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COVER STORY

Communication connoisseur: Dr Tim Crowe

dietitians Unite

SPECIAL EDITION

FEATURE
ARTICLES INSIDE:

- + **Kemi Nekvapil:**
*taking pride in
power*
- + **Dietitian profiles:**
 - Jenny Westerkamp,
Chicago Bulls
Nutritionist
 - Brooke Harcourt,
Maternal and
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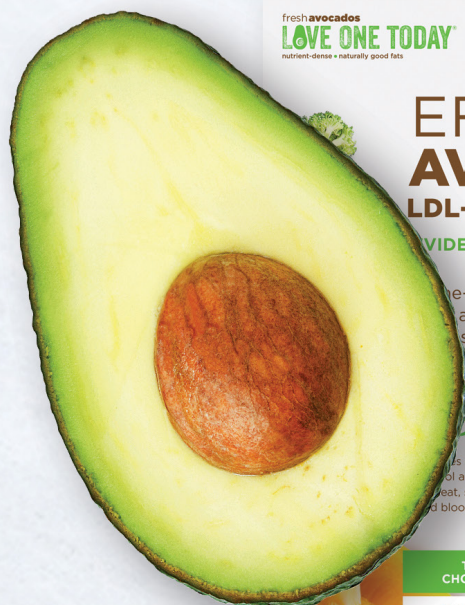
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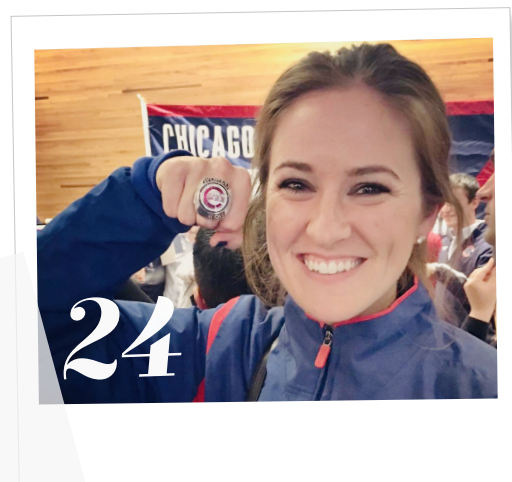


Step *inside*

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From the desk of Maree Ferguson

Founder & Director, Dietitian Connection



Welcome to our Dietitians Unite 2022 edition of Infuse!

It's hard to believe we're almost half-way through 2022 – or that our best day of the year, Dietitians Unite, is here again. We're thrilled to be hosting Kemi Nekvapil as our closing speaker at Dietitians Unite, and have even been lucky enough to recently chat to Kemi on the DC podcast. Kemi is one of Australia's leading credentialed coaches for female executives and entrepreneurs, an author and a highly sought-after international speaker. She has studied leadership and purpose at The Gross National Happiness Centre in Bhutan and trained with Dr Brené Brown to become a Certified Dare to Lead™ Facilitator, working with teams and organisations to create daring leaders and courageous cultures.

Kemi has recently launched her third book, *Power*, which is a woman's guide to living and leading without apology. In her book, Kemi outlines 26 action-oriented power processes designed to help you to step into your own power. These were the ones that resonated with me most and I am putting into practice:

- **What one action could you take today to add more delight to your day?** *I don't stop enough to smell the roses and celebrate the wins. I am creating more delight in my every day by taking my Shetland Sheepdog, Summer, on an hour walk in the morning to the local coffee shop (where she gets lots of pats).*
- **What one action can you take today that will allow you to pause?** *Lately I have been intentionally choosing to slow down and not be "busy" all the time, which has involved hitting pause on my email inbox. For this email queen, that has been extremely challenging, but definitely worthwhile!*
- **What one action can you take today to power up your language?** *I am a chronic over-apologiser. Since reading Kemi's book, I'm reflecting on my language and choosing my words carefully based on the nature of the situation, which might mean there is no need for an apology.*



If you'd like to learn more about Kemi's new book, *Power*, scan the QR code below



We are so honoured to have Kemi as part of our Dietitians Unite line up – and although it's via cyberspace, we know we'll still have a magical day.

We look forward to finally being together once again in Melbourne in 2023!

Maree Ferguson

Dietitians Unite 2022 is proudly sponsored by:



Welcome to the DC Team

Alicia Mizzi, Marketing and Communications Lead

Tell us how pursuing a career in dietetics all started?

When I was 16, I was diagnosed with irritable bowel syndrome (IBS) and I quickly became very aware (at times fearful) of the food and drink I consumed. This was the true catalyst for my interest in nutrition and the role it played in disease. I was also fascinated by the role of psychology in IBS. I initially studied psychology at university, but wasn't convinced it was my calling, so I switched to science majoring in human biology. My passion for nutrition grew from there and I went on to complete a Master's in Nutrition and Dietetics at The University of Sydney.

How did your career progress from there?

When I left university, I wasn't sure where I wanted to go, but I knew clinical dietetics and private practice weren't for me. Like most new grads I was eager to get a job, but finding my foot in the door wasn't easy. I landed a customer service job at a medical nutrition company and then moved into their medical affairs team. This role gave me lots of valuable learning opportunities and helped me recognise that I



love creating nutrition content for both healthcare professionals and consumers. It also exposed me to marketing, which I really enjoyed!

What attracted you to working at Dietitian Connection?

I've always been impressed by the high-quality education DC provide and admire Maree for creating such an incredible and innovative business. I saw the job advert in the e-newsletter and was excited by the role, given it was in marketing and communications – both areas which spoke to my emerging interests and strengths. I feel extremely fortunate to have been given the opportunity to work with such a talented team of individuals, who I know I will learn so much from!

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WAY TO ENJOY YOUR
PREBIOTICS



Bakers Delight

*And then literally
out of nowhere,
it occurred to
me that I could
make my own job,
and I decided it's
time for a career
change...*



Communication connoisseur:

Dr Tim Crowe

After making his way up the university ranks over almost two decades, Dr Tim Crowe decided to take a leap towards a new nutrition niche – and now, he's one of the most prolific media dietitians in Australia. Here's Tim's inspiring story of wearing many different hats: dietitian, nutritionist, nutrition scientist, nutrition researcher, science communicator... and more!



*Images courtesy of
Dr Tim Crowe*

Can you give us an overview of your career path?

I began as a scientist. I did a Bachelor of Science, went onto Honours and then did a PhD in molecular biology. After my PhD, I wasn't excited by the work I was doing, but I found myself becoming more interested in reading papers about nutrition, sports performance and disease. So, I was looking into career options and this word 'dietetics' kept coming up. I ended up wandering across the road to the hospital and knocked on the door of the dietetics department to find out a bit more – and I got a phone call the next day being offered a spot in the Masters course at Sydney Uni. I haven't looked back, it's been wonderful. I worked as a clinical dietitian for a year, but I was drawn back to research. I ended up at Deakin University and I was there for 16 years.

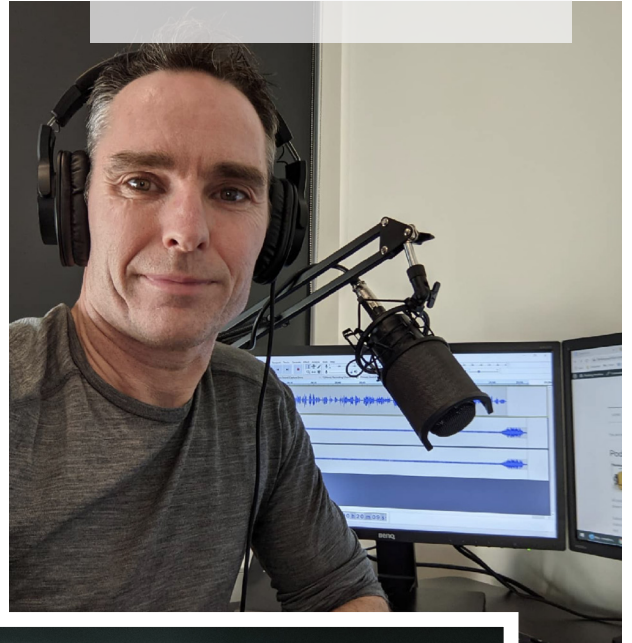


And then you started to think about launching Thinking Nutrition?

Yes. For many years, I just started doing social media and I enjoyed communicating through that. I was also doing a lot of media interviews and writing work outside of the university. I kept waiting for this job advertisement to appear one day that would be all the things I love: nutrition communication and translational research, but it never appeared. And then literally out of nowhere, it occurred to me that I could make my own job, and I decided it was time for a career change. I finished at Deakin, started my job as my own boss, and got into a lot of consulting work and health professional education. That was five years ago.

That's a pretty big and bold jump! Was it scary?

It was. I didn't do it cold; I had been building up a work profile for some years and I knew there was enough work out there for me that I'd be able to put food on the table. I've been quite fortunate, but I didn't get here because I just quit my job and built my own business. I'd been doing a lot of the hard work without realising over the years – building up my brand, professional network and social media presence – all of that was in place ready for me to make the jump.



Images courtesy of Dr Tim Crowe

Have you seen changes in the way people consume information over the last few years?

There has been a big shift with social media and it's evolved a lot in the last five or six years. We have different platforms that people are accessing, and there's a lot of stuff being done with video. Dietitians are getting involved and doing really good work; they're getting big followings and being really creative in how they communicate their messages and brand. I'm seeing a lot more activity and diversity in how people approach their work as a professional on social media. The negative is that traditional media is increasingly driven by what's happening on social media, and whole articles can be based just on personal opinions – it's not always good for clear, consistent, credible messages.

Podcasts have also grown exponentially. I got into them two years ago, in January 2020 just before the pandemic started and now it's my main communication channel. It's one of the few channels where you have full control and direct access to your audience.

I've become much more active on Instagram lately, too. I always thought I couldn't do it, but I've found ways to make it work with infographics and getting the 'nerdy science' in there.

Whether it's TikTok, YouTube, podcasting, long form writing, Twitter, Instagram, or Facebook, you can adapt your message for that platform, but the platform has to be suitable for your audience.

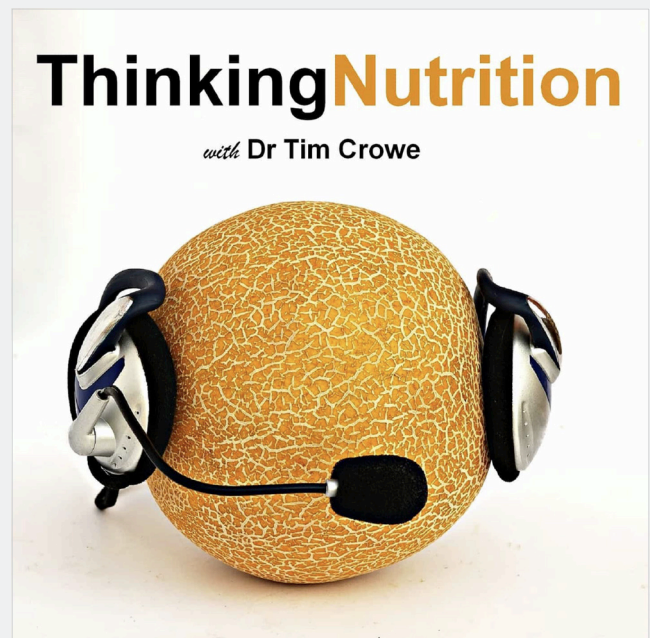


Image courtesy of @doctimcrowe/



You've made the transition from full-time academic into full-time freelance communicator in nutrition. Are there any challenges or unexpected barriers you've had to overcome in that journey?

I've had to learn new skills like tendering and putting proposals together, working on building relationships with clients and making sure I deliver what the client is after. It's been a good learning experience with lots of interesting opportunities and I've really enjoyed the diversity.

How do you balance working for industry or a company that's commissioned you to work for them versus maintaining an independent voice?

The reality is that that when you have clients, you are never one hundred percent independent. Every dietitian that does this work has to come up with a line they're comfortable with – my line is that I don't want to be closely linked with a particular brand, so most of the work I do is scientific advice that my clients can take or leave. There is no right or wrong way, you just have to do what you're comfortable with.



Image courtesy of Dr Tim Crowe

**Every other are
It evolves and people's view
nutrition, for some reason
said something a few years
To me, it's a good thing
view because it means t
Thank God we are not**

We all talk about being evidence-based, but the problem is the evidence isn't always interpreted the same way. How do we make ourselves stand out as nutrition experts when there might be disagreements in our philosophies?

As a profession, of course we are evidence-based, but there are some limitations. We have to acknowledge that evidence is not always the best quality and it does change over time. That's not to disparage the research, because it's hard! But we have to make the best of what we've got. In even the most perfect randomised control trial, there are individuals in the study that contributed to the deviation around the mean. When you appreciate that at an individual level, there is validity to different approaches. Rather than being negative on a different viewpoint, I think we need to question whether the approach will work for an individual person and if their health will be better for it. Instead of fighting fads, I think we should be fighting the people who are cherry-picking the evidence.

Area of science changes, too. As things change. But in the past, it's a bad thing that you've changed your mind. That's now changed. And that you've changed your mind. The evidence has changed. And you're still talking about low fat!

Do you have any words of wisdom for how dietitians can improve their standing in the nutrition space?

A lot of what we talk about to the general public is to eat more fruits and vegetables and less junk food, but we have wonderful things now to dress that up. We can start talking about exciting things like the gut microbiome to massage our messages. That's what the people want to hear about – the latest trends and fads, so how can you use that to your advantage? Focus on the positive aspects and then bring in our other messages about the fundamentals of a broad, healthy dietary pattern for the general population.

Do you have any hopes of how you see the dietetic profession evolving in the future?

We have so much access now to research and professional development that dietitians are going to be better informed. There are some wonderful dietitians with huge followings, all throughout social media, doing great stuff. And I'm just the biggest advocate of anyone making a start and just getting themselves out there, getting a professional presence, doing good work that suits you and how you want to communicate. It's a really positive thing for our profession.

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Kemi Nekvapil: *taking pride in power*



"You are the builder of your power," says Kemi Nekvapil, one of Australia's leading credentialed coaches for female executives and entrepreneurs. Here's a snippet of her story of finding her power, and empowering others.

Can you share some stories from your early childhood and your first lessons in power?

My experience of power growing up was one of powerlessness. I grew up as a child of middle-class Nigerian parents and I was fostered out to white families in England. From the age of two weeks until I was 13, I had five primary carers and I would go to my mother in the holidays. I was told within some of those families and by society that as a black person navigating white spaces, I had no power and that I just had to be grateful for wherever I was.

A defining moment from my childhood was one morning shopping with my last foster mum and she asked me what colour underwear I wanted to buy. I didn't really hear her the first or second time, and then the third time she said 'Kemi, I'm talking to you!'. I just remember in that moment, the feeling I had was that she was asking me to have an opinion on some area of my life, as small as it was. I thought if that is what choice feels like, that is what power feels like, and I am not going to let go of it.



*I want to
navigate the
world knowing
I am worthy.*



I'm going to learn the game of being me. And that means there are certain boxes that I'm no longer willing to tick... I am no longer going to turn myself inside out to try and fit into places people think I should belong.



Images courtesy of
@keminkevapil

Tell us about your Five-Step Framework for Power from your book.

We all have power. We all have the ability to act in a particular way, regardless of our ethnicity, our class, our gender, our opinion... But I want to break down the word 'power' into a power acronym:

Presence to understand what is and isn't working in our lives

Ownership of our personal narratives, especially our power stories

Wisdom about our needs, boundaries and growth

Equality as part of the diverse human family, all of us worthy

Responsibility for our choices, healing and happiness



What steps do you take to make sure you're being present?

The world does not need more busy women... it needs present and powerful women. I have practices that I've been engaged in for decades now – I am a meditator and I have been doing yoga for 25 years. These practices give me the space to slow down, check in, see how I'm going, how I'm feeling. I'm also a journaler. The final one is gardening and nature; I'm a big proponent of getting our hands in the soil and knowing that we are a small part of something much bigger – and that is powerful.

What do you do to create delight in your life?

Living and leading without apology is allowing ourselves moments of delight... it's not about achievement. It's not about giving yourself something, like a rest with a cup of tea, after you've finished all the domestic chores... Instead, sit down, have the cup of tea and then the delight from that self-care will allow you to do the domestic chores without resentment. If we allow delight into our lives, we have a foundation that is more sustainable than busyness.

How can you make subtle, small changes to your language that can impact on your power?

We diminish ourselves in our language, which makes us feel powerless. Instead of saying 'I know', we say 'I think'... instead of saying 'In my opinion', we say 'I think'... instead of saying 'In my experience', we say 'I think'... Of course, there are times when we think, but the times we use 'I think' in comparison to the times when we are very clear about what we believe and know are disproportionate.



Above: Image courtesy of @keminekvapil
Opposite: Image courtesy of Kemi Nekvapil



*One thing I do
know for sure is
that overwhelm
isn't powerful.*



You are a self-confessed introvert, but you command such presence on the stage. How do you do that?

I am an introvert... but when introverts are passionate about their work, they will still show up, be fully present and do what needs to be done. So yes, I stand on stage and speak in front of thousands of people sometimes... but the next day, I have garden time in my calendar; I'm on my own, my phone is turned off, I don't speak to anyone and I'm recharging for the next event. It's my responsibility to make sure I don't feel resentful that I'm exhausted; no one is going to give me permission to recharge, I have to decide that for myself.

As a *Dare To Lead* facilitator™ for Brené Brown's leadership program – what is one teaching or quote that really resonates with you, and why?

There are two quotes in particular:

1. ***"Who we are is how we lead"***

This quote speaks to what I believe about working with female leaders – it goes back to ownership. We have to work out who we are and own it; not only will it empower others, but it will ignite you.

2. ***"Leaders who live into their values are never silent about hard things"***

I think you always want to be in the arena, whether it's in your intimate relationships or your work and career, as opposed to watching life from the sidelines, commenting and judging everyone else.


Image courtesy of @keminkevapil





How important is it for us to be more vulnerable with each other?

It's so important – it's part of our human experience. We weren't meant to do life on our own. If you don't let people contribute to you, you risk not being connected to anyone. What we want as human beings is a beautiful kind of osmosis of giving and taking energy.

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Dietitian profile: **Jenny Westerkamp**

A cheeky email that started with 'I want your life!' was the first step towards Jenny Westerkamp landing her dream job as the Team Nutritionist at the Chicago Bulls.

In addition to being in her fifth season working with the Bulls, Jenny also runs her business, *All Access Dietetics*, which provides coaching, courses, toolkits and more for aspiring dietitians. Here's a snapshot of Jenny's journey, from how she got her foot in the door to where she is now.

Why did you choose to become a dietitian?

In college, I didn't know what I wanted to do, but I'd always loved food, so I thought I'd be a food scientist. Then in college, they had a human nutrition major, and once I was exposed to that, I knew that was definitely where I wanted to be. Then I figured out working in sports nutrition would make me happiest within the nutrition space. I wasn't athletic myself, but I knew I wanted to help and be in that world.

And once you graduated, how did your career unfold?

My career started when I was a student. I immediately tried to get some work experience and I was able to connect with the Chicago Blackhawks dietitian with an eye-catching email subject line of 'I want your life!'. I explained to her my strengths, how I could help her with her business – even that I could babysit her triplets and walk her dog! She offered me an internship, and once I became a dietitian, she hired me. After four years, I got into the Chicago Cubs and after another two years, into the Chicago Bulls.



*I figured out
working in
sports nutrition
would make me
happiest within
the nutrition
space.*

Image courtesy of Jenny Westerkamp





Jenny with her World Series ring. Images courtesy of Jenny Westerkamp

Working as the Chicago Bulls Nutritionist has always been a dream job.

We're sure a lot of people want your life now! Can you tell us what a day in the life of the Chicago Bulls Nutritionist looks like?

Working as the Chicago Bulls Nutritionist has always been a dream job. I'm always going to take it in any repeat of this life that I would have... it's really been the best thing for me.

I'm tasked with creating, planning and executing the nutrition program for the roughly 15 players on the team. I have three different buckets that I focus on:

1. **Food service** – I work with our chef, who is also a dietitian, and we collaborate on recipes and menu planning for the players while they're at home. I also plan the food while they're on the road.
2. **Education** – I send out nutrition tips and reminders two to three times a week.
3. **Our fuel station** – this involves distributing anything that's part of a player's performance protocol I've created, like smoothies or supplements.

I also meet with the players individually – and even talk to their personal chefs! – to provide nutrition counselling and get them all set up so they can use nutrition to their advantage.



You started All Access Dietetics at the age of 21. Tell us about how it started.

I met another student dietitian and we just connected. We discussed how there needed to be more support and a better way to search and filter dietetic internships, so we decided to start the business with a web developer. We built the website over the summer after I graduated from college. We were really motivated by the fact that we had just gone through the process and there was a clear need to help people successfully navigate the application process. It grew and evolved pretty quickly.



Jenny with Chicago Blackhawks affiliate, Rockford IceHogs

[Click here to learn more about All Access Dietetics](#)



On the court, following her fifth season with the Chicago Bulls



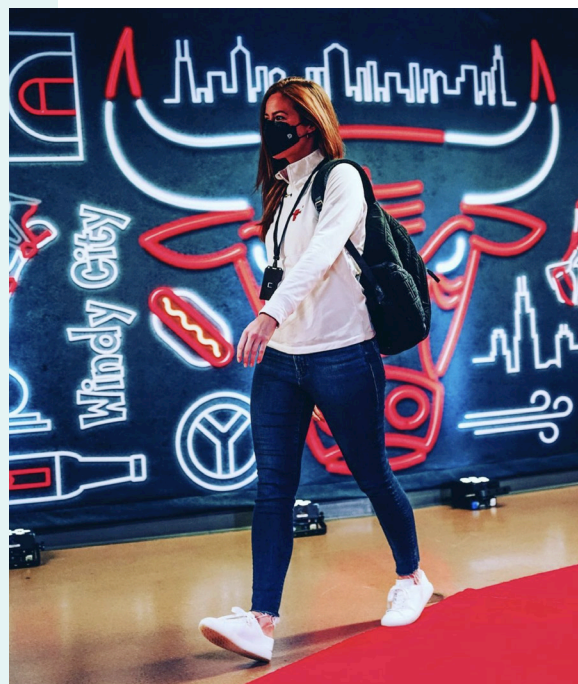
Over the years, you have received some resistance and criticism, especially when you first started. What were some of the challenges you had to overcome in your career and how did you do that?

We did have some pushback because I was a student when I started – so what credibility did I have to be someone that was advising others? There wasn't a lot of buy-in right away. It was actually a really good lesson at the beginning to just focus on who you're helping. We knew that students loved it, so we weren't going to let anyone stop us helping them. There were a few bumps in the road initially, but there were helpful lessons along the way thanks to plenty of feedback from mentors.

How important do you think mentors are?

Mentors have played a huge role with the different areas of my career. I've had mentors giving pages and pages of feedback, which is insanely valuable. It's the real-world application and knowledge that you want to get out of a mentorship – that's what I got a lot of value from.

Feedback, even if it's uncomfortable, helps to accelerate success.



Above images courtesy of @jennywesterkamp/

Is there anything you do personally to ensure you continue to grow and develop?

I have a business coach who has been a tremendous part of my growth; he's wonderful and I've been working with him for four years now. He can help with the blind spots or areas for improvement. He's been able to see me grow and keep pushing me to not settle or slow down.

Are there any particular personal attributes or habits you think might contribute to your successes?

I don't have any fear of failure. Even if I do fail, I think it's a great thing because I can learn from it and move on. We've done a lot of different things in my business over 13 years – we've had products that have completely failed or didn't work out... but I never thought I couldn't do it, I powered through. It's just being comfortable with fear.

Consistency is another one; I never stopped working on All Access in all these years, and it was only four years ago that it became full time for me. So in the first nine years, All Access was always something I did part time.

What do you see as the opportunities for dietitians in the future?

There are definitely more opportunities now... it's accelerating like crazy. I get very excited about TikTok and other big platforms where we're seeing a lot of newer dietitians screaming from the rooftops that they're a dietitian. They're getting millions and millions of views, which is huge for our profession. I'm hoping dietitians will continue to build on this momentum to help

the public know what a dietitian is, and get more diverse dietitians into the field.

What would be your number one tip for someone starting to make their mark on the world?

There's a lot to be said about researching the field and exploring all of the different areas. Spend time trying to explore all different kinds of dietitian jobs on offer. The sooner you figure out what you want to do and start to get experience in that area, the better. Your journey to that wonderful dream job starts when you're a student.

What's your funniest career moment so far?

My first year working with the Chicago Cubs was the year they won the World Series. They had broken the longest drought of a World Series ever, and I got a World Series ring (with my name on it!) as a result. I had just turned 30 when I got the ring, and I was single at the time, and it was a fun moment of getting a ring – but not the type of ring you'd think I'd want at that age... I thought it was so much better! I was able to spread a lot of joy with it. My family and some of my friends are diehard Cubs fans. It was an extremely memorable moment. I still come across people and show them the ring and they're almost in tears just being able to see it.

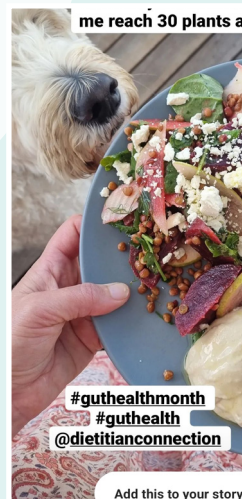
LEARN MORE:

 [jennywesterkamp/](#)

 [@jennywesterkamp/](#)

Gut Health Month 2022 Highlight Reel

In it's inaugural year, Gut Health Month was a tremendous success! Here's some of the highlights...



Above: Social post thanks to @the_wholesome_collectiv



National news coverage
Combined
1.7M
TV audience



Above: National news segments featuring our Gut Health Month Ambassadors Dr Joanna McMillan and Nicole Dynan.

"GHM was a fantastic initiative - thank you. The resources were terrific!"

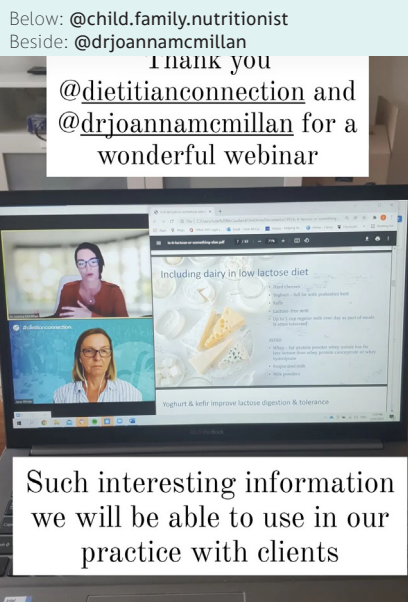
Radio coverage
Combined
1.3M
radio audience



Friday Food: Is it ok to eat the same meal every day?
Dietitian Dr Joanna McMillan joins Deborah Knight to discuss repetitive meals.
DEBORAH KNIGHT / 8 HOURS AGO

Above: Tune in to Deborah Knight and Dr Joanna McMillan discussing repetitive meals on Podcast: Friday Food

Catch up on Gut Health Month webinars, podcasts, resources and more [here](#)



Below: Social post from @nr_aus



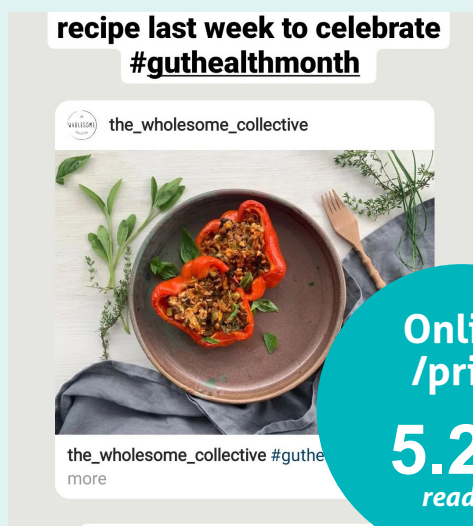
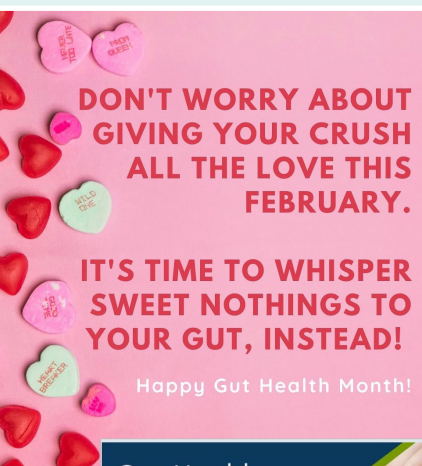
Podcast series
13,825*
downloads

*Combined downloads of all podcasts

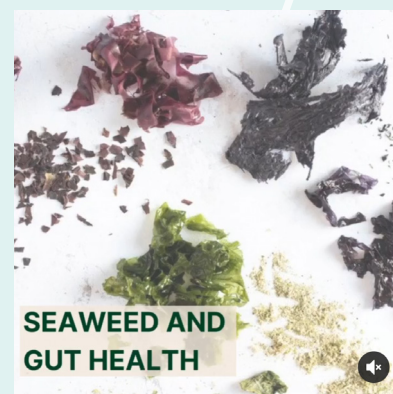
Educational webinars
2,271*
views

*Combined views of all webinars

"Webinars had a great selection of speakers and really appreciated the practical advice on how we can put this into practice"



Beside: Recipe ideas from @the_wholesome_collective
Far left: Raising awareness thanks to @easynutrition_katiehorp

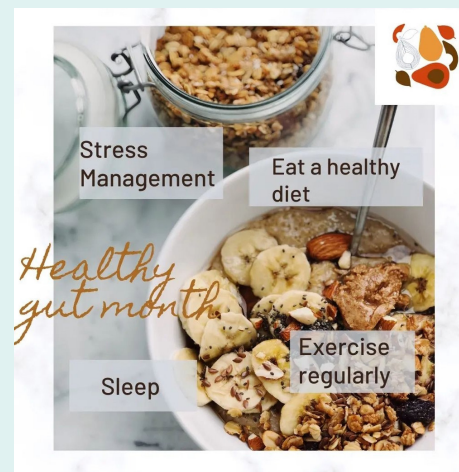


Above: Social post from @alg_seaweed

Online /print
5.2M
readers



Above: Dedicated eDM by Coeliac Australia
Beside: Call-out in Coles Magazine



Above: Social post from @desertdietitian

Trouble on the loo?
Let's talk about poo.



Dietitian profile:

Dr Brooke Harcourt



Above image of Brooke and the team at Family Dietetics.
Images courtesy of @familydietitian

Tell us a bit about your story. How did you become a dietitian?

I was working in a weight management service as a researcher, looking at causes, consequences and outcomes for children with overweight and obesity. I saw the best outcomes were in children that were seen most regularly; it didn't matter who they were seen by – it could be anyone in the team, and the person they were spending the longest time with happened to be the dietitians. My research was coming to an end, so I was thinking about what to do going forward and started to look at dietetics. It just seemed like a natural progression from where I was.

Where did you get your first job as a dietitian?

I'd built a large network of doctors and professionals, and a group of them were starting a clinic and looking for a dietitian. So I started in private practice and I still work there now! It was a bit of a baptism of fire, going straight into private practice as a new graduate, but from there, I connected with other doctors around Melbourne and started practicing through them too. The first few months were quite nerve wracking!



Image courtesy
of Brooke
Harcourt



Images courtesy of
@therapykitchen



Given your research background, did you feel there was a need to approach the pediatric dietetic model a bit differently?

Yes! I wanted to be practical. At my first job, we handed out a lot of handouts and sent home instructions, but quite often there was a deficit in the ability to translate that information into action – so I wanted to affect change with my own hands. I looked towards other health professions, like occupational therapy and speech pathology, where they were seeing their clients weekly

or fortnightly and having a great effect on families because they were doing things hands-on. I wanted to practice in those areas and physically change things.

I wanted to affect change with my own hands





What sort of things did you do to upskill yourself?

A lot of child physiology development, oral motor function development, psychology development, behavioral training, feeding therapy and play-based learning education. I did a lot of different courses and then worked out what did or didn't work in the space I wanted to be in.

What were the sort of patients that were presenting to you?

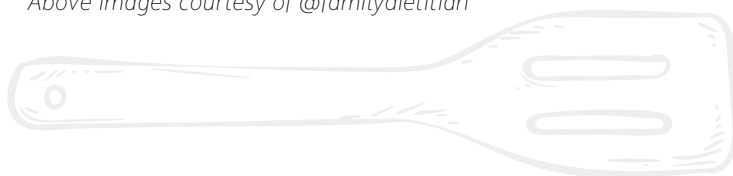
I had a background as an integration aid and lots of lived experience with disability in my family, so there was a pull towards that area and community. We started going into people's homes and doing feeding-related therapies and it was working really well. We grew from there into practices that have their own 'therapy kitchens'. We still practice in people's homes, especially for those who have social anxieties or particular equipment they need to learn how to use. It allows us to be flexible.

The concept of a therapy kitchen is really interesting. Can you tell us about how that came into being and what it entails?

It's a full operating kitchen with a dining room. I had some really big boxes that needed to be ticked for the space; it needed to be gender friendly, disability friendly and all access. At our standalone in North Melbourne, we have two operating kitchens – on a busy Saturday, we might have four or five clients running at a time.



Above images courtesy of @familydietitian



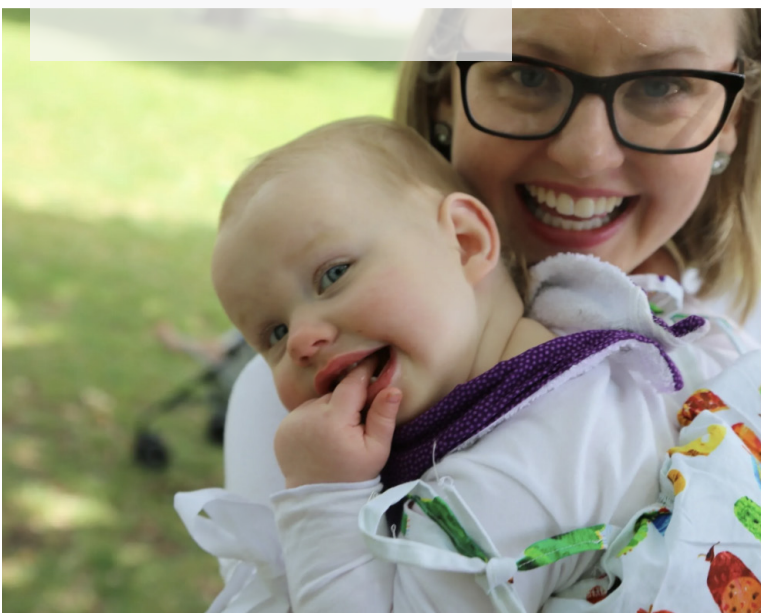


Image courtesy of <https://familydietetics.com.au>

Eating is the first language we learn; it's the first communication we have with our mum. When that communication breaks down, it's stressful on both sides. So, we help families communicate again by teaching them what each other are trying to say.

Onto a different area of your work – what does your role with the justice system involve?

We go into youth justice services and prisons... it is a very confronting place. We could be in the kitchens, teaching people skills to get ready to transition back into the real world, helping people shop online, helping people make better food choices or helping manage food alongside medication and mental health.

Where have you found your mentors and guides as you've progressed?

I draw them from everywhere! Not just within dietetics or business, but other health professionals, too. I draw on similarities from them in terms of setting up business values and goals. There's a couple of researchers and pediatricians who I still turn to as well. I guess you don't ever lose people, you just foster lifelong relationships along the way. Making time for that is really important.

Where do you think dietetics can grow in the future?

I'd really like us to view ourselves differently as a profession. The amount of volunteer positions shows we don't value our own experience or expertise. I'd like to see us furthering our knowledge as mental health professionals and therapists as well – being able to affect change on a weekly or fortnightly basis and becoming skilled at putting together care plans and being accountable to them.

What are your future career goals?

I have a big love for the disabled community and I want to do a lot more advocacy for dietetics within that space. That's an area I'm working hard in at the moment.

LEARN MORE:



<https://familydietetics.com.au>



dr-brooke-harcourt



familydietitian
therapykitchen

PRODUCT SHOWCASE

ΔVΔNOS



FARRELL * VALVE SYSTEM

The Farrell* Valve System is a gastric pressure relief device, designed to help those who suffer from poor gastric motility, pain and bloating. Maximises enteral feeding by providing a channel to constantly decompress the stomach, allowing the stomach to feed at its own pace.

[Click here](#) to find out more

Cobram Estate



The Cobram Estate infusions range has had an update! We've introduced two new flavours – Truffle and Garlic & Onion, as well as updating the labels. It's the same great flavour, with a new look. The entire range is now also Monash University Low FODMAP Certified™.

<https://cobramestate.com.au/our-oils>

Introducing

Red Rock Deli Gourmet Crackers - Roast Garlic & Mediterranean Herbs

The newest flavour of Red Rock Deli Gourmet Crackers - Roast Garlic & Mediterranean Herbs, is not only a delight when it comes to flavour, but it also achieves a Health Star Rating of 4 stars.

We achieve this by baking in real ingredients, like garlic and herbs, into our crackers and using less seasoning to deliver a great-tasting product with lower sodium overall. We also use healthier oils, like canola, which is lower in saturated fat and include fibre from Australian grains like wheat and oats. All of this adds up to a rating of 4 stars.

Please visit www.pepsico.com.au/news/stories/pepsico-positive for further information about how we're evolving our portfolio to provide more positive choices.



GutSmart Course for Dietitians

The Problem

We know that holistic care can have a huge and positive impact on people living with and managing their Crohn's disease or ulcerative colitis. However, **research shows that access to allied health professionals is low, with fewer than 1 in 3 patients having a dietitian as part of their treatment team*.**



The Solution

GutSmart – designed to educate and inform

A new and exciting online education platform designed to further educate health professionals on Crohn's disease and ulcerative colitis to better target the care of IBD patients.

GutSmart will also help patients and carers in the IBD community to find and connect with GutSmart dietitians in their local area or via telehealth.

Are you a dietitian?

GutSmart has been built specifically for health professionals that want further education in the area of Crohn's and colitis patient management. Dietetic care has a huge role to play in helping people with Crohn's or colitis bounce back from surgery and manage the day-to-day challenges of living with a chronic illness. GutSmart will give you the tools to provide targeted advice to your IBD patients.

What will you learn about in the course and how long will it take to complete?

Our Nutrition and IBD for Dietitians course will take you through six evidence-based modules where you will learn about inflammatory bowel disease and its dietetic management. For more information about each module visit www.gutsmart.com.au. This course can count towards 15 CPD hours.

Join us as a GutSmart Healthcare Professional


This will help members of the Crohn's & Colitis community to locate health professionals who understand their condition and their treatment needs, producing better patient outcomes. Once you have completed the GutSmart course, get listed on our healthcare professionals directory. CCA will help you connect directly with the IBD community.

**To enrol in a course
or find out more, visit
www.gutsmart.com.au**

*Crohn's & Colitis Australia. (2018). My IBD Experience: Australian inflammatory bowel disease patient experience of health care research report 2018.

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*The world does not
need busy women,
it needs present and
powerful women.*

Kemi Nekvapil

