



ISSUE 2

With life starting to feel a little more normal, we all have a reason to celebrate the little things this summer, and PepsiCo Health and Nutrition Sciences (H&NS) is no exception. This issue is packed with food-focused content, information on digestive health, and more.

Scroll down for exciting product announcements, recipes, an update from the research community, and opportunities to earn free CEUs. Plus, [enter to win a grant](#) and make your nutrition education dreams a reality. And, don't forget to visit our new healthcare professional [web portal](#) for downloadable resources on all things health and nutrition science to enhance your practice.



GET TO KNOW US

Julie Spicer, BS, NDTR
Senior Scientist, Health & Nutrition Sciences



Julie is a Nutrition and Dietetics Technician, Registered with a background in nutrition communication, and she recently completed the Monash University FODMAP Training Course. One fun fact about Julie is that she gave birth to baby #3 just last week—congratulations, Julie!

What is your current role at PepsiCo? I support the Frito Lay North America Foods Business within the Health & Nutrition Sciences function, which includes 29 snack brands and the latest acquisition of PopCorners and FLEX Protein Crisps, which expands our sustainably grown and made products. I focus on product innovation support, including helping to drive our product sustainability goals to reduce sodium, saturated fat, and added sugar in our portfolio; as well as educate both internally and externally about nutrition science and the role our products play in increasing consumer choice and delivering a broader range of healthier products.

What is your favorite PepsiCo product? It's a bit hard to choose, but considering I consume Bubly and Quaker Oats on an almost daily basis, I think these have to be my favorites. Since I began working at PepsiCo in 2013, we have always had fresh oatmeal available in the office for breakfast, and it's a habit that has stuck with me even when working from home!

What is one thing that would surprise people about your work? I think it may surprise some to learn the priority PepsiCo places on hiring nutrition professionals. As a nutrition professional myself, it's wonderful to work for a company that values this expertise and shares common goals in this space.



PRODUCT ANNOUNCEMENTS

Presenting the latest duo of Monash University Low
FODMAP Certified™¹ snack options!



[SunChips Original Whole Grain Snack Chips](#)

Made from 100% whole grains, it's the slightly savory, slightly sweet, crunchy chips that you know and love, now Low FODMAP Certified!¹ Enjoy them on their own or as a vehicle for toppings like in these [Low FODMAP² Nachos Made with SunChips](#) developed by digestive health dietitian [Alyssa Lavy](#)—a perfect snack to share while watching your team or your new favorite series.

[Bare Snacks Strawberry Banana Chips and Toasted Coconut Chips](#)

Bare Snacks recently received certification¹ for two flavormore fruit chips: Strawberry Banana Chips and Toasted Coconut Chips. Made from real fruit and coconuts, this snack choice is a convenient, eat-anywhere, Non-GMO Project Verified product with no preservatives. Perfect for on-the-go or as a flavorful topping for these [Low FODMAP² Bare Chips Coated Fruit Popsicles](#) from Alyssa Lavy—best served poolside.



In honor of the low FODMAP certification¹ from Monash, the Frito-Lay and Quaker brands are making a donation of certified products to the [End Hunger Pain](#) initiative launched by dietitian Kate Scarlata, which raises awareness of the intersection of food insecurity and food intolerance.



¹Monash University Low FODMAP Certified product: FODMAPs are a group of dietary sugars that are indigestible or poorly absorbed by the gastrointestinal tract. Samples of the relevant PepsiCo packaged products have been analyzed and were assessed to be low in FODMAPs. Monash University certified trademarks used under license in the United States by PepsiCo Inc. One serve of this product or meal made in accordance with the Monash approved recipe can assist with following the Monash University Low FODMAP diet™. A strict low FODMAP diet should not be commenced without supervision from a healthcare professional. A low FODMAP diet does not treat a disease but may help to meet nutritional needs with reduced gastrointestinal symptoms. Monash University receives a license fee for use of the Monash University Low FODMAP Certified trademarks.



UPCOMING EVENTS & INITIATIVES

Apply to Have Your Nutrition Education Program Idea Funded! PepsiCo H&NS is announcing a grant program to fund nutrition education programming about low-calorie sweeteners and/or the science of sweetness. Two nutrition educators will be awarded \$5,000 to bring their innovative, science-based educational program to life. A panel of judges, including H&NS partner Constance Brown-Riggs, MEd, RD, CDCES, CDN, will evaluate the applications from all eligible entries. To learn more and apply for the grant, read the official rules [here](#) and complete the application form [here](#).

Upcoming FODMAP² Webinar—Stay Tuned! The Low FODMAP² Diet is a therapeutic option for patients with Irritable Bowel Syndrome but can be very challenging to maintain without the guidance of a credentialed healthcare professional (HCP). In 2021, many patients have been leaving the comforts of controlled environments for real-world situations and need the help of HCPs more than ever. Join PepsiCo H&NS and leading experts in digestive health for a deeper dive into the Low FODMAP² Diet and learn how to navigate common pitfalls encountered in clinical practice. **Registration link coming soon!**

ICYMI: Earn CEUs and Enter to Win! View the [“Juice Up Your Content” webinar recording](#) to learn best practices for bringing engaging science-based content to life in the form of virtual presentations and social media. Plus, there is still time to take what you’ve learned and submit your own engaging science-based content by this **Friday, August 13th** for a chance to enter and win prizes. Our panelists will judge the contest entries and select a grand prize winner and five runners-up. A donation will be made to [Diversify Dietetics](#) for every submission. Click [here](#) for details.



RESEARCH NEWS TO USE

Scientists Define Postbiotics

The International Scientific Association of Probiotics and Prebiotics (ISAPP) recently published an expert consensus [statement](#) on postbiotics, defined as, “a preparation of inanimate microorganisms and/or their components that confers a health benefit on the host”. The authors discuss the scope of the term and propose ‘postbiotic’ be used consistently, eliminating similar terms previously used (e.g. paraprobiotics). ISAPP has also published consensus statements on probiotics, prebiotics, synbiotics, and fermented foods.



RESOURCES & MATERIALS

Visit our HCP Portal for Digestive Health Resources and More



Have you checked out our [HCP portal](#) yet? Designed exclusively for nutrition and health professionals, the site is a nutrition science resource hub to help support your professional area of expertise.

If you haven't already, take a look around—see what you think! Geek out over our research, stay updated on our upcoming events, watch webinar recordings to earn CEUs, and before you go, download our resources as a souvenir. We have handouts covering topics such as [probiotics](#), [prebiotics](#), [fiber](#), and so much more to serve as tools for your practice.

Visit the Portal

²Any dietary changes or restrictions should be considered as part of a healthy, balanced diet, and consultation with a healthcare professional is recommended. A low FODMAP diet does not treat a disease but may help to meet nutritional needs with reduced gastrointestinal symptoms.

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