



VITERBO
UNIVERSITY

Fall 2022



NUTRITION AND DIETETICS

Letter from the Chair

Happy fall everyone!

We are continuing with changes in the Nutrition and Dietetics department, never a dull moment! We graduated our last class of 4-year BS-level coordinated program in May and are now only offering our accelerated 4+1 Coordinated Program where students will complete their Bachelors of Science, Masters of Science and clinical hours in 5 years. This Coordinated Program allows us to stand out as most like programs offer a 4+1 program with Bachelors and Masters but no clinical hours so students would need to find an additional 1 year clinical placement on their own.

We have a diverse faculty expertise in our department ranging from maternal and child nutrition, sports nutrition, diabetes care and everything in between. Whatever your nutrition interest may be, we are here to help guide your course selection and clinical placements to help you find what is the best fit for you. That is the best thing about nutrition, there are so many options for your career path! – Maria

Maria Morgan-Bathke, MBA, PhD, RD, CD, LD, FAND
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Course Highlights

Nutrition 173 – Basic Foods

Nutrition 173. Students in Basic Foods practiced their knife cutting skills in a fruit lab. Some of the cuts they used were small dice, medium dice, large dice, julienne, and rough chop. Then they made a display platter of the fruit they cut up.



Nutrition 273 – Food Science

Nutrition 273. Students in Food Science kicked off the semester and reacquainted themselves with the foods lab by making muffins. Students divided themselves into two groups and chose from a variety of muffin recipes. Here are the students with their lemon poppy seed and chocolate chip muffins.

Nutrition 368 – Health Assessment

In the nutrition assessment lab, students learn how to assess many aspects of nutritional and health status such as: blood pressure, blood glucose, hemoglobin, cholesterol and triglyceride levels, body composition, anthropometrics, and measures of resting energy expenditure. Students also learn how to interpret their assessment findings and how to individualize nutritional interventions. The health assessment lab includes three exam rooms that simulate real clinic offices with patient exam tables and much of the same equipment you would find in the "real world" setting. The health assessment lab provides students the valuable resources to practice hands-on skills prior to providing patient care during supervised practice.



Nutrition and Dietetics – Student Perspectives

First Year Experience:

As a first-year student in the Nutrition and Dietetics program, I am taking Intro to the Profession and Basic Foods. In Intro to the Profession, we discuss professionalism and how it leads to success in the dietetics. We also learn about different job opportunities within the field. Speakers come in and talk about their career and experience in nutrition and dietetics, which helps students think about possible future careers for themselves. In Basic Foods, we learn about the fundamental food preparation skills and safety, along with cooking methods for a variety of foods. During every lab, we make food using a certain method and then taste test when we are done. We have made smoothies, practiced our knife cutting skills in a fruit lab, cooked vegetables using different methods, and prepared charcuterie boards. It is great getting to take classes directly related to my major, as a first year Nutrition and Dietetics student!

Emarie Jacobson
Freshman Nutrition and Dietetics Student

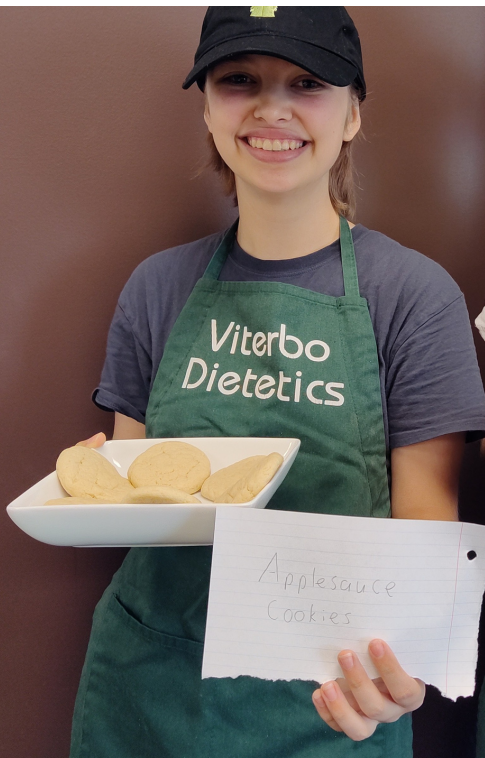


Left: Author Tyler Merritt
Right: Emarie Jacobson

Second Year Experience:

As a second-year student at Viterbo, the two main nutrition courses I'm taking are Human Nutrition and Food Science. Human Nutrition is a lecture course where I am beginning to learn about the different food groups, how they affect the body, and how to use this knowledge to help clients make the best diet choices for their lifestyles. Food Science is a lab course, like Basic Foods, but it is more focused on the science behind different foods and cooking methods. For example, we read articles on the various purposes of eggs in cooking and baking and then tested a variety of egg substitutes, such as flaxseed, bananas, and apple sauce, in cookie and pancake recipes. Last class, we learned how to blanch vegetables and tested a variety of methods of blanching including boiling, steaming, and microwaving. Next week we will cook our blanched vegetables and compare our results. I am really excited to be taking more classes to prepare me for my future as a dietitian.

Emma Ilecki
Sophomore Nutrition and Dietetics Student



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and Dietetics**



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Supervised Practice Highlights

Community Nutrition (Sports Nutrition):

Hello, my name is Morgan Kelly, and I completed a dietetic internship with the Minnesota Vikings through Viterbo University. This internship was an experience of a lifetime in which I learned a lot. Through the Vikings, I was able to improve my sports nutrition knowledge, create connections with other NFL registered dietitians and sports professionals, alongside working with the Vikings athletes and performance team.

A typical day in my role does not exist as the sports world is forever changing, but I will give a few examples of things that we do on a regular basis. For example, every player has an individual post-workout shake that me and the Vikings dietitian make depending on their flavor preference and nutritional needs.

Another example includes the pre and post-practice fueling. We will set this up for them beforehand with beneficial snacks to enhance their performance and encourage recovery in their bodies after practice. Besides having to stock the dry and cooler storage, there is nutrition counseling that goes on as well. This could either be an official meeting or some nutritional advice down the hallway in passing. Overall, this was a great experience that I am forever grateful for all of the knowledge I obtained and connections I got to create. Skol Vikings!



Spain Study Abroad Adventure:

Each year our department leads a course on Sports Nutrition and the Mediterranean Diet where we travel to Sevilla Spain to work with professional Spanish athletes. This course counts as a graduate elective course as well as 60 clinical hours. Students complete a lecture based portion of the course prior to travel where they learn about the basics of sports nutrition, the Mediterranean and the Spanish culture. Then, following the completion of the spring semester, students travel to Sevilla, Spain with two faculty members where they work with Spanish culinary students to learn about traditional Spanish dishes and how to prepare them. Then students work with professional Spanish athletes, including Olympic athletes, to provide nutrition counseling. There are also multiple cultural events including a tour of an olive tree farm and olive oil tasting and vineyard tour. Details and more pictures can be found here: <https://www.saiie.com/stfl-programs/viterbo>