

Promoting RDN's Far and Wide: RDN Day Contest 2015

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Adam M. Burda was chosen as the winner for the Academy's RDN Day Contest and featured on an electronic banner that appeared over NYC's Times Square on Registered Dietitian Nutritionist Day on March 11th, now he shares his story with us...

Why Dietetics?

Having taught at a few different University's, I've had a fair share of questions asking, "Why should I choose dietetics" or "Why should I become a nutritionist (of course, I correct them and say Dietitian)". As my brain sifts through the many reasons to answer "why," I will usually answer their question with a question: "Why not dietetics?" I explain to them that you don't necessarily choose a career, but the career will choose you. In my opinion, the dietetics field is on the cusp of a professional explosion. With obesity rates ever-so prevalent, diabetes diagnoses rates on the incline and food costs soaring, it is our responsibility to be the stewards to usher in a new generation of healthy eaters.

Inspiring Greatness in Everyone: "In order for our successors to be great, we must first inspire their greatness"

It's assumptive to think that most people who choose to be in dietetics tend to have a facilitative, almost nurturing, personality trait. We strive to find a balance in our own personal success, yet, at the same time, mentor those that will soon walk in our shoes. It's a guarantee at some point in our lives, we will have someone looking at how we have succeeded, and wondering how we got where we are. I've tried to use my life experiences be the guide for my personal and professional success. I'm told that my "story" is one which will inspire the un-inspirable. As a 300 lb. 15 year old, I found myself hating who I was and the person I had become. To make a long-story short, I was able to lose 150 lbs through moderation, portion control, consistent exercise, intestinal fortitude (as they say), emotional support, and most of all, the motivation to not be a statistic. Seventeen years later, I'm able to look back and see how my career really did choose me. I was chosen to educate, inspire, motivate, challenge and, most of all, be a role model for those who were to follow in my shoes. It's always good practice to keep in mind that, "it's not how we act when someone is looking, but it's how we act when no one is looking".

What a Magnificent March!

You will never really know what you are capable of until you begin to take risks and it seems March has been the month where I decided to take some risks. While sifting through some emails during my working lunch, I came across a Regional Director position for the Nutrition and Dietetic Educators and Preceptors (NDEP) group. After reading the description of the position (Google for reference), I thought, "Well, that's something I could probably do", and threw caution to the wind and submitted my application material. I think it was also within the same week I came across an Academy email newsletter advertising the contest for the Registered Dietitian Nutritionist Day contest. Again, using the "what the heck" philosophy, I submitted all necessary contest material and went about my day. As time passed, I completely forgot about both submissions until one day I received an email from ACEND notifying me that I was elected to serve as Regional Director for NDEP area 5 members (IL, IN, WV, OH, KY and TN). That same week, I arrived back to my office after a lecture and listened to a voicemail on the phone from the Academy, saying they needed to speak with me regarding time-sensitive material. Being the Director of the Graduate-Dietetic Internship program at WVU, I took a big gulp, and thought, "uh-oh." After returning the phone call, I learned my submission for the RDN Day contest had been chosen by the Academy, and I was to be nationally recognized in Times Square on March 11th.

I have been humbled, excited, and speechless by the opportunities my risks have afforded me thus far. I don't write these things for you to read for you think that I am being boastful, but I am writing these things with hopes to inspire you, motivate you, and most of all, to reassure you that each one of you can achieve great things.

“Spring” into a Low-Calorie Recipe: Refreshing Grilled Chicken

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ready In: 9 Hours

Servings: 6

INGREDIENTS:

1/4 cup cider vinegar

3 tablespoons prepared coarse-ground mustard

3 cloves garlic, peeled and minced

1 lime, juiced

1/2 lemon, juiced

1/2 cup brown sugar

1 1/2 teaspoons salt

Ground black pepper to taste

6 tablespoons olive oil

6 skinless, boneless chicken breast halves

DIRECTIONS:

1. In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight.
2. Preheat an outdoor grill for high heat.
3. Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade.

As the weather warms up, it's time to fire up the grill and enjoy the Vitamin D from the sun. The aforementioned recipe would pair well with grilled asparagus spears, grilled zucchini, or grilled vegetable kabobs. Don't be too hasty with the cooking time of the chicken. Make sure the internal juices run clear before you dive in for a bite and into a healthier lifestyle.

More info on Adam and his story:

<http://www.nationalnutritionmonth.org/nnm/RDNDayContest/#.VQhsHI7F-nE>

<https://www.youtube.com/watch?v=WzB8FTw95Y>



Adam M. Burda is a Registered Dietitian Nutritionist currently working for West Virginia University. As one of the nation's food and nutrition experts, he is committed to improving the health of his community. To find a registered dietitian nutritionist in your area, visit www.eatright.org and click on “Find a Registered Dietitian.”