



PEPSICO

News Bites

A Health & Nutrition Sciences Quarterly

ISSUE 3

As the air gets crisper and fall settles in, the PepsiCo Health & Nutrition Sciences (H&NS) team is feeling the bustle of the new season. In this issue of News Bites, you'll meet one of our H&NS teammates and get the chance to register for our final virtual event of the year: a deep dive on food processing. Keep scrolling to earn additional CEUs and find resources from our most recent events—a cook-along featuring Quaker Oats, an interactive taste-and-learn with a “sweetness sommelier,” and a professional development program addressing imposter syndrome. Finally, check out the latest in nutrition science research from the H&NS team.



GET TO KNOW US

Alison Kamil, PhD, RD

Associate Principal Scientist, Health & Nutrition Sciences



Alison's expertise lies in the design, management, and translation of nutrition research, and she has a thorough scientific background in antioxidants, the gut microbiome, as well as sweetness science. One fun fact is that Alison got married during the pandemic lockdown through an intimate virtual wedding on Zoom.

What is your current role at PepsiCo? I lead the Science of Sweetness program within the Health & Nutrition Sciences team, which includes managing our research, internal and external education, and advocacy efforts on this important topic. Additionally, I support the North America Beverages business, which includes our hydration and tea brands, focusing on helping to drive our product sustainability goals to reduce added sugar in our portfolio and help create consumer-loved, nutrition science-based beverage products.

What is your favorite PepsiCo product? It's a bit hard to choose, but I would have to say Quaker Life Cereal and Coconut Pineapple or Mango Bubly. Since working from home, I consume 2-3 cans of Bubly on an almost daily basis.

What is one thing that would surprise people about your work? I think it may surprise some to learn the priority PepsiCo places in contributing to the total body of evidence within nutrition science to advance knowledge within the field. As a scientist, it's wonderful to work for a company that rigorously conducts science-based research, requiring clearly stated hypotheses and objective analyses, utilizing appropriate, validated gold-standard research methods.



UPCOMING CONTINUING EDUCATION EVENTS

Tues, Dec. 14 @ 2 PM ET: Lifting the Veil on How Food is Made: A Science-Based Discussion

Do you get questions from patients or clients about processed foods and beverages? This topic is often met with uncertainty, curiosity, and skepticism. Join PepsiCo Health & Nutrition Sciences for an engaging discussion featuring Drs. Bruce Hamaker, Suja Senan, and Elizabeth Hall as they share science-based information on the topic and answer YOUR questions. During this program, we will “lift the veil” and explore why certain types of processes are used and equip you with the tools to communicate to your patients and clients about how food is made. Register [here](#) for the event and submit your questions in advance.



ADDITIONAL CPEU OPPORTUNITIES

Nutrition Education with Focus on Culture

When it comes to nutrition guidance and education for your clients, it's important to keep in mind the role that culture and ethnicity play. In this education session,

registered dietitians Ashley Carter and Jasmine Westbrooks from [EatWell Exchange](#) share their cooking and counseling tips for breaking down social and environmental barriers to eating well and ways for nutrition professionals to take initiative and conduct a culturally-focused cooking demonstration. Follow [this link](#) and view the webinar to earn one CPEU and download the accompanying resource [here](#).

The Science of Sweetness: Taste and Learn with PepsiCo

On October 13th the PepsiCo Health & Nutrition Sciences team took a page from wine tastings with an intimate virtual tasting of select beverages led by our very own “Sweetness Sommelier,” Dr. John Hayes, Director of the Penn State Sensory Evaluation Center. During this webinar we showcased a range of PepsiCo’s beverage and hydration options to bring you along on an interactive journey of our sugar reduction strategy and learn the science of sweetness through taste.

Why do some people taste sweetness differently than others? Why do some people have strong preferences for sweetness while others do not? View a recording of this webinar [here](#) to learn more and earn 0.75 CPEU.

Sharing Your “Good News Folder”

Have you ever attributed your career success to external reasons and not your true abilities, knowledge, or expertise, or do you know someone who believes they do not deserve professional accolades because they feel they aren’t competent or worthy? These are telling signs of Impostor Syndrome (IS), and according to new research many in the nutrition and dietetics community experience it. On October 26th, Imposter Syndrome expert and presenter Matthew Landry, PhD, RD, led an interactive virtual event to explore new research on why dietitians and dietetic students experience IS as well as ways to combat it, including starting a Good News Folder.

For more information on IS and how to start your Good News Folder click [here](#) to view the webinar and earn 1.0 CPEU.



HOT OFF THE PRESS

Check out the latest PepsiCo Health and Nutrition Science Publications

Scientists from PepsiCo H&NS have co-authored *two* recently published scientific articles.

One publication was based on a survey that explored the effects of the COVID-19 pandemic on diet and perceived health status in the Indian population.

Effect of COVID-19 Pandemic-Induced Dietary and Lifestyle Changes and Their Associations with Perceived Health Status and Self-Reported Body Weight Changes in India: A Cross-Sectional Survey. Nutrients

The other publication was a review article summarizing scientific evidence of the effect of β -glucan from cereals on body weight and adiposity.

The effect of cereal B-glucan on body weight and adiposity: A review of efficacy and mechanism of action. Critical Reviews in Food Science and Nutrition

Click [here](#) for the full articles and stay tuned for updates to our publications section.



LOOKING FOR MORE?



PEPSICO

Health & Nutrition Sciences

PepsiCo Health & Nutrition Sciences (H&NS) serves to *Understand, Interpret and Translate* Nutrition Science and its relationship to diet and health

Calling all nutrition and health professionals!

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

Visit the Website

www.PepsiCoHealthAndNutritionSciences.com