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# FOOD THYMES

*The Student Dietetic & Food Science Association Newsletter*



NUTRITION & FOOD SCIENCE

*By Nicole Anderson and Pilar Chilet*

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## Do You Know What You're Buying?

By Xochitl Valdivia



If you see either of these labels, you can be sure the product is at least 95% organic.

A trip to your local grocery store isn't what it used to be. Consumers are constantly bombarded with thousands of products staring at them throughout the supermarket aisles and drool-worthy advertisements on TV. With all of the new slogans and catch phrases, how are consumers supposed to know what the better choice is? "Consumers want to make healthier choices, but it can be difficult to figure out which foods are best," says registered dietitian and American Dietetic Association spokesperson Melinda Johnson. "If something is labeled natural or whole, it may seem like a healthier choice. Still, any term can be confusing or misleading if you don't know what it really means."

The first national law that regulated food labeling was the Food and Drugs Act of 1906, which prohibited the misbranding or adulteration of all foods, beverages and drugs. Years later, the Federal Food, Drug, and Cosmetic Act of 1938 gave the U.S. Food and Drug Administration (FDA) authority over food and its ingredients to define the conditions for honest labeling, which ultimately came to be known as standards of identity. Throughout the years, food processors and producers have found loopholes, resulting in hazy marketing gimmicks and ambiguous usage of food terms. So to help clear the fog, here are seven food terms, which I am sure, will look quite familiar.

(Cont. on page 5)



# President's Message

**D**ear Friends, Faculty, Alumni, and CSUN Community Members,

With another successful year coming to a close, it is with great pleasure I write this statement of gratitude for your continued support and enthusiasm for the Student Dietetic and Food Science Association on the campus of CSUN Northridge. This year we end our tenure having embraced a theme of advocacy, for ourselves as individuals, our CSUN community, and for our organization on a national level. This year marked the creation of the Dietetic Internship Support Group, lead by Mareena George in an effort to guide students through the dietetic internship application process. We became advocates for ourselves as individual candidates and advocates for the spirit of teamwork with all working toward a common goal of career success as future Registered Dietitians. We also grew in strength and numbers with the creation of the New

Membership Committee lead by Elana Guttman and Melody Sayers. This committee strives to promote SDFSA meetings and events as means to increase student involvement in the fields of nutrition and food science.

It is exciting to announce CSUN Northridge's participation in the American Dietetic Association's (ADA) Student Council Liaison Position, a nationally recognized student position within the ADA. We thank our Spring 2010 Legislative Officers, Sharmiya Odeh and Xochitl Valdivia for their enthusiasm in the creation of this position at CSUN. In the realm of food science and culinary creativity, we are looking forward to our fourth annual Flores Family Iron Matador Cooking competition, lead by committee chair, Jennifer Glockner. As SDFSA members, we are advocates for our community and serving those who are in need by encouraging attendees to donate canned food and everyday items for a local community food and resource program.

Lastly, we thank our mentor and advisor, Dr. Lisagor for her continued support and excitement of all we hope to accomplish as individuals and as an organization. I wish you all the greatest success in your future endeavors on campus and professionally. Thank you for assisting SDFSA in realizing its mission and purpose on the CSUN campus through your contribution. Thank you for being advocates for yourself and investing in your future through participation in committees, volunteer opportunities, and officer positions through SDFSA.

Sincerely,

Carlen Loewenthal



## ADVISOR'S MESSAGE



**W**hat is Success? We could define success by all the SDFSA programs and events, such as the Dietetic Internship Symposium, the Nutrition Lecture Series, the Career Showcase, the Nutrition College Bowl, the Flores Family Iron Chef competition, the Dietetic Internship Support Group, the health fairs, food drive, and the 7 AM meetings.

While it's true that these were successful *happenings*, think about another aspect of success, as defined by Bessie Stanley (1905):  
*To laugh often and much [and out loud];*  
*To win the respect of intelligent people and the affection of children;*

*To appreciate beauty, to find the best in others;*

*To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;*

*To know even one life has breathed easier because you have lived.*

*This is to have succeeded.*

This is **SDFSA!** Congratulations, one and all!

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

Visit our website <http://www.csun.edu/sdfsa/> and you will appreciate even more of what goes on.



# Wholey Delicious and Nutritious

By Elga Zadmoosakhanian

**W**hy consume processed and refined carbohydrates when you can have high fiber whole grains that are equally delicious and highly nutritious? Whole grains with a lower glycemic index value can help lower cholesterol, keep blood glucose levels under control, and keep you feeling full even hours after eating. There are several options to choose from and you do not have to limit yourself to brown rice just because that is the only grain you know how to cook. Here are a few whole grains with their nutritional information and cooking methods:

Buckwheat has a toasty flavor, a high amino acid content, and is gluten free. One cup provides 230 mg of potassium and 6 g of protein. If using the grouts (seeds), just substitute them in any recipe that calls for rice. The key is to sauté the grouts before cooking. If using the flour, substitute half of the whole-wheat flour

in your muffin, pancake, or bread recipes with buckwheat.

Bulgur is a type of cracked wheat kernel that is precooked and dried. One cup of bulgur contains 8 g of fiber and 6 g of protein. Simply cook it in chicken broth and add some sautéed onions. You may even want to top your green salad with this mixture.

Millet is not just a bird feed. It is a staple all around the world and contains 6 g of protein per cooked cup. It has a mild flavor, and if cooked with lots of water, you can serve yourself an oatmeal-type porridge for breakfast. Reduce the amount of water, and you can have pilaf for lunch.

Quinoa (pronounced Keen-wah) goes back to the Inca Indian time period. It has a mild, nutty flavor that delivers 8 g of protein per cooked cup. It contains all 9 essential amino acids and is gluten free. This complete protein is very quick and

easy to cook. Just cook it the way you would cook rice. You can mix the flakes of quinoa with your hot cereal or make your own granola. You can also substitute quinoa for breadcrumbs.

If these grains are not available in your grocery stores, you can find them in natural food stores or even online (try [www.homegrownharvest.com](http://www.homegrownharvest.com) or [www.bobsredmill.com](http://www.bobsredmill.com)).

Reference:

Neithercott, T. (March 2010). Food for Thought (The Whole Truth). Diabetes Forecast magazine, 31-38.



## MEXICAN CORN BREAD BY COURTNEY WILLIAMS

### Ingredients

- 1 pound ground turkey
- 1 small onion, chopped
- 2 to 3 jalapeño peppers, seeded and chopped
- 1 package (8-1/2 ounces) corn bread/muffin mix
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 can (14-3/4 ounces) cream-style corn
- 1 cup milk
- 1/2 cup vegetable oil
- 2 eggs, beaten
- 3 cups (12 ounces) shredded cheddar cheese



### Preparation:

1. In a large skillet cook the turkey, onion, and peppers over medium heat until meat is no longer pink; drain and set aside.
2. In a small bowl combine the corn bread mix, salt, baking soda, corn, milk, oil, and eggs.
3. Pour half in a greased 13-in.x9-in.x2-in. baking dish. Layer with half of the cheese and all of the turkey mixture. Top with remaining cheese. Carefully spread remaining batter over the top. Bake, uncovered, at 350°F for 40-45 minutes or until a toothpick inserted near the center comes out clear.

Yield: 8-12 servings.

## WHAT IS PHENYLKETONURIA?

BY TOMOKO FUJIO-PETERSEN

**P**henylketonuria (PKU) is a genetic, metabolic disorder caused by a gene mutation that leads to a defective or inactive phenylalanine hydroxylase enzyme. This enzyme is responsible for breaking down the essential amino acid, phenylalanine, and converting it to tyrosine. As a result, the level of phenylalanine (Phe) in the blood becomes elevated, which damages neurons in the brain causing mental retardation and epilepsy if the condition is not treated early. In individuals with PKU, tyrosine becomes a conditional essential amino acid. Thus, supplementation of tyrosine is necessary. Since PKU is a recessive disorder, a person would be born with PKU only if he or she inherited a copy of the mutated gene from each parent. PKU affects approximately 1 in 10,000 births in Caucasians and East Asians. PKU rates in African Americans are exceedingly low. Newborn babies in the U.S. and many other countries are screened for PKU at the time of birth.

Individuals with PKU must follow a low-protein diet to limit the amount of Phe from the diet in order to maintain Phe levels in the blood within the desired range. High protein foods, such as meat, fish, poultry, eggs, cheese, milk, dried beans, peas, and products containing regular flour should be avoided. Instead, measured amounts of cereals, starches, fruits, and vegetables, along with a milk substitute, are usually recommended. Children with PKU need to be monitored carefully for energy intake and Phe consumption during their physical growth. Phe-free synthetic formulas and medical foods, providing the nutrients that have been eliminated from the diet, are available for infants, children and adults to prevent deficiencies. However, these formulas are expensive. Therefore, controlling one's diet is important for the management of PKU because it minimizes the development of potential effects of PKU. Individuals with PKU are recommended to follow a diet of limited Phe for life in order

(Cont. on page 8)



“The wise man should consider that health is the greatest of human blessings. Let food be your medicine.”

Hippocrates



## Ikra Recipe

By Anet Piridzhanyan

### Ingredients:

- Couple of small eggplants (about 2 lb)
- 1 green pepper
- 1 medium-sized onion
- 2 large tomatoes
- 2 pieces of garlic
- 1 Tbsp olive oil
- 3 Tbsp freshly squeezed lemon juice
- Freshly ground black pepper and salt
- Cayenne pepper

### Preparation:

1. Preheat oven to 425°F. Roast eggplants, tomatoes, onion, and green pepper for about an hour. Make sure to turn vegetables over once for both sides to cook until the skin is charred and blistered
2. Remove the skin from the baked eggplants, tomatoes, and green pepper with a small, sharp knife. Chop eggplant, tomatoes, onion, and green pepper into cubes. Add chopped vegetables and garlic into a mixer and puree them. Then pour the puree into a mixing bowl and add olive oil, lemon juice, salt, black pepper, and cayenne pepper to taste. Mix together thoroughly.
3. Place mixture into a pan and turn heat to low, stirring constantly for 5 minutes. Let it simmer for half an hour. Spread this on good rye or pumpernickel bread and eat as an open-face sandwich.



## ...Do You Know What You're Buying? Continued

**Natural:** Neither the FDA or the U.S. Department of Agriculture (USDA) have standard definitions for the word “natural.” Although, they do uphold to the statement released by the FDA in 1993 stating “[FDA] has not objected to the use of the term on food labels,” as long as the product is not misleading and does not contain any added color, artificial flavors or synthetic ingredients.

**Processed and Unprocessed:** A “processed” food is a food that has undergone a physical change and appearance, as defined by the Farm Bill of 2008. To help clarify that point, examples of processed vs. unprocessed foods include raw nuts (unprocessed) vs. roasted nuts (processed) and a head of lettuce (unprocessed) vs. pre-washed lettuce (processed).

**Slow Food:** Also known as the Slow Food Movement, is the alternative to fast food with the intention to slow down, fully appreciate and enjoy the preparation and consumption of one’s food. This movement began in Italy in 1986, though people currently refer to food that is organic and prepared in traditional methods predating convenience appliances as slow food also.

**Local:** Is a term associated with the proximity of where a food is originally



from, and the distance traveled to the point of purchase. That distance can also be referred to as “food miles.”

“Local” has also been used to describe philosophies on sustainability and supporting one’s local economy.

**Organic:** This is the most confusing of all terms. Some of the definitions or description are as follows, but are not limited to these. Organic is one of the terms that has the most regulations and legal criteria, as defined by the USDA. Organic products cannot be treated with antibiotics, growth hormones, synthetic ingredients, sewage, ionizing radiation, or bioengineering. A certified government inspector must also investigate to ensure that all measures are met. Products that are “100% organic” are completely organic, while just “organic” products are 95% organic, though both carry the USDA Organic seal. Products that are labeled “made with organic ingredients” contain at least 70% certified organic ingredients,

and cannot carry the USDA organic seal.

**Whole Food:** Is often confused with the term “organic,” but is generally used for foods that are not processed and have no added ingredients. Whole foods include fruits, vegetables, meat, whole grains, and dairy products that have had little to no processing.

References:

Hutt, P.B. (Spring 1993). FDA Regulation of Product Claims in Food Labeling. *Journal of Public Policy & Marketing*, Vol. 12, No. 1, p. 132-134

Shadix, K. (Winter 2010). The Latest Trendy Food Terms Defined. *ADA Times*. Vol. 7, No. 2. p. 5- 6.

The Food Channel. Translating the Claims on Food Packaging. Retrieved on March 1, 2010 from <http://www.foodchannel.com/stories/2500-translating-the-claims-on-food-packaging>



## Indulgence Never Tasted So Good

By Dawn Costanzo, Holly Erdogan, Christine Goukasian, and Melody Sayers

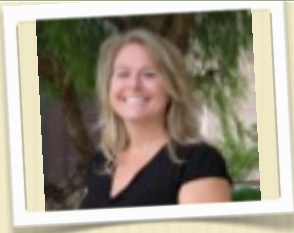
Contrary to popular belief that cocoa-containing products are harmful to one’s health, abundant scientific research suggests that unprocessed cocoa is more than just a satisfying luxury, but, in fact, serves as a major contributor to a “sweeter” quality of life. Flavonoids, which represent a group of natural

compounds found in certain foods and beverages, have attracted a great deal of attention among nutritional biochemists due to their numerous health benefits. Tea and red wine have been given the most praise regarding their flavanoid content; however, cocoa has recently moved ahead of these beverages in terms of its proven

delivery of ample cardiovascular and physiological benefits.

The initial interest in the health effects of dietary flavonoids sprouted from a study, which observed the diet of the Kuna Indians. Residing on the coast of Panama, the Kuna Indian population has a remarkably low incidence of hypertension, which

(Cont. on page 9)



**BRANDIA'S TOMATO PIE** BY BRANDIA TOMLIN



**Preparation:**

1. Heat oven to 450°F. Line a 9-inch pie plate with crust; bake 9 minutes as package directs. Cool. Reduce oven to 350°F.
2. Meanwhile cut leeks lengthwise in quarters; thinly slice. Put in bowl of water; stir to loosen grit; lift colander to drain.
3. Heat 2 tsp olive oil in a large skillet over medium heat. Add leeks; sauté 5 minutes or until soft. Add garlic, oregano, basil, salt and pepper; sauté another 3 to 5 minutes, until aromatic. Remove to a medium size bowl. Wipe skillet with a paper towel. Add remaining 2 tsp. oil and bread crumbs; stir 2 to 3 minutes until lightly toasted.
4. Scoop 1 cup mixture over bottom of crust, sprinkle with cheese. Lay tomato wedges around edges and center. Top with the rest of mixture; sprinkle seasoned bread crumbs around edge.
5. Bake 35 minutes or until hot and tomatoes are soft. Remove from oven; let stand at least 5 minutes before serving.

**Ingredients**

- 1 refrigerated ready-to-use pie crust
- 2 leeks, trim roots, cut tops so about 1 inch pale green remains
- 4 tsp olive oil
- 2 ½ Tbsp minced garlic
- 2 Tbsp fresh oregano leaves
- 2 Tbsp fresh basil
- 1 tsp kosher salt
- 1 tsp black pepper
- 1/3 cup seasoned bread crumbs
- 1 ¼ cup jalapeño jack cheese, grated (may substitute with vegan jalapeño jack)
- 2 large (about 1 ¼ lb total) tomatoes, each cut in 12 wedges



**SAVORY SEAFOOD PENNE** BY ERIN COOK

**Preparation:**

1. Cook pasta according to package directions; drain and transfer to a large bowl.
2. Add shrimp, cheese, spinach, tomato, walnuts, and pesto, stirring well to help wilt the spinach and distribute the pesto for about 8-12 minutes. Serve and enjoy!

Makes 2 servings. Per serving: 360 cal, 19 g fat (5 g sat), 390 mg sodium, 26 g carbs, 5 g fiber, 22 g protein.

**Ingredients**

- 2 oz multigrain penne pasta
- 12 to 14 medium precooked, peeled shrimp
- 2 Tbsp crumbled Gorgonzola
- 3 cups chopped baby spinach
- 1 tomato, chopped
- 2 Tbsp chopped walnuts
- 3 Tbsp ready-made pesto



# Staying Ahead of the Curve – Tips for Success in a DPD Program

By Melissa Sartoris

**C**ongratulations! You have taken your first step toward becoming a nutrition professional – you are enrolled in a Didactic Program in Dietetics. This means that, at the completion of your program, you will be eligible to enter a dietetic internship. This academic track is far more involved than simply getting a degree, especially if you want to become a registered dietitian. Here are some tips to keep you on the right track throughout your DPD to make you a well rounded internship applicant:



**MAKE THE GRADE:** Most internships look

for at least a DPD GPA of 3.0, but the higher the GPA, the more competitive you will look to internship directors. Beyond the grades, you want to soak up everything you learn in the DPD like a sponge, because it will come full circle in the internship, on the registration exam, and in your professional practice.

**GET INVOLVED:** Qualities, such as leadership and teamwork, are extremely important in the eyes of internship directors – it shows that the applicant can take initiative, lead others, and work with others to accomplish a common goal. If there is an opportunity for you to become a leader or officer of an organization, take it! Organizations you can become a member of include:

- American Dietetic Association (student membership)
- ▶ California Dietetic Association

- ▶ Los Angeles District (LAD)
- ▶ Dietetic Practice Groups (DPG's)
- ▶ ADA Student Council
- Student Dietetic and Food Science Association (SDFSAs)
- Southern California Institute of Food Technologists (SCIFTS)
- Joint Advocates on Disordered Eating (JADE)
- Marilyn Magaram Center for Food Science, Nutrition and Dietetics
- ▶ Student Internships

**GET CONNECTED:** In other words, network! Some of the greatest resources while in your DPD are your classmates and teachers. Although this major is competitive, at CSUN we all work together to help each other out. Talk to your friends about what's going on in class, with extracurricular activities, jobs, and volunteer opportunities. Don't be afraid to approach teachers or students that are further along in the program than you – they would love to share their experiences!

**GIVE BACK:** Seek out volunteer opportunities. Not only will you have a chance to give valuable services to the community, but it will also help round out your student profile.

**GET A JOB:** Internships look for a combination of volunteer and paid experiences in the field. Any paid experience in nutrition is a valuable one, but internships often weigh clinical experience heavily, so seek out a job in a hospital setting. If there are no paying jobs available when you are looking, start volunteering at a hospital, and chances are you'll eventually move up to a paid position!

**DOCUMENT YOUR EXPERIENCES:**

At the end of your DPD program, you will be compiling a portfolio of your undergraduate work, both for internships and professional development. In every DPD class, save projects, papers and presentations that you are proud of and are able to describe what you learned from them. Furthermore, save any Dean's List letters, scholarship award notices, job offer letters, certificates of participation, and anything else you are proud of and can show to an interview committee. Take pictures of yourself in action while on the job, participating in student organizations, volunteering, etc. As it's been said – a picture says a thousand words.

The American Dietetic Association recently published an article in their newsletter, The ADA Times, stating that there are currently only enough dietetic internships for 50% of eligible applicants. This is not meant to scare you or send you into despair, because the truth is, **YOU CAN DO IT!** My hope is that this statistic will inspire you to increase your dedication and diligence during your academic program to make yourself the strongest applicant you can be. Work hard and believe in yourself, and you will meet success in your journey toward becoming a registered dietitian!





# Insoluble vs. Soluble Fiber

By Karmen Ovsepyan

**W**e already know that fiber promotes health and reduces the risk of some chronic diseases. What we should also be aware of is that there are two different types of fiber, insoluble and soluble; and while both are very healthful, each has specific health benefits.

Insoluble fiber helps move bulk through the intestines, which promotes regular bowel movements and prevents constipation. Insoluble fiber also helps move waste through the colon in a shorter amount of time; this assists in prohibiting microbes from producing substances that can cause cancer. Some sources of insoluble fiber are green beans, dark green leafy vegetables, fruit skins, whole-wheat, wheat bran, corn bran, seeds, and nuts.

In addition to insoluble fiber, there is soluble fiber. This type of fiber binds with fatty acids and, by doing so, helps lower total cholesterol and low-density lipoprotein (LDL) cholesterol, reducing the risk of heart disease. Soluble fiber also delays the stomach's emptying rate, leaving you feel full longer and allowing sugar to be absorbed more slowly. This helps

**HIGH-FIBER SUPER STARS**

- medium baked potato with skin: 5 grams
- 1 pear: 4 grams
- 1 cap lentil soup: 14 grams
- 1/2 cap FIBER ONE® Cer: 13 grams
- 1 cap strawberries: 4 grams
- 1 medium orange: 3 grams
- 3 caps popcorn: 4 grams
- 1 serving Brown Rice & Vegetable Stuffed Squas (page 90): 11 grams
- 3/4 cap oatmeal: 3 grams

people who have diabetes regulate their blood sugar levels better. Some sources of soluble fiber include oat bran, dried beans and peas, nuts, barley, flax seed, oatmeal, fruits such as oranges and apples, and vegetables such as carrots and broccoli.

Fiber is good for you, but remember, everything in moderation. Recommended values for fiber intake

is between 25-35 grams per day. Also, make sure to drink plenty of water with intake of any type of fiber.

References:

<http://www.healthcastle.com/fiber-solubleinsoluble.shtml>  
<http://www.busywomensfitness.com/fiber.html>

## ...What Is Phenylketonuria? Continued

to achieve maximum development and cognitive abilities. They are also encouraged to check their blood Phe concentration regularly.

It is important for dietitians to understand that following a restricted diet and frequent doctor visits can be challenging for individuals with PKU and their family, and may influence their emotional status. We always encourage their family to be a part of the team and accommodate their

requirements for an optimal quality of life.

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## ...Indulgence Never Tasted So Good Continued

sparked an interest among health scientists (Fisher et al., 2006). After dietary analysis, it was discovered that the Kuna Indians were consuming large amounts of unprocessed cocoa, which contains higher amounts of flavanols, a subclass of plant-derived photochemicals, when compared to either tea or red wine (Schroeter et al., 2006). This finding led researchers to suggest that unprocessed cocoa plays an essential role in the prevention of various health risks.

In addition to showcasing their ability to reduce the risk of hypertension, epidemiological studies reveal that products containing high amounts of flavanols have a positive influence on low-density lipoprotein oxidation, platelet aggregation, insulin sensitivity, endothelial function, and blood pressure (Balzer et al., 2008). One study, conducted on the impact of flavanol consumption in diabetic patients, showed that the regular intake of cocoa-containing flavanols reversed vascular dysfunction as well as reduced the risk of major cardiac distresses, such as heart attack and stroke (Balzer, et al., 2008).

The correlation between increased nitric oxide concentration and the consumption of flavanol-rich cocoa has also recently been investigated. Atherosclerosis, which is the thickening of the arterial walls due to the buildup of fatty materials, can be characterized by low levels of nitric oxide. The regulation of nitric oxide bioactivity is critical for the protection of the entire cardiovascular system (Sies et al., 2005). When scientists administered flavanol-dense cocoa drinks to participants, they found that nitric oxide bioactivity increased, resulting in augmented vasodilation as well as improved cardiovascular response (Schroeter et al., 2006). When injecting flavanols into the aortic rings of a rabbit, relaxation of the rings occurred, thus further demonstrating the ability of flavanols to enhance cardiovascular function.

Flavonoid-rich products have been found to possess blood pressure reducing capabilities (Desch et al., 2008). In 2007, a study was conducted which examined the relationship between the intake of flavanol-rich products like cocoa and dark chocolate and blood pressure. Results demonstrated that participants who consumed the flavanol-containing chocolate had lower blood pressure measurements when compared to those who did not consume the flavanol-containing chocolate.

Flavonoids have become increasingly important in the realm of food science and nutrition due to their antioxidant capabilities. Antioxidants are credited for their ability to scavenge the free radicals naturally produced by oxygenated damage occurring in the body. Physiological damages caused by



free radicals can lead to serious diseases including stroke, heart disease, and cancer. The antioxidant activity of flavanols in unprocessed cocoa can inhibit the formation of “endogenous mediators derived from phospholipids peroxidation, or by reducing platelet sensitivity to agonists by preventing lipid peroxidation” (Murphy et al., 2003, 1471). In addition, the consumption of cocoa flavanols can assist in eicosanoid synthesis by reducing leukotrien in blood plasma and increasing prostacyclin concentration.

The average consumer in the United States rarely eats unprocessed chocolate. In fact, the majority of chocolate products on the shelves at the grocery stores have had their nutrients stripped out during

processing. However, multiple studies continue to reveal that daily ingestion of flavonoid-rich products like unprocessed cocoa, tea, chocolate, pure grape juice, and red wine, may significantly contribute to the overall improvement of cardiovascular and antioxidant functions.

It is important for food scientists, manufacturers, and consumers to recognize the clinically significant impact that flavanol-rich ingredients have on the future health of Americans.

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## SHITAKE AND SWEET PEA RISOTTO

BY SHIREEN FARHADIAN



### Preparation:

1. Bring broth to a simmer in a medium saucepan; keep warm over low heat.
2. Melt butter in a large skillet over medium heat. Add onion; cook two minutes. Add 1 teaspoon garlic; cook 30 seconds, stirring constantly. Add rice; cook 1 minute, stirring constantly. Add wine; cook 2 minutes or until liquid is absorbed, stirring frequently. Stir in ½ cup broth; cook 2 minutes or until liquid is absorbed, stirring constantly. Add remaining broth, ½ cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes).
3. Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms to pan; sauté 5 minutes or until tender. Add remaining ½ teaspoon garlic and 1 teaspoon thyme; sauté 1 minute. Set aside.
4. Stir mushrooms, remaining 1 teaspoon thyme, green peas, ¼ cup cheese, pepper into risotto; cook 3 minutes. Spoon about 1 ¼ cups risotto into each of 4 bowls; sprinkle each with 1 ½ teaspoons cheese. Yield: 4 servings.

### Ingredients

- 4 cups fat-free, less-sodium chicken broth
- 1 tablespoon butter
- ½ cup finely chopped onion
- 1 ½ teaspoons minced garlic, divided
- 1 cup uncooked Arborio rice
- ½ cup dry white wine
- 1 tablespoon extra-virgin olive oil
- 4 cups thinly sliced shitake mushroom caps
- 2 teaspoons chopped fresh thyme, divided
- ¾ cup frozen green peas
- 6 tablespoons grated fresh Parmigiano-Reggiano cheese, divided
- ¼ teaspoon freshly ground black pepper

## ROMAINE TOMATO SALAD BY SHIREEN FARHADIAN

### Ingredients



- 2 Tbsp minced shallots
- 1 Tbsp lemon juice
- 1 Tbsp extra-virgin olive oil
- ½ tsp fresh thyme
- ¼ tsp salt
- ¼ tsp pepper
- 5 cups romaine lettuce
- 2 cups grape tomatoes

### Preparation:

1. Combine minced shallots, lemon juice, extra-virgin olive oil, minced fresh thyme, salt, and pepper stirring with a whisk.
2. Combine 5 cups of torn romaine lettuce and 2 cups halved grape tomatoes.
3. Drizzle dressing on top and mix.



# Let's Move Federal Campaign

By Lauren Druss

**A** New Federal Campaign to Rule out Childhood Obesity is in the Works

On February 9th, 2010, Barak Obama released a presidential memorandum to establish a task force to address our country's childhood obesity epidemic. The task force will review every current program and policy relating to childhood nutrition and physical activity. By the end of May, the task force must submit a plan to meet the following objectives: (a) ensuring access to healthy, affordable food; (b) increasing physical activity in schools and communities; (c) providing healthier food in schools; and (d) empowering parents with information and tools to make good choices for themselves and their families. Along with the task force, Obama also introduced the Let's Move campaign, organized by First Lady Michelle Obama.

Let's Move is a campaign involving the First Lady with the community and parents to control the rising rates of obesity in children. Currently, its website contains links to articles and materials for parents and children from MyPyramid.gov, Centers for Disease Control and Prevention, and the U.S. Department of Agriculture, as well as some independent sites.



The site also contains a list of objectives, which include the following:

1. Empower Consumers
2. Serving Healthier Food in Schools

3. Accessing Healthy, Affordable Food

4. Increasing Physical Activity

In the first three months, Michelle Obama has travelled around the country, explaining the importance of physical activity and healthy eating to elementary school students. At some of these events, she brought along athletes from the Olympics and the Paralympics to encourage healthier habits. She also spoke at a neighborhood farm in San Diego and various sports events. PSAs available on the Let's Move website feature athletes, celebrities, and cartoon characters supporting this movement. Check out any of these commercials at <http://www.youtube.com/letsmove>.



While this project is still in its infancy, it appears a nutrition revolution is beginning. The Food and Drug Administration has issued warning letters to various companies to ensure they comply with label regulations according to the Federal Food, Drug, and Cosmetic Act. Hopefully this tide of change continues and improvements are made to the way companies design and advertise their food. As the year goes on, we shall see how effective this campaign is going. I, for one, am excited just to see healthy nutrition and activity in such a spotlight!

## Healthy Tips for Dining Out

By Nicole Anderson



**F**ood choices at restaurants tend to be high in calories, fat and sugar, have unhealthy preparation methods, and are served in larger portions. Here are some healthy ways you can still enjoy a delicious meal at your favorite restaurant, but also cut back on calories:

- Substitute vegetables and fruit for high-calorie items
- Share meals
- Ask for a to-go box at the beginning and save half of your meal for later
- Have gravies, sauces, dressing, and condiments served on the side
- Remove high-calorie items (chips, butter) from the table

Also, be aware of words that indicate excess fat:

- Buttered or butter sauce
- Creamed or cream sauce
- Gravy
- Crispy
- Fried or pan fried

Healthier preparation methods:

- Baked
- Broiled
- Steamed
- Grilled

Reference: Dining Out and Healthy Eating on the Run handout. (2008). Kaiser Permanente Health Education Department. Panorama City, CA.

# Student Dietetic & Food Science Association



**DIETETIC  
INTERNSHIP  
SYMPOSIUM**



**SDFSA  
FUNDRAISING  
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# In Action...



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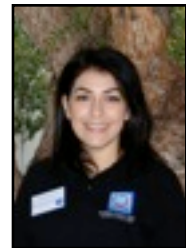
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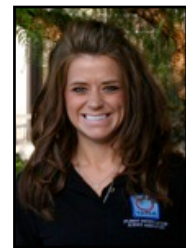
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