

HIGHLIGHTING INTERNATIONAL VN DPG MEMBERS

BY PARUL KHAROD, MS, RDN, VN DPG, VN DPG DIVERSITY LIAISON

DID YOU KNOW that we have international members? Yes, you will be surprised to know that our VN members are living across the world in Australia, Bermuda, Canada, Colombia, Cyprus, Germany, Hong Kong, Japan, Mexico, Qatar, Singapore, Spain, Sweden, Switzerland, Taiwan, Thailand, Trinidad & Tobago. We admit that we do tend to be a bit narrow focused and devote a lot of time to activities and events that happen within the continental United States. In fact, we have State Coordinators for each of our states. But we have been remiss in giving that same attention to our international members.

As an effort to correct that, we will feature some of our international members in the next few issues of the newsletter. If you are a VN member living abroad, please share with us your experience as an RD in the country where you are. Please send in your experience about what it is like to live and/or work in another country, especially while being plant-based! What did you learn from the local culture? Did you have any preconceived notions that were changed? Were you able to eat plant-based without any issues? Send an email to Parul (parulkharod@gmail.com) or Jen (jennguyenrdn@gmail.com) so we can feature you in the next newsletter.

Our first contributor is Christine McCullum-Gomez, PhD, RDN, and she sends us her experience and a yummy recipe from Bogota, Colombia (South America)!

Christine McCullum-Gomez, PhD, RDN is a food and

nutrition consultant, writer, and speaker with expertise in environmental nutrition, food security, food and nutrition policy, public health nutrition, and sustainable food systems who lives in Bogotá, Colombia. Dr. McCullum-Gomez also serves as a Column Editor for the *Journal of Hunger & Environmental Nutrition*. Currently, she is working with Danone (Certified B® Corporation) and Silk® to educate healthcare professionals, including RDs/RDNs, on the health and environmental benefits of balanced, sustainable healthy diets (WHO, 2021; IPCC, 2022). This work is particularly timely given a new field of medicine called ‘climate cardiology,’ which aims to “protect patients and the planet at the same time.” Key opportunities to protect cardiovascular health while reducing greenhouse gas emissions include the transition from high red-meat to plant-based diets as well as other specific interventions (Hadley et al., 2022). Since arriving in Bogotá, Dr. McCullum-Gomez has enjoyed preparing numerous plant-based meals that are based on traditional Colombian cuisine. Included here is a recipe for **Sancocho Vegano Colombiano** prepared with local ingredients. Her personal website is: www.sustainable-rdn.com and she maintains a blog at: www.sustainable-rdn.com

Asadnabizadeh M. Critical findings of the Sixth assessment report (AR6) of Working Group I of the Intergovernmental Panel on Climate Change (IPCC) for Global Climate Change Policymaking a summary for policymakers (SPM) analysis. *International Journal of Climate Change Strategies and Management*. 2022. doi:10.1108/ijccsm-04-2022-0049

Hadley MB, Vedanthan R, Ebi KL, Fuster V. Climate cardiology. *BMJ Global Health*. 2022;7(6). doi:10.1136/bmjgh-2022-008860

SANCOCHO VEGANO COLOMBIANO*

*This recipe is prepared using aguacate in place of avocado. Aguacates can be purchased from local street vendors in Bogotá, Colombia where they are typically riper and less expensive than those found in supermarkets.

<https://vecinavegetariana.com/vegan-colombian-sancocho/>

