

# Food *Thymes*

STUDENT DIETETIC AND FOOD SCIENCE  
ASSOCIATION MEMBER-WRITTEN NEWSLETTER

## The Not-So Hidden Truth Behind Sweetened Drinks

By Janelle Smith

The amount of fat consumed by Americans has decreased by about 10% over the past 50 years from 42% of total calories in the 1960s to 33% of total calories today. The rate of obesity in the US, however, has tripled.

It, therefore, appears that other factors besides fat consumption are major contributors to our nation's struggle with overweight status. It has moved beyond just the United States and has become a global epidemic and, for the first time in history, there are more overweight people in the world than starving people and the rapid rise in obesity is no longer reserved just for wealthy nations. India, China, Russia, the Philippines, and Mexico are now seeing an increase in obesity and overweight. Researcher and professor Barry Popkin's "The World is Fat" is a fascinating examination of these global trends. While describing how agricultural efficiencies, sedentary lives, manufactured foods, human genes for preventing starvation equal a recipe for disaster, Popkin makes a bold claim. He argues that caloric beverages are

the largest contributor to obesity worldwide. Drinking our calories is a relatively recent phenomenon. For the first 200,000 years of our species' existence, the only liquids we consumed were water and breast milk. Around 2000 B.C.E., we find records of milk, wine, beer, and juice being consumed. In the past 1000 years, we see an explosion of caloric beverages: coffee and tea (with milk and sugar), liquor, juice concentrates, soda pop, and "energy" drinks. Popkin theorizes that our human genetics have not yet adapted to these new consumption habits. They were designed for the hunter-gatherer's survival when food was more scarce, and are no match for our appetites in this world of plenty.

Several recent research studies have demonstrated that intake of beverages does *not* off-set food intake. If we drink a 200-calorie soft drink at a meal, we do not eat 200 calories less of food. Drinks are additional calories on top of the calories we eat based on our hunger cues, and our appetites



*A visual representation of the amount of sugar per bottle.*

do not compensate for them. The liquids may give us a short-lived feeling of fullness from the expanding of our stomachs, but it then empties much quicker than solid foods and we feel hungry shortly thereafter. Other times, sweetened beverages actually increase our appetite for food: think of how the sweetness of a soda drives us to eat salty snacks, an aspect which the food industry exploits.

Considering this phenomenon, I converted the grams of sugar to teaspoons in the 6 common beverages pictured above. The amount of sugar per 8 ounce serving was listed on the label of each bottle, however each bottle contained at least 2 servings. People often feel [Continues on Page 3]

## Advisor's Message



SDFSA has individual stars, but most importantly, it is a truly successful team!

Just when it seems that we can't do any more or get any greater, SDFSA scores another homerun. Teamwork and great leadership are how SDFSA continues to thrive

### Teamwork

*The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.*

~Babe Ruth

and shine. Each member's active participation (i.e. stars and teamwork) brings the highest quality programs and events throughout our 2010-2011 academic year: the Dietetic Internship Symposium, the Nutrition Lecture Series, the Career Showcase, the Nutrition College Bowl, the Flores Family Iron Chef competition, the DI Internship Support Group, the health fairs, the 7 AM meetings – just to name a few.

Congratulations to every member of the SDFSA team. You embody SDFSA's mission by providing a framework for

meaningful student involvement, stimulating professional development, developing effective avenues of communication between the team members, the campus community, and the community at large. You are the champions!

For a complete look at our leaders and events, visit our website (<http://www.csun.edu/sdfsa/>).

With appreciation for all you are and all you do!  
Dr. Terri Lisagor, Faculty Advisor



## Mission of SDFSA

The purpose of the Student Dietetic and Food Science Association (SDFSA) shall be to provide framework for meaningful student involvement, to stimulate professional interest, and to develop channels of communication between students, advisors, faculty, the Family Consumer Sciences department, and the community in the

## SDFSA President's Message

by Karmen Ovsepyan

I would first like to welcome new and returning members to the Student Dietetic and Food Science Association!

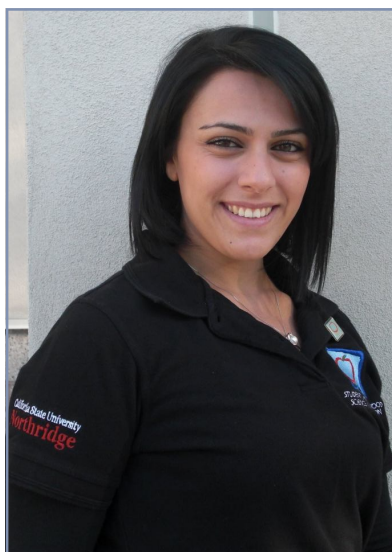
Fall 2007 was the beginning of my journey, when I joined the Student Dietetic and Food Science Association as a student member. In the Fall of 2008 I was given the opportunity to be the Chair for the 3rd Annual Flores Family Iron Matador, a cooking competition based on the hit television show "Iron Chef." In the Spring of 2009 I was elected as one of the Historians, and a year later, I was elected as the President of SDFSA. Through this journey, I have formed wonderful relationships with faculty, who have become my mentors, and with classmates, who have become my friends. They have guided me through the obstacles which I have overcome to be where I am today.

When I think of SDFSA, one word comes to mind, leadership!

I have worked with many wonderful leaders throughout my involvement with SDFSA, and each have inspired me in so many

ways. As the current SDFSA President, I would like to pass on their success, and create new beginnings and new ideas.

SDFSA gives students endless opportunities to get involved and network with faculty, students, community members and profes-



sionals in the fields of nutrition and food science. In the Fall semester, we have the Dietetic Internship Symposium, where we invite Dietetic Internship (DI) Directors to speak about their programs to our students.

In the Spring we have the Career Symposium, where students have the opportunity to learn about all the different job opportunities that are available after graduation. SDFSA also hosts a Nutrition Lecture Series, in which lectures are held on a variety of topics. There is also, of course, Annual Flores Family Iron Matador, which is held every Spring.

Students are also able to become chairs of committees such as our cookbook committee, new membership committee, etc. SDFSA collaborates with facilities on campus, such as the Marilyn Magaram Center, and with outside sources, such as LAD. This type of collaboration provides students with a multitude of opportunities to volunteer, gain valuable experience and to become leaders!

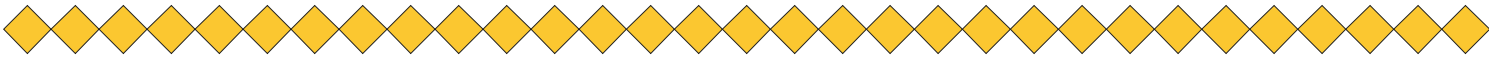
I am honored to have the opportunity to lead such an amazing group of officers and members for the upcoming year. I can feel that it is going to be a surprising year for SDFSA, filled with new collaborations, new ideas, and new accomplishments. Have a wonderful semester everyone, and remember that inside each and everyone of you is a leader!

["The Not So Hidden Truth About Sweetened Drinks" continued] good about "getting more" for our money and then consume the entire portion available to us, *rather than* rationing it out to make it last twice as long. It has become increasingly common worldwide for a person to have a latte with breakfast, a lemonade at lunch, a coke or red bull mid-afternoon for a pick-me-up, and a beer or glass of wine with dinner. These add up to a lot of extra calories that the world consumes every day. I know that this knowledge has changed the way I look at a soda or latte or glass of juice-- just picture all those heaping teaspoons of pure, sweet sugar!

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## Fighting Hunger, One Tree at a Time

By Xochitl Valdivia

Have you ever thought to yourself, "I wonder what happens to all of the excess and unwanted fruit and vegetables in people's backyards?" Usually, homeowners don't know what to do with all of it and, as a result, it rots or is trashed as yard waste. What if the produce was saved by harvesting at that perfect time when it is ripe and ready to eat? Are there people that would want it? Rick Nahmias answers these questions with *Food Forward*, a grassroots non-profit organization that sends out volunteer harvesting teams to pick the excess fruits and vegetables. The organization's core belief is that all people from different backgrounds have the right to nutritious food that is local and organic. The brilliant component is that 100% of the harvest goes to local food pantries that serve the communities of Southern California. Food Pantries such as SOVA, a community food and resource program, and M.E.N.D, which stands for Meet Each Need With Dignity, have received boxes upon boxes of locally harvested produce that was just hanging in homeowners' properties earlier that day.

Harvest food. Fight hunger. Build community. These three simple yet methodically executed ideas are what form the basis of the nonprofit organization Food Forward. One would think that because we live in California, one of the largest food exporters

in the United States, food insecurity would not be as widespread as it currently is. According to MEND, over 5 million Californians suffer from hunger pains or live in fear of going hungry, a statistic that Food For-

ward aims to greatly reduce. Over 275,000 pounds of fruit have been picked since the organization's humble beginnings in 2009, and the number keeps climbing higher and higher. All fruit that is donated regularly finds its way to the households of over 35,000 food pantry clients a month across Southern California.

teers who don't mind getting a little dirty for a good cause and who help harvest the fruit by getting to those high, hard to reach spots in the trees.

Rick Nahmias is joined by a team of dedicated leaders that help scout for properties with large trees filled with plenty of fruit ready for harvest. They look for willing volun-



Getting involved is easy. Simply fill out the Volunteer Registration Form which can be found on the official website at [www.foodforward.org](http://www.foodforward.org). You will begin to receive the monthly "Fresh Juice" e-mail newsletter with the month's scheduled events, at which point you can RSVP to the events that you would like to attend.

Fruit picks take place during the week in the evenings or during the weekend in the early mornings. At the site, you will sign a volunteer form and are given a quick harvesting introduction. Picks can range from two trees to two

large backyards full of orange, grapefruit and lemon trees. Volunteering creates an atmosphere of community that encourages volunteers to reconnect and pass along the abundance of food already present in our daily lives. **Take this as a call to action and help fight hunger in our very own backyard by becoming a fruitanthropist!**



**FOOD FORWARD**  
 Fruitanthropy (noun) (früt-'tan(t)-thrə-pə\)  
 1. the picking, donating or distributing of fruit for humanitarian purposes.

# Building a Better Salad

By Romina Atayan

Do you try to make a healthy salad and then top it with lots of croutons, cheese, and ranch dressing? What you put in your salad can not only increase the caloric content of your meal, but also decreases the nutritional value of an otherwise healthy salad. Here, we give you the scoop on five ingredients that will not only boost the healthfulness of your salad, but the flavor too.

## Go Green!

The greener the better. Dark green vegetables are a good source of many vitamins and minerals that your body needs to stay healthy. These include vitamins A, C, and K, folate, iron and calcium. They are also great sources of fiber. Research has shown that the nutrients found in dark green vegetables may prevent certain types of cancers and promote heart health. Dark green vegetables are also high in fat-soluble vitamins such as vitamins A, K, D, and E. These vitamins require a little bit of dietary fat in order for the body to absorb them. When you eat dark green vegetables, make sure to add a teaspoon of dietary fat, such as olive or canola oil, to help your body absorb these vitamins. Some examples of dark green leafy vegetables you can add to your salad include romaine lettuce,

spinach, arugula, and kale. Dark green leafy vegetables can all taste different, so it's important to try different varieties and choose your favorite.

## Fruit Basket

Have you ever tried adding fruit to your salad? Some popular salads like the Waldorf salad include apples and grapes or even raisins, but also have a ton of mayonnaise. Adding fruits can add to the healthfulness of your salad by adding antioxidants and fiber. Did I mention it can add flavor too? Fruits such as pomegranate seeds, nectarines, peaches and strawberries, not commonly used in salads, are packed with vitamin C and add a sweet taste to salads. We've all tried dried fruits like dried apricots or raisins in our salad but try adding the non-dried versions of these fruits. They contain fewer calories per ounce than the dried versions without compromising the flavor.

## Herbal Remedies

One of the quickest and easiest ways of adding flavor to your salad is to use herbs, whether in dressings and vinaigrettes or freshly chopped. Both fresh and dried herbs taste great and, not only contain antioxidants, but are also associated with lowering blood pressure and helping to control blood cholesterol levels. A few examples of herbs you can include in your salad are parsley, garlic, oregano, basil, chives, rosemary and thyme. Remember, you can use them fresh or dried, it's up to your preference.

## Let's go nuts!

Most tree nuts, depending on the variety, are good sources of fiber and contain many vitamins and minerals your body needs for good health. Some types of fats, such as saturated and trans fats, are con-



sidered less healthful and should be consumed in moderation. Plant sources, like nuts, contain more of the healthier fat than animal sources. Several studies show that nuts help your heart by lowering cholesterol when eaten as part of a balanced diet. So, how can we go nuts for nuts? Try sprinkling your salad with slivered almonds, chopped walnuts, pecans or even hazelnuts. Remember, any type of fat can supply excess calories, so it's important to keep your intake of dietary fat within recommended levels.

## Dress to Impress

Do we need to avoid full-fat salad dressings? The answer is no. As mentioned previously, dark green vegetables are high in fat-soluble vitamins. So, adding one or two teaspoons of full-fat salad dressing can not only help us to absorb those fat-soluble vitamins, but it can also help us feel fuller and more satisfied. There are, however, other ways to add healthy fats to our salads.

This can be done by making a simple vinaigrette with balsamic vinegar and olive oil. If you're not a fan of vinegar, you can always substitute it with lemon juice. Lemons are a good source of vitamin C, which works as an antioxidant to fight off free radicals. You can even slice up some avocado for a heart-healthy monounsaturated fat. They contain vitamin E and are a good source of fiber. A quarter of an avocado can provide 3.5 grams of fiber and give great flavor to your salad. While avocados are a high-fat food, enjoying them in moderation is key.

[Continued page 5]



["Building a Better Salad" Continued]

So, are you ready to make a healthy and flavorful salad? Here is a recipe from the County of Los Angeles Ask the Dietitian program for healthier holidays. It includes the five important ingredients discussed in this article. Try this at home and see if you can build a better salad.



**Persimmon & Spinach Salad**

6 servings

**Ingredients:**

- 3 medium persimmons, cored and sliced
- 3 cups baby spinach, washed & dried
- ¼ cup pecans, lightly toasted
- ¼ cup dried cranberries or dried cherries

**Dressing:**

- 2 tbsp seasoned rice vinegar
- 3 tbsp olive oil
- 3 tbsp orange juice
- 1 clove garlic, crushed
- ½ tsp black pepper
- ½ tsp salt

**Preparation:**

Mix and chill dressing ingredients. Toss salad ingredients with salad dressing just before serving.

**Nutritional Information per serving:**

- Calories 120 kcal
- Fat 6 g
- Saturated fat 1 g
- Cholesterol 0 mg
- Fiber 3 g
- Sodium 210 mg

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)



**Have a Cookie!**

By Maryann Boosalis

thing you really want isn't fun, and once you cave, you'll probably end up eating more than you would have in the first place.

Notice that my tip is to have *a* cookie, singular. No need to sample all five flavors. Pick one and enjoy it without guilt. If you really want to try a few flavors, find some friends to split them with. Or you could have two cookies and try to balance out the rest of your day or evening

with healthier options.

That said, if you aren't hungry or aren't really craving sugar at the moment, don't feel bad turning down a treat. If you are being offered a goody that looks amazing but you aren't hungry at the time, save it for later when the hunger or sugar craving strikes. You will enjoy it more!

My next piece of advice is to enjoy the treat along with a meal or snack. Doing so will prevent a spike in your blood sugar levels, which often leads to a "crash" and may cause sugar cravings later in the day. If you are at a holiday party, first fill up your plate with some veggies, protein, and healthy carbs before hitting up the dessert table. Filling up your body with good nutrients first will prevent you from scarfing down the whole cookie platter.

Finally, I encourage you to experiment in the kitchen. The only thing more fun than enjoying goodies is baking them yourself and then eating them! Doing so will make you appreciate the treat more, and also allows you to get creative and "healthify" recipes. You can experiment with using apple sauce instead of fat, whole wheat flour, and natural sweeteners, like maple syrup, rather than table sugar.

Many of the tips that I am offering are easier said than done. Don't be too hard on yourself if you have the extra slice of cake because this is a learning process. It takes a lot of practice to be able to listen to your body's signals. The holidays only come around once a year, enjoy all they have to offer, albeit in moderation.



No matter which holidays you celebrate, it is inevitable that from Halloween through New Year's Day, delicious treats will be frequently offered around parties, the office, and in your own home as a staple of the holiday season. After all, what would Halloween be without candy, Thanksgiving without pumpkin pie, and Christmas without gingerbread?! It's easy to get carried away, and before you know it, you may have gained a little souvenir to carry into the next year. While some people may feel that packing on a couple extra pounds is worth the indulgences, most would rather not spend all spring getting back in shape. Following these guidelines will allow you to enjoy what you want without the guilt or gain.

As the title of this article hints, my first tip is to have a cookie! Or a cupcake, or a piece of candy, or whichever treat tickles your taste buds. Denying yourself some-

# Nutrigenomics and Its Role in Public Health



by Rosalyn Young

Nutrigenomics is a hot topic that has gained momentum these past years. It examines the field of molecular biology, genetics and nutrition. It is the study of how food can affect gene

expression. Personal diets may be developed based on a person's genetic make-up in order to optimize certain genes that can promote health. Increased knowledge in the area of nutritional genomics may aid health care professionals in understanding how diet can affect disease state at the molecular level.

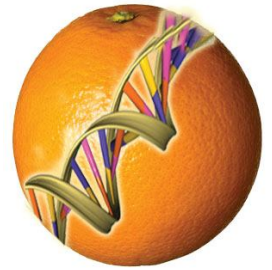
Diseases such as cancer, diabetes, and obesity are influenced to some extent by a person's genes. Diets have conventionally been recommended based on epidemiological studies. For example, a patient is in-

structed to maintain a low fat diet because studies have shown that there is a link between high fat diets and heart disease. However, not everyone who consumes a high fat diet will have heart disease. In the case where a person's genes may indicate increased risk factors for heart disease, then a diet may be tailored to lower blood cholesterol thus decreasing the chance of obtaining a chronic illness.

Certain aspects of the food industry can benefit from the study of nutrigenomics, especially food processing and manufacturing. The promotion of certain foods may take on a more active approach to public health. Food processing can affect nutrients in foods and this may affect the genes that regulate the disease processes. Knowledge in this area can help product developers design and manufacture foods that are more beneficial to the general population's health. More functional foods may be identified and even sensory improvements are possible. As quality improves, the demand will increase. The public, as well as the food

industry, will benefit from this trend as a result of these improvements - the way food products are promoted may change for the better.

There have been studies completed on chronic diseases and genetics. Dietary information, however, has not been published or linked to the studies. A study conducted by the Wellcome Trust Case Control Consortium in 2007 has mapped out 500,000 genetic markers of 17,000 people. They were able to correlate genotypes with seven very common human diseases. In the near future, individuals may wish to obtain their genetic mapping. It will be no surprise when a patient walks into a nutrition professional's office asking for dietary recommendations based upon one's genetic makeup. It is up to the health care professional to realize how important [Continued on page 7]



## B Vitamins for Energy? I Don't Think So...

By Heather Mason

Are you tired after you eat lunch? Have you been up all night cramming for your final? Why don't you drink some Red Bull, or how about an energy shot? These days, it seems that everywhere I turn I see supplement and energy drink companies pushing B vitamins as the miracle cure for more energy.

The truth is that B vitamins do not *give* you energy. They do, however, assist in the metabolic process by helping convert the food we eat into adenosine triphosphate, more commonly known as ATP. ATP is used in our bodies as a form of energy. So, the connection is made that the more B vitamins we consume, the more energy we will have, and the more we can work/study/party without ever having to rest. Sounds great! Well, this would only be true if one was actually deficient in B vitamins.

In reality, B vitamins, such as riboflavin (B<sub>2</sub>), thiamin (B<sub>1</sub>), B<sub>12</sub>, pyridoxine (B<sub>6</sub>), niacin, and folate, are abundant in American diets. They are found in commonly consumed foods, such as whole grains, cereals, tortillas, meats, poultry, milk, vegetables, and even potatoes! I know that Americans love French fries... Many foods these days that aren't even considered very "healthy" are loaded with B vitamins, such as sugary cereals. These foods are generally "enriched," which means the vitamins lost during the processing are added to replace the lost nutrients. Nonetheless, the vitamins are in there and you are paying a lot less for one cup of that cereal

than you are paying for "energy drinks." The moral of the story is get your B vitamins from food, not drinks.

So you may say, "But Heather, I feel *so* energetic after I drink my 'Go Girl!'" Well, let me tell you, that's because along with the B vitamins in your drink, there is a ton of caffeine. Most energy drinks have about the same amount of caffeine as coffee, if not more. Caffeine is a stimulant which may lead to an increased heart rate and a feeling of alertness or more energy. So, if you absolutely need to stay up, I would suggest choosing a cup of coffee over an energy drink. The very best advice, however, would be to take a power nap!

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["Nutrigenomics and Its Role in Public Health" continued] nutrigenomics is and how to effectively use it. Everyone involved in nutrition needs to work together to benefit the public. Ultimately, this will lead to optimal health and wellness.

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# For Vegetarians, Variety is Key

by Hermineh Galstian

When I first became a member of the vegetarian population, I simply stopped eating meat. Thankfully, I soon learned that it was necessary to replace the nutrition and calories that meat had provided with other foods. These replacements need to be rich in various vitamins and minerals, which meant neither munching on celery sticks all day nor simply filling up on "vegetarian-friendly" chips and cakes. Conveniently, adding nutrient-rich foods to the vegetarian meals you're already familiar with will also add flavor and texture.

Vegetarians will inevitably be asked, "Where do you get your protein? Are you getting enough protein?" by parents and friends, and may even wonder about it themselves. The ADA recommends for 10-15% of daily calories come from protein, which is not too difficult to achieve. Legumes and grains provide plenty of protein, but you should strive to also incorporate foods that might be new to you. Soy products, like tofu, are delicious seared and tossed into a stir-fry or with a salad. Crushed walnuts are a welcome addition to a bowl of oatmeal, a salad, or to the stuffing of a baked stuffed tomato recipe. Other nuts like pecans, almonds, and hazelnuts are also flavorful, nutritious, and can be added to almost any dish.

It's fun and beneficial to explore new alternatives like substituting quinoa (8g protein per serving), wild rice (7g protein per serving), or bulgur (6g protein per serving) for white rice or pasta. With Southern California weather finally entering the colder months of the year, now is the time to try

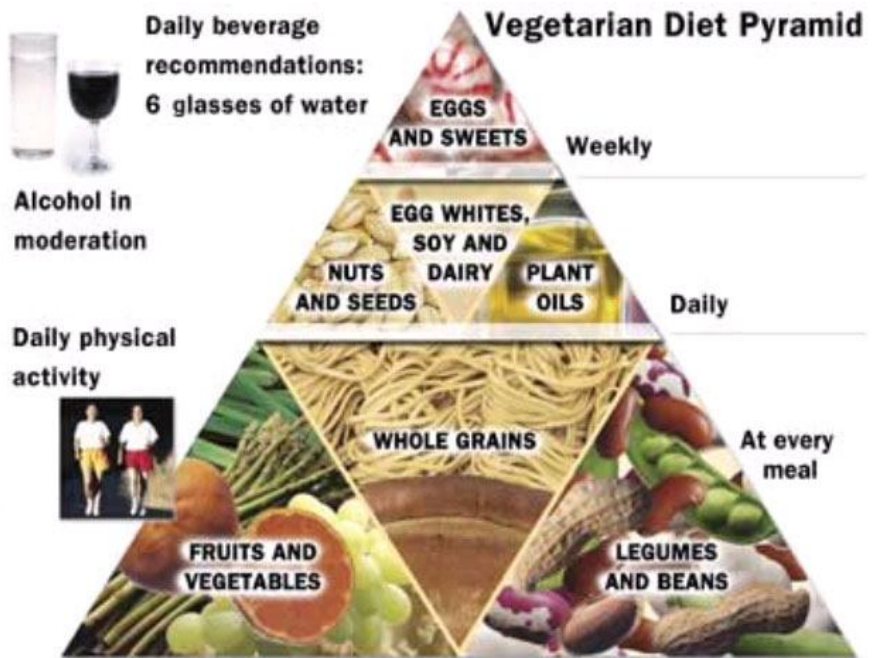
new soups. Lentil (18g protein per serving) soup is delicious and recipes are available in enough versions to satisfy almost anyone. These grains (and quinoa, a seed) also contain high levels of amino acids which are essential for total health.

Soups are an excellent way to consume a variety of healthy ingredients in one meal. Try a leek and potato soup, a chili made with a variety of beans, an asparagus soup, or borscht - a beet and cabbage soup with variations coming from Russia, Ukraine, Armenia, Poland, and other countries in the area. Some nutritious ingredients to add to your favorite soups include garbanzo beans, onions, zucchini, carrots, garlic, peas, kale, peppers, avocados, and herbs.

We don't usually think of garnishes as hav-

ing much to offer save for visual interest yet they also add texture, scent, and, of course, taste to any dish. Herbs like thyme, parsley, coriander, rosemary, dill weed, basil, and chives are low-calorie sources of fiber, vitamins, and minerals such as thiamin, zinc, iron, calcium, and folate. Crushed nuts, chopped fruit, and seeds such as sunflower and pomegranate seeds also make nutritious and enjoyable garnishes.

Vegetarian meals should not look or taste like cardboard. The larger the variety of plant foods you consume, the more complete your intake of vitamins, minerals, and amino acids will be. By trying new recipes and adding colorful, flavorful, nutrient-rich ingredients to your dishes, you'll be ensured an exciting and healthful diet. For more information and ideas, visit [www.eatright.org](http://www.eatright.org), [www.vrg.org](http://www.vrg.org), and [www.tryveg.com](http://www.tryveg.com).



# Chicken Potato Herb Soup



by Luisa Sabogal

## Ingredients

4 Cups of water  
 2 Chicken breast, cut into 1-inch cubes  
 6 Dutch yellow baby potatoes, cut in fourths  
 1 Large carrot stick, cut in half  
 1 Celery stalk, cut in half  
 4 Cloves of garlic, minced  
 2 Leeks of green onion, chopped  
 2 Tablespoons of fresh thyme  
 1 Tablespoon of fresh rosemary  
 1/3 Cup chopped, fresh, flat-leaf parsley  
 2½ Teaspoons of salt, plus more to taste

## Preparation:

Boil four cups of water in a large pot. Add potatoes, carrots and celery, cook covered over low-medium heat for 10 minutes.  
 Add chicken breast and minced garlic, cook covered for 20 minutes.  
 Add chopped green onion, rosemary and thyme, cook covered for 10 minutes. Lastly, add parsley and cook for 5 minutes. Remove from heat; let stand for 5 minutes before serving. Serve and enjoy!

Makes 4 servings.

# Do Tomatoes and Lycopene Intake Reduce Prostate Cancer Risk?

By Tomoko Fujio-Petersen

According to the American Cancer Society, 1 in 6 men are diagnosed as having prostate cancer, and 32,000 die from it in the U.S. every year. Groups at higher risk of prostate cancer are elderly men, African Americans, and men with a family history of prostate cancer. In recent years, there has been increased interest in tomato products and a major constituent, lycopene, because of their antioxidant and anticarcinogenic properties. Lycopene, a type of carotenoid, is responsible for imparting the red pigment present in tomatoes and certain other fruits and vegetables. However, attention wasn't brought to lycopene until after it was found that the antioxidant activity of lycopene was twice that of beta-carotene in the late 1980s. Unlike other carotenoids, lycopene is not converted to vitamin A in our body. The role of lycopene is thought to be that of a protective agent against cancer. Due to the fact that lycopene is extremely lipophilic, consuming tomatoes and lycopene with fat or oil and cooked tomato-based products generally increases its bioavailability.



However, not all studies were able to replicate the results. Most of the published studies on humans so far are case control studies or other observational studies. Thus, more clinical trials, which are less prone to error than those two aforementioned study designs are needed in order to provide significant or reliable evidence of the benefits of lycopene and tomato-based food intake in the prevention of prostate cancer.

As future dietitians, it is important to keep up with current research because nutrition is not a complete science, and there are many areas that can be further advanced. I encourage all of the students to be members of the American Dietetic Association and utilize their resources such as "Evidence Analysis Library" and their monthly Journals to find out what new research is published.

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Tomatoes are the most concentrated food source of lycopene. In some studies, individuals who consumed high amounts of lycopene from tomato-based foods appeared to have a lower risk of prostate cancer.

# Be Smart at the Supermarket

By Kelley Gold

Do you ever wander the grocery store aisles aimlessly looking for meal ideas? Do you want to make your own healthy meals, but end up leaving with frozen meals? Or, do you ever feel like eating well breaks the bank? News flash: You're not alone! Many people feel lost in grocery stores. This especially applies to college students or people with limited resources and underdeveloped cooking skills. But I'm here to break down the towering walls of grocery shopping with three easy tips on making grocery shopping easy, healthy, and cheap!



One of the easiest tips to making grocery shopping easy is going prepared. What do we do when we have midterms, group projects or work deadlines due? Many of us make lists to organize ourselves so we can

be efficient in our actions. The same applies to grocery shopping! Before going to the store, make a list of your needs: eggs, bread, peanut butter, milk, etc. Make the list according to the items you use every week, as well as the items you will need for your meals. If you know you are going to make pasta with sauce this week, write it on your list! Planning what you are going to make throughout the week can decrease the amount of trips you take to the store and decreases your errand list, too. Another reason the "Grocery List" is useful is it acts as a road map of your shopping journey. The list will guide you through the aisles that used to consume you and, therefore, you will spend less time wandering and more time doing the things you want to do - eat!

Many people want to eat better, but once they enter the grocery store they are bombarded with a variety of nutrition statements on the packages. How can you choose between these statements: Is it better to have a heart healthy or fiber-focused bread? Eating as natural as possible is the goal when shopping; it is an easy goal. The more natural the ingredients, the better it is for you and, often, the easier it is to pick it out of the variety of other similar items. If you're in the market for crackers, look for a box, usually on the top shelf and check the ingredient list. Sometimes, food items will have a



health claim, like lower calories or higher fiber - make sure you check the label to see if the claim added sodium or grams of fat. The box doesn't tell you that, does it? The less processed the item, the better it is for you, ergo... a healthy item.

What if the food item you chose is more expensive or doesn't taste good? This might happen from time to time. To aid in your decision to purchase, and to determine the healthiness of your item, look to the nutrition label as the best source of information. It will tell you the ingredients of the food item, the calories, fiber content, sodium percentages, and more. CSUN offers a great service to those who need help in deciphering the nutrition labels: Peer Nutrition Counseling at the Klotz Student Health Center. The students who participate in this program are well versed in nutrition and are willing to help students with reading labels, making food plans, or anything else nutrition related. This method might take some time to get used to, but the rewards are life-long because... [Continued on page 10]

## Mindful Eating

By Holly Erdogan

Eating is an essential part of our everyday life. It is how we nourish our bodies and have energy to conquer the day. But, instead of food being an essential and cherished part of our day, it has become an inconvenience and a never-ending trail of over consumption. It seems as though we are always rushed to eat our food and have forgotten how important it is to slow down and be mindful of how and what we are eating.

Take a moment and imagine yourself in your day-to-day life and how and where you typically eat your meals. As a busy college student, most of my meals are eaten while walking to class, in my car driving to work, or late at night while studying in front of my computer. Who

really makes the time to sit down at a dinner table and be completely focused on the food in front of them?

Along with not having the ideal "dinner table experience" it is safe to say that a good majority of Americans watch TV while they eat. In addition to the TV being a distraction, it also clouds your mind with commercials that promote unhealthy fast food and processed food. The term "couch potato" may be correct, as sitting in front of the TV while eating dinner has become an image to portray America's bad eating habits. These bad eating habits have led our country into obesity, diabetes, and many other serious diseases.

So, why is it so imperative that we pay more attention to our mind, body and the food we are eating? [Continued on page 10]



["Be Smart at the Supermarket" continued] ...you will eventually be able to know which foods contain what ingredients and understand the nutrient levels in your food.



fresh. Instead of buying instant oatmeal, buy the original oatmeal and mix in your own brown sugar. This decreases your sugar intake while increasing your savings. Instead of bringing tons of cash to the store try bringing tons of coupons. Coupons are listed online now, as well as the conventional newspaper ads. Being thrifty is not always easy, and at first it seems difficult, but it does get easier and your bank account will surely thank you.

Grocery shopping is never going to go away; it's something we will have to do for the rest of our lives. If we were to look at how much we spend each week, month, year, decade on food, we would be astonished. How can we decrease our spending per visit? A list is one way. If we follow the list we made at home, then we won't be swayed by our favorite snacks on sale or new products on the shelves. This way we can save ourselves from unnecessary spending. The list will also help us to bypass the aimless wandering which usually means

aimless buying. Another way to save money on healthy items is to find the 'alternative' version of the item. Try buying frozen vegetables and fruit. They last a lot longer and they are cheaper than buying the vegetables

Small steps can lead to big changes at the grocery store. Having an open and creative mind can save you time, nutrition confusion, and money. If you can navigate through the halls of CSUN, you can navigate your way through a successful grocery store experience.

["Mindful Eating" continued]

Dr. Stanley Bass, who is a Natural Hygiene doctor that believes in the body healing itself without drugs or "cures," has very insightful information about attentive and mindful eating. He believes that the way people eat has a huge influence on the

physical, emotional, mental, and spiritual aspects of their lives. He states, "We should first enjoy the sight and aroma of the food and feel gratitude. Then, as we put the food in our mouth, it is good to close our eyes to help us concentrate our attention - on the taste of the food and to shut out all distractions."

more food.

- Try to eat in a calm, not chaotic, environment. Try to reduce or turn off TV and computer exposure while you eat.
- Clear your mind and focus solely on the food you have in front of you.
- Take a moment before consuming to let the aroma and texture of the food saturate your senses.
- Imagine and appreciate where the food came from and feel good about what you are going to eat.
- As you are consuming your food, chew it completely and place your fork down on the table in between bites so you aren't rushing between bites.



Dr. Bass asks us to shut down all distractions as we eat. This helps us pay more attention to our body's natural hunger signals.

It will automatically make us eat less because we are more prone to knowing when you have had enough. If people in America ate their food more mindfully, maybe the problems that are occurring would start to decrease or improve?

Here are some simple tips to help you begin to eat more mindfully:

- Try to listen to your body and make sure it is hungry before you are about to consume your food. Drink some water. Thirst can also feel like hunger.
- Avoid stress-related eating. To help conquer stress without eating, try doing a few yoga poses and take some deep breaths before continuing to grab

As you use these tips to shift the way you are eating your food, your attitude towards food will change and you will appreciate how it is nourishing your body. Try doing this for one meal a day to start out. See how it makes you feel.

Reference for quote: <http://drbass.com/attentive.html>



# Rice Bran Oil

By Note Pornwaragorn

When many people hear the word “oil”, they usually

think of the words “oily”, “greasy”, “creepy,” “fatty,” “unhealthy,” “obesity,” “high cholesterol,” “diabetes,” as well as many other words. Oil, however, is not as terrible of an ingredient or as unhealthy as often believed. There are many oils that benefit our bodies, such as fish oil, avocado oil, and flaxseed oil. They are full of essential fatty acids (omega-3 and omega-6) with a low amount of saturated fatty acids and a high amount of unsaturated fatty acids. Rice bran oil is one of many healthy oils that have been in focus in many countries nowadays, including the United States, Japan, and Thailand. It is referred to as “the world’s healthiest oil.” Many people might wonder why this oil is different from any other oils. Actually, rice bran oil is outstanding compared to other vegetable oils due to its components, as well as its use in food application and in nutraceuticals.

The remarkable property of rice bran oil is found in its components. By weight, raw rice bran contains 17% of oil. The typical components of crude rice bran oil is 81.3-84.3% triglycerides, 2-3% diglycerides, 5-6% monoglycerides, 2-3% free fatty acids, and 6.7% of other lipids (Rice Bran Oil Info, n.d.). Compared to other vegetable oils, rice bran oil contains higher levels of non-triglyceride components. Rice bran oil tends to have a higher amount of unsaturated fatty acids, and a lower amount of saturated fatty acids compare with other oils, such as peanut, soybean, and cottonseed oil (Rice Bran Oil Info, n.d.). Moreover, the ratio of saturated, mono-unsaturated, and poly-unsaturated fat content of rice bran oil is 20:47:33, which is similar in proportion with the fat intake ratio that is recommended by the American Heart Association (AHA): 30:37:33.

Another characteristic of rice bran oil that is its superiority over other vegetable oils is food application. Comparing the smoke point between rice bran, olive, canola, peanut, soybean, and grape seed oil, the

smoke point of rice bran oil is the highest at 490°, while grapeseed, peanut, canola, soybean, and olive oil are 485°, 460°, 450°, 440°, and 360°, respectively. This makes rice bran oil an excellent choice in food preparation, specifically for frying. The high levels of antioxidants, such as vitamin E (tocopherol and tocotrienol) and oryzanol, can prolong its long shelf life without hydrogenation. Furthermore, rice bran oil has low viscosity. Foods that are cooked with rice bran oil will absorb 20% less oil by comparison to other vegetable oils. This property leads to reduced-calorie, lighter-tasting food with enhanced flavors and palatability, as well as being more cost-effective.

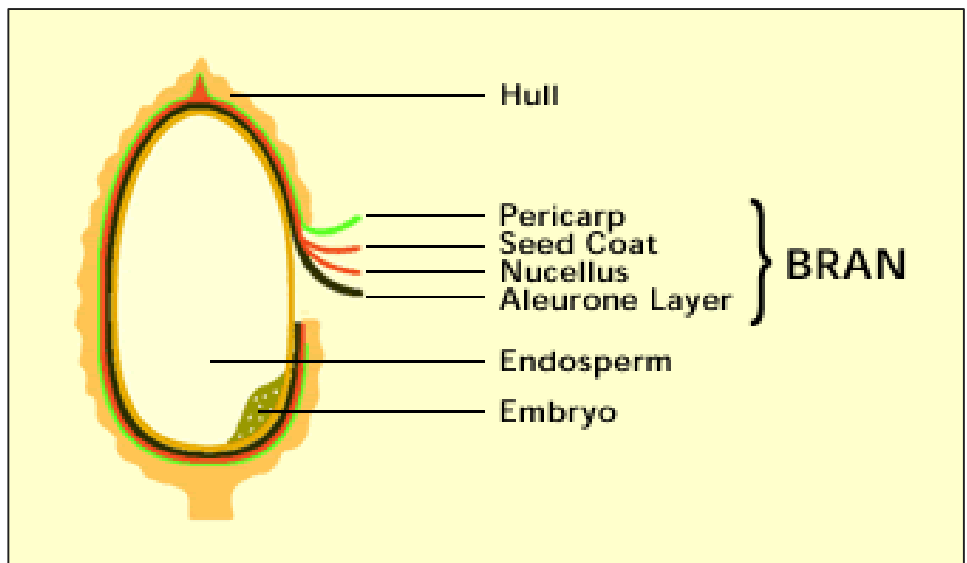
The most valuable aspect of the rice bran oil is its nutraceutical property. Nutraceuticals are said to be beneficial in improving one’s health. Rice bran oil contains sterols that have been said to provide many health benefits for humans. Gamma-oryzanol sterols act as antioxidants, as well as reducing cholesterol absorption, plasma cholesterol levels, and decreasing early atherosclerosis (buildup of a waxy plaque on the inside of blood vessels). Moreover, oryzanol is also used to treat nerve imbalance and disorders of menopausal origin. Crude rice bran oil contains at least 1.5% of gamma-oryzanol. Another nutraceutical component in rice bran oil are tocotrienols (aka vitamin E). They also act as an antioxidant to reduce the risk of cardiovascular disease and some forms of cancer.

The body relies on fatty acids, from fats and oil intake for energy, hormone production, structure role, transportation, protection of internal organs, and insulation. However, moderation and balance are important in diets; Excess consumption can increase certain disease risk factors, such as obesity, hypertension, high cholesterol, and cardiovascular disease. Therefore, selecting the best oil for the body is important for consumers, especially the type of oil that provides health advantages, with rice bran oil being a good example. Its characteristics including components, food applications, and health benefits are the most superior, compared to other oils. Also, its price is generally not very different from the high quality oil. After considering its many benefits and possible applications in the field of nutrition and food, it may be a good addition to a balanced diet.

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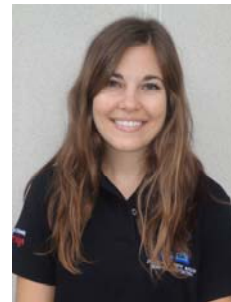
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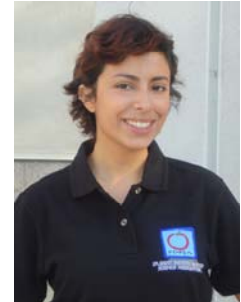
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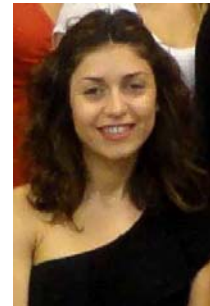
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