



# food thymes

Student Dietetic and Food Science Association

Spring 2011

## Inside this Issue

Restaurant Tips 1

Water Wise 1

Advisor's Message 2

SDFSA President's  
Message 2

Lemon & Pecan  
Green Beans 3

Lap Band 4

Agave Nectar 6

Exam Healthy  
Eating Strategies 8

Busy Lifestyle Tips 9

Chicken Couscous Salad 12

PMS & Nutrients 12

Carrot Apricot Muffins 13

Campus Resources 13

Editor's Letter 13

## Tips of the Restaurant Trade

By Melody Sayers and Jessica Calhoun

It is not uncommon for many of us to hear the question, "So what exactly are you going to school for and what are you ultimately going to do with your degree?" As Nutrition and Food Science majors, we frequently hear these words on a daily basis due to the lack of knowledge that the general public has in regards to these professions. Now picture this scenario: What if you were asked this question while working in a dining facility that served high-fat, high-calorie, and large portioned foods? It happens to us all the time!

Both of us have been long time servers and trainers at

popular local restaurants so we know how difficult it can be to try and impress our managers by up selling drinks, appetizers, and desserts to our guests while also knowing that these foods contain much more than the Recommended Daily Allowances (RDA) of fat, carbohydrates, and protein. Often times, we are torn between utilizing suggestive selling techniques to increase the check amounts



at our tables and yearning to educate and assist restaurant patrons about the ways in which they can choose healthier menu options.

Despite the challenges we face as full-time graduate students studying Nutrition, and part-time servers at popular dining facilities, we believe that it is important to offer nutritional guidance when the situation per-

Continued on pg. 9

## Uh oh, H<sub>2</sub>O: Ways to be water wise

By Robin Whitney

We learned about the hydrologic cycle in elementary school: Water in various phases conveniently circulates from the clouds, to rain, to surface runoff, to groundwater, then finally evaporates into the sky again. With the current supply and use of water, this system of regeneration may not be adequate enough to sustain our needs.

One of the most vital roles of water for us is the production of food. This is where water conservation comes in. Relating to agriculture, water conservation has been seen abundantly in mainstream news, grassroots organizations like the Sierra Club, and federal groups such as the Environmental Protection Agency.

To provide some background on how much water influences us indirectly, we consume over 4,500 gallons of water each day via our food, according to the California Farm Bureau. California is the top agricultural state in the country, growing 55% of the nation's produce and with agriculture supplying \$20 billion annually to the state's economy. However farmland has been continuously diminishing over the past decades. Up until the

Continued on pg. 4

## Advisor's Message



*Success is simple. Do what's right, the right way, at the right time.*  
Arnold H. Glasgow

### Success

*Success is simple. Do what's right, the right way, at the right time.*  
~Arnold H. Glasgow

Success seems to be a natural part of SDFSA – because of individual efforts as well as working together.

Once again, we have had another auspicious semester, another sensational year - of doing, of giving, and of making a difference. What was right? Every meeting and event. Why? Because each member of the SDFSA family seems to know what needs to be done – and

everyone contributes. When? At exactly the right time...

The Spring 2011 academic year continued with stellar activities: the Nutrition Lecture Series, Career Symposium, Nutrition College Bowl, Flores Family Iron Chef competition, DI Internship Support Group, multiple health fairs, Spring BBQ, a planned SDFSA-group trip to the Annual ADA meeting, and yes, even the 7 AM meetings! S-U-C-C-E-S-S.

This year, we've reached new heights with even more activities than usual thanks to the innovative ideas and

willing members.

Congratulations to every SDFSA member for our many successes.

To experience more of our leadership, activities and events, visit our website (<http://www.csun.edu/sdfsa/>).

With appreciation for all you are and all you do!

Dr. Terri Lisagor, Faculty Advisor

## Message from SDFSA President

By Karmen Ovsepyan

Dear Friends, Faculty, Alumni, and CSUN Community Members,

I remember like it was yesterday, walking into my first Student Dietetic and Food Science Association (SDFSA) meeting! Years have passed by with a blink of an eye, leaving me with wonderful experiences and meaningful memories. Given the opportunity to take on various leadership roles, I have built up the strength, confidence and motivation to work through any challenge and to succeed in life.

SDFSA has many exceptional leaders, and without them, all that we accomplish could not have been possible. I am truly grateful to be part of an incredible

organization lead by amazing officers and members!

In the past seven months, the SDFSA calendar has included a multitude of events. In the fall semester, we had yet another successful Dietetic Internship (DI) Symposium. The facility was filled with various DI program directors and students who had traveled as far as San Francisco to be with us that day. The year continued with four amazing Nutrition Lecture Series (NLS) presentations. We had a NLS that was a Los Angeles District (LAD) meeting combined with a presentation on renal nutrition. At our other NLS events, guest speakers were invited to present on

topics such as public policy, food myths, and eating disorders.

We have also had three amazing fundraising events: at Menchie's, The Habit, and our SDFSA Spring BBQ. The money raised at these events will go straight back to supporting our students. We provide a Spring Banquet scholarship and a textbook scholarship for the fall semester; the money also helped support our CSUN team at the 9<sup>th</sup> Annual Nutrition College Bowl in April. SDFSA is very grateful to have had the opportunity to participate in other events, such as the



### Mission of SDFSA

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

Continued on pg. 3

President's Message continued from pg. 2

National Recreation Sports & Fitness Day and a variety of health fairs. SDFSA is also proud of its very own Dietetic Internship (DI) support group, which has helped our students through the process of applying for DI programs in the past two years.

But that is not all! We recently held our 5<sup>th</sup> Annual Iron Matador event on March 26th, which was an exciting experience for all, and the Career Symposium, which took place on March 19th. The Career Symposium, which takes place every spring, gives students the chance to hear from individuals working in specific fields related to nutrition and food science, and shows students the many options available to them with regard to career choices. Finally, our fundraising dinner will take place April 25th. We are also excited to announce that we supported the American Cancer Society by participating in "Relay for Life," to help

increase awareness.

At this time, I would like to thank our Vice Presidents Crystal Bodos-

Odeh, FCS CC Jocceline Hernandez, Webmasters Pilar Chilet & Hermineh Galstian, and Legislative Officers Nina Braynina & Kelley

Gold for their dedication to SDFSA. Thank you to all the committee chairs and active members for all your hard work. I would also like to take this opportunity to thank our remarkable Advisor, Dr. Terri Lisagor, for her continuing support and guidance. It has been my privilege serving as the SDFSA President for the 2010-2011 term. I want to wish all of you nothing but success in your future professions! And I would like to leave all



sian & Xochitl Valdivia, Secretaries Melody Sayers & Jessica Calhoun, Treasurer Tomoko Fujio-Petersen, Fundraising Treasurers Dana Sutherland & John Siritaranukul, Publicity Officers Chanel Villanueva & Robin Whitney, Editors Marina Tumas & Lauren Druss, Ways and Means Luisa Sabogal & Holly Erdogan, Historians Carolina Herrera & Sharmiya

of you with a quote by Pablo Picasso, "Action is the foundational key to all success."

Sincerely,  
Karmen Ovsepyan

## Recipe Corner

### Lemon & Pecan Green Beans

By Pilar Chilet

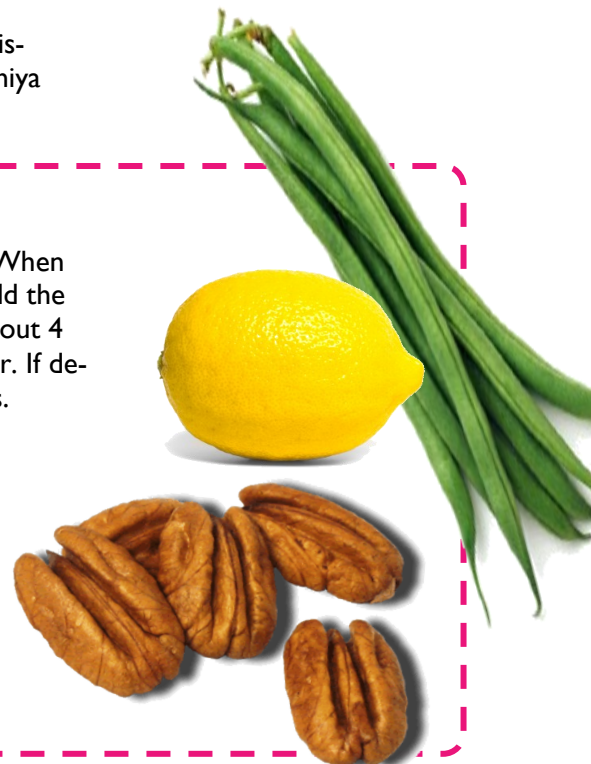
Yield: 5 servings

#### Ingredients

- 1 lb green beans
- 2 tablespoons of minced pecans
- 1 tablespoon of grated lemon peel
- 1 tablespoon of lemon juice
- 1 teaspoon of your favorite oil
- Lettuce leaves for garnish
- A pinch of ground pepper
- A pinch of salt to taste

#### Preparation

- Put water to boil in a pot. When the water comes to boil, add the green beans until tender about 4 minutes. Drain in a colander. If desired, chop the green beans.
- In a bowl, put green beans, minced pecans, grated lemon peel, lemon juice, oil. Season to taste with ground pepper and salt. Mix garnish with lettuce leaves and serve.



## The Lap-Band: What is it and why do I keep seeing ads for it?

By Nina Braynina

You've probably heard the radio ads or seen the billboards advertising Lap-Band surgery. Using slogans like "Diets fail! The Lap-Band works!" the ads make losing weight look as easy as heading to the doctor's office on your lunch break. But they don't tell the full story. The Lap-Band is an inflatable silicone ring that is surgically fitted around the upper part of the stomach to allow a person to eat less and feel full faster. Patients undergo a medical procedure requiring general anesthesia, and the price can

be upward of \$15,000.

The Southern California ad campaign is actually run independently by a marketing company called 1-800-GET-THIN. The company screens callers and directs prospective patients to facilities that perform surgery using the Lap-Band. This device is made by Allergan, a company based in Irvine, CA.



Allergan and the L.A. County Department of Public Health have both criticized the campaign as being misleading, leaving out clear statements about associated risks, and discouraging less intrusive ways to lose

Continued on pg. 5

Water Wise continued from pg. 1



1950s, Los Angeles County was the main farming county of the country and the Santa Clara Valley was a former leading supplier of produce. Fifteen thousand acres of California is lost to urbanization each year. Nine million acres of California farms depend on irrigation water. Eighty percent of California's developed water, water that has been brought into a water system and would not have entered it naturally, goes towards agriculture. Maximizing water use is a hefty concern for farmers and residents of California.

Simple ways you can help get involved in water conservation:

- Water your garden/lawn at night to prevent evaporation
- Repair water leaks in the home - over 10% of water use may be attributed to leaks
- Add mulch/compost to garden soil to help retain moisture and prevent weed growth
- Replace high water plants (including grass) with lower water options (like drought-resistant plants)
- Collect the water used to rinse produce and use it on houseplants
- Shorten your shower time. Decreasing it by 1-2 minutes can save up to 150 gallons/month
- Water your yard based on the moisture of the soil rather than following a schedule
- Use the garbage disposal more moderately and opt to compost food waste
- Teach those around you about the importance of water preservation

Remember, small modifications can go a long way to

promote the protection of our planet's biodiversity and coming generations. Every one of us is capable of contributing a little to help make a vast impact towards a more sustainable future.

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Lap Band Continued from pg. 4

weight.

Although the Lap-Band is only approved for use in those who are severely-morbidly obese and who have been unsuccessful at losing weight with diet, exercise, or drugs, some experts say that the recent expanded approval for the Lap-Band will drive more moderately obese people to consider surgery. In February, the FDA approved Allergan's request to lower the weight requirement for those with an obesity-related problem from a body mass index (BMI) of 35 to 30. Since a BMI of 30 is the lower boundary for obesity, this makes the surgery available to people who are on that borderline between overweight and obese. For instance, a 5'6" diabetic would now only will have to weigh 186 lb to qualify, compared to the previous 217 lbs (at BMI 35). Allergan has estimated that more than 26 million Americans would be newly eligible under this new standard. The FDA left the BMI requirement for obese individuals, who are otherwise healthy, at 40.

A BMI of 40 and greater is classified as Class 3 or morbid obesity, and reaches nearly 8% in some US populations. It is associated with premature death, as well as an increased risk for conditions including diabetes, hypertension, high cholesterol, heart disease, and sleep apnea. Studies have shown that significant weight loss decreases mortality rates, and improves social functioning and quality of life in morbidly obese patients. In the study submitted by Allergan to the FDA to gain approval for the lowered requirement, patients lost an average of 18% of their weight after a year, and the company has agreed to provide fol-

low-up after five years.

Allergan's Lap-Band is not the only band available; another that has come onto the US market within the past three years is the Realize Band. Gastric banding is the technical name for the procedure. It is a minimally-invasive procedure, and has the lowest morbidity and mortality rates among the common weight loss sur-

The difference between the two procedures is that in gastric bypass, a portion of the stomach is actually removed and reattached to the middle part of the small intestine, while no part of the stomach is removed in gastric banding.

geries. In the US, it is the most common weight loss surgery performed, and is promoted as a safer and potentially reversible alternative to gastric bypass surgery. The difference between the two procedures is that in gastric bypass, a portion of the stomach is actually removed and reat-

BMI	CLASSIFICATION
18.5–24.9	normal weight
25.0–29.9	overweight
30.0–34.9	class I obesity
35.0–39.9	class II obesity
Over 40.0	class III obesity

tached to the middle part of the small intestine, while no part of the stomach is removed in gastric banding. A review shows that while gastric banding patients experienced fewer problems in the short term, they had less long-term success with weight loss. The gastric band is the only adjustable weight loss surgery in the US. About

4-6 weeks after surgery, patients get their first adjustment, and continue to get them as-needed. These don't require surgery and take only about 10 minutes. During the surgery, the band is connected to a tube that connects to a hidden "access port" right beneath the skin of the stomach. When the patient comes in, the tube can be inflated or deflated by injecting or removing saline from the port. This allows a pregnant woman, for example, to make room for her increased nutritional needs, or a patient who isn't losing enough weight to have his/her band tightened.

Having the Lap-Band requires work. In the days after surgery, patients should drink a limited amount of water and clear liquids; drinking too much may cause nausea and vomiting, which can cause the band to slip. Foods are slowly transitioned in over the course of about six weeks, starting with thin liquids like skim milk; then slightly textured foods like mashed potatoes; then tender cooked foods; and finally solid foods. While the Lap-Band is in place, patients must make sure to avoid drinking liquids with or immediately after meals to avoid flushing food through the pouch, as well as taking in too much food. Since the stomach can now hold only about two ounces of food, everything must be eaten small bits at a time, and chewed thoroughly. Certain foods should be avoided, including fibrous foods, carbonated beverages, corn, grapes, nuts, and "junk" food with inadequate nutrients. To get the best results, patients should do at least thirty minutes of exercise every day.

Whether you're looking at a Lap-Band or gastric bypass surgery, serious risks are involved. With Lap-Band

Lap Band continued on pg. 6

Lap Band Continued from pg. 5

advertised every which way you look and becoming available to an increasingly large amount of people, it is important to keep in mind that it is meant to be a last resort for people who have exhausted all their other weight loss options. It is not meant to be a quick fix, only a phone call away.

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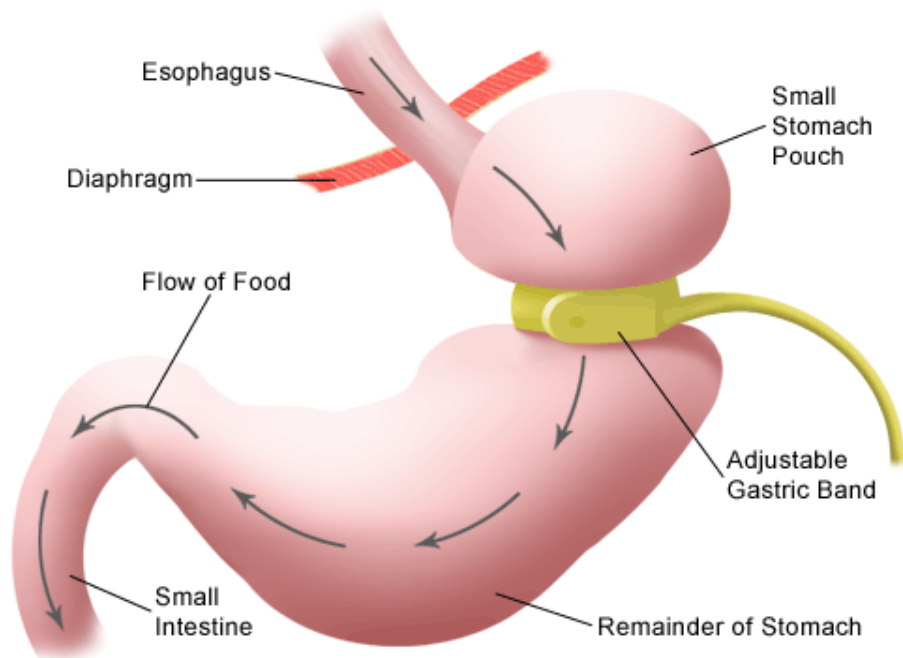
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**Adjustable Gastric Band Procedure**



**Agave Nectar: Is it a raw, natural and healthier alternative to table sugar?**

By Carolina Herrera

The first time I encountered Agave Nectar was at my favorite local health food store. There it was, sitting on the shelf; the varying shades of ochre colored nectar kept in plastic bottles sat innocently above the frozen foods. The labels proudly displayed the words “raw,” “organic” and “low glycemic index,” words that could grab any health-conscious shopper’s attention. Although interested at the time, I brushed off the

thought on agave nectar until this previous semester when, in a food product development class, we decided to use it as an alternative sweetener. I recalled the claims made about agave nectar and thought it would be the perfect opportunity to use an alternative sweetener that was rapidly becoming popular. As I began researching the properties, uses, and benefits of agave nectar, I slowly began uncovering that, just as is the case for many alternative sweeteners,

there were good, bad and just plain ugly takes on this product. So what’s real and what is just wishful thinking?

Here are the facts: Agave nectar comes from the blue agave plant, a plant that is traditionally found in the tequila region of Guadalajara, Jalisco, Mexico, although it is known to grow in the various regions of the United States, South America, and other areas of Mexico. The sap, called aguamiel, that is used to make agave nectar, is the very same that is used

Agave continued from pg. 6

to produce tequila through a different process. Occasionally, agave nectar is drawn from the *Agave atrovirens*

plant, a giant maguey plant that can take from 8 to 12 years to become fully mature. Before the flower stalk can grow out of the “core” of the agave plant, a hole is cut in the middle, allowed to



heal, and then cut again to remove the pulp that has grown and allow the hole to fill with the aguamiel. Here is where things get a little sticky. Many advocates of agave nectar claim it to be a natural and raw sweetener, but the process used to turn the aguamiel into agave nectar is not so “natural”.

The aguamiel is filtered and then hydrolyzed using either heat or enzymes, converting the carbohydrates into anything from 50-90% fructose, specifically a form called inulin, and about 8-20% glucose. This process causes the loss of nutrients and minerals, which are found in the unaltered sap. This mixture is then reduced, creating the syrup-like agave nectar that we can find in stores which comes in either the dark or light colored syrups, two distinct forms that produce two different flavors.

Agave nectar delivers 16 calories per teaspoon, the same amount of calories in a teaspoon of sugar, but since it is composed of mostly fructose, a sugar that is about 70% times sweeter than sucrose, we need less of it to achieve the same sweetness as table sugar. Since agave nectar has a lower glycemic index than other sweeteners, ranking at 20-30 in comparison to a glycemic index of 55 for honey and 68 for table sugar, many people, espe-

cially diabetics, take this as a go ahead to use it in foods and drinks freely. The lower the glycemic index, the slower the sugar is absorbed by the body, preventing the rapid increases and decreases of blood sugar levels. However, the American Diabetes Association still places agave nectar as one of the

sweeteners that must be restricted in a diabetic diet. Many of those who advocate the benefits of agave nectar claim that it’s higher fructose content, which results in its lower glycemic index, is a healthier option compared to other sweeteners that are mainly composed of glucose, but this topic is also controversial with conflicting data regarding the true benefits of fructose. An article published in the *Journal of Clinical Investigation* suggests that the use of fructose-based sweeteners actually increases visceral fat and decreases insulin sensitivity in people who are already overweight.

So what’s the bottom line? Should we use agave nectar or not? This is where you, the consumer come in. As an informed consumer it is up to you to do research on the products you choose to purchase and make sure that this product is right for you. You may find that after researching, you rethink your decision of using agave nectar as your sweetener of choice; or it may confirm to you that it is right for you. If you find that it is the correct sweetener for you, make sure that it is always 100% agave nectar, since sometimes agave nectar products may actually also contain high fructose corn syrup. Which-ever sweetener you choose, the most important thing to remember is to

use them in moderation, no matter how “healthy” and “natural” the product claims to be; it doesn’t mean that it is okay to have it in excess.

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# The Knowledge Jar

Welcome to the Knowledge Jar! Here, and throughout the newsletter, you will find many useful tips and advice on various topics, such as stress, restaurant dining, and more. Read on to open the knowledge Jar!



## Healthy Eating Strategies During Exam Week

By Chanel Villanueva

Let's be honest. If you're like most students, when it comes to studying for finals, good nutrition tends to fall to the bottom of your to-do list. It's easy to get into the habit of ordering take-out or indulging in 'junk' food, because you don't want to waste your time thinking about food. In reality, a healthy diet should be a vital part of your study plan. Without proper care and nutrition, you may find your final grades not reflecting the hours of studying you put in.

Here are some healthy tips to keep



your mind and body at its best during exam week:

- **Eat at regular intervals.** This will help keep your energy and nutrient levels stable and reduce the temptation of indulging in empty-calorie snacks that lack the nutrients your body needs.
- **Consider eating smaller, more frequent meals.** Large meals will sit in your stomach and tend to slow you down both mentally and physically, as they often lead to drowsiness and sluggish behavior.
- **Go for balance.** Incorporate more nutritious carbohydrates like fruits, vegetables, and whole-grains, as well as sources of protein into your meals and snacks. This will slow digestion and allow for a steady supply of energy to reach the brain. In addition, this will help combat cravings and reduce hunger.
- Look for foods that are high in B vitamins and iron because they will help maintain your mental stamina and alertness.
- **Snack smart.** Avoid high sugar snacks that will cause fluctuations in your blood sugar levels resulting in "sugar highs." This can cause lack of concentration and cause mood changes in some. Pack nutritious snacks when you're on-the-go and prepare ahead of time to ensure your kitchen is stocked with healthy snacks.
- Snack ideas include: cheese and crackers, low-fat yogurt, granola bars, oatmeal, fruit, veggies with hummus, dried fruit, nuts and low-fat popcorn.
- **Drink plenty of water to stay hydrated.** Keep in mind that dehydration can lead to feelings of fatigue and weakness.
- **Drink caffeine in moderation.** Although caffeine is known to make you more alert, it can also lead to further dehydration and feeling jittery or tense.
- **Use non-food stress relievers**

**to cope with the pressure of exams.** Exercising 20-30 minutes will help relieve overwhelming stress levels and leave you feeling energized and more focused.

- **Only eat when you are physically hungry, not because you need a study break.** Check for true signs of hunger before heading to the pantry, remembering that thirst can often be confused with hunger.
- **Eat a good breakfast on exam day.** Make sure to incorporate carbohydrates, protein, calcium, and fiber to ensure a balanced meal.

Above all, remember that it is possible to eat healthy no matter how busy we are. It just takes a little creative thinking and resourcefulness.

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<http://www.housing.ucsc.edu/dining/pdf/exam-time.pdf>

mits. For example, when a customer says, “I am trying to eat healthy but I cannot find anything suitable on this menu,” this is the perfect opportunity for us to utilize our nutrition expertise and guide the customer in the right direction. Unfortunately, this scenario is merely an occasional occurrence and, instead of a nutrition student-turned-server’s dream, we are left with this ever-so-common, sad picture of reality: A family of four walks into our restaurants; once seated, the first thing they do is indulge in the bread basket before they are even greeted by the servers. They order high-sugar drinks such as sodas or margaritas. Yes, there is an occasional diet coke here and there. The children order the 1,000-calorie meal of fried chicken strips with fries and the parents order the 2,000 calorie creamy pasta entrée designed to serve three people, or a 1,500 calorie steak meal that can feed two comfortably. In addition to complet-

ing the entire meal, they top off their dining experience with a triple chocolate fudge cake topped with ice cream, whipped cream, and caramel sauce. Sounds delicious for being a 1,500-calorie dessert! Even though we may have made you hungry now, this scenario is a reflection of what really happens when families dine out at our restaurants.



California state legislatures and Dietetic professionals have come a long way in implementing laws which mandate the printing of calorie counts of menu items in restaurants with 20 or more loca-

tions. However, the progress does not stop here. As students, servers, and diners, we must encourage people to use these tools as means of making healthier decisions. Even though there are recognizable differences in the ways in which restaurant patrons are reacting to their menu choices, there are still restaurant-goers who lack the motivation to want to change their dining habits. In order to continue the progression towards balancing quality-dining experiences with healthy choices, we must incorporate these important strategies:

1. Split large entrée items and desserts with family and friends.
2. Choose steamed vegetables or a salad as your side instead of French fries or mashed potatoes, which contain hidden amounts of fat. If you are unsure about alternate sides, ask your server.
3. Try not to fill up on the breadbasket and, if possible,

Continued on pg. 10

## Nutrition Tips for a Busy Lifestyle

By Holly Erdogan & Luisa Sabogal

As we all know, life is busy, but we can all agree that the life of a college student doesn’t even compare to anything else! The word “busy” is an understatement. So, how do we keep our immune systems strong, keep our bodies nourished, and keep our stress levels down while doing our day-to-day college student duties? We have combined our brains and compiled a list of 10 things that we live by on a daily basis. Hopefully these tips will help you manage your busy lifestyle!

**1. Start your day with a Nutritious breakfast.** It is always a good idea to start your day off on the right side of the bed. In this case, we’re talking nutritionally!

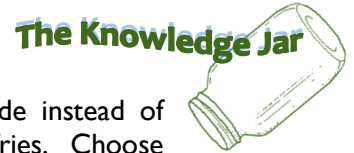
Some filling foods that we love in the morning are oatmeal and smoothies:

- Steel cut oats slow cooked, with any type of milk (cow, soy, almond, etc.), chopped apples, blueberries, walnuts and cinnamon.
- Kale smoothie: Kale and/or spinach, blueberries, strawberries, and a banana. Add some almonds for the extra protein.

**2. Always have a healthy snack packed.**

It is a simple action to keep some type of healthy snack on you at all times. This will keep your metabolism going and prevent cravings in between meals or over-eating at the next meal. You can slip one in your purse or your backpack for those mid-morning cravings instead of stopping at a coffee shop for a calorie-filled pastry. There are a lot of snack options that don’t require refrigeration which are perfect to carry along with you all day, every day!

Continued on pg. 11



- request whole-wheat bread. If you do enjoy bread with your entrée, request it once the entrée has arrived rather than before the meal.
- 4. Steaks and chicken dishes are often cooked with butter and oil. Be sure to request these items “grilled” to ensure less fat and added calories.
- 5. Choose whole-wheat items such as wheat buns for hamburgers, wheat tortillas for tacos, wheat pasta, and whole-wheat pizza crust. A lot of times, restaurants do not advertise this information, so as the consumer it is up to you to ask if these options are available.
- 6. Opt for broth-based soup instead of cream-based soups. This will help cut down on fat

- 8. Stay away from sodas and colas since these drinks do not offer much nutritional value and are often referred to as sources of empty calories.
- 9. If you order juice, make sure it is 100% juice and not from concentrate. Often times restaurants order juices from concentrate in order to save costs.
- 10. Be careful of cocktails. They may look like a tropical vacation on the outside, but they are full of empty calories on the inside. If you desire a cocktail, try and stick to one drink and perhaps choose a glass of wine instead.
- 11. Order a half portion or lunch size. If this is not an option, ask your server for a doggie bag in the beginning of the meal so that the entire entrée isn't eaten all at once. This will not only help

as the side instead of French fries. Choose milk in place of high sugary sodas.

- 14. Do not be afraid to look at nutritional information when making menu selections. From our experience as servers, a lot of people do not even ask for it nor care to look at it. This information serves as your personal guide and is there to help you, not hurt you.

In our society, dining out continues to remain a big part of our cultural and social experience. Millions of people visit restaurant establishments each year, throughout the country and the world. However, obesity, diabetes, and heart disease rates continue to climb as a result of poorly established eating habits.

As future dietitians and servers working closely with consumers, we believe that further change needs to be implemented. We often ask ourselves, do consumers just not understand how to choose healthy meal options or do they just not care enough to make healthier choices? While we continue to finish up our nutrition degrees and refill the glasses of iced tea for our guests, we look to the future and hope that one day we will be able to teach the public that eating out can still mean quality time with friends and family and delicious cuisine as well as a time to reflect upon positive nutritional practices.



- and calorie intake.
- 7. Watch out for salad dressings. Just because a salad has vegetables does not mean it is a healthy item. In fact, salads can be the highest calorie item on the menu! Choose vinaigrette, oil-based dressings or salsa as alternatives to creamy ones. Ask for your dressing on the side so you can control how much is added.

- with portion control, but will serve as a great meal at a later time, and you did not have to pay more!
- 12. If you have a sweet tooth and are craving something sweet after your meal, select the smaller portioned, individual-sized desserts, when available. This is the latest trend at several restaurants and they are perfect when you just want to satisfy that sweet bite of paradise.
- 13. Kids are some of the largest consumers of out-of-the-home dining and their nutrition is equally (or more) important. Restaurants also offer healthy options for children. For example, choose vegetables and fruit



Tips for Busy Lifestyle Continued from pg. 9

Here are a few options:

- Half of an almond butter and jelly sandwich on wheat bread, a zip lock bag with an assortment of nuts (unsalted) and dried fruits to make your own trail mix.
- Other options are: baby carrots, apples, oranges, and celery sticks with almond butter.
- Lastly, for a more filling snack we recommend your favorite type of nutrition bar that is more nutrient dense. Be careful, as many of these are still kind of high in sugar.

**3. Healthy snacks at home.** Being at home can sometimes drive us to eat out of boredom and/or out of stress. It is important for us not to indulge with all the goodies in the refrigerator or pantry and only eat when the body truly senses it.

Here are some healthy and quick snack options at home:

- Plain lite yogurt with granola or nuts and fruit, low-fat cottage cheese with fruit, hummus with whole grain pita bread and wheat crackers with low fat cheese.

**4. Know how to throw together quick and healthy meals.** It helps to eat a healthy meal when you have quick, easy, and healthy ingredients on hand at all times. If you don't, you are more likely to stop and pick up a meal that isn't exactly healthy.

Here are some quick meals and easy ingredients to always keep stocked in your pantry:

- Wheat pasta; marinara sauce; frozen veggies; olive oil; Parmesan cheese.

Or have these ingredients ready for quick assembly into nutritious and easy-to-prepare meals:

- Spinach salad with apples, tomatoes, cucumber. For the dressing: lemon



juice, olive oil, salt, black pepper.

- Spring mix greens with black beans, avocado, dried cranberries, pecans. For the dressing: olive oil and balsamic vinegar.
- Turkey sandwiches on whole wheat bread, low fat Swiss cheese, lettuce, avocado, tomato, onion, olive oil and vinegar.
- Brown rice with veggies (broccoli, snap peas, spinach, red pepper, green pepper, onions, cauliflower, chard) with peanut sauce or soy sauce.

**5. Portion control.** Another point to keep in mind is how much you are eating. Portions can help in managing your weight and in practicing moderation.

Here are some quick basic tips on managing food portions:

- Sharing entrees, ordering off of the children's menu, using smaller plates, and becoming familiar with serving sizes in your hand (i.e. a fist is about 1 cup).

**6. Stay hydrated.** It is very important for us to all get 8 glasses of fluids per day to keep our bodies hydrated and body cells energized! Make sure to sip on water throughout the day, instead of gulping it down all at once. Also, if you are a fast eater and are having trouble pacing yourself through your meals, drink a glass of water before eating a meal. This way your body will help you in letting you know when you should stop eating. Having a portable water bottle is always helpful.

**7. Heal and Prevent with Tea.** Tea is great to help heal our bodies and prevent illnesses from arising by

helping our immune system stay strong. Green tea is great for a caffeine boost and full of antioxidants. It is a good idea to keep peppermint and ginger tea on hand to help with digestion and chamomile tea to help calm you down at night before bed after a long day.

- Taking your thermos along with your favorite tea bag can save you money and be accessible to you at all times. Alternately, ordering a hot cup of water at the coffee shop and providing your own tea bag is an easy way to save money.

**8. Exercise 30 minutes a day.** Even if its just a brisk walk. Holding your inner core muscles tight while standing or walking can help in relieving weight from your back and at the same time work-out your obliques. In case you don't have time to work out - try to park farther and take the stairs instead of the elevator.

**9. Let yourself indulge** (Indulge in heart-healthy goodness, that is!) We love to keep sugar cravings at bay by keeping dark chocolate in our pantries. Having one small square of dark chocolate everyday not only has possible health benefits, but it can also help banish further cravings! There are also other healthy options for desserts that you can allow yourself to have. A couple other examples of low-calorie desserts: rice pudding with cinnamon, and low-fat chocolate pudding. We believe that if you don't let yourself indulge sometimes, you will go crazy. So, indulge...the healthy way!

**10. Be happy.** That's right, be happy! Smile. Laugh. Love. All of these things will make you stay healthier, happier, and stress-free!

Recipe Corner

## Chicken & Couscous Salad

By Jocceline Hernandez

Yields 4 servings (serving size: 1 1/2 cups)

### Ingredients

- 1 1/4 cups fat-free, less-sodium chicken broth
- 1 (5.7-ounce) box uncooked couscous
- 1 1/2 cups cubed cooked chicken (about 6 ounces)
- 1/2 cup thinly sliced green onions
- 1/2 cup diced radishes (about 3 large)
- 1/2 cup chopped seeded peeled cucumber
- 1/4 cup chopped fresh flat-leaf parsley
- 2 tablespoons walnuts, toasted



### Preparation

- To prepare salad, boil chicken broth in a medium saucepan; gradually stir in couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Spoon couscous into a large bowl; cool slightly. Add chicken, onions, radishes, cucumber, parsley, and toasted walnuts; toss gently to combine.
- Drizzle with your favorite dressing, such as Basil Vinaigrette.

Note: You can toast nuts quickly in a dry skillet over medium-high heat. Stir frequently, and as soon as they become fragrant, remove the nuts from the pan.

## Standing Up to PMS

By Dana Sutherland

About once a month, or once every 28 days to be exact, some women suffer from a variety of side effects associated with menstruation, many of which have been categorized as “premenstrual syndrome,” otherwise known as PMS. It may not seem fair that some women have to put up with this inconvenience on a monthly basis, but instead of allowing this reoccurring event to alter our normal, daily routine, it’s time we made the necessary changes to make the experience less dreadful. Unfortunately, for those who suffer from PMS, symptoms are inevitable. With that being said, there are ways we can reduce the severity and frequency of symptoms by providing our bodies with the correct nutrients and appropriate exercise.

In order to help decrease the severity of PMS symptoms, we need to decrease our intake of foods that may be adding to

our discomfort and we need to increase our intake of foods that aid in symptom relief. Excess sodium, sugar, and fat can all be decreased to help reduce excess fluid retention and unwanted water-weight gain. Some women are affected by caffeine, and have reported increased irritability. If this is the case, then caffeine consumption should be limited.

There are several vitamins and minerals we can obtain from nutrient dense foods that have been reported to help in PMS symptom reduction. These vitamins and minerals include calcium, vitamin D, magnesium, folic acid, vitamin B6, and vitamin E. When consumed regularly, these important nutrients

may help reduce symptoms such as swelling, bloating, weight gain, cramping, fatigue, headaches, and anxiety. It is important to eat a balanced diet with fiber rich foods such as whole grains, vegetables, and fruits to aid in blood sugar control. Finally, exercise is an important aspect in PMS

symptom reduction. With the minimal exercise recommendation of only 30 minutes a day, we can help decrease the severity and frequency of PMS symptoms.

Before putting yourself through another episode of pain and suffering, I suggest making the recommended diet changes. With the power of nutrient dense foods rich in vitamins, minerals, along with regular exercise, we can make a difference in our monthly experience with PMS. Do your part, and stand up to PMS!

### References

American Dietetic Association. "Premenstrual Syndrome." Retrieved on March 13, 2010 from <http://www.eatright.org/Public/content.aspx?id=11181>

Khajehei, M., Abdali, K., Parsanezhad M., & Tabatabaee, H. (2009). Effect of treatment with dydrogesterone or calcium plus vitamin D on the severity of premenstrual syndrome. *International Journal of Gynecology & Obstetrics*, 105(2), 158-161.



### Carrot Apricot Muffins

By Crystal Bodossian

Yields 12 muffins

#### Ingredients

- 2/3 cup (100 g) sunflower seeds
- 3 tablespoons sesame seeds
- 1 3/4 cups (250 g) plain flour
- 2 teaspoons baking powder
- 1/2 teaspoon bicarbonate of soda
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground cardamom
- 3/4 teaspoon ground ginger
- 1 cup (250 ml) low-fat buttermilk
- 1/2 cup (115 g) firmly packed brown sugar
- 1/4 cup (60 ml) light olive oil
- 1 large egg
- 3 large carrots, shredded (1 1/2 cups)
- 1/2 cup (70 g) dried apricots, finely chopped

#### Preparation

- Preheat the oven to 375°. Line twelve 2 1/2 - inch muffin pan cups with paper liners. In a baking pan, toast the sunflower seeds and sesame seeds for 4 minutes, or until the sesame seeds are light golden; cool. Leave the oven on.
- In a large bowl, combine the flour, baking powder, baking soda, salt, cinnamon, cardamom, and ginger. In a separate bowl, whisk together the buttermilk, brown sugar, oil, and egg until well combined. Make a well in the center of the dry ingredients, pour in the egg mixture, and stir until just combined.
- Fold in the sunflower seeds, sesame seeds, carrots, and apricots.
- Spoon the batter into the prepared muffin cups, and bake for 30 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Remove the muffins from the pan and cool on a wire rack.



Source: Fight back with food: use nutrition to heal what ails you. (pp. 34, 54, 321). (2002). Pleasantville, N.Y.: Reader's Digest Association.

## Resources on campus you may want to know about

By Lauren Druss and Marina Tumas

### Klotz Student Health Center

Offers:

- free basic services (routine primary care visits, which include annual physicals, cold and flu care, or injuries)
- paid alternative medicine services (acupuncture, chiropractic care, massage therapy)
- paid dental care (cleanings, x-rays, fillings)
- paid optometry care
- immunizations
- sexual and reproductive health services
- health care specialists (dermatologist, gynecologist, dietitian, peer nutrition counselors, physical therapists, orthopedists, podiatrist, smoking cessation help, sports medicine specialist, substance abuse counselor)

For more information or to make an appointment, visit <http://www.csun.edu/studenthealthcenter> or call 818-677-3666

Adjacent to Chaparral Hall and the G3 parking structure and is open Monday, Tuesday, Wednesday, and Friday from 8AM-5PM; Open Thursday from 9AM-5PM

### University Counseling Services

Offers:

- 8 free sessions of individual counseling
- couples counseling
- unlimited group counseling (Anxiety Management, Improving Body Esteem Boot Camp, Men's Support, Relaxation, Latina/o Support, and many others...)
- workshops (personal improvement, academic success)
- psychiatric consultation
- urgent care assistance

For more information or to make an appointment, visit <http://www.csun.edu/counseling> or call 818-677-2366

Located in Bayramian Hall, Room 520 and open Monday through Friday from 8AM to 5PM

### Living Well Lounge

Due to reopen in the Fall of 2011, the Living Well Lounge (LWL), a satellite of the Klotz Student Health Center, is staffed by Alive and Well Peer Educators and offers students a variety of helpful resources. The lounge creates a space where students can find stress relief by offering:

- health-related movie screenings
- practical health information from Peer Educators
- free nutrition counseling by appointment, by Peer Nutrition Counselors
- health information brochures
- relaxation/massage chair

The lounge is a place to come unwind, geared to help you relieve your mind and body of stress.

More information may be obtained by calling 818-677-2622 or stopping by the lounge, located at the east end of the USU plaza, across from the Fitness Centre. Re-opens in the Fall 2011 semester!

### Note from the Editors

### Congratulations graduating class of 2011!

We thank everyone for their contributions and hard work this year. A special thank you to all SDFSA members and volunteers who helped make all of our events possible. To learn more about SDFSA and to become a member, please visit <http://www.csun.edu/SDFSA>

SDFSA 2010-2011 Editors, Lauren Druss and Marina Tumas



# SDFSA



# Memories





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Faculty Advisor



Karmen Ovsepyan  
President



Crystal Bodossian  
Vice President



Xochitl Valdivia  
Vice President



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