



**SDFSA
NEWSLETTER**

President's Message— Fall 2008

Leaving the comfort of my soft pillow and peaceful sleep can be quite a challenge as my alarm buzzes at 5 AM. My muscles resist movement, and I peer outside only to find dark and motionless streets. Who wants to leave the comforts of home while the rest of the world is asleep? It is just when I think sleep will overtake me that I remember the dozens of other students pulling themselves out of bed at the same time to attend SDFSA's early morning meetings. I

am inspired by my fellow SDFSA members and just the thought of being with them gives me the lift I need to get ready for the day. SDFSA members are ingenious, passionate and forward-thinking. Not only does CSUN and the community benefit from such an organization, but each member benefits as well, as we all steadily grow in the sunlight SDFSA radiates on campus.

I remember the first time I stepped foot into an SDFSA meeting.

I was in awe of the level of professionalism (I thought to myself, "This is a *student* organization?"). I was amazed at all of the events SDFSA organizes: symposiums in the spring and (continued on page 2)



April Diederich

Advisor's Message

Character is the result of two things: mental attitude and the way we spend our time.

- Elbert Hubbard 1856 - 1915

Each year, as we gaze upon the wonders of the people who are SDFSA, we see enormous character. Every one of you demonstrates mental toughness, strength, vision, and heart. You all show a commitment to spending time

maintaining the highest standards of excellence. One can feel the excitement and enthusiasm of our strong board, whose leadership is inspirational, of course; but there is true leadership among all of our members (yes, even at 7 AM!), as is

evidenced by everyone's willingness to whatever it takes to make a difference.

Thank you, one and all, for all that you are and do. Character does indeed count...

With appreciation,
Dr. Terri Lisagor,
Faculty Advisor



Dr. Terri Lisagor

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Iron Matador Tofu Fajitas

By Jessica Ruiz

Note: This recipe works best on a cast iron grill pan. You can find inexpensive grill pans at army surplus stores, or even at thrift stores! Nothing cooks tofu better.

Ingredients:

- 1 package of extra firm tofu
- 1/2 bunch cilantro
- 1 medium red onion
- 1 each red and yellow bell peppers
- 1 each yellow and green zucchini
- 4 tbs olive oil
- 4 cloves garlic
- lime juice
- 1/4 tsp paprika
- 1/2 tsp cumin
- Dash salt
- Hot sauce to taste
- Cayenne pepper to taste
-



This recipe was featured in last spring's Iron Matador challenge by team Vegan With a Vengeance. For more information on Iron Matador and other SDFSA events, visit <http://www.csun.edu/sdfsa>

Directions:

Cube the tofu into 1" or so pieces and place in a zip top bag. Chop cilantro and place in the bag with the garlic, oil, lime juice, salt, hot sauce, and spices. Seal the bag and let this marinate in the refrigerator for at least an hour. When you're ready to cook, heat the grill pan to medium-high and empty the contents of the bag into the pan. Let the tofu cook for just a few minutes, stirring occasionally. Slice the peppers and onion into long, thin slices and chop zucchini into small chunks and add them. Continue to cook until tofu is browned. Serve with beans, pico de gallo, fresh guacamole and whole grain tortillas. Serves 4.

President's Message (Continued)

fall, monthly lectures, cooking competitions, community outreach booths, scholarship competitions, outstanding service awards, fund raising, and more.

The opportunities for me to get involved were limitless. In addition, the members exuded genuine warmth that made me feel accepted even though at the time I didn't know a single person in the room.

In addition, the members exuded genuine warmth that made me feel accepted even

though at the time I didn't know a single person in the room. I found a family in SDFSA and I knew that if I became an active member, then SDFSA would help me grow into the professional I hope to become. It has been almost two years since I first attended an SDFSA meeting, and I can honestly say that my time spent with SDFSA has been the most rewarding aspect of my academic journey. The mission of SDFSA is simple: to provide meaningful student involvement, to stimulate

professional interest, and to create channels of communication between students, faculty and the community in the areas of Dietetics and Food Science. I feel honored to be working alongside my fellow SDFSA members as we make this mission come to life. Please join us as we make the world a more exquisite place, one SDFSA event at a time.
Respectfully,
April Diederich
President

Better to Be PA than PC—Part I

By Carmen Beatty

This is an incredibly exciting year for politics. We are breaking barriers and tearing down walls that will ultimately enhance our ability to be a great nation and positive force in the world. These unique events are both devastating, like the economic crisis and the continuing war, and inspiring, like the first African American and woman running for President and Vice President in the same race. We have a Presidential nominee talking about improving health care and how important it is that we all have access to Registered Dietitians. We have bills in progress that will allow citizens to make healthier choices and receive better care. Plus, we are facing the demanding challenge of an ever increasing obesity epidemic. With all of this taking place there is no better time than now to step up to the challenge of being PA (politically active). While it is always important to be aware of and sensitive to issues regarding race, gender, the disabled and other identity groups in order to avoid offence, by being PC (politically correct), these times demand much more from us as citizens than simple courtesies.

We are being called upon to make our voices heard and this doesn't mean gossip mongering. It means action!

As humans we are set apart from other mammals by our ability to consciously evaluate a situation and change it for the better. In that sentence the word conscious refers to a mental state that asks what I can do for all concerned, not how I can get ahead. It is a state of knowing that what I do for my brethren, I do for me. It is a place that steps out of the sinking sand pit of apathy and into the breath and vitality that exemplifies life; which by the way, means being there for one another.



We can change our world. It starts at home and in our community, making positive changes. We need to remember to keep our attention on community and local government. Many of us would be surprised that it is our local and state governments that have the greatest impact on our lives. There is a saying that suggests,

“It is better to light one candle than curse the dark.”

That is all it takes - get involved with one issue that betters the health and wellbeing of the

planet or the life on it. Now that I have you pumped up let me give you a few helpful hints.

In our democracy we elect representatives and give them the power to speak for us by making laws and driving public policy. So it is our responsibility to know who is running for office and what their views are. Start by knowing what district you are in and who the councilperson is. California State University Northridge is in District 12 and Greig Smith is our councilman.

Our elected state and Federal legislators need to hear from us. The best way to get their attention is with personal letters that address specific issues or legislation. It is also helpful to be one of many; in other words, get other likeminded individuals to express their views on the same issue. Your letter does not have to be a masterpiece simply state your purpose, issue, or specific bill and use examples from your own experience to enlighten your representative. Remember to keep it concise and to the point with only one issue per letter.

For more information, here are some excellent websites you will need to visit. Start by going to the CSUN library web page: <http://library.csun.edu>. (Continued on page 4)

Cosmeceuticals: The Beauty of Food

By Jessica Salsbury

Everywhere you turn, you are bombarded with beauty products claiming to provide a more even skin tone, decrease in the appearance of wrinkles or enhanced anti-aging benefit. The advertisers assure that you too can achieve this ideal and youthful appearance by using cosmeceuticals or functional cosmetics. The product labels boast “natural” ingredients you would expect to find in the produce aisle of the grocery store. Desperate to fight the hands of time, you purchase these products and do not think twice about forking over the wad of cash.

So what is the connection between nutrition and cosmetics? As we uncover the mysteries of the human body and its intricate metabolic pathways, we are more able to understand the role that nutrition plays in health. And yes ladies, this includes the structure and function of the skin and body (Morganti & Sud, 2008). Cosmetic companies have capitalized on the

functional benefits of foods to create cosmeceuticals or functional cosmetics that claim to enhance the appearance of skin. An example of a cosmeceutical ingredient is licorice extract.

Licorice contains flavonoids that encourage skin lightening by dispersing melanin, skin pigmentation.

Cosmetic companies have capitalized on the functional benefits of foods to create cosmeceuticals that claim to enhance the appearance of skin.

Thus, the cosmetic company can market the product as containing natural ingredients that provide a more even skin tone by decreasing facial redness and reducing pigmentation. However, licorice extract is a weak skin lightening agent and must be combined with other ingredients for good clinical results (Draelos, 2008).

I advise the buyer to beware

purchasing the next miracle cream that contains “natural” ingredients. Remember, the Federal Food, Drug and Cosmetic Act does not require cosmetics and their ingredients to be approved before being sold to the public (Lewis, 1998). Do your research and investigate the claims on the package before investing your money.

References:

Draelos, D. (2008). The cosmeceutical realm. *Clinics in Dermatology*, 26, 627-632.

Lewis, C. (1998). Clearing up cosmetic confusion. *FDA Consumer*, 32(3), 6-11.

Morganti, P., Sud, M. (2008). Cosmeceuticals. *Clinics in Dermatology*, 26, 317.



Continued From page 3, Better to be PA than PC

Go to “Library Personnel” and click on “Finley, Mary.” There you will find her web site with a plethora of information. It is a wonderful, inclusive, and useful site.

To get all of our officials’ names, how long their terms are and where to address their mail go to: [http://www.lavote.net/voter/Public Officials.cfm](http://www.lavote.net/voter/PublicOfficials.cfm)

Another site to find more

about the elected officials, how to contact them, and discussion of events is the League of Women Voters of California: <http://ca.lwv.org/lwvc/edfund/govtinfo/index.html>

Another fun nonpartisan site is Project Vote Smart. In the Vote Smart search bar write: Government 101. Never again get caught off guard when someone asks you how many U.S. Senators there are.

Another must read page for Dietitians is “How a bill becomes a law.”

<http://www.votesmart.org/index.htm>

In order to find out what is happening locally go to: <http://www.lacity.org>

In part II, I will discuss how to become an activist in the growing field of Dietetics.

Nutrigenomics: What Role Does it Play in Careers for Food Scientists & Dietitians?

By Elena Dan

Nutrigenomics is a common term used in current research and the media. It is important for students who study nutrition and food science to know about current research and the opportunities and challenges that arise with it. Nutrigenomics is an interesting field for both nutrition and food science students because it “examines the response of individuals to food compounds using post-genomic and related technologies” (NuGO, n.d.). According to the European Nutrigenomics Organization, this technology is so unique in that it offers an approach without any preconceived ideas. When health practitioners evaluate conditions or risk factors for patients most approaches are based on results from previous research that has been recorded. Thus this approach can be understood as preconceived in that it does not treat patients as individuals but rather places them into a group with similar characteristics.

One example would be when health practitioners predict that men with a waist circumference over 102 centimeters and an increased BMI are likely to suffer from diabetes mellitus II (abpi, n.d.). Another example is to say that a Caucasian woman with increased age and low body weight has a higher chance to suffer from osteoporosis (NOF, 2008). Even though statistics give us a good idea in predicting health risks, as for example for diabetes II or for osteoporosis, they neglect that each individual is unique and may not have the genes that express those diseases. With Nutrigenomics we will be able to advise patients based on the

human genome, in regards to diet and its influences on health optimization or disease prevention. Because the human genome can give us specific information about individuals, this technology offers a unique and exciting approach. Nutrigenomics could not only be used to predict susceptibility to diseases but it can also be used to predict whether individuals have the gene to suffer from depression or stress management problems.

There are many ethical concerns of using the human genome to make such predictions. The fact is that individuals can have genes that code for a disease or condition but this gene might not necessarily ever become active. Whether a gene is turned on or off could be due to various lifestyle factors such as diet or exercise patterns. Therefore, with Nutrigenomics, dietitians have a more profound tool to entice their patients to make lifestyle changes, such as changing diet patterns. However, lack of commitment is a common problem dietitians face with their patients. The idea with Nutrigenomics is that patients will be more alert and serious about risk factors that are based on their genome. Thus Nutrigenomics can bring dietetic practice to a new level. For food science, Nutrigenomics also offers a great approach to tailor foods to improve health and prevent disease. Nutrigenomics offers food scientists a reliable tool to explore the influence of nutrients on genetic activity. “The Prevalence, Cost and Basis of Food Allergy Across Europe

(EUROPREVALL)” is an example of a project that aims to research “genetic predictive markers for allergies” (NuGO, n.d.). Results of such research could offer new opportunities for product development targeted towards individuals with certain food allergies.

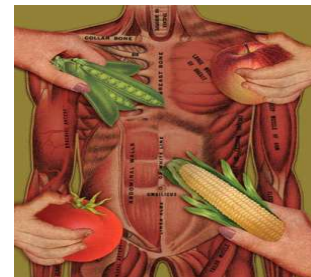
Lastly, I would like to emphasize that a degree in food science and nutrition provides numerous avenues you can pursue. Through my research for this article, I realized that technology and research is constantly changing and with it our possibilities for future careers.

References:

The Association of the British Pharmaceutical Industry (abpi). Why is obesity linked with diabetes? Retrieved November 3, 2008, from http://www.abpi.org.uk/publications/publication_details/targetDiabetes2/q5.asp

The European Nutrigenomics Organisation (NuGO). The basics of Nutrigenomics. Retrieved November 3, 2008, from <http://www.nugo.org/everyone/28383>

National Osteoporosis Foundation (NOF). (2008). Prevention, who is at risk? Retrieved November 3, 2008, from <http://www.nof.org/prevention/risk.htm>.



What is the RD Exam All About?

By Richelle Goldilla

The RD exam or Registration Examination for Dietitians is an exam that is taken to certify an eligible individual to become a Registered Dietitian. It is given by the Commission on Dietetic Registration, which is the credentialing agency for the American Dietetic Association. In order to become eligible to take the exam, the following requirements need to be completed, met, or complied with: the minimum of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent; current minimum academic requirements ([Didactic Program in Dietetics](#)) accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association; a [supervised practice program](#) accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association; the [Registration Examination for Dietitians](#); and the Professional Development Portfolio (PDP) recertification requirements.

The RD exam is a computer-based, variable length examination. It is designed to evaluate a dietitian's ability to perform at entry-level, and it is unique to each examinee's entry-level competence. Each examinee will be given, and must receive, a minimum of one hundred and twenty-five questions: one hundred (100) scored questions and twenty-five (25) pretest questions in order for the examination to be scored. The maximum number of questions possible is one

hundred and forty-five (145): one hundred and twenty (120) scored questions, and twenty-five (25) unscored pretest questions. The test questions are in multiple-choice format. Each question will require a response in order to continue the examination process. Once an examinee answers a question and continues to the next question, the examinee is not allowed to go back and review or change previous examination questions/responses. According to statistics, it has shown that when an examinee is able to go back, the examinee was less successful. Examinees are allowed three (3) hours to take the examination and complete an introductory tutorial. The timer/clock will begin with question one of the examination.



and one-half (2 1/2) hours to complete the examination once the timer/clock begins. If an examinee does not respond to the minimum number of questions required to make a pass/fail decision, the examination will not be scored. The examinee would then receive a form documenting his or her decision to quit the examination. The examinee must contact the Commission on Dietetic Registration to be reauthorized to test. No refunds

are provided.

The exam content outline changes following the review and analysis of the Dietetics Practice Audit, which was last conducted in 2005. The current content outline took effect in January 1, 2007 for dietitians. The content is as follows: Domain I - Food and Nutrition Sciences – 12%; Domain II - Nutrition Care Process and Model – Simple and Complex Conditions – 40%; Domain III - Counseling, Communication, Education and Research – 10%; Domain IV - Foodservice Systems – 17%; Domain V - Management – 21%.

The questions are set up as a matrix system. The first question determines the following question and so forth. The objective is to determine if the examinee is thinking conceptually, meaning that he/she has “an idea of something that is formed by mentally combining all its characteristics or particulars; a construct.” If he/she is not answering the questions conceptually, then the questions become more difficult such a way that more questions will be asked to determine conceptual thinking.

Because the exam is computer-based, there are many advantages. The examinee is able to receive the score as they leave the test center. The exam has flexible test administration dates; therefore the examinees can schedule testing throughout the year. Also, retesting is available forty-five days

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Meet The Dietitian By Pat Spencer

Meet Stephanie Larmour Sanders, MSRD, CNSD, CDE, Clinical Nutrition Manager and you will quickly learn what a productive life she leads. Not only is this evident in her current position as Clinical Nutrition Manager (CNM) at Northridge Hospital Medical Center (NHMC), but also when we look back over her past accomplishments. She has walked in our shoes. Being a graduate of CSUN, she attended the same classes and participated in many activities as we do today. Stephanie earned her masters degree in 1987. As a student her part time work varied from being employed as a diet clerk at Van Nuys Community Hospital, being a research associate at the Sepulveda VA, and managing accounts receivable in a financial institution to better understand the operation of a business.

After becoming a registered dietitian she worked at the Sepulveda Veterans Administration. Here she spent seven years in nutrition research working with a GI physician focusing on gastric motility and bariatric surgery. Other research she had been involved in centered on diabetes, cystic fibrosis, hyperemesis gravidarum and enteral feeding. In 1994 she wrote an article in the Journal of the American Dietetic Association, volume 94, issue 12 about a new protocol to manage hyperemesis gravidarum, a severe form of morning sickness. With your student library access or your ADA journal membership you

can view her published article. The California Dietetic Association honored Stephanie with the Excellence in Clinical Dietetics Award in 1995. The criteria for this CDA award is challenging but Stephanie's commitment to the field made her worthy of this great honor. During 1997 she participated as a reviewer on an ADA handbook called A Clinician's Guide to Nutrition in HIV and AIDS.

She served as an editor for a chapter review on diabetes mellitus and played a role as an independent reviewer for a metabolic support team manual called The Science and Practice of Nutrition Support: A Case-Based Core Curriculum for the American Society for Parenteral and Enteral Nutrition (ASPEN).



Stephanie Larmour Sanders, MSRD, CNSD

She spent two years in private practice serving as a public health advocate and speaker at a drug rehabilitation house, working at a skilled nursing facility, and participating in outpatient counseling with diabetic, renal, weight loss and AIDS patients.

Stephanie managed a Metabolic Support Team for ten years at Cedars Sinai Medical Center and

has been the clinical nutrition manager at Northridge Hospital Medical Center since 2001.

Along with her many hours volunteering throughout her career and her varied work experience, she was well prepared for her role as CNM.

She has produced a strong clinical team at NHMC. She manages dietitians, nutritional assistants, diet clerks, interns and volunteers. It is because of Stephanie that the nutritional assistant job, volunteer, and CSUN internship program is available at Northridge Hospital. You will find her involved with bariatric patients, giving lectures, educating nurses, dietitians, physicians and providing educational outreach to the community. As a manager she updates standards, develops policies, works with administration, develops competencies and oversees staffing.

If you have questions about becoming a clinical nutrition manager, ask Stephanie the next time she is on campus. She is known to attend SDFSA events and speaks at the Career Symposium when her schedule allows. Her accomplishments are impressive, her knowledge something to seek out, and you will be a better clinician having met Stephanie Larmour Sanders.

Is Foodborne Illness **COOL**? By Taraneh Tamaddon

Until recently, Californian consumers suffering from food poisoning and the professionals looking for the source of illness did not have a clue from which country the food that was eaten came from. However, on September 30, 2008, a big change came that will be an incredible resource for these investigators: the Country of Origin Labeling Law also referred to as **COOL**. This law will affect restaurant diners as well as investigations of foodborne illnesses in California.

There are a few important criteria to consider though. Not all countries are included as a source, and not all foods and retailers are regulated by this new law. There are exceptions to COOL for some of the most important types of retailers under consideration (such as butchers, restaurants in hotels, school cafeterias, fish markets). Additionally, no labeling is required for food items that have

had spices, sauce, or breading added! How the law will be applied also has discrepancies to consider. If a Chinese- or Japanese-owned ship catches fish off the coast of Alaska, the fish may be labeled as a product of China or Japan, while beef that comes from cattle that spent thirty days in a feed lot in the U.S., but raised in a different country, can be labeled as coming from the U.S.!

Perhaps one of the greatest benefits of this new law is the relief from major economic damage to agricultural interests that *are not* at fault when it comes to a huge outbreak. Another benefit is that now when one gets food poisoning, even if from grocery store food items, the Department of Health may be able to determine with more accuracy what made you sick by investigating each ingredient based on the country of source.

Currently, dairy products are

not regulated by this new law due to years of heavy lobbying by grocery lobbying groups who argued the law would be too costly to implement. However, with the recent milk scare from China, there are requests to extend the law to cover dairy foods.

The law is expected to cost at least \$2 billion dollars to implement, with a \$1000 fine per violation for businesses.



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following the previous test date. The tests are taken at CDR's testing agency, ACT, Inc., which has developed its own testing network to administer the examinations at over 225 approved test sites nationwide, located in universities and community colleges.

The examination application expires one year after it is issued by ACT. If you do not complete and return the examination application within this one-year

time period, you must contact the Commission on Dietetic Registration to request a new application. The CDR Authorization to Test expires after the test is taken or one year after authorization, whichever occurs first. This means that if examinees are unsuccessful they must contact CDR in order to take the test again. The application fee for dietitians is \$200. The Commission on Dietetic Registration publishes two study

guides: Study Guide for the Registration Examination for Dietitians, and Study Guide for the Registration Examination for Dietetic Technicians. Both study guides include a comprehensive study outline, references and practice examination. The practice examination is provided in both hard copy and CD-Rom versions. The CD-Rom has been designed to simulate the actual computerized examination.

Join SDFSA Today



New SDFSA members are always welcome! Get connected to the arena of Dietetics and Food Science; join SDFSA today. Membership is only \$ 10 a semester and worth every penny! For more information visit our SDFSA website : <http://www.csun.edu/~sdfsa> for more information or a membership application. We look forward to seeing you at the next meeting.

Don't Forget to attend our
Last SDFSA meeting
of the Semester!

Monday, December 1, 2008
7:00 a.m., Room SQ 112

Melon Berry Froth By Elena Dan

Serves Two

Ingredients

4 oz fresh currants (or blackberries, strawberries, fresh figs work too)
1/2 honeydew melon (medium size)
1 tsp honey (wildflower is great)
1/2 cup yogurt (buttermilk or kefir)
Optional: 2 leaves fresh mint or lemon basil
2 tsp sugar (for garnish)

Directions

Wash the currants (or alternative berries) and reserve two sprigs for later; remove the remaining currants from the stems. Cut the melon and remove the seeds. Remove the rind and cut melon into cubes. Puree the currants, melon, honey, and yogurt (or alternative) in a blender. Moisten the rim of 2 glasses with water and dip them into the sugar that you put aside

earlier. Divide the drink among the 2 glasses, garnish each with a sprig of currants (and mint/lemon basil if you like), and serve immediately.



Continued From page 8, RD Exam

Program directors will receive institutional reports in February and August of each year. The institutional score report will include scaled scores for program graduates (examinee names will only be included if the examinee authorized release of scores with examinee name), percentile ranks, national mean scores, institutional examinee mean scores, and scaled subscores for Food and Nutrition

Sciences (Domains I, II, and III) and Foodservice Systems/ Management (Domains IV and V). The entire process from the time the Commission on Dietetic Registration receives the eligibility application to the time the candidate receives the *Authorization to Test* letter is 3 to 6 weeks dependent on first-class mail delivery and prompt candidate response to the examination application mailing.

For more information, visit www.cdrnet.org.

I would like to graciously thank Dr. Joyce Ann Gilbert, the new Director of the Marilyn Magaram Center and Associate Professor of Family and Consumer Sciences. She was a valuable resource in helping me learn and understand what the RD Exam was all about.

Zucchini Pineapple Bread By Brandia Tomlin

INGREDIENTS:

3 eggs, beaten
1 ½ c. white sugar
½ c. brown sugar
1 tsp. vanilla extract
1 c. olive oil
2 c. grated zucchini
1 c. all-purpose flour
2 c. whole wheat flour

1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1 cup crushed pineapple,
drained well

METHOD:

In a large bowl mix together the eggs, sugar, vanilla, oil, and zucchini.

In a separate bowl mix

together the flour, baking soda, baking powder, and salt. Add zucchini batter and mix well. Stir in pineapple until just blended, Pour into 2-9x5x3 inch loaf pans.

Bake in a preheated 325 degree oven for one hour, or until browned

Serves 12 slices of bread/ 24 muffins

SDFSA Board Members Fall 2008-Spring 2009



Left to right: Diana Tamus (Historian), Pat Spencer (Webmaster), Brandia Tomlin (Ways and Means), Maithili Bhagat (Editor), Jessica Ruiz (Editor), Nazy Gholian (Secretary), Elena Dan (Fundraising Treasurer), Dr. Terri Lisagor (Faculty Advisor), April Diederich (President), Carlen Loewenthal (Vice President), Erin Cook (Ways and Means), Vilma Hernandez (Publicity), Jessica Salsbury (Fundraising Treasurer), Pilar Chilet (Publicity), Betty Agazaryan (Accounting Treasurer), Nikki Anderson (Historian), Laura Frankel (Secretary), Taraneh Tamaddon (Vice President). Not Pictured: Sarah McOsker (CC Representative), Anna Abulyan

Membership Offers...

The Student Dietetic and Food Science Association would like to invite you to join us for the 2008-2009 school year. The Association is open to all CSUN students, faculty, alumni and all others who are interested in the area of dietetics, nutrition, food science and other related fields.

Members have the opportunity to...

- **Network** -- with professionals at the Career Symposium and learn how to be successful in your field.
- **Listen** -- to speakers discuss the latest issues and advancements in the area of dietetics, food science and other related areas.
- **Receive** -- biyearly newsletter "The Nutrition and Food Science Bulletin, which will help keep you informed on the latest research and trends.
- **Attend** -- the Internship Symposium which will enable you to better decide which internship program best suits you.
- **Develop** -- leadership skills by participating in and becoming involved in a student organization.

Goals and Objectives...

SDFSA was formed in 1974 when the American Dietetic Association encouraged student participation in professional organizations. It was formed to give dietetic students a chance to learn about their chosen profession and to network with professionals in the field.

SDFSA provides its members with valuable dietetic, nutrition and food science information, and many opportunities to meet with professionals.

Annual Events...

Annual events sponsored by SDFSA in the past include....

- World Wide Week
- World Food Day
- Speaker Lecture Series
- Nutrition/Health/Food & Equipment Demonstrations
- Sports Nutrition Month
- Dietetic Internship Symposium
- National Nutrition Month
- Career Symposium

Join Today!



All you need to do to join, is fill out the application and return it along with a check for \$20 made payable to SDFSA, to the FCS Dept. Office, any SDFSA officer or mail to:

SDFSA, Cal State University Northridge
Dept. of Family and Consumer Sciences
18111 Nordhoff Street - FCS Northridge, CA
91330-8308

Visit our website:

<http://www.csun.edu/sdfsa>

