



Spring is just around the corner! It's time to start celebrating the arrival of blossoming flowers, warmer weather and longer days. A few exciting Brigham and Women's Hospital updates are highlighted below:

Events & Lectures

Longwood Nutrition Seminars: March 5, 2019

Topic: Nutritional and Daily Life Impacts of Pediatric Feeding Disorders

Speakers: Lauren Fiechtner, MD, MPH, Meg Simione, PhD, CCC-SLP, and Meaghan Alexander, MS, RD, LDN, CNSC

Time: 12-1 PM

Location: Medical Education Center, Harvard Medical School
260 Longwood Avenue, Cannon Room (Building C1)
Boston

Link: <http://nutrition.med.harvard.edu/2019-edu-longwood-seminars.html>

Monday Seminar Series: March 5

Topic: Omega 3, 6, long chain polyunsaturated fatty acids and retinopathy

Speaker: Lois Smith, M.D., Ph.D

Time: 12-1 PM

Location: Human Nutrition Research Center on Aging, 711 Washington Street, Boston, 02111.

Link: <https://hnrca.tufts.edu/monday-seminar-series/>

Monday Seminar Series: March 12

Topic: Fighting Sarcopenia: One protein at a time

Speaker: LaDora Thompson, Ph.D.

Time: 12-1 PM

Location: Human Nutrition Research Center on Aging, 711 Washington Street, Boston, 02111.

Link: <https://hnrca.tufts.edu/monday-seminar-series/>

SEMDA Workshop: March 13

Topic: What is a Food Allergy vs Food Intolerance?

Speaker: Dr Paul Hesterberg, MD, Allergy and Immunology Specialist, Massachusetts General Hospital

Time: 6:30-8:30 PM

Location: Good Samaritan Medical Center Moakley Conference Room (lower level) 235 North Pearl Street, Brockton, MA 02301

Cost: \$20.00 for Academy of Nutrition and Dietetics members \$35.00 for non-Academy members \$10.00 for students

Link: <https://www.eatrightma.org/event/1073>

Spring Obesity Working Group Meeting: March 26

Topics:

“The PREDICT-1 Study: Understanding and predicting individual metabolic responses to foods” – David A. Drew, PhD, Instructor of Medicine, Harvard Medical School, Instructor of Investigation, Massachusetts General Hospital

“Studying Geospatial Factors and Energy Balance: Future Directions Utilizing Mobile Health Technology and Machine Learning” – Peter James, ScD, Assistant Professor, Division of Chronic Disease Research Across the Lifecourse (CoRAL) Department of Population Medicine, Harvard Medical School and Harvard Pilgrim Health Care Institute

“Factors Associated with Food Expenditures for Low-Income Families: Findings from the Fragile Families and Child-Well-Being Study” – Allyson Baughman, Doctoral Candidate, McCormack Graduate School of Policy and Global Studies, University of Massachusetts Boston

Time: 3:00-5:00pm

Location: Harvard T.H. Chan School of Public Health, Epidemiology Library 907

Links: <http://nutrition.med.harvard.edu/2019-edu-longwood-seminars.html>
<https://www.bumc.bu.edu/bnorc/seminars-events/>

Monday Seminar Series: March 26

Topic: A functional link between mitochondrial morphology and extended lifespan in *C. elegans*

Speaker: Edward T. Kipreos, Ph.D.

Time: 12-1 PM

Location: Human Nutrition Research Center on Aging, 711 Washington Street, Boston, 02111.

Link: <https://hnrca.tufts.edu/monday-seminar-series/>

ANCE- March 29

Link: <http://eatrightma.org/ance/attendee.cfm>

Longwood Nutrition Seminars: April 2, 2019

Topic: Nutritional Immunity and Trace Elements

Speaker: Jennifer Cardin-Smith, MS, RD, LDN

Time: 12-1 PM

Location: Medical Education Center, Harvard Medical School
260 Longwood Avenue, Cannon Room (Building C1)
Boston

Link: <http://nutrition.med.harvard.edu/2019-edu-longwood-seminars.html>

Research Briefs

BWH nutrition related research:

Research in Global Health Equity

“Research at the Division of Global Health Equity engage in studies that seek to advance the understanding and treatment of diseases worldwide. Emphasis is placed upon the study of HIV/AIDS, tuberculosis and cardiovascular disease in resource- poor settings, where disease burden is greatest.”

Current research on: Child Health and Development, Cholera, Global Health Delivery, HIV (including investigation of the impact of pilot nutritional intervention on HIV positive individuals in Haiti), Primary Care and Tuberculosis.

For more information click [Here](#)

Nutrition Research from the Harvard Catalyst:

Primary and Secondary Prevention of Eating Disorders:

Reimagining the Frontier of Public Health Approaches to Eating Disorders Prevention: Transdisciplinary, Translational, Transformative, April 30, 2018.

3 Funded projects:

1. Eating Disorders Prevention for Transgender Youth Adults: An Intervention Mapping Approach
Allegra Gordon, ScD, Boston Children’s Hospital

2. Understanding How Youth Experience Weight Stigma and the Role of Weight-Focused Intervention Programs in U.S. Schools
Erica Kenney, ScD, Harvard T.H. Chan School of Public Health
3. Legal Protection Against Weight Discrimination: A Potential Macro-Environmental Lever to Prevent Eating Disorders
Fatima Stanford, MD, Massachusetts General Hospital

For more information click [Here](#)

Continuing Professional Education (CPE) Opportunities

Online at dietitiancentral.com:

[The Concept and Controversy of Food Addiction: A Science-Based Approach](#)

Live event: Mar 05,2019 - (04:00 PM - 05:00 PM)

Rating: Not Yet Rated

Instructor: Sarah Ferreira, MS, MPH, RD, CDN, CNSC, CLT, IFNCP, CHWC

Duration: 1 hour

[Breastfeeding and the Development of the Infant Microbiome](#)

Live event: Mar 07,2019 - (03:00 PM - 04:00 PM)

Rating: Not Yet Rated

Instructor: Kelsey Munn, RD, IBCLC, CDN, CLC

Duration: 1 hour

[Geriatric Nutrition 101](#)

Live event: Mar 12,2019 - (04:00 PM - 05:00 PM)

Rating: Not Yet Rated

Instructor: Katie Dodd, MS, RD, CSG, LD, FAND

Duration: 1 hour

Financial Plan for a Best Practice MNT-DSMES Program

Live event: Mar 14,2019 - (03:00 PM - 05:00 PM)

Rating: Not Yet Rated

Instructor: Mary Ann Hodorowicz, RD, CDE, MBA, Certified Endocrinology Coder

Duration: 2 hours

Weight Loss Medications for the Treatment of Overweight and Obesity

Live event: Mar 19,2019 - (04:00 PM - 05:00 PM)

Rating: Not Yet Rated

Instructor: Janelle Hodovic, MPH, RD, LD, CSOWM

Duration: 1 hour

Ethics 101 for the Nutrition and Dietetics Practitioner

Live event: Mar 26,2019 - (04:00 PM - 05:00 PM)

Rating: Not Yet Rated

Instructor: Katie Dodd, MS, RD, CSG, LD, FAND

Duration: 1 hour

An Integrative and Functional Nutrition Approach to Hashimoto's Thyroiditis

Live event: Mar 28,2019 - (04:00 PM - 05:00 PM)

Rating: Not Yet Rated

Instructor: Mary Purdy, MS, RDN

Duration: 1 hour

Job Postings

Brigham and Women's Hospital – Boston MA, 02115

Clinical Dietitian – Part time

For more information click [Here](#)

Club High Rise – Boston, MA 02111

Nutrition Coach – Part time

For more information click [Here](#)

Joslin Diabetes Center – Boston, MA 02215

Nutrition Educator II (CDE)

For more information click [Here](#)

Mount Auburn Hospital – Cambridge, MA 02138

Clinical Dietitian – Per diem

For more information click [Here](#)

Boston Children’s Hospital – Boston, MA 02115

Temporary Clinical Nutrition Specialist I inpatient – Full time (temporary)

For more information click [Here](#)

Clinical Nutrition Specialist I Colorectal & Pelvic Malformation – Part time

For more information click [Here](#)

Clinical Nutrition Specialist I Boston/Waltham – Full time

For more information click [Here](#)

Atrius Health

Nutritionist – Quincy & Chestnut Hill – Part time

For more information click [Here](#)

US Department of Veterans Affairs – Brockton, MA

Dietitian (Assistant Chief Nutrition) – Full time

For more information click [Here](#)

Boston Medical Center – Boston, MA 02118

Registered Dietitian – Endocrinology/Diabetes – Full time

For more information click [Here](#)

Featured Recipe: Zucchini Carrot Oatmeal Muffins

By: *Samantha Camp, BWH Dietetic Intern '19*

Makes 20 muffins

Ingredients:

1 cup shredded carrots	1 cup rolled oats
1 cup shredded zucchini	½ cup all purpose flour
1 cup applesauce	1 ½ cups whole wheat flour
½ cup maple syrup	1 Tbsp baking powder
3 eggs	½ tsp cream of tartar
¾ cup olive oil	1 tsp salt
2 Tsp cinnamon	1 tsp vanilla extract



Directions:

1. Preheat oven to 350 degrees. Place muffin liners in muffin pan or grease a muffin pan with cooking spray.
2. Mix dry ingredients in a large bowl and set aside.
3. In a separate bowl, whisk eggs, oil, vanilla extract, applesauce and maple syrup. Stir in zucchini and carrots.
4. Add the wet ingredients to the dry ingredients and stir.
5. Fill muffin tin ¾ full and top with pumpkin seeds. Bake for ~20 min, or until an inserted toothpick comes out clean.

Nutrition Facts	
servings per container	
Serving size	(54g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 140mg	6%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 5g Added Sugars	10%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 1mg	6%
Potassium 117mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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.