



PEPSICO

News Bites

A Health & Nutrition Sciences Quarterly

ISSUE 4

A Letter from our Director

As 2021 comes to a close, we are looking forward to a new year full of fresh initiatives, exciting events, and ongoing research. But before we get too eager for 2022, I can't help but reflect on the successes and learnings of this past year. In 2021, the PepsiCo Health & Nutrition Sciences (H&NS) team enjoyed engaging with nutrition professionals across a variety of programs, sharing educational resources, and the launch of a new Healthcare Professional website.

This time of year tends to be busy for a lot of folks. So, to make your jobs a little easier, we've consolidated everything from 2021 into one end-of-year newsletter. Scroll down to view any webinar recordings you may have missed and claim those last-minute CEUs for 2021. Keep scrolling to also find new resources and handouts which are all available for download to help you in your practice. Plus, take a moment to celebrate some of our prize winners from our various activities this year.

Finally, mark your calendars and register for the first event of 2022!

On behalf of the entire H&NS team, thank you for your continuous support and engagement. We wish you a happy and healthy holiday season and we look forward to an exciting new year!

Kristin Harris, PhD
Director, Health & Nutrition Sciences



GET TO KNOW US

Mark Dekker, PhD
Senior Principal Scientist, Health & Nutrition Sciences



Mark is a nutrition science professional with 10 years of industry experience. Mark joined PepsiCo Canada in 2016 and led Nutrition Sciences in developing innovation, education and science communication. In 2020, Mark moved to the North America Beverages Health and Nutrition Sciences team and currently supports the juice businesses. Mark holds a PhD from the University of Guelph and is passionate about bringing science to life as a communicator and presenter.

What is your current role at PepsiCo? I am a Senior Principal Nutrition Scientist leading the Human Health and Nutrition Sciences team responsible for PepsiCo's juice business in North America.

What is your favorite PepsiCo product? Pepsi Zero.

What is one thing that would surprise people about your work? The number of hats we wear at work! From questions on new ingredients, interpretation of the latest science to reviewing advertising material, there's a new challenge every day. It keeps things fresh and lets you stretch your thinking in new ways.



2021 CONTINUING EDUCATION PLAYLIST

Did you miss any of our virtual events this year?

Check out the recordings below by clicking on each thumbnail and claim your CEUs on select activations via the PepsiCo H&NS website!

1



Translating the Science: Smart Principles for Communicating Nutrition

2



Nutrition & Immune Health: Breaking Down the Science for Responsible and Clear Communication

3



Sweet Success: The Effectiveness of Low-Calorie Sweeteners for Weight Management and Energy Intake Control

4



Juice Up Your Content

5



Navigating FODMAPs in the Real World: Tips for Practice

6



The Science of Sweetness: Taste and Learn

7



Sharing Your "Good News Folder"

8



Lifting the Veil on How Food is Made: A Science-Based Discussion

9



Sound Bites #199 What You Should Know About Processed Foods



RESOURCES AND HANDOUTS

- Catching up on the above H&NS events from 2021? Don't forget to check out our accompanying resources.
 - The [Translating the Science Worksheet](#) is perfect for students and young professionals looking to brush up on their nutrition communication skills.
 - Our [Symptom Management Journal](#) helps RDNs and patients following the Low FODMAP Diet to keep track of IBS-related symptoms and patterns.
 - And to complement our final event of the year, this [How the Food in your Pantry is Made Handout](#) clearly defines five different food processing methods and their benefits.
- For more than 140 years, Quaker's world-class nutrition science team has been exploring all that the oat has to offer. Quaker recently refreshed one of its most popular resources, which highlights existing and emerging research that has uncovered connections between this powerful whole grain and several health benefits. Check out the [Emerging Oat Science for Dietitians](#) resource.
- Check out [The Whole Picture](#) handout to review the composition of whole grains, better understand how to explain their nutritional benefits to patients, and gather tips on how to identify whole grains on food labels.
- This [Mastering Snack Time](#) resource provides helpful tips on how to optimize snacking habits, including nutritious food pairings and the consideration of snack textures!



CELEBRATE OUR 2021 CONTEST WINNERS

We're grateful for our awesome HCP community! And we're glad to celebrate you with contests and prizes throughout the year! We wanted to take a moment to give a special shout-out to our winners.

National Nutrition Month- In March we kicked off with our inaugural News Bites issue and commemorated National Nutrition Month with our first contest. **Congratulations to our winners:** [Molly Ford, RD, LDN](#) and [Katrina Howard, RD, LDN, CPT!](#)

Translating the Science: Smart Principles for Communicating Nutrition- The following

winners attended the workshop and sharpened their communications skills by completing and submitting their worksheets. **Congratulations to our winners:** Rithvik Lawrence, Food Science and Technology student, Elizabeth Flinner, MS, RDN, and Janice Putnam, RDN, LDN, CDE, MPH!

Juice Up Your Content- A special congratulations to the following contest winners who attended the webinar, learned how to juice up their content, and created engaging & educational social media posts about 100% juice science.

Grand Prize Winner: [Emily Schiller, RDN](#)

Runner ups: [Elizabeth Gutierrez](#), [Asha Imani McElroy](#), [Lauren Manaker MS, RDN, LD, CLEC](#), [Lauren Harris-Pincus, MS, RDN](#), [Christina Bogardus, RDN](#)

Inaugural PepsiCo H&NS Grant Program- This \$5,000 grant funds the development of innovative, science-based nutrition education programs about low-calorie sweeteners and the science of sweetness. A panel of judges selected these two nutrition educators from among all submissions. **Congratulations to our two winners:**

- **Laura Kruskall, PhD, RDN, CSSD, LD, FACSM, FAND: *UNLV Nutrition Center Low-Calorie Sweetener Nutrition Education Program:*** As the Nutrition Center Director and an Associate Professor at UNLV, Laura's program will bring education on the safety, use, and types of low-calorie sweeteners to the community at and surrounding UNLV.
- **Melanie T. Burns, PhD, RDN: *SoLow Cals: Raising Awareness and Consumption of Low-Calorie Sweeteners:*** As a professor at Eastern Illinois University, Melanie's program will educate students about low-calorie sweeteners (LCS) through in-person sessions with label reading and sensory evaluation, videos on the different types of LCS, among other topics and hands-on cooking sessions.



UPCOMING 2022 CEU EVENTS

**Wednesday, Jan. 26 @ 2PM ET: Affordability and Nutrition in the American Diet:
Strategies to Close Crucial Nutrient Gaps**

Are you a registered dietitian nutritionist (RDN) working with budget-conscious patients and clients? RDNs know meeting recommended intakes for fruits, vegetables, whole grains, and dairy can be a challenge. Join PepsiCo Health & Nutrition Sciences researcher Colin Rehm PhD, MPH; Professor Taylor Wallace, PhD, CFS, FACN; and Dietitian Clancy Harrison, MS, RDN, FAND as they share relevant research on cost-effective food choices to help close nutrient gaps and discuss practical strategies for RDNs to increase consumption of key food groups among patients and clients. Register [here](#).

www.PepsiCoHealthAndNutritionSciences.com

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