



**PEPSICO**

# News Bites

A Health & Nutrition Sciences Quarterly

## ISSUE 1 - APRIL 2021

On behalf of the PepsiCo Health & Nutrition Sciences team, we are pleased to welcome you to the inaugural issue of our quarterly newsletter! As a subscriber to this newsletter, you can look forward to updates on the latest research in nutrition science, resources and materials to inform your work, upcoming events, and news from the PepsiCo team.



## KEY DATES

### National Nutrition Month at PepsiCo

March was [#NationalNutritionMonth](#), and the PepsiCo H&NS team celebrated by providing weekly nutrition communications to its employees with the theme of the recent release of the Dietary Guidelines, 2020-2025. To make things more fun, we're hosting a special giveaway which we'd like to extend to our Health Care Professional audience, too! By filling out this brief [survey](#) by April 30th, you will be entered to win a PepsiCo embroidered Patagonia vest along with an assortment of PepsiCo products.



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## GET TO KNOW US

**Kristin Harris, PhD**  
**Director, Health & Nutrition Sciences**



Kristin's expertise lies in nutrition translation and communication, and she has a thorough research background in phytonutrient and bioactive food components. Her entire PhD thesis was written about broccoli!

**What is your current role at PepsiCo?** I lead the Health & Nutrition Sciences team for our North America Foods business, which includes familiar brands such as Quaker Oats and SunChips, as well as exciting new brands like Bare Snacks, Off the Eaten Path, and Health Warrior. My team supports the development of innovative new products, conducts internal nutrition training for our PepsiCo associates, and represents our company externally with Health Care Professionals.

**What is your favorite PepsiCo product?** It's a tie between Baked Cheetos and Quaker Old-Fashioned Oats. The kid in me still loves the orange fingers that you get from eating Cheetos, and Quaker Oats are so versatile for cooking and baking. My pandemic baking favorite has been chocolate chip oatmeal cookies!

**What is one thing that would surprise people about your work?** So many of my family and friends know PepsiCo but they don't understand what I do here. When my kids were young, I would tell them that I counted the chocolate chips in Quaker Chewy bars to make sure each one had the same amount. They quickly caught on but, to this day, I'm not sure that they fully understand my work. That may be because, as a nutrition scientist in industry, my responsibilities are broad and so my day never looks the same. One day may consist of educating our Sales teams on the role that oats play in cholesterol reduction, the next may be spent mentoring junior staff members, and another may consist of developing science-based messaging for a new product. At the end of the day, I think that the best way to sum it up is that I help our company deliver food and beverage options that support well-being and deliver smiles.



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## UPCOMING EVENTS

### Translating the Science: Smart Principles for Communicating Nutrition



**PEPSICO**

Translating the Science:  
Smart Principles for  
Communicating  
Nutrition

**TUESDAY,  
APRIL 20, 2021**

**2:00PM-3:00PM ET**



Join PepsiCo Health & Nutrition

Sciences on **April 20th at 2:00pm ET** for *Translating the Science: Smart Principles for Communicating Nutrition*, an engaging event that will focus on key communications principles for effectively translating science. PepsiCo scientists from Regulatory Affairs, Health & Nutrition Sciences, and Gatorade Sports Science Institute will speak to their experiences communicating nutrition to critical audiences. Like our [Fall 2020 Career PEP Talk](#), the event is ***designed for students and young professionals*** new to the field, and will be hosted and moderated by [Melissa Joy Dobbins](#)! This event has been submitted for 1.0 CPEU from the Commission on Dietetic Registration. Register for the event [here](#).



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## RESOURCES & MATERIALS

### Coming Soon: PepsiCo HCP Portal

PepsiCo H&NS is thrilled to launch our Health Care Professionals (HCP) website this year! Launching in the coming months, the HCP portal will serve as a resource hub designed exclusively for nutrition and health professionals. The portal will provide 24/7 access to H&NS publications, educational materials, webinar recordings, continuing education resources, and more. Information on upcoming PepsiCo H&NS events and webinars will also be found in the portal. We look forward to providing this new offering to HCPs in 2021!