



**PEPSICO**

# News Bites

A Health & Nutrition Sciences Quarterly

## VOLUME 2, ISSUE 3

In this issue of News Bites, we're talking about everyone's favorite topic - snacks! Join our upcoming webinar, [Savvy Snacking: Tips & Trends to Optimize Nutrition](#), to review the latest consumer snacking trends, understand the latest peer-reviewed research, and discuss practical applications for optimizing snacking as an eating occasion with clients. Plus, PepsiCo Health & Nutrition Sciences (H&NS) is excited to share a new [Snacking Toolkit](#), which features a compilation of snacking-focused handouts, recipes and more coming soon. Check out our [website](#) for more toolkits on a variety of nutrition topics!

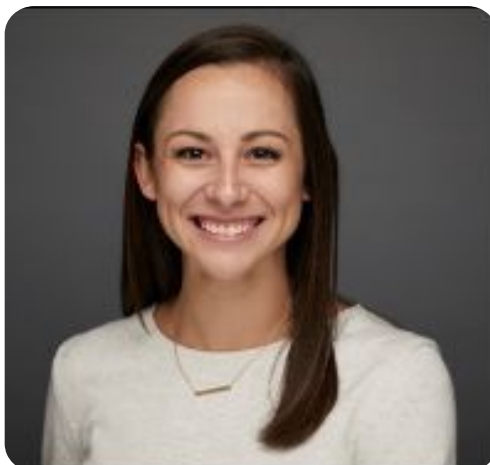
And, want the chance to win a bundle of PepsiCo products? Enter our [giveaway here!](#) Simply share your favorite snack with us for a chance to win. This survey will close on September 30, 2022.



## GET TO KNOW US

### Morgan Sowers, PhD, MBA, RD

Associate Principal Scientist, PepsiCo Health & Nutrition Sciences



Morgan is a Registered Dietitian with education and expertise in public health nutrition, nutrition communication, and marketing. Her passion lies in helping improve the food environment in a way that makes the healthy choice the easy choice for consumers. She has been with PepsiCo for 3 years working across the North America foods portfolio on a variety of brands and currently represents the Health and Nutrition Sciences team at the Frito-Lay headquarters in Plano, TX.

**What is your current role at PepsiCo?** I provide nutrition science support for the Frito-Lay North America food business in the U.S. and Canada, where I deliver guidance for new and existing snack products to achieve our nutrition goals and ensure the scientific credibility of nutrition claims. I also lead a variety of internal and external nutrition communication and education initiatives – including the planning of our PepsiCo booth at FNCE – where we get the opportunity to share the positive nutrition attributes and the science behind claims for our products. Finally, I track and share external policy issues that might impact our products and work closely with internal and external partners on how to best adapt our strategies based on changing guidelines.

**What is your favorite PepsiCo product?** It is a tie between White Cheddar Popcorners (a relatively new addition to our snacks portfolio that I have the privilege of working with) and peach flavored Propel (a less common flavor that I'm always excited to find in the stores).

**What is one thing that would surprise people about your work?** The potential positive impact we can have through our work as RDs and nutrition professionals working in industry, especially for a large CPG company like PepsiCo where a variety of products in our portfolio are enjoyed more than a billion times each day around the world. I am so proud to have the opportunity to improve the nutrition of products that consumers already know and love, while also working on new and exciting products that provide positive nutrition to meet consumers' wants and needs. I also hope others realize the level of pride we take in our role of ensuring health and nutrition messaging of these products are being communicated in a way that is accurate, truthful, and scientifically based.



## EVENTS & CEU OPPORTUNITIES



1.25 FREE CPEU

**Savvy Snacking:**  
Tips & Trends to  
Optimize Nutrition

Wednesday, Sept. 14, 2022  
2:00 – 3:15 PM ET



### **Savvy Snacking: Tips & Trends to Optimize Nutrition**

Join us next week for PepsiCo Health and Nutrition Sciences' third Lab & Learn event of the year, [Savvy Snacking: Tips & Trends to Optimize Nutrition!](#) On September 14 @ 2PM ET, our speakers will review the latest science and trends on snacking, and provide RDNs with the tools and knowledge to provide healthy snacking recommendations to clients. [Register here!](#)

### **ICYMI: Sustainable Nutrition Webinar Recording**

Head over to the [PepsiCo H&NS website](#) to access the recording and earn 1.25 CPEUs. This event highlights the important role healthcare professionals play in conversations about making sustainable and nutritious

food choices, and provides attendees with the tips to address these topics with patients and clients.



1.25 CPEU

**Addressing the Intersection of Sustainability and Nutrition:**  
Guidance for Your Practice

Tuesday, June 14 - 1 pm ET



## Visit us at FNCE!

FNCE 2022 is just one month away, and PepsiCo Health & Nutrition Sciences is excited to connect with the nutrition community in-person! Stop by booth 807 to take a hike through **Camp PepsiCo**, an immersive camping experience featuring product samples, trivia, networking, and access to the latest H&NS research and resources. And of course, there will be swag! Hope to see you there!



## Harnessing the Power of Food and Nutrition Trends to Help Build Your Brand

From baked oats to feta pastas, salmon dishes to pesto eggs, food trends are blowing up on social media. Join Quaker on September 27 at 1:00 PM CST for an exciting new webinar on Harnessing the Power of Food and Nutrition Trends to Help Build Your Brand! [Colleen Christensen, RD](#) will present on ways dietitians, at any stage in their career, can build their brand as a source of credible information by using their nutrition lens to translate trends to the plate for their followers and clients. This webinar will help attendees

identify pertinent trends and myth-busting opportunities to help them build their brand and best serve their followers. [Register here!](#)

This 60-minute webinar will be submitted for 1 CPEU from the Commission on Dietetic Registration.



## LOW FODMAP FRIENDLY SNACK RECIPE



Right in time for back-to-school, these Bare® Strawberry Banana Oat Muffins are a perfect snack to grab on the go. Made with Quaker® Gluten Free Old Fashioned Oats\*, Greek yogurt, bananas and topped with crushed Bare® Strawberry Banana Chips, these muffins offer a sweet treat with a bit of crunch. Check out this newly Low-FODMAP certified recipe from dietitian [Alyssa Lavy, MS, RD, CDN here!](#)

\*Look for specially marked packages

Bare Strawberry Banana Chips, Bare Coconut Chips and this recipe are Monash University Low FODMAP certified™. Monash University certified trademarks used under license in the United States by PepsiCo Inc. One serving of a meal made in accordance with Monash University approved recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™. A strict low FODMAP diet should only be commenced under the supervision of 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.



## RESOURCES & MATERIALS

We've updated our website with new content, as well as our Resource Center! In this section, you'll find a new collection of [educational toolkits](#) curated by topic. These toolkits offer evidence-based resources to support your professional growth and provide multiple opportunities to earn free CPEUs. While exploring our newly updated website, be sure to check out the new and exciting [Advanced Personalized Ideation Center section](#), a resource hub dedicated to individualized nutrition interventions and research.

To help provide your clients with the latest science and guidance on healthy snacking, check out some of our featured resources:

- [Snacking Toolkit](#): Your one-stop-shop for all resources on snacking – access handouts, recipes and more coming soon.
  - [Hydration Infographic](#): Hydration is key when talking about healthy snacking. This resource provides fluid intake recommendations, dehydration symptoms and signs, and hydration tips for parents & caregivers.
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