

infuse

STEEP YOURSELF IN INSPIRATION, INNOVATION & DEBATE

FEATURE ARTICLES INSIDE:

+ ***Pioneering Woman:***

Prof. Sally Dunwoodie's
Research on Niacin & Birth
Defects

+ ***Book Nook:***

Sharon Croxford and
Emma Stirling's
Understanding the Science
of Food

+ ***Confessions of a Recovering Perfectionist***

[& 8 Tips to Help Others!]

+ ***Inspiration Station:***

Amanda Clark of Great
Ideas in Nutrition

COVER STORY:

A Seat at the Chef's Table:

Our Conversation with
Luke Mangan

DECEMBER 2017

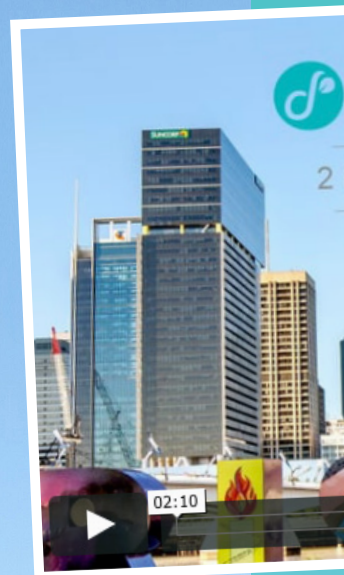
INTRODUCING

Dietitians Unite 2018...

In 2018, we're taking Dietitians Day to a whole new level.

It's going to be big. So big, in fact, that it's earned a name change.

The venue this year is the gorgeous river city of sunny Brisbane and home of DC headquarters. Think: Southbank restaurants, cruising on City Cats, James Street shopping, incredible beaches just a short distance away and that beautiful Queensland climate.



See



New this year, we'll be offering three streams: clinical, business and foodservice. This is in direct response to feedback from previous years' events, in which you told us that you'd like to be able to focus your time on the topics that interest you most.

Experience a taste of what Dietitians Unite has to offer: view our video of last year's highlights. Then, reserve your seat for 2018, so you don't miss a moment!



you in Brisbane in March!



Dietitians Unite Speakers:



Matthew Ames:

Thriving in a World of Change



Paul & Gabrielle Quilliam:

Hummingbird House: A Queensland Success Story



Hannah Brown:

A New App-roach to Nutrition and Portion-Size Education



Tara MacGregor:

Debriefing the 'Deficit Detective'



Shane Jeffrey:

When Knowledge is Not Enough – Peeking Inside the Dietitian's Toolbox for Behaviour Change



Glenn Mackintosh:

We Are All in This Together!



Jason Smith:

Zero-to-100: My Personal Story and Lessons on Leadership



Rachael Bermingham:

Purpose, Passion and Prosperity



Kate Wengier:

When Food and Fun Converge: How to Execute a Colourful – and Successful – Crowd Funding Campaign



Dean Merlo:

From the "Grounds" Up: Building a Business Based on Exceptional Customer Service



Dr Karen Abbey:

Become an Advocate for Change in Aged Care Foodservices

CLINICAL:

BUSINESS:

FOODSERVICE:

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.



Letter from Your *Editor*

Happy holidays! We're so excited to be back again with expanded, fresh content centred around our goal of inspiring, innovating and creating a platform for collegial debate.

This month, we're thrilled to feature Luke Mangan as our cover story. Not only is Luke an innovator in foodservice delivery (on multiple modes of transport, no less!) and passionate about raising the profile of careers in his industry, but he's also a fun person, delivering witty sound bites and insider anecdotes (tip: flip to the full article to read what it was like for Luke to spend time with Sir Richard Branson on Necker Island!).

How Luke so masterfully juggles it all, from land to air, sea and rail, we don't know!

Speaking of juggling...we know you're all so busy, especially during the silly season, but if you have a minute to spare, we'd love to hear from you. Our aim is to continuously improve *Infuse* and its content, so please send us your feedback, pitch us story ideas and share your news releases and other announcements. We'd love to hear from you.

Wishing you a joyful and relaxing holiday!

Best,

Laura Byrne

infuse

STEEP YOURSELF IN INSPIRATION,
INNOVATION & DEBATE
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From the Desk of Maree Ferguson

Founder & Director, Dietitian Connection



“What If?”

Lessons Learned &
Inspiration Gained at FNCE 2017

W*elcome to our second issue of Infuse! I am both thrilled and grateful for your overwhelmingly positive response to our first issue, and more passionate than ever about bringing you unique content that is cause for conversation, and reason to pause and digest.*

I'm writing this just days after returning from my annual attendance at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo

(FNCE). I love to be present at this meeting annually, as I come away so inspired. It should be on every dietitian's bucket list!

This year's conference, held in Chicago, coincided with the Academy's centennial, and there were more than 13,000 dietitians in attendance, making it one of the largest meetings for many decades.

One of the main reasons I attend is to hear from world-class keynote speakers, and I was not disappointed. The distinguished opening speaker was CNN chief

neurosurgeon Dr Sanjay Gupta. His topic: Why do certain medical messages work or stick with people? Dr Gupta shared that he likes to consider whether the stories start a conversation with others as evidence of impact. Do people hear the story, and share it with others, he wondered? A successful story, he posits, will create change in people's lives. He left us with this challenge to think about: "How do you create that conversation to happen continuously with consumers?"

Kimbal Musk, co-founder of The Kitchen and brother of famous entrepreneur Elon Musk, spoke on why "food is the new internet - the future of food". A trailblazer in the food industry, advancing indoor farming in shipping containers, school learning gardens, and farm to table restaurants, Kimbal's passion comes from his mother, Maye Musk, a dietitian. Kimbal punctuated his presentation by enthusing, "it's never been a better time for dietitians to shine in today's food revolution!"

Physicist and highly regarded scientist Dr Michio Kaku was the closing speaker. He took us on a tour of what the future might hold for medicine - and how what we once thought was science fiction is now becoming reality. Think: intelligent paper, 3D printing, supersonic jets, and flying cars - just like the Jetsons!

Of particular note, I followed with great interest the Academy's goal of encouraging dietitians to take the pledge of professional civility. This is a topic that I have been thinking a lot about lately, and I'd like to share my viewpoint.

I believe there are lots of things we agree on as dietitians, so let's focus on and celebrate those. At the same time, we must continue to debate issues, as this is critical for the future of our profession -- but we should do so respectfully, and ideally by speaking with colleagues, rather than shaming or bullying one another on social media. My hope is that we focus on our end goal: our clients. What do they want and need? And perhaps we'll be educating ourselves, along the way, by another dietitian's approach or perspective.

My biggest take-away from FNCE? A presentation by Ted Souder, Google's Head of Industry Retail, on the concept of "moonshot thinking" at Google. Ted asked us, "What if?" His point was, what if we started all our conversations with "What if?", and started to get comfortable with being UNcomfortable, and took bigger risks?

So now I turn it over to you, our esteemed Infuse readers: What if?

P.S. [Click here](#) to see our snapshot of trends emerging from the conference.

Be There:

Jot these dates down in your diary

- Events in the DC colour are led by the DC team -

- Click on the box to find out more -

DECEMBER

10th Check your inboxes! Your last DC newsletter of 2017 will arrive today.

12th A new podcast episode featuring Kate Wengier of Foost.



12th DC wishes all those who celebrate Hanukkah a happy holiday!



25th A merry Christmas to all from the DC team!



FEBRUARY

8th A new year and a new Club! DC releases its first Journal Club podcast.
Supported by Nestlé Health Science



14th From our chocolate-loving DC team to you, Happy Valentine's Day!



27th Last day to purchase tickets for Dietitians Unite 2018



Stay up to date by visiting
dietitianconnection.com/events



Introducing the DC Journal Club Podcast

- where all you have to do as a “member” is tune in. In return, our Journal Club Podcast will get you up to speed on the latest in clinical dietetics research - and how you can implement the research into your practice.

Here's how it works -

Podcasts are released bi-monthly. We'll call on experts to critically appraise the findings, and translate them into useful key learnings. You'll walk away informed and current - and your clients will benefit.

There's nothing you need to do to be eligible to join - simply [click here to sign up](#) (it's FREE)

and be notified when a new podcast is available. The first one will hit your inbox in February 2018. Then, get your headphones ready and kick back for a listen!



Supported by Nestlé Health Science

Cover Story:

A Seat at the Chef's Table: Our Conversation with Luke Mangan



Luke Mangan

16 Sept at 6:03p.m.

Thanks Dietitian Connection for having me. So great to chat to a room filled with dietitians with the same passion as me for simple clean food, great food service, mentoring & teamwork.

So important for chefs and dietitians to work together so we can educate people, especially young people that your health is your wealth!

- @lukewmangan via Facebook



Like



Comment



If you were in Sydney this September for our “Essentials of Foodservice” event, you were lucky enough to hear from Luke Mangan - restaurateur, one of Australia’s leading chefs, and internationally acclaimed innovator - in person. From planes and trains to ships and shore, Luke shared his insights on creating success in business - lessons that can be applied to any dietitian’s career, not just those in foodservice.

Missed the event? You’re in luck – because we’re about to share the highlights of Luke’s wisdom and inspiration with you now.

Luke, you recently said, “There’s no ‘I’ in ‘team’”. How do you build and maintain a positive team culture?

At 35, I nearly went broke. I had three restaurants in Sydney, and things were pretty tough. I was a control freak – I had to do everything.

interview continues overleaf...

*“I love a challenge
- a challenge is
good and keeps
things exciting.”*



So I evolved. Now, I involve the chefs to create dishes and their own experiences – it's not my way or the highway. There are a lot of young people on our teams who are creative and innovative. I encourage that.

Where do you turn for inspiration and creativity?

I'm fortunate enough to travel a lot. When I go to new countries, I always try local food, meet local chefs, visit local markets, and drink local wine and

beer. Very important. Wherever I go, my staff is always putting new dishes up. "Chef Mangan, can we put this on the menu? What do you think?" That's really exciting for me, because I'm learning from them.

What do you think is the key to success in business?

Persistency. Knocking on a few doors and writing letters, as I did to get a job at Michel Roux's Waterside Inn in London.

You've had lots of success, but we'd imagine you've had a few challenges along the way. How do you overcome them?

There have been lots of ups and downs. And going broke was pretty bad. I almost threw in the whole restaurant career, and looked for something else, but what else could I do? I thought about being a pilot.

I learned from my mistake of letting my ego run my restaurants. It was all about me. A restaurant is about the customer. It's not just about the food.

It's about the flowers, the music, the lighting, the wine list and the staff that deliver the food. It's about making sure they're knowledgeable – but also making sure that they love where



Images courtesy of Luke Mangan & Company



“Now, I involve the chefs to create dishes and their own experiences - it’s not my way or the highway.”

they work. It’s got to be an exciting environment. Bringing exciting people into work for you is important.

Your career has taken you to amazing destinations around the globe. Early in your business relationship with Sir Richard, he invited you to his private Caribbean island, Necker. As you can imagine, this is something the rest of us can only dream of. What was it like?

When I got to Necker Island, Sir Richard said to me, “Luke, for the next two weeks, I don’t really want you to cook. I just want you to enjoy the island.” I said, “I brought some chefs

with me.” He goes, “They can enjoy it, too!”

So we went out catching lobsters, and we played tennis. I learned how to wakeboard; that was cool, he taught me how to do that. And I cooked one meal on the island. That was his way of getting me to cook on Virgin Atlantic, launch Virgin Americas Business Class, and eventually to do Virgin Australia.

How do you ensure the delivery of fresh and healthy meals in the unique foodservice venues you cater for for example, aboard Virgin flights?

interview continues overleaf...

When Virgin first came to me, they wanted to make a difference in the customer experience. My goal is still the same – to give the customer a restaurant experience in the sky. Every day we’re getting closer and closer to that.

There are limitations in how we do the food preparation, but I love a challenge – a challenge is good and keeps things exciting. It comes back to using the best fresh ingredients, cooked well and kept uncomplicated.

Looking at the hospital setting, how can dietitians balance our desire to surprise and delight our patients and residents, and serve them nourishing food, with costs and staff pressures?

My mother is in hospital in Melbourne; she’s a great cook, and rings me every day, and says, “Can’t you do something with hospital food?” And I explain, “Well, there’s costs...it does come down to dollars and cents.”

In a restaurant, you want to use the best ingredients you can, and keep meals simple. I’m constantly telling my team to use the best and the freshest – but don’t complicate it with so many flavours and ingredients, which costs more as well.

Hospitals can be innovative and creative, too. A hospital could do fresh steamed salmon with green beans and a lovely dressing of olive oil, tomato, capers and

fresh herbs. That’s not expensive, and not a lot of labour to prepare. When we do food for airlines and ships, we’ve got to make a profit and be creative, as well. I don’t think it’s dissimilar.

What role do you think dietitians can play in the foodservice restaurant space?

Everyone is looking for the healthier option, the cleaner option. Dietitians have a big role there: educating people on how to eat well, and to eat clean, and healthy and sustainable.

We do a lot with TAFE colleges, and with young chefs and people in the industry. There is a lack of education on healthy eating.

My colleagues, like Jamie Oliver, are doing a brilliant job on education. We’ve got to get kids to eat fresh – and understand fresh food. That’s really important.

To keep up with Luke’s latest adventures, visit www.lukemangan.com

LEARN MORE:

Follow Luke online (click the link):



facebook.com/LukeWMangan



Twitter @LukeMangan



@LukeWMangan

There's another reason that the chance to chat to Luke was near and dear to our hearts.

Our passion is for educating and inspiring dietitians to reach their career dreams. Luke, too, is passionate -- about supporting the professional development of young chefs, waiters and restaurateurs in Australia.

He has become a leading advocate for elevating the perception of careers in his industry to counter the critical shortage of chefs and other restaurant personnel. Jobs are going unfilled, due to outdated views of these careers as being low-paying and without growth potential. Add to this the image problem that exists due to TV's glamorisation of culinary careers.

Luke's "Inspired Series" works to foster new talent through mentorships and training with high-profile chefs.

For those already in the profession, Luke's "Appetite for Excellence Awards" program helps chefs grow their careers by making new contacts and advancing their skills.


How he finds time to do all of this, we don't know - but we're keen to learn from his successes. After all, the struggle to elevate your profession and change outdated perceptions is all too familiar to dietitians.



Images courtesy of Luke Mangan & Company

“Secret Sauce”: A Recipe for a Positive Workplace

by Kate Agnew,
Marketing and Communications Director, Dietitian Connection



Our workplace at Dietitian Connection is pretty special. Under the leadership of Maree, it's a place of gratitude, happiness and motivation - and this spirit is reflected in the work we output. I am humbled to be a part of this amazing team, and still have to pinch myself that I landed this career opportunity.

For those who hope to create a similarly positive environment, I'd like to share five traits I've observed in our workplace since I joined the team. While I call them the "special sauce" for our team, they're easy to replicate in any workplace - and incredibly rewarding, if you do.

Here's the "secret sauce" recipe we've created at DC, in hopes that it's useful for your own workplace:



1. Start with an open mind.

Professional development comes in many forms, even outside of annual dietetics events. At DC, we have a motto: there's an opportunity in every encounter – whether this be a coffee catch-up, dinner with colleagues, a formal networking event or a seminar.



2. Mix in a variety of ingredients.

At DC, we find inspiration from a wide range of activities. We attend events by local entrepreneurs and start-ups, to learn more about others' business journeys. We love Business Chicks breakfasts because we learn from amazing, inspiring people who have changed the world. But we don't stop there. We listen to podcasts, read blogs and go to tech events – there's always something to take away.



3. Add a pinch of fun.

Our quarterly team outings give us the chance to build trust, bond in a relaxed environment and enjoy being out of the office. (Plus, some of us get to show off our previously unheralded mini golf skills!)



4. Stir it all in.

When you go out into the world {as above} and gain inspiration – whether it's from an external event or from a teammate's ideas – you come back to your workplace excited and motivated. But putting new ideas into practice can be a challenge. So, stir in those new ideas with the help of your teammates. We like to de-brief post-event, then set a few achievable goals to kick us into action. That way, we know we can help each other along to results.



5. Add that finishing touch.

Celebrate your successes – even the small wines [oops, I meant wins – Freudian slip]! We take the time to reflect, celebrate our success -- and dream bigger for next time.

Inspiration Station:

Amanda Clark, Adv APD and Practice Owner
of Great Ideas in Nutrition

W*elcome to the
Inspiration Station,
where we celebrate
fellow dietitians whom we
admire for motivating us with
innovative ideas and fresh
thinking. This edition, we're
shining our spotlight on fellow
dietitian Amanda Clark,
Adv APD.*

Amanda is the founder of Great Ideas in Nutrition, an award-winning practice of dietitians, nutritionists and exercise physiologists located on the Gold Coast in Queensland, Australia. She is also the creator of the internationally renowned diet plan, Portion Perfection, for women, men and children.

For our DC podcast, we recently interviewed Amanda on creating a successful business venture that resonates globally. Here are highlights excerpted from that conversation so that you, too, can be inspired by the work Amanda is doing.



article continues overleaf...

On becoming a “shopkeeper”...:

“I’d been intrigued by the idea of being a shopkeeper, so I set up a mail-order bookshop for dietitians through the DAA. I could be seen on my lounge room floor packaging up books at night, after the kids had gone to bed.”

...and becoming one of the first dietitians to have a storefront:



“I was in five different locations around the Gold Coast at the time, and wheeled a 30-kg suitcase around, so it appealed to me to have one visible location. I also had my mail-order book service, but I never had those books with me to sell to clients. So, by setting up a single location, I could have books available for the clients, control what was available in the waiting room – and oversee how much the receptionists knew about what we did.”

On how the Portion Perfection products came about:

“I started with the Portion Plate back in 2004. Because I already had my mail-order bookshop, I had an outlet for it. That went well, and I was trying to get it into retail shops [pharmacies], so I needed to write an accompanying brochure. I read a book called “Maverick Marketing”, and it gave me some great ideas. One was: instead of writing a brochure, I should write a book. So, I developed one.”



On self-publishing, vs. using a publisher:

“A publisher gives you the opportunity to have a bestseller quite quickly because they have the outlet -- you’ve got to have the audience already. A great direction to go is this: develop a blog, develop followers in the area of interest, and then write a book.

If you’re going to self-publish, make it look professional. Have a good look at what a professionally published book looks like and imitate that -- and get yourself a good editor.”

interview continues overleaf...

On expanding internationally:

"I went over to the U.S. four years ago, and met up with dietitians there. I took my products, showed them what I had, and asked if they already have something like this - or if this was something they were interested in. They showed amazing interest. I made some great contacts, and enlisted the help of many of those dietitians that I met to help me Americanize the content. You also need some help with the [legal and tax] requirements, including exporting and importing, so I enlisted the help of TradeStart."

On marketing:

"I'm strategically involved in conferences, presentations or exhibits, and then apart from that, we do email marketing and Facebook."

My son has helped me with my website - specifically the search engine optimization, which really saves you money on advertising."



On using podcasts:



"We've just started a podcast called "Beyond Bariatric Surgery: Everything You Need to Move On". We already have eight episodes, with 6,000 downloads, and we've started a Facebook group with 5,000 people, I think, from the U.S. and Australia."

On starting your own business:

"Think about multiple income streams. Know what your expenses are, and put some [money] away. Maintain a professional presence. Be realistic and create a vision of almost anything you do. Picture how it's going to work. Be persistent. Be resilient."

Finally, I find that my optimism and efforts to be calm under pressure really contribute."

LEARN MORE:

Follow Amanda online (click the link):

www.greatideas.net.au



facebook.com/portionperfection



[@portionperfection](https://twitter.com/portionperfection)



[@portionperfection](https://instagram.com/portionperfection)



[greatideasnutation](https://youtube.com/greatideasnutation)

• [Listen to the complete DC podcast with Amanda](#)



Featured recipe

Frosty Fruit Delight

Freeze peeled
BANANAS
and berries
in advance
These will
KEEP WELL
FOR a month OR SO

Recipe courtesy of: a2 Milk™
For more recipes visit a2milk.com.au

SERVES: 3 Toddlers | PREPARATION: 10 MINS

Frosty Fruit Delight

Ingredients -

1 large frozen banana (peeled)
6 frozen strawberries
125mL a2 Milk™ Full Cream

Directions -

Remove frozen fruit from freezer, rinse the strawberries and allow to thaw for a few minutes.

Slice carefully the green flowerets off the strawberries. Using a chopping board, chop the

strawberries into thirds or quarters and the banana into smaller pieces.

Place chopped fruit and a2 Milk™ Full Cream into a small food processor and process until thick, but smooth consistency (check the consistency from time to time).

Some children prefer some lumpy pieces of fruit remaining to give their frosty fruit some chunk, while others prefer a really smooth texture. So you may alter the consistency of this frosty delight by using more or less a2 Milk™ Full Cream.

Pioneering Woman:

Professor Sally Dunwoodie's Research on Niacin & Birth Defects

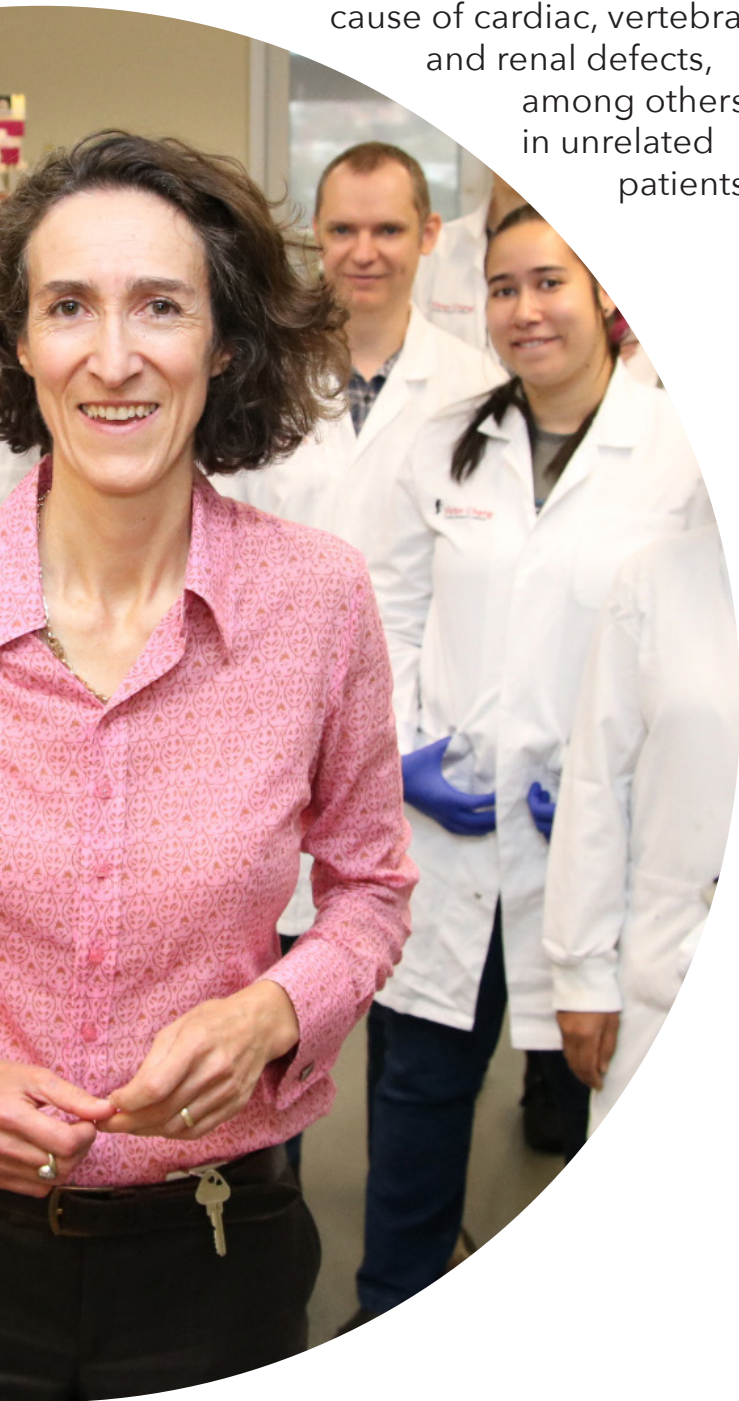
At Dietitian Connection, we feel incredibly lucky to cross paths with innovators whose work has the potential to impact the world. One such person is a Sydney-based embryologist and biomedical researcher whose team's recent discoveryⁱ has been heralded as "a blockbuster medical breakthrough"ⁱⁱ.

Prof. Sally Dunwoodie, of the Victor Chang Cardiac Research Institute, led a team in discovering that low levels of nicotinamide adenine dinucleotide (NAD), formed from vitamin B3 (niacin), are linked to recurrent miscarriages and certain kinds of complex birth defects. An NAD deficiency during pregnancy can prevent a baby's organs from developing correctly.

Boosting levels of vitamin B3 in pregnant women, the research suggested, could potentially cure such molecular deficiencies. (The full potential of this news remains unrealised, pending further research.)



The study, published in the New England Journal of Medicine in August this year, is based on 12 years of research that began with the seemingly unrelated goal of seeking “the genetic cause of cardiac, vertebral, and renal defects, among others, in unrelated patients.”



The research team had a “Eureka moment” when it connected the NAD-related gene mutation to children with similar combinations of birth defects.

While the researchers don’t want to offer false hope to families affected by miscarriage or birth defects, their research “provides strong evidence that vitamin B3 has the potential to prevent these terrible outcomes in some cases.” With this in mind, women are encouraged “to follow the current recommended dose of vitamin B3 (18mg per day) when preparing for pregnancy.ⁱⁱⁱ”

So: how does this study affect the way dietitians should care for pregnant women? *Infuse* spoke with Prof. Dunwoodie recently to learn just that, and to gain more background on this pioneering study.

What was the impetus behind this study?

We were working to identify the genetic reason for why babies are born with birth defects – trying to find the gene mutation. We found two gene mutations – HAAO and KYNU – and that pointed us towards the metabolic pathway making NAD.

Our whole understanding of the genes required to put a heart together in an embryo is based on transcription factors -- they turn genes on and off. We were

interview continues overleaf...

“Everyone's imagination has been captured by how simple the preventative is.”



Images courtesy of the Victor Chang Cardiac Research Institute.

expecting to find mutations in either those transcription factors, or in ones that were related.

What was surprising was the mutations that the HAAO and the KYNU genes pointed us to something quite different. Nothing that anyone had ever thought was involved in embryogenesis before. That pointed us to this metabolic pathway that breaks down tryptophan

into NAD. It was completely out of left field.

How did you set about proving this?

We measured metabolite substances in the plasma from the blood of the babies. They had very low levels of NAD compared to unaffected family members. We were able to link the mutations to low levels of NAD but,

still, that didn't really say that caused the defects in humans. So, we used mice as a model for human embryo development. We made a mutation in the HAAO gene in one group of mice and in KYNU in another. These mice had low NAD levels, like the humans. They had the same types of birth defects. That was the level of proof we had to go to.

Then, we looked more into this pathway of making NAD. If both mouse and human embryos have low NAD and they've got birth defects, what if we give the pregnant mouse higher levels of niacin (vitamin B3), and in so doing, increase the level of NAD? We did that, and we ended up with mouse embryos that had normal levels of NAD and no birth defects and no miscarriages. Essentially, we had absolutely prevented the defects in the mice.

[How common are the birth defects in question, and what are the implications for the general population?](#)

These babies had very severe defects in multiple organs. Such defects are relatively rare and the mutations that we found in them are also pretty rare in the general population. But these mutations pointed to NAD deficiency being the cause of the defects and it is this revelation that could be important in the general population, because we

know that NAD levels can be affected by gene mutation, by dietary factors such as vitamin B3, or both combined.

[You've mentioned the possibility that low NAD levels are important and a cause of less severe types of birth defects in the general population. Can you tell us more?](#)

This is plausible and if true then the ramifications of our discovery could be extremely far reaching. We're doing experiments in mice, addressing those questions. We've got some unpublished data that suggests that, indeed, it could be more generally applicable to the general population.

We're also trying to raise the funds to do some studies in humans, to start off with an observational study in humans. If our hypothesis is right, we might expect to see lower NAD levels in the group of women who have adverse pregnancy outcomes. The next step is clinical trial to determine if niacin supplements can prevent birth defects and recurrent miscarriage.

[How does this study affect the way dietitians should care for their clients?](#)

At this point, we would not recommend a pregnant woman, or someone who's planning on pregnancy, take anything more, than the recommended daily amount of niacin, which is 18 mg per day.

interview continues overleaf...

That's what exists in multi-vitamins. We don't know if too much niacin would be dangerous to the developing baby, and it might be.

Dietitians will be familiar with folic acid's role in preventing birth defects. We're looking towards designing and raising the funds to do a study like the [landmark] folic acid research showing that folic acid supplements reduce the incidence of neural tube birth defects.

You've been challenged with the argument that Australian women aren't considered to be niacin deficit - everyone has a good diet.

This is true. Women are not considered to be folate deficient, either. You can have a perfectly healthy diet that provides you with more than enough niacin to keep you healthy, but you might not be able to absorb the niacin or the tryptophan (also an NAD precursor) as efficiently as some. That could be due to differences in genetic factors or nutrient absorption between the person who can make sufficient NAD from their diet and those who can't.

There are also other things that play into how NAD is made, in conditions like diabetes and high body mass index and chronic inflammation and inflammatory bowel disease. There is research that shows that NAD levels are lower in those circumstances.

The trick is, identifying women in the population who, despite a good diet, are actually low in NAD for any number of reasons.

As a researcher, you must be exceptionally happy with your findings?

It's always exciting to find the cause of a disease. It's very rare, at the same time, to identify a preventative. That's what has really been very exciting. Everyone's imagination has been captured by how simple the preventative is. If we can show that prevention occurs in humans and not just mice and that the finding really does apply to a broader population, it will be wonderful.

If we can show the importance of niacin in preventing some cases of recurrent miscarriages and birth defects, then that's readily available for people, even in developing countries - and it's cheap. There's a great opportunity to help people.



“It’s always exciting to find the cause of a disease. It’s very rare, at the same time, to identify a preventative. That’s what has really been very exciting.”

Confessions of a *Recovering Perfectionist*

by Maree Ferguson,
Founder & Director, Dietitian Connection

with
8 TIPS
to help
others!



Are you a perfectionist? I certainly am. I suspect it's also a trait that many of my fellow dietitians possess, given our scientific training and our tendency towards precision, transparency and accountability.

Sorry, I just re-wrote that first paragraph five times – let me start again!

Just kidding. In all seriousness, being a perfectionist can be a challenge. But I've made some progress in managing my perfectionist tendencies over the years as I got to know myself better, and I'd like to share what's worked for me, in hopes you can apply some of the same strategies.

Here are my **8 TIPS** on overcoming
your inner *perfectionist*:



1 ***Just let those ideas flow:***
Quickly complete a first draft to get your ideas on paper, then share it with someone else for their feedback. We are our own worst critics, so if someone you respect says what you have written is okay, it's usually good enough to hit the "send" button.



Set a time limit: I give myself a dedicated amount of time to complete a task; for example, for this article, I allotted a maximum of one hour. I'm less likely to procrastinate (and go and visit social media!) if I have a short amount of time to finish writing. Work generally expands to fill the available time.

Do your best work when you're fresh: I write first thing on a Monday morning, ideally before opening email, when I am fresh from the weekend and less likely to be distracted by the happenings of the week to come.

5

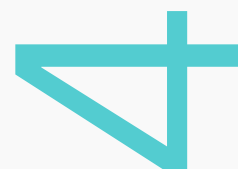
Use your perfectionism sparingly:

I choose which items/projects I want to make "perfect" and those that I can live with as less than "perfect".



Put on your blinders:

I swim in my own lane and don't look at what others are doing or compare myself to other people. This can be a perfectionist trap.



"Good enough" is usually good enough: I remind myself it's better to have something out there for the world to read and learn from, rather than agonising over the details and not hitting the "publish" button. I aim for good enough. You can't make something better if you don't start with version 1.0.

Don't dwell - move on:

I try to learn from the mistakes along the way and not dwell on them (for more than 24 hours, anyway!). We are all human, and we all make mistakes, as the cliché says.



Congratulate yourself when you finish a project:

It's important to reward yourself for completing a project, even if it isn't perfect, and reflect on how far you have come as a perfectionist. I'm not very good at this one, but I'm trying to do this more often, especially for larger projects.



Done

IS BETTER THAN
PERFECT

Sheryl Sandberg

NEW Soups and Desserts recipe with a great taste.

**In pharmacy from October 2017
and hospitals from February 2018.**

Recipe change to align Shakes, Soups and Desserts nutritional profile,
which simplifies the OPTIFAST[®] VLCD[™] Program for consumers.

Benefits of the new recipe for Soups as compared to the current recipe include:

- ✓ 20g protein per serve
(aligned with Shakes).
- ✓ 100% **more** calcium for Chicken Flavour
Soup (all soups now 420mg per serve).
- ✓ 56-118% **more** vitamin D
(**increased** to 3.7ug per serve).
- ✓ Gluten free.

The new formulation Soups are not
suitable for those with lactose intolerance.



Serving
Suggestion

Benefits of the new recipe for Desserts as compared to the current recipe include:

- ✓ 20g protein per serve
(aligned with Shakes).
- ✓ 111-127% **more** calcium
(**increased** to 590mg per serve).
- ✓ 118% **more** vitamin D
(**increased** to 3.7ug per serve).
- ✓ Gluten free.

The new formulation Desserts are not
suitable for those with lactose intolerance.



Serving
Suggestion

NEW Product Launch! OPTIFAST[®] VLCD[™] Mocha Shake

Great tasting Mocha in convenient 12 pack
Shake format which will appeal to coffee
and chocolate lovers and provide variety
and choice to reduce 'diet dropout'.



Serving
Suggestion

**Available
from
October
2017**

OPTIFAST[®] VLCD[™] is a food for special medical purposes for the dietary management of obesity.
Must be used under medical supervision.

© Reg. Trademark of Société des Produits Nestlé S.A. Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd,
8 Nexus Court, Mulgrave, VIC 3170, Australia. For more information call 1800 671 628 or visit www.optifast.com.au

Information for healthcare professional use only.

A Revolution in Food Service:

The Mater “Room Service” Model
(Part 2 of 2)

*Missed Part 1
of this series?*

*Read it in Infuse
issue one!*

[Click here](#)

W*elcome back! In our last edition of Infuse, we were lucky enough to spend time with Sally McCray, APD, Director Nutrition and Dietetics, Mater Group Brisbane, to learn her role in creating and implementing Mater’s “Room Service” concept.*

As a refresher, this highly innovative program lets inpatients across Mater’s campuses order from a menu, room service-style, across extended hours. While food choices remain in line with individual health and nutrition needs, these patients suddenly have access to a scrumptious array of offerings and, from a dietitian’s point of view, helps reduce food waste, better manage patients’ nutritional needs of their patients and heighten overall food quality. Truly, it’s a revolution in food service.

So without further ado, let’s jump back into part two of our interview with Sally, where our conversation turns to challenges faced; results secured; and advice for those seeking to implement a similar program.



What has the biggest challenge been with the Room Service program to date, and how have you worked to overcome it?

One of the greatest challenges we have seen has been staff becoming familiar with this new, innovative model. As we were the first in Australia to implement room service, none of the staff had worked with this model before. It is quite a change for all staff -- not only the foodservice staff producing and delivering the food, but also for clinical staff on the ward treating the patients.

Given that it is a very patient-centric model, whereby the patient decides when they will eat rather than having food delivered to them at set times, the hospital schedule needs to account for this and shift from being focused solely on the treating clinicians schedule to taking into account the patient's preferences. All staff need to become familiar with the new food service model, including clinicians, such as nurses giving medication, physiotherapy or other allied health staff providing therapy to patients on the ward, and medical staff conducting ward rounds.

A patient can order food whenever they feel like it, and whilst this is often at usual

interview continues overleaf...



Above images courtesy of the Mater Group.

“One of the greatest challenges we have seen has been staff becoming familiar with this new, innovative model.”

meal times, it can also be between these times. We have seen patients ordering scrambled eggs at 3pm in the afternoon or a pizza at 11am.

It also required a significant shift to embrace the use of technology in implementation of our electronic menu management system. Many of the previously manual tasks are replaced by this electronic system, which allows us to take personalised meal orders, track each meal delivery, and then monitor a patient's meal order pattern and nutritional intake to ensure that their nutritional requirements are being met. This was a major change to the way we produce and deliver food, and has greatly enhanced the safety and clinical monitoring around our patients' food intake.

Reduction of food wastage has been a benefit of the room service program. Was this intentional, or an unexpected yet positive side effect [and can you share any examples or stats on the percentages of reduction]?

There is typically significant food waste in traditional hospital foodservice models because patients orders are taken

well in advance of meal times, and large amounts of food are produced in a bulk cooking model to be delivered at set meals time each day. With the room service or the "cook on demand" model, food is only produced when ordered and when a

patient feels like eating; therefore, the significant food waste associated with the bulk cooking, long lead time forecasting models is expected to reduce.

In addition to this, plate waste, which is well documented in the literature between 30-50%, is significantly reduced, as patients order when the

feel like eating, and therefore eat almost all of the food that they have ordered.

Our research has shown that our overall average plate waste has reduced from 29% to 12%. Specifically, we have seen the greatest reduction in plate waste in groups that are typically the hardest to feed, such as the oncology group. This group saw a reduction from 34% to 6%. These reductions in waste contribute to significant cost savings for the organisation.

What advice would you have for dietitians in foodservice who may be seeking to implement a similar initiative at their institution?

“Our research has shown that overall average plate waste has reduced from 29% to 12%.”

What advice would you give?

Firstly, understand your clinical case mix or the type of patients that you have.

1 This not only helps to understand the types of diets or combinations of diets that your organisation may need which will inform you menu design, but also the specific symptoms that these groups may have that may impact on their nutritional intake and how they may benefit from a more flexible room service ordering model. The challenge is then to integrate all diets into the one a la carte restaurant-style room service menu.

Secondly, the introduction of a comprehensive electronic menu management system is essential, to

2 ensure the capability required for safe and flexible meal ordering, meal tray tracking and nutritional intake monitoring. Shifting from a paper-based manual system to a fully electronic system is a significant challenge for many staff who may have worked in traditional foodservice models for a long time, so some technology readiness assessment is useful.



3 **Thirdly, engage the whole multidisciplinary team from the beginning in the room service journey.**

You will be surprised at how many staff, clinical as well as operational, are affected by the change -- and everyone needs to be engaged in the new process redesign.

And finally, make sure you have baseline data on your key outcome measures before starting your implementation. To be able to demonstrate both effectiveness and return on investment, it is important to be able to measure the change in these outcomes as key drivers of the move to a room service model.

LEARN MORE:

- View a brief video to learn more about the Room Service Initiative.
- View the news of Room Service's rollout on the South Brisbane campus of Mater, including an accompanying video.
- View the patient-facing information page on Room Service.
- View the research behind Room Service.

 [Connect with Sally on LinkedIn](#)

Creating an Online Course in 10 Steps:

The Ideal Value-Add for Dietitians



Joe Leech is a Dietitian from Sydney, with a Master's degree in nutrition and dietetics. He's also the founder of science-based website Diet vs. Disease. What he's best known for, however, are his online courses.

Joe creates written and video content for those living with diet-related health conditions and diseases, and his online courses have gained a strong following. They serve to break down dense information – such as scientific reviews and bodies of evidence -- into easily digestible and appealing visual content.

Why online courses? As Joe says, if dietitians don't start keeping up in this fast-paced digital world, they will face a disadvantage in the long run. And while online courses will never be a substitute for personalised advice from a dietitian, they can serve as a supplementary communication channel to help educate clients and provide background to help inform future in-person consultations.

We spoke with Joe recently for our DC podcast and came away with 10 steps on how you, too, can create an online course as a value-add for your dietetics business. See overleaf...

LEARN MORE:

Follow Joe online (click the link):

www.dietvsdisease.org



facebook.com/johan.leech



Twitter @dietvsdisease



Diet vs Disease - Joe Leech

- [Listen to the complete DC podcast with Joe](#)

1

TO START:

Don't reinvent the wheel. Look at what others have done successfully in terms of online courses, and follow their lead. [Start with Joe's online content!]



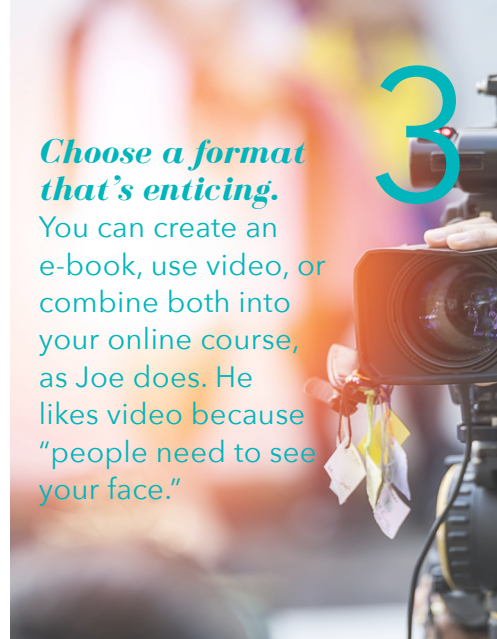
2

Determine your subject matter. Start by looking at your website stats. You can see what topics people search for using google trends, and then create a program around that topic - because you have an existing audience! Joe found people searched for FODMAP diet information on his site, so he created two courses around that topic.

3

Choose a format that's enticing.

You can create an e-book, use video, or combine both into your online course, as Joe does. He likes video because "people need to see your face."



4

Choose a platform that's reliable.

Joe uses **teachable.com** to host his content.



5

Plan out the topics you wish to cover. Get feedback along the way: ask your social media audience what they'd like to see covered.

6

Have the right tools.

Joe uses a DSLR camera and tripod, and also invested in a good microphone. For video, he says iPhone quality is good enough to capture your moments. Joe records a video, and then uses Movie Maker to edit it.



7

Get support. Joe uses freelancers to polish his videos, add animations and create his transcripts and captions - so he can spend more time focusing on content.

Image courtesy of Jcomp - Freepik.com



8

Sell your course. Joe promotes his courses to those who sign up for his email list, and uses paid SEO [he says, think of time vs. money!].



9

Keep your course current.

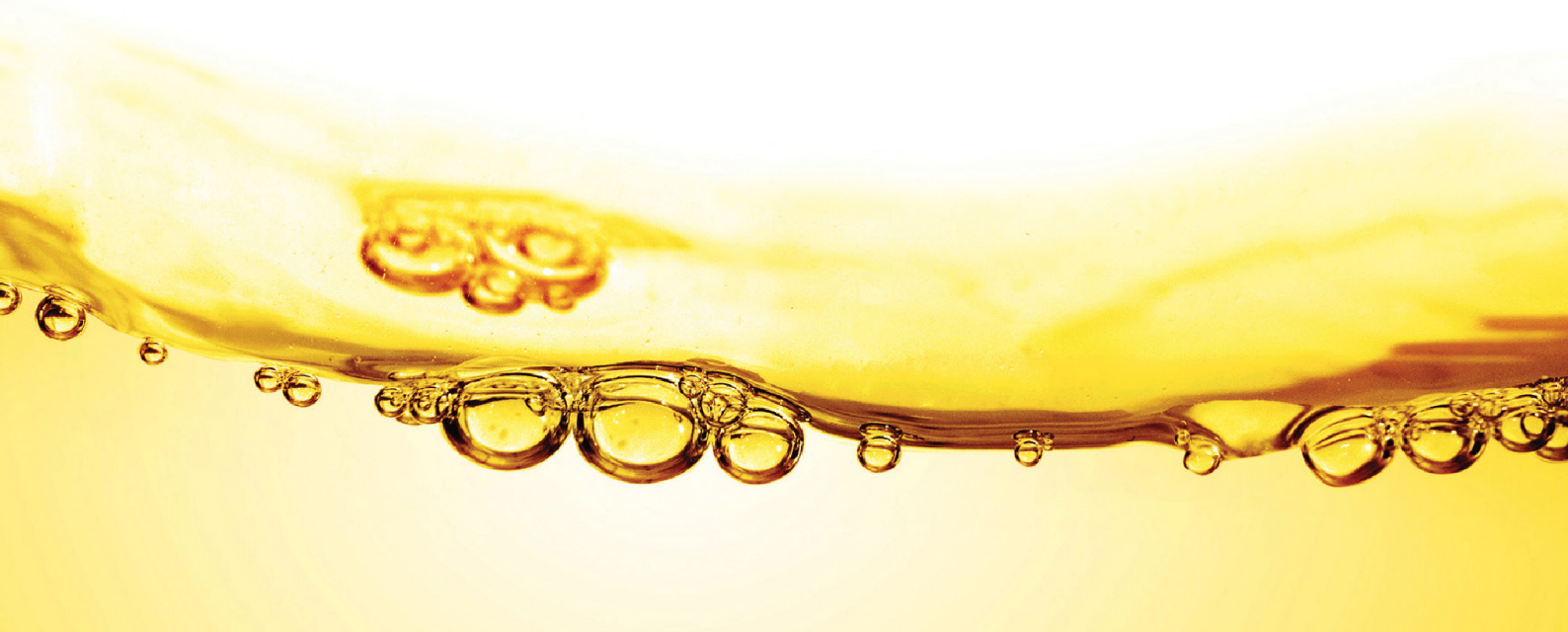
With an online program, you can make changes easily as the research changes.



10

FINISH WITH:

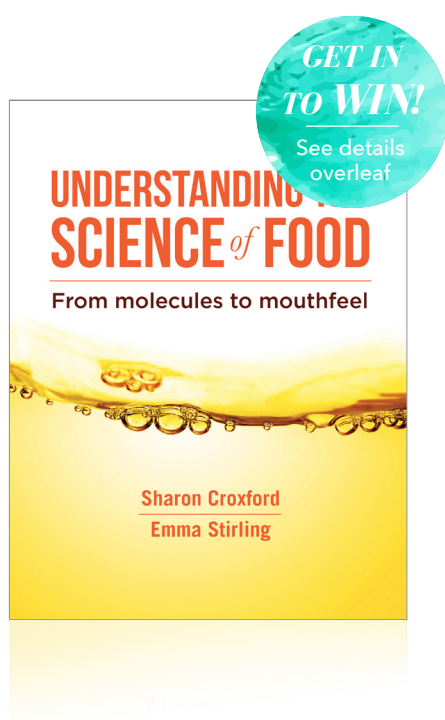
Complement your online course with real-life services. Joe advises his audience to see a dietitian, as well as watching his courses.



Book Nook:

Understanding the Science of Food: From Molecules to Mouthfeel

Authors **Sharon Croxford** and **Emma Stirling, APDs**



When you think “textbook”, do you envisage a heavy volume, written in dense language and lacking in visuals? Get ready to be pleasantly surprised.

There’s an innovative new textbook out now that’s a must-add to every dietitian’s bookshelf – from student to established professional.



Above: Sharon Croxford and Emma Stirling

***F*ar from textbooks of years past, *Understanding the Science of Food* instead takes a refreshing, modern approach. It's filled with rich imagery, written in straightforward and easy-to-understand language, and includes contributions from leading "Chef Contributors" like Maggie Beer and the Sprout Cooking School duo.**

The book is co-authored by APDs Sharon Croxford and Emma Stirling. Sharon is a senior lecturer at La Trobe University, and lead editor of Food and Nutrition Throughout Life. Emma, also an academic at La Trobe, is well known as the director of Scoop Nutrition, a Melbourne-based nutrition consultancy specialising in culinary nutrition, strategic communication and project planning. Emma also founded Storehouse, a blog directory that amasses credible nutrition, food and health information in a single location.

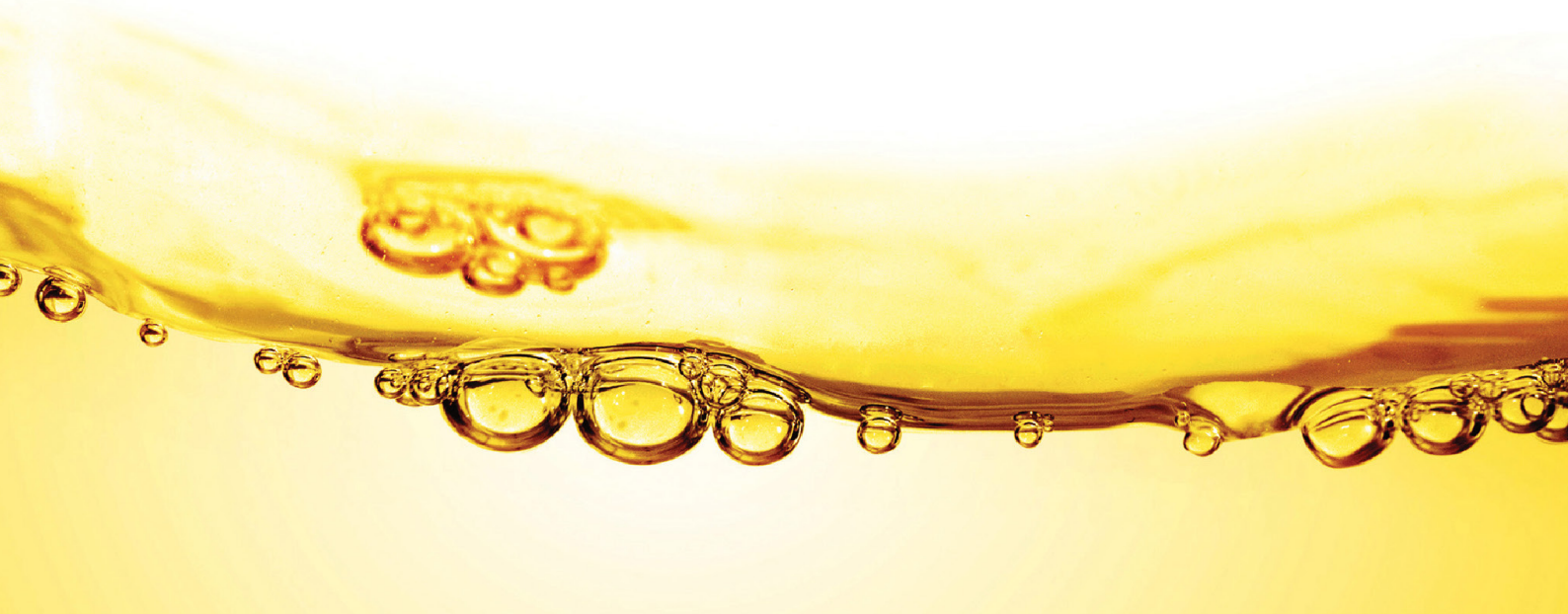
While Sharon and Emma focused on providing a foundation for "the theory and application of chemistry to all aspects of food and food processing systems," they didn't stop there. Clearly foodies themselves, the co-authors also delve into key cooking techniques, the science of the senses and how they affect the food experience, and the journey from field to fork. The result: a contemporary, 360° look at food science and its practical applications.

Infuse recently chatted to Emma and Sharon about their book - pull up a seat and listen in!

**Congratulations on the publication of your new textbook!
How is it different from others that preceded it?**

It is the first of its kind for Australia. Before its publication, we had to rely on American or UK food science textbooks, which are based on very different food supplies, eating patterns and food regulations. It was particularly important to us that we featured Australian farm-to-fork stories, chefs, research and regulations.

interview continues overleaf...



Also, as passionate cooks and dietitians, we wanted to create a book that approached food science with a culinary-nutrition lens, as opposed to food technology or straight food composition and chemistry, as this was also an identified gap.

Comparing this text to those you used in your own Uni days, were there concepts you wanted to expound on, or gaps that you hoped to fill?

There was nothing like this when we studied over 25 years ago. We have written the book we would love to have read! In the past, we had voluminous chemistry and biochemistry textbooks, plus separate foodservice and public health texts.

Our only other source of reading, to fuel our shared passion, has been molecular gastronomy books by scientists such as Herve This; books from chefs such as Heston Blumenthal and Ferran Adria; and works from food science writer Harold McGee.

Our book is unique in that it combines the growing field of food science with

gastronomy and culinary nutrition, and evokes a love and appreciation for beautiful produce, food and cooking.

You've included the input of leading "Chef Contributors" on food preparation. How did you select them, and what do their tips and advice contribute?

The book was developed with contributions from 13 inspiring chefs, including Maggie Beer and the Sprout Cooking School duo in Adelaide, with APD Themis Chryssidis. We also included several favourite Melbourne restaurateurs, along with chefs we work with as part of our classes at La Trobe University.

From the book's early concept stages, we wanted to share insights and secrets from a chef's perspective on things like perfecting a steak or baking a cake. You can have all the in-depth food science knowledge in the world, but it is the daily craft of cooking, baking and food preparation by these professionals that holds the true secret to success.



UNLOCKING KEY FOOD CHEMISTRY REACTIONS

finds bread to contain only 1–2% fat, cake 5–20% and pastry up to 40%. Sensory analysis of these products, in particular regarding mouthfeel, shows that well-made pastry melts in the mouth with little need to chew, biscuit requires some chewing but melts quite quickly, and bread requires considered chewing. The terms shortbread and shortcrust pastry refer directly to the products' shortness.

Plastic fats have the best shortening ability. A plastic fat is spreadable rather than pourable, and butter, lard and specially designed shortening fats are ideal. The fat should be capable of being spread to a thin layer to surround the gluten, thus preventing water from reaching it and starting gluten development.

Chef's Insight 8.1

Perfecting pastry: Maggie Beer

Pastry, in simple terms, is a dough of flour, water and shortening (of which the quality and flavour are paramount). It has been used for centuries to encase fillings in savoury and sweet pies, tarts and quiches. Despite the simple ingredients, learning to work with pastry requires detailed, practical advice and experience. People are often fearful of poor crusts and flaky pastry failures and take shortcuts in the modern kitchen with commercial, readymade and frozen products (there are rare quality exceptions). However, once you master the process, you can easily minimise the risk of failures, and there is no greater satisfaction than removing a perfect homemade pie from the oven. Detailed science can explain the critical steps with starch and gluten; however, for



Maggie Beer AM, cook, author, television presenter, restaurateur and gourmet food producer

me, pastry making is all about cooking intuition. You need to use all your senses and feel your way.

230

Sample page, courtesy of the publisher

Another audience for this textbook, aside from students, is seasoned nutrition professionals. How can they use the text to further their careers?

The growing field of culinary nutrition, which brings new opportunities and careers for dietitians, excites us. Our book gives valuable insights for those interested in culinary nutrition – for example, in the area of recipe and product development.

Our book is also a valuable resource for dietitians seeking to refresh their understanding of food chemistry. We cover timely topics, such as: protein structure; denaturation and coagulation (with a detailed look at

gluten); starch structure; gelatinisation; retrogradation (relevant to glycaemic index of foods) and dextrinisation; emulsions and foams; hydrocolloid polysaccharide and other thickeners (important in the world of gluten-free food); and fermentation reactions.

Nutrition writing is yet another avenue for using a dietetics degree. What was the best part of co-authoring this book, and what did you learn along the way?

With over 15 years of consumer nutrition writing experience, the task of writing a textbook was a welcome new challenge for Emma.

Sharon had previous experience with textbook writing, and brought tremendous skills to the project.

interview continues overleaf...



She's also a food writer, and has authored cookbooks in her area of expertise, Ottoman and Turkish cuisines.

However, no one could prepare us for the 18 months it took to write this textbook – or for the intense race to the publishing deadline, when submitting a 100,000-word manuscript with references, figures and images. We are both very proud of the outcome, but as perfectionists we are already keeping a list of what needs to be expanded in the second edition.

We will never lose our passion for cooking, or our desire to share more about our love of food, so watch this space for future collaborations!

Understanding the Science of Food is co-authored by Sharon Croxford, APD and Emma Stirling, APD. Published August 2017. To learn more, visit this site. The Ebook edition can be purchased from iBooks and the print edition can be purchased from Booktopia.

GET IN TO WIN!

***We're giving away a
FREE copy of
Understanding
the Science of Food to
one lucky Infuse reader.***

To enter, simply email us at info@dietitianconnection.com (Please put "Contest" in the subject line.) with your name, your email, a contact phone ***plus one sentence on why you'd like to add this new textbook to your bookshelf.***

*We'll pick one lucky winner and send a copy your way! Competition closes 14 December 2017 and winner will be announced in the DC newsletter.

LEARN MORE:

Follow Emma online (click the link):

- Scoop Nutrition website



facebook.com/emmastirling



[@emmastirling](https://www.instagram.com/emmastirling)



[Connect with Emma on LinkedIn](#)

Follow Sharon online (click the link):

- ResearchGate



[@sharon_croxford](https://twitter.com/sharon_croxford)



[Connect with Sharon on LinkedIn](#)

As Seen at FNCE: Product Round-Up

FNCE is a bit like Christmas for dietitians: shiny new objects everywhere begging to be explored [and tasted]. If you weren't there, no worries: we are sharing with you some of the trends we saw at FNCE 2017.

Note: these selections are not sponsored, nor does DC intend them as endorsements.



Regular Girl:

Prebiotic Fibre & Probiotics. Created by a dietitian, this symbiotic blend is convenient for the woman on the go, as it comes in a "stick pack" format.



Manitoba

Harvest: From shelled hemp seeds to toasted hemp seeds, hemp protein smoothies and more, this new plant-based offering brings variety in snacks, proteins and oils.



Fairlife: Ultra-filtered Milk. 50% more protein than regular milk, 50% less sugar, 30% more calcium, and lactose-free, made possible by their cold-filtration process.



Maple Water:

Contains 46 naturally occurring polyphenols, antioxidants, prebiotics, minerals and electrolytes.



Veggemio: This is, according to the manufacturer, "the dairy alternative originating from veggies".



HueTritition's HuePets App:

What it is, according to the manufacturer: "This mobile app turns daily healthy eating into a game for young children and their families." Why we're excited: this fun app promotes healthy eating for young children = win/win.



RxBar: What it is, according to the manufacturer: "Yes, we make protein bars. But really, we're in the egg business, and the date business, and the nut business. You get the idea. We keep things simple so the core ingredients are everything".



Califia Farms:

Plant-based Milks. Another innovation in the plant-based milk category - and we love their packaging!



Cast Away with DC:

Podcasts That We Love

We're huge fans of podcasts at DC. Not only do we love producing our own DC Podcasts, and bringing you exciting and interesting new guests, we greatly enjoy listening to the podcasts of others to keep us mentally sharp, up to date and inspired by fellow nutrition leaders.

Here's what we've been enjoying lately, in case you want to subscribe yourself.



Sound Bites Podcast:

Melissa Joy Dobbins, "The Guilt-Free RD", is a prolific podcaster (75+ episodes as we write this). She speaks with researchers, academics, authors, dietitians and other experts on topics including healthy diets, weight management, diabetes and more. Guests have included

Dr. David Katz, Science Babe, Brian Wansink and Ellie Krieger. The podcast's goal is to send away listeners with "credible information to help you make your own, well-informed nutrition decisions based on facts, not fear."



Beyond Bariatric Surgery:

Podcast host & nutrition expert Dr. Susan Mitchell, based in Orlando, Florida, has teamed up with Australian bariatric dietitian Amanda Clark to provide FREE professional support to the

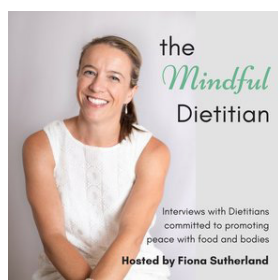
bariatric community. Content includes expert input on nutrition, psychology, physical activity, medicine and nursing, along with consumer insights and stories.



The Food Blogger Pro Podcast:

With well over 115 podcasts in the can as of the writing of this article, you can expect seasoned pros at the helm. Bjork Ostrom and his wife Lindsay started the series to help aspiring and seasoned bloggers to create “a beautiful,

functional, and profitable blog”. Topics are business centric, centring on concepts such as building your brand, using social media and using a blog to generate income.



The Mindful Dietitian:

Fiona Sutherland, APD, hosts this podcast series “for Dietitians and Nutritionists who want to promote a peaceful relationship with food and bodies.” She speaks with dietitians that inspire her from all

over the globe with a focus on “experts in Health At Every Size, the Non Diet Approach and Mindfulness-based practice.” Fiona says that nothing is off limits for discussion!



Conversations with Anne Elizabeth:

This nearly 50 episode-strong podcast is inspired by RD Anne Elizabeth’s book, I’m a Registered Dietitian...Now What? Anne brings together guests - both registered dietitians and those from other fields, who

“share their personal story of passion and purpose.” Listeners call this podcast “uplifting and entertaining”, and “relaxed, informative, humorous and most of all, inspiring”.



DC Podcasts:

Our own DC library of free podcasts hosts a robust collection of audio chats with leading experts on business, marketing, social media, dietetics [of course] and much more. A new podcast is released monthly.



with the happy & colourful
Kate Wengier
Founder of Foost, Veggie
Lover and Mum

*Have a great podcast you’ve discovered? Tell us about it
and we may feature it in a future issue!*

Dietitians *Snapped!*

Follow DC on social media for the latest news, content alerts and MORE.

asnutritionconsulting
Vancouver, British Columbia >




Discerning Dietitian @discerningAPDs · Sep 29
Motivating tips from @DNconnection, for #nutrition & #dietetic #students! WHY do you want to be a #dietitian?
view.joomag.com/infuse-infuse-...



"Great business ideas" from Amanda Clark (#38)

activatewellbeing



jess_spendlove_dietitian
bibo >



dietitian.approved
Brisbane, Queensland, Australia >



foodfitnessandfaith
Asheville, North Carolina >



nude_nutritionist



Keren Chapman RD @Keren_Chapman · Sep 9
Loving the @DNconnection podcasts. Perfect to keep you company whilst getting those steps in!

 Tag us to be included in a future issue of *Infuse*. Don't forget hashtag #DCinfuse

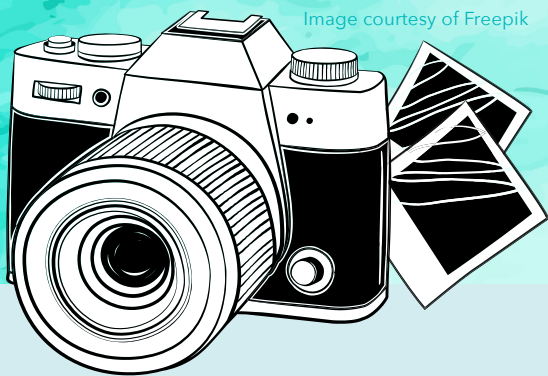


Image courtesy of Freepik



emilyhardmandietitian



Well Fed Dietitian @beccynorris · Oct 13

Great podcast by @DNconnection & @DietvsDisease 🍌🍌



nourish_naturally

Starigrad, Splitsko-Dalm...



Dietitian
Connection
Podcast

"How to create an online
course" with Joe
Leech (#37)

Recent and Upcoming Events



September

Cheers! We celebrated our 5th Birthday with bubbles - and the launch of *Infuse*.

September

Live and in person! We hosted our Essentials of Foodservice event in Sydney. We were lucky enough to hear from Luke Mangan - restaurateur, one of Australia's leading chefs, and internationally acclaimed innovator.



September

Such an exceptional morning! Maree & Kate met Dame Quentin Bryce over tea at a Business Chicks function in Brisbane - and she exceeded our already-high expectations.

[Click here to read the full article](#)

October

DC goes global! Maree travelled to FNCE in Chicago, United States for inspiration, education and networking with international colleagues.



November

Fresh & Light: Kate joins Donna Hay for lunch, thanks to Business Chicks.



November

Place your bets: the DC team enjoyed lunch and a punt for Melbourne Cup at the Sofitel, Brisbane.



How to get that Job

Brisbane: 4 Nov
Melbourne: 25 Nov
Sydney: 2 Dec

Nov/Dec

We're thrilled to bring our 'How to Get That Job' workshops to Brisbane, Sydney and Melbourne.



"Your dream
doesn't have an
expiration date.

*Take a deep breath,
and try again"*

KT Witten

