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## VOLUME 2, ISSUE 4

As 2022 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 about what's in store for 2023, I can't help but reflect on all that 2022 had to offer!

This past year, the H&NS team launched the new [Lab & Learn continuing education webinar series](#). We hope you were able to take advantage of these four webinars, which altogether provide a total of 5 CPEUs for RDNs/DTRs! And in case you missed it, [the H&NS website](#) now hosts a new collection of [educational toolkits](#) offering evidence-based resources to support your professional growth. We also returned to the Food & Nutrition Conference & Expo this year, and were thrilled to connect with the nutrition community in-person at [Camp PepsiCo](#). Last month, we ended the year with our final Lab & Learn about functional ingredients. Keep scrolling to access the webinar recording and other functional ingredient resources from H&NS.

On behalf of the entire H&NS team, **thank you** for your continued 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, PepsiCo Health & Nutrition Sciences



## GET TO KNOW US

**Megan Engel, PhD, RDN**  
**Senior Scientist, PepsiCo Health & Nutrition Sciences**



Originally from Nebraska, I am now based in Chicago by way of Florida. I love spending time in nature and am always trying to create things (paintings and clothing are my most recent attempts). My educational background is in sports nutrition, exercise and nutritional sciences, and behavior change. After completing my dietetic internship and PhD from the University of Florida, I started working for PepsiCo and have loved my whole experience!

**What is your current role at PepsiCo?** I am a Health and Nutrition Senior Scientist supporting the Quaker Foods North America business at PepsiCo. In my role, I co-lead nutrition support for Quaker portfolio transformation and innovation, including claims support/substantiation and formula analysis against our pep+ goals. I also support internal and external nutrition education and engagement, manage Quaker product eligibility for the USDA Women, Infants and Children (WIC) program, and work closely with the Communications and Marketing Teams to review external Quaker communications and recipes.

**What is your favorite PepsiCo product?** This is tough. I would say it's a tie between Quaker Old-Fashioned Oats (so versatile) and Gatorade's Gatorlyte.

**What is one thing that would surprise people about your work?** I get to work with the marketing team to come up with product ideas and then work with the product developers to make the products come to life. Seeing a product on the shelf that you directly worked on from start to finish is really exciting!



## WINTER GIVEAWAY

With the end of the year approaching, we want to say **thank you** for your continued engagement with the H&NS team! As a token of our appreciation, we're giving away a **PepsiCo blanket and Quaker mug**, to help you stay cozy this winter. Enter our giveaway [here!](#) *This giveaway will close on January 20, 2023.*



## THE 2022 LAB & LEARN 'PLAYLIST'

This year, H&NS launched a brand-new continuing education webinar collection: **The Lab & Learn Series!** Webinars have covered a range of key nutrition topics, including breaking down stigmas around processed foods, recognizing the links between nutrition and sustainability, maximizing nutrition with snacking, and understanding traditional and emerging functional ingredients. [Watch all four recordings and earn 5 CPEUs!](#)



1.25 FREE ETHICS CPEU  
**Unpacking  
Preconceptions  
About Packaged  
Foods**  
Tuesday, April 12 - 2 pm ET



1.25 CPEU  
**Addressing the  
Intersection of  
Sustainability and  
Nutrition:  
Guidance for Your  
Practice**  
Tuesday, June 14 - 1 pm ET





1.25 FREE CPEU

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

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



1.25 CPEU

### Exploring Traditional and Emerging Functional Ingredients

Wed, Nov. 30 - 1 pm ET



## FUNCTIONAL INGREDIENTS TOOLKIT

Check out our new [Functional Ingredients Toolkit](#) to learn more about the function and applications of panax ginseng, L-theanine, and caffeine & citicoline. This toolkit contains easy-to-understand infographics, as well links to six relevant scientific publications on the usage and applications of various functional ingredients. These resources serve as a great complement to our latest Lab & Learn webinar, [Exploring Traditional and Emerging Functional Ingredients](#), available on-demand and linked above.



## CRUNCHY-TOPPED SMASHED BRUSSEL SPROUTS

Looking for a tasty side dish the whole family will enjoy? Crunchy-Topped Smashed Brussel Sprouts are super-easy to make, and uses a surprise ingredient to make a delicious and extra crunchy topping - SIMPLY Cheetos® Crunchy White Cheddar Cheese Flavored Snacks! Check out the recipe [here](#).



### Crunchy-Topped Smashed Brussels Sprouts

Makes 6 servings © Cook time: 35 minutes