



Volume 2, Issue 1

PepsiCo Health and Nutrition Sciences (H&NS) is thrilled to kick off our first newsletter of the year with some exciting updates. In honor of National Nutrition Month, H&NS is hosting a special giveaway for our Professional Network to celebrate the work of nutrition professionals like you! Want the chance to win PepsiCo merchandise and products? Head over to our [National Nutrition Month page](#) to learn more and enter the giveaway.

And even more exciting, H&NS can't wait to share our new 2022 webinar collection with you: **The Lab & Learn Series!** A 4-part interactive continuing education program, Lab & Learn will cover a range of key topics present in health and nutrition science today, such as breaking down stigmas around processed foods, maximizing nutrition with snacking, recognizing the links between nutrition and sustainability, and understanding the science of sweetness and efficacy of low-calorie sweeteners. Plus, Lab & Learn attendees can look forward to a graduation celebration, culminating at FNCE 2022. Keep scrolling for more details on the first event of the series.



GET TO KNOW US

Kristen Wilk, MS, RDN

Manager, PepsiCo Health & Nutrition Sciences



Kristen holds a B.S. in Psychology from Yale University and a M.S. in Nutrition from Boston University. She's also a Registered Dietitian Nutritionist. Passionate about helping consumers make healthier choices, she's led health and nutrition communications in the food industry for nearly a decade. Needless to say, Kristen loves her fruits and vegetables, but she also loves using nutrition to fuel activities – she played Division I varsity volleyball at Yale and in the past 5 years has taken up rock climbing, cycling, mountain biking, swimming, and cross-country skiing.

What is your current role at PepsiCo? I work with a brilliant team to manage Health & Nutrition Sciences work for Quaker Foods North America, including nutrition science translation, external engagement, internal education, and advising product innovation.

What is your favorite PepsiCo product? Just about any flavor of Bubly.

What is one thing that would surprise people about your work? Nutrition is fundamental and wholly integrated in my work at PepsiCo. When people ask me what I do, I tell them I'm a registered dietitian, and I work in marketing and communications for food brands. They sometimes ask, "Why did you give up being a dietitian?" I have definitely not given it up – far from it. At PepsiCo, nutrition is a priority in business decisions, and I'm proud to help our brands deliver food and beverage options that support wellbeing.



INTRODUCING THE 2022 LAB & LEARN SERIES

What is the Lab & Learn Series?

The PepsiCo H&NS Lab & Learn Series will provide RDNs with an opportunity to glean evidence-based information and practical guidance on some of today's top nutrition topics. Not only will each Lab & Learn feature insights from leading nutrition experts, but interactive elements will also

provide an opportunity for attendees to sharpen their skills and learn from others.

What will Lab & Learn cover?

The theme for this year's series is *Science-Based Savviness: Maintaining Credibility and Relevance Amongst Curious Consumers*. We recognize that the health-conscious consumer stays abreast of hot topics in health and nutrition. They look to trusted health professionals to answer their questions and offer guidance. Therefore, there is an opportunity to address key topics in food and nutrition and offer an evidence-based perspective to help our health professional audience navigate conversations with their patients and clients as questions arise.

How can I participate in Lab & Learn?

Join us for our first event of the series, *Unpacking Preconceptions About Packaged Foods* on April 12 @ 2PM ET, which aims to equip RDNs with the tools to explore their own food biases and confidently counsel patients on ingredients often found in packaged foods. Register [here!](#)



Unpacking Preconceptions About Packaged Foods

**Tuesday
April 12
2 pm ET**



CEU OPPORTUNITIES



FREE WEBINAR
Affordability & Nutrition in the American Diet: Strategies to Close Crucial Nutrient Gaps
Wednesday January 26
2 pm ET / 1pm CT / 11am PT
SPONSORED BY
1 CPEU 

Affordability and Nutrition in the American Diet: Strategies to Close Crucial Nutrient Gaps

Missed this webinar in January? Head over to the [PepsiCo H&NS website](#) to access the recording and earn 1.0 CPEU.

This event featured H&NS researcher Colin Rehm PhD, MPH; Taylor Wallace, PhD, CFS, FACN; and Clancy Harrison, MS, RDN, FAND, who discussed research on cost-

effective food choices and reviewed practical strategies for RDNs to help patients increase consumption of key food groups.



Sound Bites® Food Processing Episode with PepsiCo Scientist Now Approved for CPEU!

In this episode of the *Sound Bites®* podcast, host Melissa Joy Dobbins, MS, RDN, CDCES discusses food processing with Dr. Tanhia Gonzalez, Associate Principal Scientist at PepsiCo, and Dr. Bruce Hamaker, Distinguished Professor of Food Science at Purdue University. To listen to the episode and to claim your free CPEUs, head to the podcast [here](#).



RESOURCES & MATERIALS

We are continuously exploring, evaluating, and expanding new scientific research on the functional benefits of ingredients. If you haven't already, take a look at the science behind two novel functional ingredients: Panax Ginseng and L-Theanine. Explore how Panax Ginseng can help with mental stamina management and L-Theanine can help with stress and relaxation management.

Click [here](#) to learn more about Panax Ginseng

Click [here](#) to learn more about L-Theanine



PRODUCT SPOTLIGHT



Looking for novel functional ingredients this #NationalNutritionMonth? Soulboost Sparkling Waters offer a combination of delicious flavors with scientifically-supported functional ingredients. Soulboost Lift is made with 200mg of Panax Ginseng (4% ginsenosides) which may help support mental stamina and Soulboost Ease is made with 200mg L-theanine which may

help support relaxation. Don't miss your chance to snag this product – enter our National Nutrition Month [giveaway](#) to be entered to win an assortment of Soulboost beverages and other PepsiCo merchandise and products. Find more information and store locations near you at <https://www.getsoulboost.com/>.



LOOKING FOR MORE?



Check out PepsiCo Health & Nutrition Sciences' [HCP website](#) for 24/7 access to H&NS publications, educational materials, webinar recordings, CEU opportunities and more.

www.PepsiCoHealthAndNutritionSciences.com

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