



Dietitian's Day – March 20th, 2024: celebrating dietitians' invaluable contribution to public health. Dietitians operate in various environments, from healthcare facilities to educational institutions. This occasion serves as a reminder of their positive impact on the well-being of Canadians. Below we have highlighted the lab's dietitians. Thank you for all your expertise, compassion, and commitment to making a difference in the lives of individuals and communities!

<https://www.dietitians.ca>

Chris Mills



Chris is currently a Postdoctoral Scholar at the University of Waterloo. Her research examines nutrition risk in older adults, nutrition education needs, and interprofessional healthcare. Her **favourite part** about being a dietitian is seeing people improve food skills and nutrition knowledge over time.

Hana Dakkak



Hana is currently a PhD candidate in the Department of Kinesiology and Health Sciences. She is a Registered Dietitian working in long-term Care. For her research, she is investigating swallowing problems and other eating challenges in persons living with dementia in the community. Her **favourite part** about being a dietitian is working closely with individuals and empowering them with educational tools to live a healthier lifestyle and overcome any nutritional concerns.

Safura Syed



Safura is currently a PhD candidate in the Department of Kinesiology and Health Sciences. She is a Registered Dietitian working in long-term care. Her research will explore culturally inclusive menu planning in long-term care. Her **favourite part** about being a dietitian is spending time with the residents and tailoring their care based on their preferences. Her research role keeps her updated on the latest evidence, enhancing her ability to improve care and residents' quality of life.

Katherine Ford



Katherine is a postdoctoral fellow in the Nutrition and Aging Lab. Her research aims to improve malnutrition care for Canadians in hospital and to advocate for malnutrition care within health policy. Her **favourite part** about being a dietitian is sharing evidence-based nutrition knowledge in a way that people will feel empowered to prioritize their nutritional health.

Niousha Alizadehsaravia



Niousha, starting her PhD in May, aims to explore the nutritional hurdles older adults encounter in meeting dietary needs and optimal intake. Her goal is to bridge the gap between research findings and practical applications, ultimately contributing to enhancing the quality of life for older adults. Her **favourite part** about being a dietitian is connecting with older adults, listening to their stories and wisdom, and empowering them to make a meaningful impact on their nutritional well-being.

Easter Charcuterie Board with Cold Spinach and Artichoke Dip

<https://thishealthytable.com/blog/easter-charcuterie-board/>

1. In a bowl, combine spinach, 8 oz cream cheese, 1 cup sour cream, 1/4 cup mayonnaise, 1/2 cup grated parmesan, 1/2 cup shredded mozzarella, 2 cloves minced garlic, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1/4 tsp black pepper, and 1/4 tsp salt.
2. Mix until smooth.
3. Stir in 14 oz. of drained, chopped canned artichoke hearts and 10 oz. of thawed, squeezed-dry chopped spinach.
4. Transfer the mixture to a serving dish, spread evenly, and refrigerate for 2 hours.
5. Arrange sliced meats, assorted cheeses, crackers, olives, fresh fruits, dried fruits, and nuts on a large board.
6. Place the chilled spinach artichoke dip alongside the charcuterie board and serve as a delicious appetizer spread.



Spring Word Scramble

COTEKIHRSA _____
STREEABWIRSR _____
LUAUGAR _____
BSTEE _____
SRASHDIE _____

Answer Key: 1. Artichokes 2. Strawberries 3. Arugula 4. Beets 5. Radishes

Awareness

Every March is celebrated as **National Nutrition Month**, highlighting good eating habits, food knowledge, and the pleasures of wholesome eating.

Brain Awareness Week (March 11-17) is a worldwide initiative to cultivate support for brain science. Participants organize community events to showcase the marvels of the brain and the influence of brain science on daily experiences.

Participate in Research

Are you interested in learning about or participating in one of our current research studies? Scan the QR code to learn more.



Study Updates

This spring we welcome Olivia, the new Project Coordinator and Niousha, a Registered Dietitian for the SCREEN Validation Study and say goodbye to Jessica the current project manager



**Olivia
Tupling**



**Niousha
Alizadehsaravia**



**Jessica
Lawson**