



Ania Avadanei

Food, Nutrition and Health
Student and Virtual Assistant

ABOUT ME

Hi! I'm Ania, a Food, Nutrition and Health student at the University of British Columbia, looking to pursue a career in dietetics. Growing up, I always loved trying new foods and learning more about my body's capabilities as an athlete, ultimately influencing my love for recipe design and wellness. In my youth, however, I found myself quite confused by the variety of nutrition and diet myths in mainstream society, ultimately igniting my devotion to promoting greater food literacy and increasing the accessibility of accurate nutrition information.

EDUCATION

2021-Present
University of British Columbia

Bachelor of Science in Food, Nutrition and Health

WORK EXPERIENCE

Virtual Assistant

For the LOVE of FOOD Nutrition (2022-present)


- Developing recipes, nutrition blogs, handouts, recipes, and social media posts
- Updating For the LOVE of Food website
- Updating and creating cookbook content


Shift Leader

Agora Cafe (2022 - present)

- Manages cafe volunteers to ensure rapid and efficient food and beverage service to UBC students
- Prepares food and beverages in cafe offering affordable and nutritious food to UBC students

CONTACT

 ania.avadanei@gmail.com

 [@aniaseats](https://www.instagram.com/aniaseats)

Available 5-7 hours per week,
weekends+evenings

SKILLS

- Content Design in Canva, Adobe Creative Suite, and Final Cut Pro
- Microsoft Office Suite
- Blog Writing
- Website Editing and Design in Wix and Squarespace
- Trained in Practice Better
- Skilled in research and data management
- Photography and videography
- Written and Verbal Communication
- Organization
- Attention to detail



AREAS OF INTEREST

- Eating Disorders
- Sports Nutrition
- Metabolism + Gut Health
- Research Dietetics

SAMPLE WORK

For the LOVE of FOOD

What are FODMAPs?

- FERMENTABLE OLIGOSACCHARIDES, DISACCHARIDES, MONOSACCHARIDES AND POLYOLS
- CARBOHYDRATES THAT FERMENT IN THE GUT WHICH CAN BE DIFFICULT TO ABSORB
- FODMAP FOODS ARE FOODS COMPOSED OF FODMAPS
- DUE TO THEIR ABILITY TO FERMENT, FODMAPS CAN DISRUPT DIGESTION, CAUSING MANY IBS SYMPTOMS

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Updates to Low FODMAP Foods

- PEANUTS, MACADAMIA NUTS, PUMPKIN SEEDS
- SOY MILK (SOY PROTEIN)
- DARK CHOCOLATE
- POPCORN
- BRIE/CAMEMBERT
- BUTTER
- SOULDOUGH BREAD

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The low FODMAP Diet

What are FODMAPs?
Also known as Fermentable Oligosaccharides, Disaccharides, Monosaccharides, And Polyols, FODMAPs are carbohydrates that are poorly absorbed and ferment in the gut. As a result, FODMAP foods can disrupt digestive processes, triggering symptoms of IBS. Identifying and reducing these FODMAP triggers through a low FODMAP diet approach has been shown to help alleviate IBS symptoms.

High FODMAP: Recent additions

- Soy milk (made of whole soy beans)
- Sugar snap peas
- Dried fruit
- Some processed meats
- Most biscuits and snack products
- Sweet corn
- Dessert wines

Low FODMAP: Recent additions

- Dark chocolate
- Brie/Camembert cheese
- Soy milk (made from soy protein)
- Plain rice cakes
- Sourdough spelt bread
- Macadamia nuts and peanuts
- Pumpkin seeds
- Popcorn
- Butter

Foods eliminated in Gentle FODMAP

- Beans and pulses
- Apples, fruit juices, dried fruits, watermelon
- Honey and agave
- Blackberry and rasp
- Dairy milk, some yogurts and soft cheeses
- Cauliflower, garlic, leek, mushrooms, onion

Gentle FODMAP vs Restrictive FODMAP diet approaches

The low FODMAP diet is built around 3 main phases: short-term Elimination of high FODMAP foods for a given time period (~4-6 weeks), gradual and structured Reintroduction of these foods to identify FODMAP triggers, and Avoidance of certain food triggers in one's long-term diet. However, variations of the low FODMAP diet differ in how they implement these phases. While the traditional low FODMAP diet involves the elimination of all high FODMAP foods, the FODMAP gentle approach is an emerging Low FODMAP diet variation that focuses on eliminating only the highest FODMAP foods shown to trigger symptoms in most individuals. Because the typical elimination phase can increase the risk of nutritional deficiencies, Gentle FODMAP may be a more suitable approach for children who are still growing, those at greater risk for nutritional deficiencies, recovering from or impacted by disordered eating, or for whom a limited diet would prove more disadvantageous.

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