additional Qualifications: none

For more information:

<https://careers-hebrewseniorlife.icims.com/jobs/1289/clinical-dietitian---24-hours/job?mode=job&iis=Indeed&iisn=Indeed.com>

Featured Recipe

Created by Megan Faletra, class of 2016

Edamame Bean Salad

Jump into Spring with this healthy gluten free and vegetarian special menu items

Edamame Bean Salad w Citrus Vinaigrette		
Yield 6 portions		Portion Size: 16 oz
Ingredient	Amount	Procedure
Edamame Frozen Beans	1 lb	<ol style="list-style-type: none">1. Heat frozen <u>edamame</u> in the microwave on high for 4 minutes with a small amount of water at the bottom of the pan.2. Drain black beans and corn from can and rinse thoroughly. Combine with <u>edamame</u>.3. Chop cucumber and pepper, into small bite size cubes and separate into individual containers.4. Chop green onion and cilantro finely. Slice cherry tomatoes in half, and combine with cilantro5. Place vegetables into individual sections over a bed of mixed greens. Add bean mixture to the center of the container. Garnish with green onion.
Frozen Corn	1.5 cups	
Black Beans	1 cup	
Green Onion	0.5 cup	
Cilantro	0.5 cup	
Cherry Tomatoes	2 cups	
Red Bell Pepper	1 cup	
Cucumber	1 cup	
Mixed Greens	6 cups	
Citrus Vinaigrette Dressing		
Yield: 6 oz		Portion Size: 1 oz
Ingredient	Amount	Procedure
Olive Oil	½ cup	<ol style="list-style-type: none">1. Chop shallot and combine all ingredients into a bowl.2. Emulsify with an immersion blender until ingredients are well combined.3. Serve with salad on the side
Shallot	¼ cup	
Lime Juice	4 Tb	
Apple Cider Vinegar	2 Tb	
Kosher Salt	¼ tsp	
Ground Black Pepper	½ tsp	

Nutrition Facts

Serving Size (312g)
Servings Per Container

Amount Per Serving

Calories 290 Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 29g **10%**

Dietary Fiber 8g **32%**

Sugars 6g

Protein 14g

Vitamin A 80% • Vitamin C 120%

Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

To post open comments, add new topics and give updates,
we encourage you to email bwhdietitianconnect@googlegroups.com.

If you have closed comments like suggestions or feedback,
please email bwhdialumni@gmail.com to reach management.