Hello Nutrition Notes readers! I am thrilled to be the new editor of the Nutrition Notes and look forward to investigating and reporting what is occurring in our field. To begin, would like to thank and recognize Amanda Moder for the amazing work she has done with the Nutrition Notes over the last year. I’d like to wish you and all senior dietetic students good luck and thank you all for all of the guidance you have provided.

I am a junior in the dietetics program here at Viterbo and continue to love this field more and more. When I was 16 years old, I began teaching boot camps and fitness classes at the local gym in Elkhorn, Wisconsin where I grew up. As a student athlete, I was very focused on my exercise and continued to ignore the importance of my diet. After a dietitian visited the fitness club to give healthy eating tips to our staff and members, I had a crazy realization – maybe my diet is just as important as exercise. For those of you shaking your heads, I am happy to say that I figured out the obvious! The dietetic field is essential in educating our communities so that people (who like me) can truly understand how what we eat affects us. Choosing this as my career was one of the best decisions of my life and I cannot wait to promote healthy eating and educate the people who simply don’t know what we know.

“Our bodies are our gardens – our wills are our gardeners.”
~William Shakespeare
Welcome Interns!

By Ali Burtraw

Viterbo University offers an internship that encompasses both clinical and community nutrition to prepare interns to become an active part of delivering medical nutrition therapy, disease prevention and overall good health information. This fall we are fortunate to have eight new interns to represent this program and become a part of the health movement. Programs like Viterbo’s internship provide experience in a multitude of areas within the dietetics field and help groom future RD’s to better our communities in numerous ways. We wish you luck in your final stretch to becoming an RD and look forward to the great new things you will all bring to the nutrition and dietetics table!

Words from our New Professor, Dr. William Hart

This year, Viterbo Welcomes a new nutrition professor, Dr Hart. “I started college in 1963 after finishing high school in England. I was a chemistry major then. After college, I entered the Air Force where I met the woman who would become my wife--she out-ranked me. I left the Air Force after 5 1/2 years to go back to school, getting a Masters in Biochemistry then a PhD in Human Nutrition, both from Michigan State University. I have taught at Wayne State University, Texas Woman's University, Saint Louis University and Rogers State University before coming to Viterbo for a one-year visiting professorship. Along the way, my wife and I have had three wonderful children and one, brand-new, granddaughter. Hobbies include knitting, reading and writing. I have authored more than 12 short plays, 8 of which have been produced.” Viterbo is grateful to have you as part of the Nutrition and Dietetics Program. It is an honor to have you with us! >
SDA Spaghetti Dinner
The Student Dietetics Association (SDA) puts on a spaghetti dinner every fall to participate in Viterbo days on Viterbo’s Campus. This year, the junior dietetic students broke the attendance record and managed to sell 200 tickets. Most menu items were made from scratch, including homemade spaghetti sauce, meatballs, salad, garlic bread, and desserts that included pumpkin pie and cookies. We applaud the juniors for making the event so successful and pleasant!

Summer Research
By Ali Burtraw

Viterbo University offers many wonderful opportunities for its students. One in particular is undergraduate research, which I have been fortunate to be a part of. The Summer Research Fellowship Program allows students to collaborate with their mentors or professors to do research or other creative works. In the fall, students are able to present the hard work they’ve done at the annual Seven Rivers Symposium. Not only is this a great opportunity to expand your knowledge on the topics you love, but also give professional experience in research.

I was able to work under Carol Klitzke, Ph.D., MS, RD, CD, on the topic of food defense. I worked along side three senior dietetic students, Kara Kerrigan, Chrissy Nichols, and Marni Shumaker. We observed school lunches at different high schools across Wisconsin to examine food defense plans and how to properly handle food tampering. After examining data and concluding our research, we started writing the manuscript. This research is planned to continue this coming summer to expand sample size and hopefully complete the manuscript, allowing for publication. I would encourage any and all students to participate in this enriching opportunity.
Greetings to all Viterbo dietetics students and Nutrition Notes readers! I must say that being asked to write for the Alumni Update is both exciting and nostalgic.

“Where am I going to end up?” That question frequented my thoughts throughout my four years at Viterbo. With that in mind, I definitely did not envision myself working in Winona, MN. After graduation and completion of the RD exam I had my heart set on working at a large hospital in the Twin Cities. When the opportunity arose at the same facility where I completed my clinical internship, I knew I wanted to apply. I have now been working at Winona Health for the past two years and love every aspect of my job.

My current position at Winona Health involves many different areas of nutrition care. I mainly work as an outpatient dietitian in the clinic using valuable motivational interviewing skills that were first introduced to me at Viterbo to provide nutrition counseling. I work with a variety of patients providing MNT for weight management, hyperlipidemia, diabetes, food intolerances and much more. My position also involves working in the inpatient care setting as well as community outreach with various speaking opportunities.

I feel very fortunate to be exposed to multiple areas of dietetics in my position. When I first graduated I believed that I only wanted to work in the hospital care setting. After gaining more experience I have discovered that my true passion is in community health education. This discovery led me to enroll in the Masters of Science in Community Health Education program at the University of Wisconsin La Crosse. I am now in my first semester and could not be happier with my decision! I look forward to using my knowledge of nutrition to collaborate with other health professionals to create change in the field of public health.

I encourage you all to keep an open mind during your education and in your future careers. Soak up all the experience you can and take advantage of learning from your professors, preceptors and classmates. Make connections and make friendships. Most importantly, be confident in your ability to succeed as a dietitian and nutrition expert. I didn’t know where I would end up, but looking back I now know that the education I received at Viterbo was everything I needed to get me to where I am today. Have a wonderful semester and best of luck in all that’s to come.

Words from Alumni, Anna Hudson

By Anna Hudson

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We’re on the Web!