

# Food Thymes

Student Dietetic & Food Science Association

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## Beef Nutrition: Grass or Grain?

**By Amanda Grigg**

The general population is becoming more health conscious, especially when it comes to meat. There has been controversy over whether beef is "good" or "bad" for humans to consume. I personally believe that the nutritional value of beef is determined by what the cow itself consumes. In America, the demand for beef has grown substantially. In order to keep up with the high demand, cow farmers have turned to a conventional feed made of grains and synthetic vitamins and

minerals to feed their cattle. On the other hand, there are some farmers who still let their cattle munch on naturally



grown grass from the fields, making grass the cow's main source of energy. Economically, it makes more sense to feed cows a conventional grain diet because of the number of

cattle that must be fed. Using conventional grain is much cheaper than having enough land to grow grass for that many cows. Sure, feeding cattle grain over grass will solve the high demand problem, but is this the best solution when it comes to nutritional value of the beef?

There have been various studies done that compare the nutritional value of beef from cows that ate a grain based diet and cows that ate a grass based diet.

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## Sugar: A Not-So-Sweet Addiction

**By Maryann Boosalis**

We've all experienced it before; that sudden urge to consume a large slice of chocolate cake or copious amounts of ice cream. Even the healthiest of eaters can succumb to sugar cravings. This is fine; it's completely natural for our bodies to crave sugar. However, it's easy to go overboard on sweets, which is when it becomes a problem. Regularly consuming large

amounts of sugar can lead to several health complications such as diabetes, obesity, tooth decay, hypoglycemia, and the list continues.

Of course, these conditions will not occur if you enjoy dessert in moderation, a couple times each week. The problem is that sugar is hidden in many things that you wouldn't expect: ketch-

up, cereal, yogurt, and bread, to name a few. Now let me clarify this by saying not all sugar is created equal. Sugar from fruit and other natural sweeteners, such as maple

syrup and agave nectar, are less harmful than refined sugar. Refined sugar does not need to be

broken down by our

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## President's Message

Walt Disney once said, "Change is inevitable; growth is optional." This saying seemed to be a recurring theme for the Student Dietetic and Food Science Association (SDFSA) this fall semester. Many changes were made within the organization, hence furthering its overall growth. One of the more significant changes sought to promote sustainable practices by going paperless. This affected multiple aspects of SDFSA including memberships, certificates, event registration, and even the development of its own Moodle site. With a membership total of over 80 students, SDFSA being online has enabled our Secretaries, Treasurer, Publicity Officers, and Vice Presidents to manage their tasks much more quickly and efficiently than ever before. Furthermore, members now have access to items like meeting agendas, minutes, flyers, certificates, and each other's e-mail addresses with a simple click of a button!

The growth of SDFSA will continue into the spring semester where we will be participating in "Relay for Life" for the first time. This 24-hour event encourages students, faculty, and staff to form teams and raise money for cancer research; SDFSA will have its own team dedicated to providing cancer preventative nutrition education. Also, we are privileged to team up with the Marilyn Magaram Center by offering the Career Symposium in conjunction with the 10<sup>th</sup> Annual Nutrition College Bowl for the first time. This team effort will not only encourage guests to attend both events simultaneously, but also give other university students the opportunity to learn about careers in nutrition in California.

Although SDFSA is going through several changes, many of our events remain the same. The Vice Presidents were successful in organizing two Nutrition Lecture Series' (NLS) and the Annual Dietetic Internship Symposium this fall. For the NLS, guests were invited to speak on topics such as eating disorders and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). The Dietetic Internship Symposium had Internship Directors travel from all over California to promote their programs and supply pertinent information on what the application process entails for that particular internship. We also were able to hold a successful on-campus barbecue, in honor of Food Day, with the fabulous planning of our Fundraising Treasurers.

I'd like to take this time to thank all of the officers, committee chairs, and active members for their hard work and dedication to the organization. I'd also like to thank our wonderful advisors, Dr. Gilbert and Professor McKay, for stepping into their roles so readily while Dr. Lisagor is out on sabbatical. We appreciate your continuous support of SDFSA and all you do for its student members. I am honored to serve as the SDFSA President for this term and look forward to what the spring holds for us all.

Jenna Jackson

## Nutrition College Bowl

By Amanda Salvestrini

Contrary to its name, the Nutrition College Bowl has nothing to do with bowling, but is actually a decathlon competition. The Nutrition College Bowl (NCB) is a nutrition and food science related competition that is held annually by the Marilyn Magaram Center. Students from universities all over the West Coast come to the NCB to put their nutritional and food science knowledge to the test as they compete against each other to determine which team will



be deemed NCB champions. The next competition (which is the 10th annual NCB) is going to be held on March 10, 2012 at the University Student Union at Cal State Northridge. This year the all-day event will coincide with the annual Career Symposium in efforts to draw a large audience and

to provide convenience for students and competitors.

The faculty advisors and coaches of each of the participating schools put together teams of four students who have performed well in the classroom and appear to be prepared to take on this academic challenge. Participation in the NCB looks excellent on student's resumes, as there are only four students from each DPD program chosen per year to compete.

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## Advisor's Report



*"It is amazing how much can be accomplished if no one cares who gets the credit."*

— John Wooden

It is my pleasure to be one of the faculty co-advisors, along with Dr. Joyce Gilbert, of SDFSA this school year 2011-2012. This quote embodies much of what SDFSA is all about and aims to accomplish. The students who make up the officers and members of SDFSA work tirelessly, selflessly, and cohesively to put on a variety of events throughout the year.

Food Day 2011 was a huge success with our fundraising BBQ and had a great turnout for the Acapulco Restaurant dinner fundraiser as well. We have already hosted two Nutrition Lecture Series on topics such as community nutrition and body issues, with more lectures to come.

These lectures are open to not only nutrition, dietetics, and food science students, but students from any discipline here on One of our biggest annual events, the Dietetic Internship Symposium, truly embodies the way SDFSA members and officers can come together and work as one to host such a large-scale event. Speakers from over ten dietetic internship programs will come to CSUN to speak to nutrition, dietetics, and food science students about their respective programs. This is a rare opportunity for students to hear about the variety of dietetic internships available and meet with dietetic internship directors.

The passion that SDFSA officers and members have for their organization cannot be measured and I am honored to once again be a part of SDFSA.

**Professor McKay**

## Beyond the Classroom

By Sarah McOsker

Similar to other students, nutrition and food science majors are encouraged to get work experience by volunteering, interning or working early on in our academic careers.

A benefit of work experience is getting acquainted with positions that registered dietitians and food scientists hold. Given that, not all nutrition and food science students will become registered dietitians or food scientists after graduation, there are other career options that students may choose to go into. Community nutrition, food service management and clinical nutrition all operate through different specialties with the common focus being promoting healthier lifestyles through nutrition. Therefore, finding a main interest is easier

when a student has had work experience among the different fields. If the goal is to complete a dietetic internship, choosing a specialty is important towards the end of the internship where you spend more time in that setting than others.

Work experience also helps with the application of what you are learning in class to real time situations. Volunteering as a diet clerk will help one to understand the variety and differences in diets based on patient's needs and to realize what a patient can and cannot eat based on their diagnosis. By doing so, the student will be able to reflect back on classes and apply knowledge, which will help with solidify all of the information that is taught. Another great benefit of work experience is networking. Networking is essential for growing

and assists students in so many ways, including work opportunities. Through networking one connect and operate within the network of nutrition and food science. Meeting one registered dietitian or food scientist may open the door to many more professionals and the opportunities that each hold opens many doors for you the student currently and in the future as a professional. Work experience also helps to build confidence in the ability to perform in nutrition and food science. During the interview process for dietetic internships, having experience may help with answering questions that require critical thinking in specific settings that you may have been exposed to.

My advice is to go beyond the United States, and volunteer or study abroad!

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*CSUN's NCB Team Pictured from left to right: Sabrina Kim, MS, RD (Coach/Faculty Adviser), Juliana Dao, Jodie Jackel, Carolina Herrera (Captain), Danielle Crumble, and Amanda Salvestrini (Head Coach). Assistant coach Katrina Magbitang is not pictured.*

Needless to say, it is an honor for a student to be a part of the NCB. In preparation for the competition, the students learn an immense amount of information regarding nutrition, research terminology, food science, food service, and medical nutrition, as well as current events from the ADA and other agencies. This is an excellent opportunity for students to excel and learn more about their field. There are many things to keep in mind regarding these students who participate. They are all undergraduate students, either graduating the same semester as the competition, or even two or three years behind that in their education. Studying for the event is taken very seriously and is very time consuming. It is recommended that the teammates meet with each other weekly to study, as well as study on their own and meeting with the coaches bimonthly. As the NCB approaches, competitors spend about 5-10 hours per week preparing. The CSUN team has been studying from online flashcards for the last three years, and has found this method to be very effective. The coaches require that the teammates put the

time in to study and bond with their other teammates, as this is critical to performing well in the competition. To increase chances of winning, teammates and coaches must work as a team at all times. They must also be available for mental or moral support if needed.

During the competition, the students are on a stage (only 3 of the 4 teammates are on the stage at a time) answering the questions and competing against one of the other opposing schools. They must have the confidence to ring the buzzer, as well as answer questions in the given period of time (approximately 10 seconds). This confidence will come with both time and proper studying. Competitors are read the question by the host and are also able to read it to themselves from a projector. He or she then must buzz and answer the question after their school's name is announced. Some years, negative points are applied for wrong answers, and all years, the other team is able to answer if the first to buzz provided an incorrect response. There are multiple rounds, and the winning team usually competes in 4 or 5 rounds in order to win the competition.

In 2010, I was the captain of CSUN's 8th

annual NCB team and it was an excellent experience. When I was approached to be a part of the team, I had no idea what it was, and I must say that it was one of the highlights of my years here at CSUN. It helped that we took first place too! Last year, I co-coached the 9th annual NCB team along with Sabrina Kim MS RD, and our team received 4th place out of 15 teams, which we thought was a fantastic job done. This coming year, for the 10th annual NCB, Sabrina and I will be coaching again. Our team members include Carolina Herrera (captain), Juliana Dao, Danielle Crumble, and Jodie Jackel. We have confidence that they are going to bring us much success.

These experiences that I've had while being a part of the NCB have truly been once in a lifetime opportunities. Not only have I gained knowledge, but I have also helped others to do the same and have made numerous life-long friends along the way. The Nutrition College Bowl is an event that I highly recommend attending, even if you are not on the team, to experience first hand what a nutrition decathlon competition is all about.



## By Sharimaya Odeh

Americans are under attack from domestic enemies. Cardiovascular disease, diabetes, obesity, and cancer are a few of the dominant threats that the United States Department of Agriculture (USDA) is working to defend the American people from. Many nutrition and dietetic professionals understand how to use MyPyramid, a nutrition guide, as a tool to meet dietary guidelines; however the average consumer has struggled with the usage of this tool for years. MyPyramid has evolved over the years; originally the USDA provided Americans with the basic food guide pyramid as a relative example of nutrition and servings recommendations. Now, the tool is getting another upgrade. Due to the rise of the aforementioned chronic illnesses, dietary guidelines have been updated and are accompanied by a new weapon, MyPlate, in order to prevent poor health. The United States Department of Agriculture (USDA) has modeled MyPlate after the 2010 Dietary Guidelines for Americans as a more tangible tool used by consumers to eat healthfully. The MyPlate icon includes all five food groups on a familiar dinner plate setting. The design of the MyPlate icon was configured as familiar dinner plate to more easily help consumers put the dietary guidelines to action.

The MyPlate icon has been stylized and designed with the consumer in mind. The icon is a two dimensional image of a place setting complete with, fork, plate, saucer, and placemat. The food groups are represented on the plate and are color coordinated to match the MyPyramid predecessor. The colors red, green, purple, orange, and blue represent fruits, vegetables,



proteins, grains, and dairy portions respectively. It is recommended that the average consumer's diet be about twenty percent fruits, thirty percent vegetables, thirty percent grains, twenty percent protein, and according to the dinner setting, the smallest percentage should come from dairy. The MyPlate icon is accompanied by several suggestions such as to fill half of a plate with fruits and vegetables, make half of one's carbohydrates come from whole grain sources, switch from whole milk to one percent milk, and obtain protein from a wide variety of food sources. Practicing portion control and the reduction of salts and sugars is also recommended.

The MyPlate icon is one element of a bigger communication initiative and is designed to be used alongside ChooseMyPlate.gov, an internet website also constructed by the USDA. According to the Miniwatts Marketing Group, approximately three hundred million Americans access the internet every day. Additionally, Americans now spend as much time on the internet as they do watching television, according to a survey conducted by

the New York Times in 2010. The icon and website focus on three consumer message pieces of the 2010 Dietary Guidelines for Americans; balancing calories, foods to increase, and foods to decrease. These three selected consumer messages were developed to help alter consumer behavior. ChooseMyPlate.gov also offers nutrition education tools, dietary assessment resources, and information about how to make better food choices. ChooseMyPlate.gov also contains most of the consumer and professional information

found on MyPyramid.gov. The USDA is working with government agencies, media, industry, non-government agencies, health professionals, and others to promote the use of ChooseMyPlate.gov to every American. The USDA is offering the icon and website free of cost. However, it is very important that all tools are used together and not altered as this would detract from the initiative's effectiveness.

The rise of chronic illnesses in America is a deadly attack on Americans year after year. This epidemic has precipitated the development of MyPlate. Although the purpose of the previous MyPyramid icon was to help Americans meet dietary guidelines, many Americans were confused as to how the shape of the pyramid correlates to a serving size in their own diets. MyPlate's icon design and website is a simpler model and will soon be much familiar to Americans. The USDA's savvy mixture of simplicity and interactivity, allow for Americans looking to take action toward better health with their plate.

## Anorexia Nervosa: An Equal Opportunity Disease

By **Walter Fuentes**

Anorexia nervosa, a so called “woman’s disease,” is involving increasing numbers of males. Up to ten percent of afflicted anorexia sufferers are males, showing that this disease has nothing to do with gender, but with a psychological disorder. Many men are undiagnosed because of their denial. Even though women predominately are the victims of this disease, men and women follow a similar path to recovery.

Nervosa applies to one’s negative attitude toward his body. While the outward

physical image in the mirror is normal, the anorexia victim perceives the image as too large, too fat, or disproportional to the image he believes his body should resemble. The victim feels he has little control of his life. There may be high expectations from family and friends. The victim may feel that the only thing he can control is his weight. The media portrayal of men is increasingly that of being very slender or very muscular with low body fat. In the anorexic mind, the process of building muscle can be misperceived as an unsightly fat increase and a vicious cycle of behavior and misperception begins. Men generally have less fat

to lose than women, so significant weight loss in men can comprise greater proportionate loss of muscle mass for men than for women with this disease.

Anorexia nervosa has significant consequences on the afflicted individual’s nutrition. With daily caloric intake sometimes as low as 200-600 calories, manifold symptoms emerge. Decreased body temperature, decreased heart rate, anemia, low white blood cell count, loss of hair, and low blood potassium are just some of the manifestations of the disease.

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## Get up and MOVE !

By **Elizabeth Vacarro**

I was excited; I finally received the e-mail stating I had been accepted for the MOVE MMC Internship at the Veterans Administration (VA). This was my final semester as an undergraduate and I was eager to submit my application so I could work with the veterans of our armed forces. This was a patient population that I suspected I would enjoy. I was not disappointed.

Stepping onto the VA Campus was like stepping back in time to a friendly little town. People greeted me as they passed by on the 160 acre location as they walked from building to building. Inside, the people were courteous, making eye contact whenever I walked by.

I was unsure what to expect, so I was a little surprised not only by the campus itself, but by the RD, Aaron Flores, who supervises the interns. Aaron, who is no stranger to CSUN, having founded the Flores’ Iron Matador, is a genuinely nice person

and an effective preceptor. He is in charge of providing nutrition information to the participants of the ongoing MOVE program.

The MOVE program is a three tiered course offered by the Veterans Administration throughout the United States. Aaron and a group of fellow healthcare workers teach the second tier, an 8 week program that includes everything from healthy eating to the side effects of bariatric surgery. Many of the Vets are obese, at risk for chronic illness and are ready to start the slow process of making lifestyle changes. The support this program provides increases their chances of success and prepares them for the last stage of the program, the diet support .

My duties for Aaron include checking in the Vets who participate in the weekly MOVE meetings and yes, making presentations. However, these presentations are not the standard classroom power point we

have all grown to love. These are another animal, the kind found lurking around the corner in my worst nightmare! These presentations are for 15 men whose average age is 55 without anything between me and them. No overhead projector, no power point presentation, just the Vets and me. YIKES!

The first couple of minutes are a blur, but then something extraordinary happens. I realize that I know enough information to answer questions about food labels, calorie counting and most other questions they ask. The process of presenting sweeps away the apprehensions and is actually thrilling; I love sharing information that could potentially help them make lifelong changes.

After teaching a class, I am always delighted to have the chance to speak to the Vets one on one. And, while I may not see beaming smiles or receive pats on the back from the Vets, I see the trust in their eyes and more importantly I notice that they walk away with hope.



# Food Day: October 24, 2011

By Lacey Deyo

National Food Day was held on October 24th this year. Food Day is a nation wide movement that promotes healthy and affordable eating that can be done in a sustainable and humane way. People from many different organizations and professions all over the country take part in events to support Food Day. This year was the first year that SDFSA was involved with Food Day. We decided to have a BBQ on campus to promote healthy eating. Our goal was to provide healthier food options in a sustainable manor. Our menu consisted of turkey burgers, veggie burgers, sweet potato fries, grilled veggies, salad, and water. We chose these healthy alternatives in place of the traditional BBQ menu in order to promote healthier eating on campus. To help promote sustainability, we used local CSA produce that was kindly donated to us by Underwood Family Farms. We also chose to use sustainable paper products to serve the food on instead of Styrofoam.

The BBQ was so popular with the students and faculty that we had a hard time keeping up with the orders. This just shows that if healthy options are available to people, they will eat them. The problem in our society is that unhealthy foods are so readily available.

Planning and organizing the BBQ was a lot of fun for Sarah and I. With the help of all of the SDFSA members and officers that volunteered at the BBQ, we were able to pull it off and make it a successful event. For more information on Food Day visit: <http://foodday.org/>

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For more information on Food Day visit: <http://foodday.org/>



**Above:** Bethanie Roberts flips hamburgers like a barbeque master.

**Below:** Lacey Deyo & Sarah McOsker make sure there is plenty of hot food to go around.



**Above:** Jessica Reynolds serves up a hamburger to a hungry student.



By Sherri Moradian

As Food Science and Nutrition majors, we are continuously reminded of the power foods have on our health and wellness. While we understand the beneficial functions of eating a varied diet of fruits, vegetables, grains, protein, and dairy within our body, we often times forget that these same food groups nourish our skin the same way. Just walk down the beauty aisle in any drugstore and you will notice that skin product labels have an uncanny resemblance with the ingredients you eat in food

everyday. The twist, of course, is to make the consumer believe that the only way one can pamper the skin with vitamins and minerals is by purchasing and using their product, which is absolutely not the case. With the growing popularity of all things natural and a movement towards do-it-yourself home remedies, what could be better than making your own simple and fresh skin products? I will share two easy facial mask recipes that will help moisturize, brighten, and rejuvenate your skin during the crazy weather that dries and tightens your skin in the fall and winter season.



## Sweet-and-Sour Mask:

Forget your typical cleanser, this unique blend of three ingredients will not only clear your blemishes, it will also leave your skin soft, smooth and radiant.

### Ingredients:

4 Tbsp plain yogurt (preferably Greek, but any type as long as it is not sweetened)

2 Tbsp honey

3 Tbsp Lime Juice

Directions: Mix all three ingredients together and liberally slather onto your face, or even all over your body, and allow the mask to stay on for at least five minutes. Wash with warm water, and then marvel at your milky complexion.



## Smooth as Pumpkin Pie Rejuvenating Mask:

Just like ones diet, a skin care regimen can also be seasonal. With the abundance of pumpkins available from the fall harvest you can make this wonderful rejuvenating mask that is full of exfoliating acids and antioxidants. This mask will brighten skin, calm breakouts, and soften the appearance of fine lines and sun damage.

### Ingredients:

½ cup fresh pumpkin pulp (canned or fresh)

2 eggs

2 tsp almond milk (for dry or combination skin)

1 tsp honey (for dry skin)

Optional: 2 tsp apple cider, vinegar, or cranberry juice (if you have oily skin)

Directions: If you are using a fresh pumpkin, puree the pulp until it forms a thick paste. If you have dry skin, add the egg to bind the pumpkin pulp with the almond milk and splash of honey. If you have oily skin, omit the almond milk and honey, and instead mix the eggs and cider/vinegar/cranberry juice with the pulp. Lather the face with the paste and allow it to sit for fifteen to twenty minutes. Wash off with cool water and moisturize as usual. Your skin will feel plump and smooth!



# Cactus Salad (Nopalitos)

By Carolina Herrera

Hello readers! I wanted to share with you all a recipe that is very near and dear to my corazon (heart). The Cactus Salad, or as I learned while growing up, Nopalitos, is a ridiculously easy salad that tastes great, is nutritious, and will surely impress your guests with your knowledge and skill of Mesoamerican cuisine. The large pad like leaves of the prickly pear cactus, along with other parts such as the fruit and sap, have been used by Native Americans for an innumerable amount of years, and given its health benefits, rightly so (Beezley, 2011). The nopal has long been a source of nutrition that the desert climates of North, Central and certain parts of Southern America offered to its inhabitants. Current studies indicate that the nopal may be beneficial in lowering blood glucose and are rich in fiber (Shane-McWhorter, 2009). Further studies must be done on this desert wonder food but while you and others in the fields of nutrition and food science come up with new and innovative discoveries, why not partake in this delicious traditional dish?



## Ingredients

2 lbs. of prickly pear cactus pads  
(can be purchased at your local  
Latin American food store)

4 cups of water

5 small tomatoes, chopped

1 small white onion, chopped

½ small avocado, sliced (optional)

Salt to taste

## Directions:

1. Take the de-spined cactus pad and cut into 1" cubes. If you're running short on time the prickly pear cactus pad may be purchased de-spined and cubed.

2. Combine the 4 cups of water and salt to taste with the cubed cactus pad and let boil over low heat 15-20 minutes until water has become viscous and the cactus turns from bright green to a darker green color.

3. Strain the cactus cubes and allow to chill in refrigerator. Once thoroughly chilled add tomatoes and onion. Then mix ingredients.

4. Optional: Add sliced avocado on top for decoration and get those good unsaturated fats.

Optional serving method: as a salad on its own or along



## By Elise Mische

The benefits of flaxseeds have been long known in civilization. They were cultivated as early as 3,000 B.C and used by Hippocrates to relieve intestinal discomfort. Flaxseed consumption was even made into a law by King Charlemagne to increase the overall health of his subjects! Still today, flaxseeds are being studied for their numerous health benefits, and are used in variety of recipes.

### A few facts on flax:

One of the greatest health benefits of flaxseeds is their rich source of Omega 3 Fatty Acids, mainly, Alpha-Linolenic

Acid. Just one serving of flaxseeds , approximately 2 tablespoons carries a whopping 2400 mg of healthy ALA fats!

Flaxseeds also contain lignans, which are phytoestrogens that serve as powerhouse antioxidants, removing free radicals from the body. One serving of flaxseeds has the same antioxidant power as nearly 30 cups of raw broccoli.

Finally, flaxseeds are a good source of both soluble and insoluble fiber, which along with ALA fatty acids, can contribute to lowering LDL cholesterol levels.

### Flaxseeds in the kitchen:

Flaxseeds can be used in a variety of ways in the kitchen. With a slightly nutty flavor, flaxseed pairs well with a bowl of oatmeal, a stack of homemade pancakes, or on top of yogurt. Flaxseeds can even serve as an egg replacer in baked goods! Here is one of my favorite flaxseed recipes:

## Apple Sauce Date Nut Bread

- 3/4 cup chopped walnuts
- 1 cup cut up dates (use a food processor and pulse with applesauce until finely -chopped)
- 1 cup plus 3 tablespoons applesauce
- 1 1/2 teaspoons pure vanilla
- 2 extra large grain fed, free-range eggs

Combine the above ingredients in one bowl or food processor. In a separate, large bowl stir the following.

- 9 tablespoons ground flax seed meal
- 1 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup agave syrup
- 1 1/2 cups sifted white whole wheat flour

Make a well in the center of the flour & flax mixture and pour the date mixture into the center of the well. Mix swiftly until moistened with a large cooking spoon. Just as with any quick bread, do not over mix. Pour into a greased loaf pan and bake at 350 degrees for about one hour and five minutes. Wrap and freeze or refrigerate for longer freshness. Keeps well at room temperature for several days.

This recipe makes 2 loaves in standard loaf pans, so share one with a friend and keep one for you!





By Christy Helvestine



Fruits and vegetables are essential to our diet because they provide many vitamins and minerals. The most important thing is to make sure we're not leaching out or losing these precious nutrients when we cook them. The following tips can help you maximize the nutrient content when preparing your vegetables.

## 1.) Choose Fresh or Frozen Foods

Vegetables that are frozen or bought and cooked fresh will have a higher nutrient content than canned vegetables. Canned vegetables have been cooked with some heat for preservation and can have as low as half the nutrients as fresh or frozen vegetables. Although they may have a longer shelf life, they will be less nutrient dense and have more preservatives, salt, or even sugar in the case of canned fruit. Frozen vegetables are an excellent choice if you want to keep your vegetables a long time and are concerned with preserving nutrient content. Frozen vegetables are usually picked and harvested at peak ripeness when they are highest in nutrients. They can even be more nutritious

than fresh vegetables, because fresh vegetables need to be transported to markets and then when bought, they are often stored or refrigerated before consumed. While vegetables are stored before consumption, they continue to respire, which over time leads to deterioration of nutrient content and flavor.

## 2.) Use Less Water When Cooking

The biggest factor in mineral loss from preparing vegetables is from being leached out into the cooking liquid. Water soluble vitamins such as Vitamin C and folate are most susceptible to being lost. To prevent leaching, vegetables should be prepared using as little water as possible. Vegetables should never be fully submerged in water or boiled. If you do decide to boil your vegetables, you can use the cooking water that the leached out vitamins are now in. Soup is a good example of how you can drink the water you have boiled your vegetables in. Simmering in a small amount of water, steaming, or microwaving will help retain the nutrient content as well as flavor compounds in vegetables. Other ways to prepare vegetables are roasting, grilling, and stir-frying in a small amount of oil.

## 3.) Shorten Your Cooking Time

Heat will cause changes in texture, flavor, and nutrient content of vegetables. Heating for long amounts of time will destroy vitamins. When cooking vegetables, it's best to cook on low heat until just tender. This will help not only in preserving nutrients, but in maximizing the flavor and avoiding a mushy texture if using water as a cooking medium.

## 4.) Cut Into Larger Pieces

It's better to cut your vegetables into larger and fewer pieces, rather than many small pieces. This will help maximize the surface area exposed to the cooking medium. It will lower the risk of your vegetables from being overcooked. It also helps to leave the skin on rather than peeling vegetables.

## 5.) Be Mindful of Additives

Adding herbs and seasonings will enhance the flavor in cooked vegetables, however when cooking with oil, be mindful of the amount. It's best to minimize the amount of cooking oil since frying will increase the fat content in your meal. When frying or stir-frying, it's best to use oils that are highest in monounsaturated fat. Having some monounsaturated fats in your diet can even help in lowering LDL cholesterol levels and improve heart health. It is also important to make sure the oil you're using has a higher smoke point temperature than the temperature you're heating at. The smoke point of oil is the temperature at which oil begins to smoke. At this temperature, the oil also begins to degrade and break down into free radicals, which have been shown to increase the risk of cancer. It's best to cook in oils such as canola oil or peanut oil are higher in monounsaturated fats and have higher smoke points.

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# The Many Faces of Tahini

By Nina Braynina

However, have you ever tried to make your own hummus and realized it wasn't just made of chickpeas? The other important ingredient is tahini, or sesame butter, which is very common in Middle Eastern cooking. Tahini is also the base for tahini sauce, which can be eaten as a dip or con-

tious, and versatile tahini is. The word originates from the Arabic root tahn, meaning "to grind." While its exact place of origin is uncertain, tahini has been used since ancient times, and is mentioned in a 13th century Arabic cookbook as an ingredient in hummus. It is eaten in many areas of the world, including the

higher nutritional content. However, even with hulled seeds, tahini is a powerhouse of nutrients. It contains the antioxidant sesamol, and is high in oleic acid (monounsaturated fatty acid) and linoleic acid (polyunsaturated fatty acid). It is also a good source of protein, and contains the amino acids methio-



diment for sandwiches, pita, meat, fish, and vegetables. Recently I found myself absolutely torn between the \$3 small, ready-to-eat container of sauce and the \$5 two-pound container of Al Wadi brand tahini that I could easily make my own sauce with. Even though I needed very little, I caved in and bought the larger container – now the challenge became figuring out what to do with two pounds of ground sesame seeds. The last thing I needed was another half-finished container taking up space in the fridge.

As I experimented with various recipes, I realized how incredibly interesting, nutri-

Mediterranean, North Africa, Middle East, and West Asia. Commonly used in Ayurveda, India's traditional medicine, sesame seeds are believed to be pure, or "sattvic," and symbolize immortality in Hindu belief.

Tahini is made by blanching the seeds to remove the hulls, removing the hulls that float to the top of the water, and roasting and grinding the remaining parts of the seeds. This produces a nutty paste, similar in consistency to almond or peanut butter. In East Asian cooking, sesame paste is made from unhulled seeds, giving it a slightly more bitter taste and

nine and tryptophan, which are often lacking in plant foods. This is useful for vegans and vegetarians, who can pair it with chickpeas (in hummus) or bread to form a complete source of protein. Also useful for this group is that it is classified by the American Dietetic Association as a vegetarian-friendly source of calcium.

When it comes to what you can make with tahini, the possibilities are endless - I needn't have worried about finishing off the entire container. Although a bit messy and hard to mix after separation, it was definitely worth it. If you're not familiar with tahini, I highly recommend giving it a try!

## Honey-Tahini Dressing

- 1/3 cup tahini
  - 1/3 cup olive oil
  - ¼ cup lemon juice (½ cup in original recipe)
  - 2 tbsp honey
  - ½ tsp salt (1 tsp in original recipe)
  - 2 cloves crushed garlic
  - ¼ tsp black pepper
- Makes 10 servings of 1 tbsp each

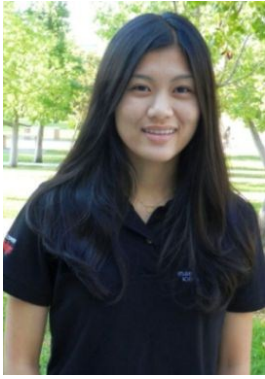
## Tahini Banana Smoothie

- 1 medium banana
  - 1 tbsp tahini
  - 1 cup nonfat milk
- Makes 1 serving

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## Inside Look: The Workday of a Dietitians Assistant

**By Erin Manlulu**

What do Diet Clerks, Diet Aids, Nutrition Assistants, and Dietitian Assistants have in common? They all work in the food and nutrition services at the hospital. The specific duties of each position vary depending on the hospital, so the information regarding my experience may not be consistent with those of someone with a similar job at a different hospital. Nevertheless, the ultimate role of this position is to provide patients with meals appropriate to their diet and preferences.

As a dietitian assistant in Providence Holy Cross, I begin my workday getting reports from the dietitian assistant of the morning shift. This is a time of communicating any concerns or special notifications of patients' diets. Other tasks completed at this time include any follow up or completion of menu collection and notation of the patients who require feeding assistance, need a point of care glucose test, and/or are in isolation rooms. These three important points of information should be boldly labeled in the patients' menus. Before conducting my meal rounds in the units, I print a diet list of my four units, which contains my patients' personal and medical information but most importantly, the diet orders from the doctor and/or the dietitian. Once I am in the nursing units, I check in with the nurses for any changes concerning diets for existing and new patients. This is also a great time to collect any menus from the patients. I assist the patient with filling out their menu by giving them a brief explanation of their diet and I can also notify them if there are additional meal choices not on the menu that comply with their diet order. Occasionally, I come across are vegetarian patients. I am able to provide them with a vegetarian menu and work around their dietary restrictions. I am not always able to collect menus from the patients in person; in these cases, I will contact the patient by phone. If communication with the patient is still not achieved, I will resort to making a nonselective menu in which I will choose for the patient. However, this is only a last option because the main goal of our department and role is to obtain the patient's selections. Next, I head back to the diet office to correct and update menus as required by diet changes. For example, I may have a patient whose diet has moved up from a clear liquid diet to a regular diet. The process of correcting menus may include counting carbohydrates, specifying fluid restrictions and portion sizes, placing stamps and stickers for special notifications, highlighting nourishments and special food items, and removing food allergens for the patient. I consult a dietitian and a dietetic technician for dietary concerns about a patient when necessary. In the meantime, I am also maintaining computer patient information such as their transfer or discharge. It is also important that I record in the computer patient preferences and other pertinent information from the nurses and dietitians.

**Continued on page 16**



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Denial is an integral part of the disease process, thus even in the face of these negative consequences, the patient will not recognize them as the inevitable result of his dysfunctional eating habits.

Signs and symptoms of anorexia for both male and female are the same, as well as the required treatment. Early signs of this disease include eating very little, hiding food and exercising suddenly in any environment. Major signs would be depression and withdrawal from family and friends.

Due to the strength of denial operative in this disease process, treatment often does not begin until an "intervention" is initiated by family and/or friends as in the case of alcoholism. This confrontation of a loved



one is with the purpose of restoring the person's sense of living and having a future. Therapy is a dual process addressing the psychological and the nutritional aspects of the disease. The psychological therapy is often conducted from a conjoint individual/family point of view. Treatment for this condition can be protracted, spanning many years and some therapists believe one never

"recovers" from anorexia nervosa but rather learns to effectively deal with it on a lifetime basis.

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*Beyond the Classroom: Continued from page 3*



I studied nutrition for a year in Australia while in my second year in the DPD program at CSUN. I cannot stress enough how much of a wonderful opportunity this is! However, you would have to be willing to take time off from graduating as most, if not all your classes abroad will not transfer back towards the DPD program. Given that, you have to want this for your own knowledge and learning experience. To say that you've done food analysis within different countries software, sat in on counseling type II diabetics and implemented programs to prevent obesity in aboriginal people is beyond a learning experience. The importance of this is to realize the needs in different countries compared to our needs in the States and make account for other ways of living and resources available. If studying abroad is of interest to you, you may go through the international and exchange office in the University Student Union. Before hand, decide on a country and arrange to take classes in nutrition or food science at a university that offers that degree option. While there, connect with registered dietitians or food scientists and present your purpose. They would love to have you and involve you in projects, not to mention the projects you'd be responsible for in class abroad. I contacted registered dietitians to volunteer through my professors who were also RDs in Australia. Through my community nutrition class, I implemented a program for the aboriginal people that taught portion control and emphasized the recommended servings of 2 fruits and 5 vegetables per day. I also worked with Food Works, their nutrient analysis program. Living and traveling abroad makes you more independent and more understanding of the world. It changed me, and I know it would do the same for you and your perception of the world. Adapting to a new culture and way of living is extraordinary and working with Registered Dietitians outside of the U.S. is even more extraordinary and exciting. It was beyond a lifetime experience for me, and whether you're getting experience abroad or in the States, it will be a lifetime experience for you.



# Go Green: The Super Tea

By Yelena Tkachenko

In recent years, there has been an increased interest in green tea and its consumption, with wide varieties in the stores and reported health benefits of green tea.

Teas are classified into three major types depending on the mode of processing used: green tea (non-fermented), oolong (semi-fermented) and black tea (fermented). Green tea is produced by drying and steaming the fresh tea leaves thus non-oxidation occurs.

Approximately 76 % of the tea produced and consumed is black tea (mostly Europe, North America and North Africa), 22% is green tea and less than 2% is oolong (both in Asia). Originating in China, the legend of green tea discovery links Chinese leader and medicinal expert Sheng Nong, who discovered it in 2737 BC by accident when he drank boiled water that had a dead tea leaf in it, noticing his improved health and including it in the list of his medicinal herbs.

Green tea consumption has been linked to the prevention of many types of cancer, reduction of chronic diseases and blood pressure thus reducing the risk of stroke and heart attack, provision of antibacterial and antiviral activity, help with insulin sensitivity and tolerance of glucose, control of body weight, increase of bone mineral density and oral health.

Green tea contains many components that are beneficial to the human body. Polyphenols (catechins), which produce a

strong antioxidant effect, xanthic bases (caffeine and theophylline), which stimulate the nervous system and act as vasodilators, and essential oils help to facilitate digestion are some examples.

The science of antioxidant nutrients in green tea are the following: polyphenols (mostly catechins with incredibly strong antioxidant function); carotenoids (organic pigment in chloroplasts and chromoplasts that acts as free radical scavengers and helps to enhance immune system); tocopherols (has vitamin E



activity that helps to reduce free radical activity); vitamin C (essential nutrient that protects the body against oxidative stress) and minerals (Selenium and Chromium- are cofactors for antioxidant activity, Zinc and Manganese- are both required for several enzyme functions). Green tea antioxidants, its induction of detoxifying enzymes and regulation of cell growth, development and apoptosis and improvement of bacterial gut flora have shown the correlation of cancer prevention, inhibition of cancer cells and slowing cell aging. While some epidemiological studies suggest that green tea consumption helps to reduce cardiovascular risk, mechanism of these observations still remain uncertain,

meanwhile some suggest it might be linked to LDL-cholesterol oxidation. Green tea is a natural source of fluoride, which helps in overall oral health. Several research studies have shown that when used topically and orally, catechins from green tea help to protect against some types of radiation due to prolonged sun exposure. Xanthic substances found in green tea have shown to interfere with the fat emulsification process and fat oxidation thus helping in body weight issues (only when consumed long-term). In addition, some studies have shown the regulation of glucose levels in blood with the catechins found in green tea. Furthermore, green tea is known for its inhibition and growth of many "bad" bacteria (Salmonella, Clostridium, Bacillus, H. Pylori) and it helps to increase bone density due to its fluoride, caffeine and phytoestrogen levels. However, there might be some adverse health effects like gastrointestinal upset and central nervous system overstimulation from caffeine content. In addition, catechins may cause antifolate activity that may lead to a risk of birth defects. Moreover, green tea contains a small amount of vitamin K, which may interfere with anticoagulant medications. These are some of the factors to be considered but they do not negate the health benefits of drinking green tea.

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Once the menus have been corrected, I will prepare them as individual diet slips for meal trays to be used by kitchen personnel in food preparation. It is my responsibility to communicate with the chefs and preparers for any special food items for the patients. At times, the food and nutrition supervisor will ask a dietitian assistant to supervise the tray line by checking for accuracy and appearance of the trays.

A unique role as a dietitian assistant in Providence Holy Cross is assisting nurses in passing out meal trays to patients, which provides great interaction with the patients and can ultimately increase patient satisfaction. If the patient needs feeding assistance and/or are in isolation rooms, the nurses will pass the trays to these patients. It is important to be cautious in passing out trays to patients who need a glucose test. It is important to ask their nurse if they have completed the test and are permitted to eat before serving them their meal. I make sure every menu option the patient selected is in the tray and explain to them if an item is not in the tray for diet or preparation reasons.

If I were to describe in simple terms a dietitian assistant's role, I would say they are the middle man/woman. They are the main communicators to the patients, health providers, dietitians, and kitchen staff regarding a diet. Dietitian assistants perform diversified duties in the floor units, diet office, and tray line related to the transfer of information concerning patient diet, meal selections, preferences, and complaints.



### *Beef Nutrition: Grass or Grain? Continued from page 1*

Beef contains a large number of fatty acids. According to one study done in 2011, beef from cows that were fed a grass based diet had higher content of omega 3, omega 6 and linoleic fatty acids than cows that were fed a grain based diet. It was also found that beef from cows that were fed grass based diets had a higher amount of monounsaturated fats ("good" fat) and lower amounts of saturated fatty acids ("bad" fat) per 1 ounce serving. In addition to fatty acids, beef also supplies a large portion of vitamins and minerals to the human diet. According to another study conducted in 2008, beef from

cows that were fed a grass diet had higher levels of vitamins A, C and E than grain fed beef. These three vitamins are also considered antioxidants. As far as mineral content goes, grass fed beef wins again with higher levels of Zinc, Iron, Phosphorous and Potassium than grain fed beef. As you can see, we can get adequate nutrients from consuming beef. Beef is not all that bad for you. The conventional and grass-feeding systems on the nutrient composition of beef. Nutritional value all depends on whether the cow consumes a proper diet. So next time you want a healthy meal, you don't have to skip the beef. Just make sure your beef comes from cows that were fed a healthy, hearty grass based diet.

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#### ***A note from the editors:***

***Thank you to all of those who contributed articles to the Fall Newsletter. We appreciate your hard work and wish you all the best of luck next semester!***

***-SDFSFA 2011-2012 Editors Tatiana Kiesewetter and Maryann Boosalis***



bodies, so after it is consumed, it will go right into our blood stream and cause a spike in insulin and blood sugar levels. Also, refined sugar is considered an “empty calorie” because it has no micronutrients that our bodies require for maximum functioning.

With sugar concealed in so many of the common foods, it is hard not to become addicted. We definitely want to avoid this, and the first step is to try to eliminate sugar cravings. As a former sugar addict, I have devised a list of strategies that may help you diminish your sugar cravings.

**1. Just say no:** For some people, it is easier to completely avoid sugar than to enjoy it in moderation. If this is the case for you, try to avoid refined sugars as much as possible and you will notice your cravings will dwindle after several days. Once you have made it through the initial few days, you should be able to enjoy sweets in smaller amounts.

**2. Give up artificial sweeteners:** This is a must! For all you gum chewers and diet soda drinkers out there, you will not get rid of your sugar cravings until you stop putting artificial sweeteners in your body. When you consume these sweeteners, your brain gets fooled into thinking it is going to receive energy (calories), and when it doesn't, it responds by causing a craving for sweets. For those hesitant ones, try giving sweeteners up for 2 or 3 days. I promise you will see a difference. There's no getting around this one, giving up artificial sweeteners is necessary if you want to kiss your sugar cravings goodbye.

**3. Get plenty of sleep:** Studies have shown that there is a direct correlation between leptin (the hormone that makes you feel full), ghrelin (the hormone that increases your



appetite), and amounts of sleep. When you don't get enough sleep, your leptin levels will drop and your ghrelin levels will rise, causing you to have a serious case of the munchies and increasing your cravings for sweets throughout the day. While the necessary amount of hours of sleep per night varies for each individual, it is suggested that the average American adult aim to get around 8 hours of sleep.

**4. Eat a balanced breakfast every morning:** Nothing good comes out of skipping breakfast. Many people notice that when they skimp on breakfast, they tend to crave sweets later in the day.

That said, don't break the fast with Pop-Tarts, doughnuts, or sugary cereal; these foods will cause an even greater craving for even more sweets! Aim to have complex carbohydrates, protein, and a healthy fat within an hour of waking up. If you're in a rush, whole wheat toast topped with peanut butter or served with an egg are great options. You can make a scrambled egg in less than one minute by microwaving it

in a mug until it appears to be fully cooked.

**5. Don't let yourself get too hungry:** This may mean planning ahead and packing snacks for class or work, but letting your blood sugar levels drop during the day may cause you to binge on junk food or sweets in the evening. Try to have a snack every few hours (or whenever you are hungry) in order to keep your blood sugar levels stable. Once again, keep the snack balanced by including a carbohydrate, protein, and healthy fat.

**6. Honor your cravings:** This is key. If you are craving something, go ahead and have it. It is better to do so than try to avoid it and obsess over it the whole day. Have the bowl of ice cream or cookie and then move on. Remember, it takes 3000 extra calories to gain one pound. Enjoying a small portion of dessert, even if it's every day, will not harm you! If you are worried about gaining weight, go lighter on your lunch or dinner to save room for some dessert. Honoring your cravings in moderation, rather than trying to ignore them, will make you happier and will help reduce cravings in the long run.

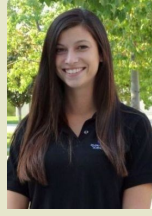
**7. Have a healthy go-to food that satisfies your sugar craving:** Some days, I want ice cream and nothing else will satisfy my craving. Other days, I just want something sweet to end a meal and it helps to have some light options on hand that will satisfy my craving. For me, cup of hot milk with a packet of stevia usually does the trick. You could also try something like microwaved apples with cinnamon, honey on toast, or banana soft serve (just frozen bananas pulsed in the food processor until smooth) topped with peanut butter.



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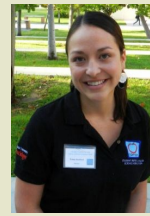
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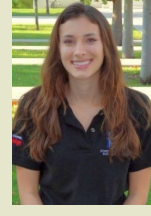
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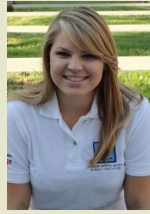
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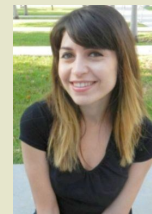
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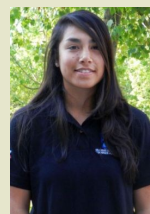
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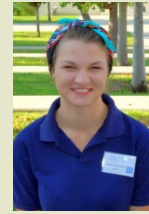
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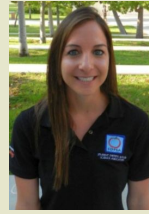
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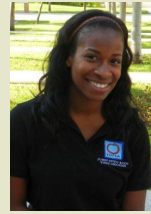
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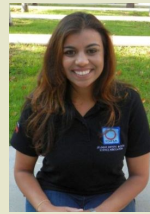
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