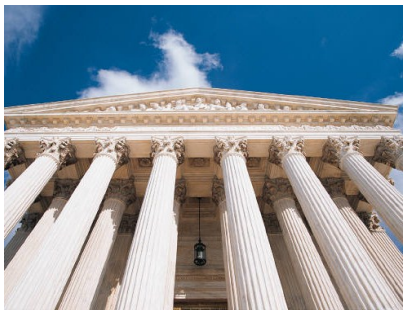
SDFSA
Student Dietetic & Food Science Association

FOOD THYMES

FALL NEWSLETTER 2012

Public Policy and Future Outlook for Dietitians

By Jocelyn Harrison



CSUN, October 20, 2012 - There are two key pieces of national legislation, the Farm Bill and the Affordable Care Act that will have a major impact on the future professional careers of members of SDFSA. This legislation will also impact the health of the American public. Both bills and the areas they impact are addressed in the Academy of Nutrition and Dietetics (the Academy) Public Policy Priorities for 2012-2014. The Academy's priorities are "designed to enhance RD's value in public initiatives and improve the health of America".

The biggest impact on our future careers will come from the Affordable Care Act (ACA). The ACA provides for mechanisms to be put in place to advance a proactive approach to healthcare. Registered dietitians should be designated to administer the education component of those programs. Additionally, the ACA addresses how medical nutrition therapy (MNT) is reimbursed which can have big impact on how RD's are paid.

The Farm Bill funds Women, Infants, Children (WIC) which "provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk". WIC is a large employer of registered dietitians and plays an important role in providing access to quality nutrition at a critical time in an infant's life.

Dr. Joyce Gilbert, Director of the Marilyn Magaram Center and SDFSA faculty advisor is on the Board of the Academy's Political Action Committee (PAC), "the only political action committee broadly focused on food, nutrition and health." The goal of the PAC is to support candidates who are pro-nutrition. Dr. Gilbert is also on the board of the Academy of Nutrition and Dietetics Foundation.

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Functional Foods and Diseases of Inflammation

By Amanda Blake

Recently I saw a doctor about my asthma. Old symptoms had returned and my emergency inhaler was simply not doing its job; walking across campus to and from class was becoming increasingly difficult. I picked a pulmonologist at random from my network and made an appointment with Miguel Gonzalez, MD in Thousand Oaks. During my first visit, Dr. Gonzalez conducted an in-office spirometry test. The resulting graph indicated small airway obstruction and his prescription was…vitamin D and fish oil?

Asthma is a chronic disease resulting from inflammation of the airways and small-airway disease is a burgeoning field of study (2). While there are numerous studies relating vitamin D deficiency to asthma, its recommendation as a preventative or therapeutic measure is still in the hypothesis stage (3). More substantive studies exist about the preventative effects of long chain omega-3 polyunsaturated fatty acids (PUFA), the content of fish oil, however, once again, its recommendation as a treatment for disease is merely hypothetical (4).

Nevertheless, I was being given the option of a nutraceutical approach to treating my disease, versus a pharmaceutical approach, and by a medical doctor no less. I was more than willing to give both a try and I left his office without a prescription for drugs.

The Institute of Food Technologists defines functional foods as "foods and food components that provide a health benefit beyond basic nutrition" (5).

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President's Message

The Student Dietetic and Food Science Association provides a variety of events throughout the academic school year that provide our students with learning opportunities, as well as important networking opportunities. These events include the Dietetic Internship Symposium, Career Symposium, Nutrition Lecture Series, and Iron Matador.

I would like to recognize SDFSA's recent involvement in community service. Last year, SDFSA participated in the CSUN Relay for Life for the very first time and came in 3rd place with money raised for the American Cancer Association. This year, we are going to carry out the new tradition and continue SDFSA's involvement in Relay for Life. Our Community Service Committee is stronger than ever, and I would like to challenge our members by striving to surpass what we accomplished last year. Along with our participation in Relay for Life, SDFSA is also hosting a food drive for the MEND food pantry this fall, and a food drive for SOVA Community Food and Resource Program this spring. We are a group of leaders, and together we can make a difference to our community on and off campus.

SDFSA provides nutrition and food science students with the opportunity to grow and work together as leaders. Our experiences together in this student organization are merely a foundation for the future we have ahead of us as peers in the dietetic and food science fields. I look forward to continue working with SDFSA members this year and many years to come.

Dana Sutherland SDFSA President

Advisor's Message

"Those who are happiest are those who do the most for others." -Booker T. Washington, 1856-1915

No wonder our SDFSA members are always smiling. Our impressively active and successful Student Dietetic and Food Science Association members are once again lighting up the world with their teaching, giving, doing, and being. This semester, our membership has grown to new heights - with everyone here to make a difference, grinning all the while.

Look at our fabulous Moodle site (http://moodle.csun.edu/course/view.php?id=25577) and you will see how much SDFSA does for others. And the year has only just begun! It is an honor to be associated with every SDFSA member, to see how much you accomplish as a cohesive team. Congratulations to all!

With continuous thanks, Drs. Terri Lisagor and Joyce Gilbert, Faculty Co-Advisors.

Eating to Reduce Inflammation

By Jocelyn Harrison

CSUN, October 30, 2012 - "Researchers are linking inflammation to an ever-wider array of chronic illnesses," reports Newsweek's Anne Underwood. "Suddenly medical puzzles seem to be fitting together, such as why hypertension puts patients at increased risk of Alzheimer's, or why rheumatoid-arthritis sufferers have higher rates of sudden cardiac death. They're all connected on some fundamental level."

Your body creates inflammatory and anti-inflammatory chemicals from nutrients in food. With that in mind, those seeking optimal health strive to eat foods that reduce inflammation. A website that provides not only the inflammation factor (IF) for a large selection of foods but also other measures of a food's nutritional value is http://www.nutritiondata.com/ and is a good resource.

Monica Reinegal has written "Inflammation Free Diet Plan". Here's one of her recipes that helps reduce inflammation in your body.

Roasted Eggplant Dip

Raw garlic has an IF of 4683. The higher the better and raw garlic is one of the highest. However, if you find the raw garlic too sharp in flavor, try roasting the unpeeled garlic cloves in a foil packet along with the eggplant. With a sharp knife, cut the tips off of the roasted cloves and squeeze to extract the roasted garlic paste.

Ingredients:

2 small eggplants
2 (or more) cloves garlic, roasted if desired
2 T olive oil
6 black olives
1/2 cup (packed) fresh parsley leaves, chopped
3 pieces sun-dried tomato
2 cups cannellini (white kidney) beans, cooked and drained
2 anchovy fillets (or 2 teaspoons anchovy paste)
2 tablespoons lemon juice
1 teaspoon salt, or to taste

1. Roast the eggplant (and garlic, if desired) in a 400-degree oven for 45 minutes, or until tender. Allow to cool briefly.

2. Peel eggplant and garlic and place in bowl of food processor. Add olive oil, pitted black olives, parsley, sun-dried tomatoes, beans, anchovy fillets lemon juice and salt. Pulse mixture until smooth. Adjust seasoning to taste. Serve warm or cold.

Public Policy and Future Outlook for Dietitians

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The Academy's House of Delegates is also addressing two key issues that will affect the future careers of SDFSA members. One issue is the lack of sufficient dietetic internship programs available to students. The Academy is working on new alternate pathways for becoming an RD. The House of Delegates is also looking at changing the professional name from Dietitian.

You are a student, what can you do?

Become a member of the Academy and stay informed.

Make a donation to the Academy's PAC and support legislature that supports your future.

Get involved on the state and or local level. Both the Los Angels District of the California Dietetic Association and the California Dietetic Association offer student memberships.

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http://www.fns.usda.gov/wic/

http://www.eatright.org/ANDPAC/content.aspx?id=5435

How Inflammation Can Get you Depressed

By Daryl Goldes

Everyone feels depressed at times. With persistent deadlines and responsibilities, it is easy to burn out and become sad and blue, with little explanation for the cause. A short term funk is not generally a cause for concern, but when an individual feels this way for extended periods of time, this can lead to larger issues. This results in feelings of sadness and malaise, difficulty concentrating, aches and pains, fatigue, and insomnia. Sometimes depression happens after a major life event such as a death in the family or a divorce, but for some individuals, depression is a constant nagging feeling, without a known cause.

Depression happens when certain chemical receptors in the brain are limited. The amino acid tryptophan is a gateway to serotonin. Serotonin is a neurotransmitter found in the brain that controls mood. When inflammation occurs, tryptophan is made into another neurotransmitter, called kynurenic; this as a result leaves smaller amounts of tryptophan to be converted to serotonin. When serotonin receptors are cut off, the result is feelings of depression in an individual. Another way that depression might happen is inflammatory materials inhibit other amino acids in our brain, such as glutamate, which as a result can cause a major depressive disorder.

Another scope of investigation, which has only recently begun to be studied, is the role of inflammation in clinical depression. There is evidence that individuals who have depression have elevated levels of inflammatory proteins in their plasma. It is also noted that individuals who have other diseases of inflammation such as rheumatoid arthritis or cardiovascular disease are more likely to report symptoms of depression. Inflammatory cytokines move the brain

from its equilibrium into a more negative and toxic state. Cytokines are proteins made by the immune response that respond to foreign bodies and germs. Inflammation is the body's natural response to wounding. If a person is experiencing great amounts of inflammation from an illness, he or she may experience symptoms of depression due to these large amounts of cytokines in the bloodstream. Even though inflammation is a primary symptom of many ailments, depression is often a secondary symptom. Although inflammation is a healthy process, too much of it for a prolonged period of time can have a negative effect on the body, cause disease, and a shift in mood.

What can we do to prevent levels of inflammation in our body that could possibly lead to mood disorders in the future? We should do everything that we can to live a low inflammation lifestyle. When we feel depressed, the best food to reach for may not be the standard comfort food we are drawn to. Foods known for their anti-inflammatory benefits include fish, dark chocolate, red wine (in moderation), ginger tea, and “healthy fats” (almonds, hemp seeds, avocados, and olive oil). Making sure that we get a healthy amount of omega 3 fatty acids each day can lower levels of inflammation. Omega 3 fatty acids are found in fish, fish oil, flaxseed, eggs, and chicken. These fatty acids help produce prostaglandins, which are compounds that help with blood flow, blood clotting, and nerve and inflammatory responses. Omega 3 fatty acids help to reduce the number of cytokines in the bloodstream, which will lower levels of inflammation as a result. In addition, we should strive to get regular exercise and utilize stress-reduction techniques.

Depression is a serious problem, which is why it is important to understand the mechanisms behind it, so that it may be more effectively treated. These simple and practical steps will be instrumental in lowering levels of inflammation in the body and making it possible to enjoy a healthy, inflammation-free lifestyle in the future.

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Taking Precautions with Reusable Grocery Bags

By Maryann Boosalis

"Paper or plastic?" was once a common question in grocery stores, but is being heard less and less as reusable grocery bags continue to gain popularity, which is due in part to growing concerns for the environment as well as economic factors.

However, it is important to be aware that reusable grocery totes can harbor soil, harmful bacteria, and pesticides from the dirty groceries that are placed in them. Fresh produce is rarely clean, animal products can leak juices, and even packaged goods are culprits since they are handled by cashiers who are also touching money.

Many people may think that they are doing enough by washing their hands and cleaning food before consumption, but if contamination occurs, microorganisms will linger and can potentially spread to foods that are placed in the bag in the future. For this reason, it is recommended that you wash your reusable grocery bags frequently in the washing machine or by hand using hot water and soap. Also be sure to store your totes in a clean and dry place; the trunk of your car is most likely dirty and not **the** best place to keep them.

Another concern is cross-contamination. Raw or frozen meat, poultry, and fish also contain harmful bacteria that are killed off when food is cooked at an adequate temperature. However, produce is usually consumed raw or only lightly steamed, which may not kill the potentially harmful bacteria that are often found in raw and frozen animal products. To avoid contamination, make sure that you always have at least two totes: one designated for raw or frozen animal products and the other for produce. Always wrap animal products in a separate plastic bag before placing them in your tote; this will help to minimize contamination if any juices leak from the animal products.

Regardless of whether you use reusable grocery bags or not, be sure to always wash produce and cook meat and poultry to adequate temperatures before consumption!

Oh SNAP!

By Pedro Argueta

On a Saturday morning in Glendale California my local farmer's market has imprinted on my mind that it is "Time to shop and eat some 'real' food." What do I mean by eating "real" food? Healthy, fresh, minimally processed foods like whole fruits and vegetables and these may be found at your local certified farmers' market.

As much as I would love to recommend everyone to shop for their veggies and fruits at a farmers' market, I know there are those whom don't have the opportunity. For example, people under the Supplemental Nutrition Assistance Program (SNAP) are limited to where they may purchase their food. They are limited to businesses that accept EBT (Electronic Benefit Transfer), a system that allows SNAP customers to use their government assistance (in the form of a debit card) there. In 2011, the USDA reported an average of 21.1 million households benefited from this program (Berger, 2012). This means that 21.1 million households have limited options when it comes to procuring fresh and healthy foods. Currently not all farmers' markets are accepting EBT.

Currently, there are 1,548 out of 7,100 farmers' markets accepting EBT in the U.S., which is a 400% increase since 2008 ("Food and Nutrition Magazine.org," 2012). Through the Consolidated and Further Continuing Appropriations Act of 2012, states will provide farmers' markets wireless equipment in order to have a working EBT machine at their business location. The hope and goal is to increase the number of participating farmers' markets in SNAP. Thus, SNAP members to have increased access to fresh fruits and vegetables, and the opportunity for optimal health.

Having a diet with plentiful fruits and vegetables incorporated throughout the day provides many benefits. It reduces your chances of developing cancer, heart disease, and arthritis due to the fact that fresh, plant based foods have antioxidants that help fight inflammation. The lack of antioxidants is a common cause of the diseases mentioned above. Antioxidants, such as vitamin C, E, and carotenoids, protect our body's cells from damage caused by free radicals, diseases, or pathogens ("Eatright.org"). You may ask: Where can I get these antioxidants? The answer is fruits and vegetables!

If I were to describe fruits and vegetables in two words, it would be "real food." Fruits and vegetables are "real food" because they are healthy (filled with antioxidants that help protect our body from inflammation), fresh, and unprocessed. That is why it important that everyone should have access to them. Increasing the number of farmers' markets that accept EBT is an exceptional way to improve the access and health of many families.

Explore Bulgur

By Erin Manlulu

The Dietary Guidelines for Americans recommend making half of the grains you eat whole, therefore choose whole grains instead of refined-grain products. Why is this the case? Whole grains contain the entire kernel: the bran, germ and endosperm. With this structure, whole grains contain complex carbohydrates that give the body energy and B vitamins, which help the body for energy use. It also provides some protein for growth. Most of all, whole grains contain dietary fiber that help reduce the "bad" LDL cholesterol, triglycerides, and total cholesterol. If you're searching for a new type of whole grain to add to your meals, why not experiment with bulgur?

Although it may sound bold and exotic, bulgur is simply wheat that has been steamed, dried, and then cracked into smaller pieces. To some who have not fully familiarized with the tenderness, chewiness, and nutty flavor of this grain, it may seem like a new discovery but it is actually a staple of Middle Eastern cuisine. Bulgur is the main ingredient used in dishes such as tabouleh and pilaf.

Bulgur itself is high in fiber, low in fat, rich in iron, phosphorous, manganese, and B vitamins. Consider substituting bulgur for brown rice because it is interchangeable in most recipes. One cup of bulgur has fewer calories, less fat, and more than twice the fiber of brown rice.

How to Cook and Store Bulgur

How exactly do you cook bulgur?

In a saucepan, bring water and bulgur to a boil. Stir, turn off heat, and cover with a lid. Let bulgur sit for 10 minutes, undisturbed. Finally, drain the excess water. Transfer to a bowl and fluff with a fork. Allow to fully cool in the refrigerator. A great time saver is to cook extra bulgur and freeze half of it. So the next time you would like to incorporate it in your dish, just heat up the frozen bulgur.

How does bulgur like to be stored?

Place dry bulgur in an airtight container in the refrigerator for up to six months. Bulgur contains some of its natural oils and will go rancid if stored in warm areas of the kitchen.

Ready for your first bulgur experience? Try this easy and fulfilling bulgur recipe!

Boldly Fresh Bulgur Salad

½ cup water

¼ cup dry bulgur

1 teaspoon garlic, finely minced

1 cup fresh parsley, chopped

1 cup tomatoes, chopped

3 green onions, minced

½ cup cucumber, chopped

¼ cup bell pepper, chopped (any type will do)

2 teaspoons fresh mint leaves, minced

1 teaspoon olive oil

1 teaspoon fresh lemon juice

salt and pepper to taste

In a small bowl, whisk together the olive oil and lemon juice. In a large bowl, combine garlic, parsley, tomatoes, green onions, cucumber, bell pepper, and mint. Toss the cooked and chilled bulgur to the vegetables. Season with salt and pepper. Serve either chilled or at room temperature. This recipe is perfect for four servings.

Just a Dash– Less is Better!

By Jane Nozdrina

The most popular seasoning used in family meals is salt. It enhances other flavors in a dish, and can function on its own to bring life to a dish that was previously dull or tasteless. At the same time, one of the main food components recommended for reduction by nutritional guidelines internationally, is sodium. According to Dietary guidelines for Americans, sodium intake should be less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American, or have hypertension, diabetes, or chronic kidney disease. About half of the U.S. population, including children, and majority of adults should consume no more than 1,500 mg of sodium per day.

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Living a Balanced Life: An Introduction to Ayurveda

By Qundeel"Q" Khattack

Ayurveda, an ancient healing tradition from India, roughly translated as the science of "light" or longevity, views a person's physical and emotional well being based on the proper balance of vital energies. Ayurveda and traditional Chinese medicine share this fundamental belief in the importance of balanced "elements" influenced by outside energies. Both of these traditions view weight as a balance of energies that include a person's mind, emotions, diet, digestion, metabolism and appetite. In Ayurveda, these energies are called *doshas* and when they are properly balanced, will promote normal functions of the body for maximum health. Fluctuations in these areas can lead to undesirable weight gain, weight loss or mental, emotional and physical ailments. *Doshas* or energies are found in nature and the secret to maximum health is the balance of the individual's constitution in relationship with the external environment. The struggle for balance is the essence of the Ayurvedic lifestyle. To better understand these energies or *doshas* here is a short description of each.

Vata is the subtle energy associated with movement and is made up of the air and ether. This *dosha* embodies dry, light, mobile and cold qualities. When aggravated, it can cause flatulence, constipation, tremors, spasms, asthma, rheumatoid and osteoarthritis, as well many neurological problems. The *vata* season lasts from late summer to early winter, the windy season.

Pitta represents the fire and water elements of the body. It mainly has hot, sharp and oily qualities. Pitta disorders include hyperacidity, ulcers, skin eruptions, chronic fatigue, Crohn's disease, colitis, gout and numerous inflammatory disorders. Pitta season lasts from late spring to late summer, the hot season.

Kapha is made up of earth and water and is associated with heavy, cold, damp and static qualities. When out of balance, *kapha* can cause obesity, high cholesterol, diabetes, edema, asthma, tumors and a variety of congestive problems. Kapha season lasts from late winter to early spring, the watery season.

Aggravation of the doshas can affect the digestion and can create toxins, or *ama* from poorly digested food. As *ama* accumulates in the tissues and channels of the body, it slowly but surely affects the flow of *prana* (vital energy), immunity (ojas) and the cellular metabolism (tejas), eventually resulting in disease.

Ayurvedic nutrition is a vast topic that takes into account the individual constitution, the medicinal value of culinary spices, the theory of *shad rasa* (or six tastes, which should all be present for a meal to be balanced), and more. In Ayurveda food, drinks, and spices are categorized according to their taste (sweet, salty, sour, bitter, pungent and astringent), the energetic effect they have on the doshas, as well as their post-digestive effect on the tissues. Furthermore, understanding the current state of the doshas is also crucial for making the right food choices. All bodies are different and Ayurveda recommends different foods for different types. To better understand your unique dosha, one can take an online assessment (http://doshaquiz.chopra.com/) or consult a local Ayurvedic practitioner (www.aucm.org/clinic.asp). Below are some general traits and dietary recommendations for each dosha.

Vata types tend to be more deficient by nature and have light body frames, variable digestion and often have a tendency towards gas and constipation. Therefore, they do best eating warm, nourishing, unctuous and primarily cooked foods, and should avoid dried, cold, frozen and raw foods. They should also avoid pinto, garbanzo or black beans, which are hard to digest and tend to increase intestinal gas. Vata is balanced by sweet, sour and salty tasting foods.

Pitta types tend to have strong appetites and good digestion, but have a tendency toward hyperacidity and inflammatory disorders. These individuals should avoid eating greasy, hot spicy, salty and fermented foods, as well as sour and acidic fruits. Pitta is balanced by bitter, sweet and astringent tastes.

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An Introduction to Ayurveda, Continued from page 7

Kapha types are large framed with a tendency toward weight gain, obesity, sluggish digestion, lethargy and congestive disorders. They do best on a light or reducing diet which is low in carbohydrates, dairy, cold food and drinks, poor quality oils and sweet treats. *Kapha* is decreased with pungent, bitter and astringent tastes.

Many of the spices used in Ayurvedic cooking such as turmeric, ginger, cumin, fenugreek, coriander and cardamom, amongst others, are also medicinal herbs in Ayurvedic herbology. Cooking daily with these spices can greatly enhance digestion, absorption and assimilation of food, improve one's appetite and elimination, nourish the internal organs and prevent doshic imbalance. Spices also provide a harmonious blend of the six tastes. Taste is medicinal, and is the first form of nourishment. A meal containing a balanced blend of the six tastes, aside from being more appealing to the tongue, is also more digestible at a deep cellular level.

Another vital aspect of Ayurvedic nutrition is proper food combining. In Ayurveda not all foods are compatible. Certain foods when eaten or cooked together can disturb the normal function of the digestive fire and promote the accumulation of ama (toxins) in the body. Various factors, such as the tastes, qualities, and energies of certain foods, as well as how long they take to digest, affect how well certain foods will combine. Heavy foods such whole grains, dairy, meats and starches don't combine well with light foods such as fruit, which are digested quicker. Another example, when sour and acidic fruits are combined with milk, which is sweet and cooling, this causes the milk to curdle and become heavy in the intestines. Ayurveda places great emphasis on the art of food combining.

Along with a balanced diet, incorporating other healthy habits into a daily routine can prevent imbalance at its very root. A lifestyle that integrates regular eating and sleeping habits will bring discipline and help maintain the harmony of the doshas, thus promoting overall health.

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Why Fiber Matters When it Comes to LDL Cholesterol

By Hoda Hakimjavadi

Although the condition itself rarely causes any symptoms, if not treated it will lead to atherosclerosis. This is the gradual build-up of cholesterol, fat, and fibrous debris along the walls of your arteries. "This plaque build-up can accumulate enough to narrow the artery and stiffen the arterial wall" (Mensink, 2003). Accumulation of cholesterol which puts individuals at risk comes from high fat diets. Almost all foods contain some fat. Even fat-free foods like carrots and lettuce contain small amounts of this nutrient. However it is the "bad" fats that must be avoided in order to lower risk of high LDL cholesterol levels.

Fats can be categorized into two large groups; unsaturated and saturated. Unsaturated fats are called "good" fats because they can improve blood cholesterol levels. These can be found in a variety of foods from plants, such as vegetable oils, nuts, and seeds. The best way to distinguish them from the bad fats is that they are liquid at room temperature. The unsaturated fats can further be subcategorized as monounsaturated and polyunsaturated fats. "Monounsaturated fats are found in high concentrations in peanut, and olive oils; avocados; nuts such as almonds, hazelnuts, and pecans; and seeds such as pumpkin and sesame seeds. Polyunsaturated fats are found in high concentrations in sunflower, corn, soybean, and flaxseed oils, and also in foods such as walnuts, flax seeds, and fish" (Mensink, 2003).

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“K” for Korea & Kimchi

By Walter Fuentes

In 2008 it was rated as one of the top five health foods in the world, kimchi is the Korean side dish to have in every meal. It does not just have high fiber, vitamin A, B, and C, but it also contains lactic acid bacteria and is low in fat (Torres). This Korean delicacy has a long history that has now gained recognition as the popular featured dish of Korea. Kimchi has over 200 variations each one of them with its special twist. Many might wonder what this kimchi is. It is a fermented, spicy, herbal cabbage side dish which has been dated back to the 7th century. Through the harsh winter months and absence of vegetation, kimchi was the dish prepared by the pounds per household so they could survive the winter. Over the years kimchi has become a side dish eaten at any season and recently has become a global recognized food (Korea Tourism). Not only is kimchi delicious and nutritious but research has shown that it has anti-aging factors and helps fight obesity (Korea Tourism). The nutritional value is such that it has even been recommended to astronauts. Due to its fermentation, kimchi does have a large quantity of sodium but ingredients can be adjusted to suit the individuals’ health needs and preferences.

The recipe is simple and the ending result is amazing. Kimchi is an outstanding dish and is perfect for large numbers. So the next time a family gathering or party is scheduled give kimchi a try. It is truly an amazing delicacy that anyone in the United States should establish in his or her diet.

Whole Cabbage Kimchi

Makes about 2 1/2 quarts

1 cup sea salt

4 pounds Napa cabbage (2 small or 1 large), halved lengthwise if small, quartered if large

1/2 cup coarse Korean red chile powder

1/4 cup Thai fish sauce

1/2 teaspoon sugar

8 cloves garlic, finely minced

1 two-inch piece fresh ginger, peeled and grated

1 bunch scallions, white and pale green part only, halved lengthwise, then cut in 1-inch lengths

Instructions: Add the salt to 2 gallons of cold water and stir until the salt dissolves and the water becomes clear. Put the cabbage in a bowl and add the brine. It should cover the cabbage. If not, make additional brine with salt and water in the same proportions. Put a weight on the cabbage to keep it submerged. A large plate with a water-filled bag on top works well. Let stand at room temperature for 12 hours.

Drain the cabbage, rinse it well, and squeeze it dry.

In a bowl, combine the chile powder, fish sauce, sugar, garlic and ginger. Stir until smooth. Stir in the scallions.

Carefully spread the seasoning mixture between the cabbage leaves, dividing it as evenly as possible and seasoning all the layers. Pack the seasoned cabbage into a non-reactive container, such as a large wide-mouth glass jar or an earthenware crock. (The pepper powder will stain a plastic container.) Cover tightly and leave at cool room temperature, preferably 65°F to 68°F, until you see a few bubbles in the liquid, signs that fermentation is under way. This may take 2 days or more.

Note: Taste a little of the kimchi. If it is as fermented as you like, refrigerate it. If you would like it a little stronger, leave it at room temperature for another day or two, then refrigerate. The kimchi will last under refrigeration for at least 10 days. (Fletcher)

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Be Proactive with Probiotics

By: Amanda Grigg

Think about the last time you had a "gut feeling." Many people experience emotions in their stomach or gut area. Research has shown that the network of neurons lining the gut is so extensive (containing over 100 million neurons) that it was been nicknamed the "second brain." Although it does not think for us, it sends messages back and forth with our central brain. This is why problems in the gastrointestinal (GI) track often affects mental feelings and vice versa. So what exactly causes a disruption in the GI tracks?

The GI track contains over 400 bacterial species, with the majority located in the colon. The intestinal microflora is responsible for aiding digestion, synthesizing vitamins and nutrients, supporting the functioning of the gut and enhancing the immune system. Of these 400 bacterial species, there are "good" bacteria and "bad" bacteria. Maintaining a correct balance between these "good" and "bad" bacteria is essential for optimal health. The balance becomes disrupted by poor food choices, emotional stress, lack of sleep, antibiotic overuse, drugs and one's external environment. The imbalance of bacteria then causes problems such as Irritable Bowel Syndrome (IBS), Colitis, Crohn's disease, some autoimmune diseases and allergies. These problems can be fixed with the use of probiotics.

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Kale: The New Spinach

By Raina Sutton

Move over spinach there's a new green in town! We all know kale is the vogue vegetable of the moment. When it's not hanging out with the likes of Gwyneth Paltrow and Angelina Jolie, kale is busy packing a nutritional punch of vitamins A & C, bone-building vitamin K, as well as iron, potassium, calcium and magnesium to name a few. But just like any other busy celebrity this food superstar also needs a good massage from time to time.

You might have been put off by kale's bitter constitution in the past, but treat it to a gentle rub down and give this healthy green another try. By massaging kale with a little olive oil and salt you're helping to break down the fibrous cell wall of this plant that is indigestible by humans. Not only are you helping improve the bitter taste, but you're making the kale easier to digest and the increasing the bioavailability of the nutrients for absorption. To tenderize the kale further you can add an acid such as lemon juice or vinegar to essentially "cook" the green.

Cranberry Kale Salad

Ingredients:

1 bunch of kale

1/2 cup of olive oil

1/2 of a lemon

Salt

Honey

dried cranberries

walnuts-candied or regular

Directions

1. Strip kale leaves from inedible rib (as shown) and break apart.

2.) Rinse and thoroughly dry kale leaves

3. Add olive oil and salt to kale; gently massage until leaves turn dark green

4. Add juice from 1/2 of a lemon

5. Let sit in refrigerator to marinate for 30 minutes

6. Remove from refrigerator and add 1/4 cup each dried cranberries and walnuts

7. Lightly drizzle with honey

8. Toss and enjoy!

Crunchy Kale Chips

Ingredients

1 bunch of curly kale

olive oil

salt

sugar (optional)

Directions

Preheat oven to 300 degrees

1. Strip kale from rib and break leaves into bite size pieces

2. Rinse and dry kale thoroughly

3. Coat kale lightly but evenly with olive oil-massage the oil into the leaves

4. Spread kale evenly onto two cookie sheets lined with parchment paper

5. Sprinkle lightly with salt and a pinch of sugar

6. Bake for 25 minutes until the edges start to brown

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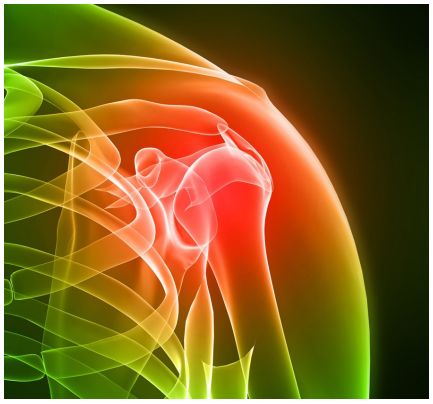
Functional Foods and Diseases of Inflammation Continued from page 1



The use of foods to treat and prevent disease has existed for thousands of years, but growth of the modern functional foods industry stemmed from the research and development conducted in Japan during the1980's, where functional foods are regulated by a government approval process (5). Today, there is little question that diet and foods play a functional role in human health and contemporary research points toward a link between diet and the mitigation of diseases of inflammation (1).

Inflammation, triggered by infectious conditions, as well as chemical irritants and physical injury, activates a host of biochemical responses of the immune system. The innate and adaptive immune systems of the human body work in concert releasing chemical mediators to target the site of injury leading to repair and the eventual cessation of an immune response. Chronic inflammation does not follow this ordered protocol. Normal cessation does not occur and inflammation remains active, the body fails to recognize that repair has occurred. A prolonged inflammatory response contributes to chronic disease conditions, such as allergies, asthma, cardiovascular disease, cancer, diabetes, inflammatory bowel disease, and obesity. (1, 7)

Diet is considered one component that may play a major role in reducing chronic inflammation. The Western diet, described as regularly including red meat, added sugars, and sodium-rich and highly processed foods (stripped of many nutrients), is considered to promote inflammation whereas "omega-3 fatty acids intake and increased consumption of fruits, vegetables, nuts, and whole grains, are associated with a lower incidence of chronic diseases" (1). Anti-inflammatory compounds derived from plants (phytochemicals), include polyphenols, omega-3 PUFA, and dietary fiber (1). There is growing evidence that inflammatory diseases can be treated with microbiota and physical exercise, as well (8).

My asthma has improved, but I may never know the specific role the recommended dietary supplements played, if any. Philip Hunter, in a recently published article (8), stated, "The entire field of inflammation and disease has reached a point where large controlled studies are needed to identify specific targets for therapeutic intervention." Undoubtedly, these future studies will link the benefits of a healthy diet to disease prevention, as previous studies have already done. But in addition, I foresee a future where the role functional foods play is fully understood and the prescription of functional foods to treat chronic disease will not be considered an alternative form of therapy, but a medical norm.

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Nutrition &Cystic Fibrosis

By Sarah K. Caulkins

Cystic Fibrosis (CF) is a genetic disease afflicting roughly 30,000 people in the United States today. The disease is caused by a gene mutation, which affects the transporter protein CFTR (cystic fibrosis transmembrane conductance regulator). The CFTR is responsible for chloride ion channels within a cell membrane. This process is imperative to the production of body fluids such as sweat, mucus and digestive juices in the human body.

The respiratory and digestive tracks are the greatest areas of concern in patients with CF. Without a properly functioning CFTR, the mucus in the lungs is thick and lacks fluidity. The patients suffer from difficult breathing, excessive coughing, and a higher susceptibility for bacterial and fungal infections. Additionally, patients with CF frequently have symptoms such as malnutrition, a distended abdomen, stomach pain, as well as bowel problems. As in the lungs, the digestive system has thick mucus, which blocks ducts and other organelles. For instance, the duct connecting the pancreas and the small intestine is usually blocked, causing absorption and digestion issues as the pancreas produces the greatest amount of digestive enzymes.

The CF population is living longer, other problems are arising that physicians and dietitians are now seeing in their patients. Cystic fibrosis-related diabetes is quickly becoming a concern. The cause and treatment of this form of diabetes is very different than regular diabetes. However, one similarity is that there are two types. Type I diabetes is "insulin-dependent" and Type II diabetes considered to be "non-insulin dependent". The main reason for CF-related diabetes is scarring of the pancreas, which leads to a decrease of insulin production.

As a person who has cystic fibrosis, my experiences are very much in line with the textbook description of a normal CF situation. I struggled with many years of malnutrition, as well as being severely underweight. Growing up, my family had to get creative on how I could eat all of my nutrients and calories in a day.

People living with this disease have a unique situation when it comes to nutrition. Most literature notes the importance of a high-calorie diet. The journal, Today's Dietitian, stated that patients with CF have nutrition needs of about 120% - 150% above the Recommended Daily Value. Furthermore, is not uncommon for patients to be unable to sustain that type of a diet, and thus compensate with tubal feedings. This is a very dynamic group to study. As this population lives longer and new research and discoveries come to the forefront of study, the impact and role of nutrition is becoming clearer and the role dietetics will play in quality of life and disease management is increasing.

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Why Fiber Matters When it Comes to LDL Cholesterol Continued from page 8

Studies have shown that an increased consumption of the unsaturated fats does not negatively harm the individual. It has shown that by consuming items listed above we can decrease harmful levels of LDL and increase the protective levels of HDL. On the contrary saturated fats found in animal products, which is consumed in high quantities by Americans have the opposing affect on LDL levels. (Upadhyay, 2004)

Studies conducted have suggested that "High prevalence of high LDL cholesterol and inadequate treatment and control contribute to preventable illness and death, especially among those at highest risk" (Nestel, 2001)**T**reatment options may vary to prevent the increased rate of LDL cholesterol. Medications such as Statins are prescribed to block the production of cholesterol by the liver.

This however does not lower the level of cholesterol that the individual receives from consuming high cholesterol foods in their diet. The role of nutrition and consumption of cholesterol lowering foods is crucial. One specific recommendation of vitamin in food that has assisted with lowering of cholesterol is Niacin. Niacin is a form of B-Vitamin, specifically B3 and has shown to lower both LDL and HDL levels. This water soluble vitamin can be found in various food sources such as salmon, turkey, chicken, peanut butter, lentils, and whole-grains. Given the various items it is not a vitamin that is hard to come across, and should be incorporated into the individuals' diet.

One of the primary ways that our body excretes cholesterol and lowers the absorption of the cholesterol

we get from our diet is from fiber. Dietary fiber is derived from plant cells. The plant cell walls are composed of cellulose, hemicelluloses, pectin and lignin. The flesh of the plants is composed of gums, mucilage and pectin (Nestel, 2001). None of the compounds listed are absorbed by our gastro-intestinal tract, however it still plays a very crucial role in our health, especially for high cholesterol levels.

Fiber binds cholesterol and bile in the digestive tract, therefore preventing their re-absorption and re-circulation. Simply if less cholesterol is absorbed, its levels in the blood decrease, preventing further complications caused by high levels of cholesterol (Nestel, 2001).The recommended amount of fiber consumption is 25 to 30 g daily, and no more than 40g. However the average American only consumes about 10g/day, which is excessively below the recommended daily allowance (RDA). "Fiber products include a spectrum of soluble and insoluble products. Sources of fiber include wheat bran, oat bran, barley, other grains and cereals, guar gum, dried beans and peas, fruits such as oranges and apples, and vegetables such as carrots" (Louis, 2001)

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Just a Dash. Less is Better Continued from page 6

These may seem impossible given our collective addiction to salty foods. **One can use these easy tips to reduce sodium intake:**

Try to eat Think fresh – Fill up on vegetables and fruits – they are naturally low in sodium.

Eat processed foods less often and in smaller amounts.

Look for lower sodium or no salt added canned foods and or rinse and drain canned vegetables and beans.

Pay close attention to cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups.

Choose low sodium diary and protein foods. Choose fat-free or low-fat milk and yogurt instead of cheese, fresh beef, pork, poultry, and seafood instead of deli or luncheon meats, sausages, and canned products like corned beef, which are high in sodium.

Watch the condiments such as soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets. Choose low-sodium options and cut the amount.

When eating out, choose low-sodium foods and ask for salad dressing on the side.

Increase your potassium intake, which might help to lower the blood pressure.

Foods that are high in potassium:

potatoes

beet

greens

sweet potatoes

beans (white, lima, kidney)

bananas

yogurt

clams

halibut

orange juice

milk

Just remember, change doesn't happened overnight. Cut back little by little over time. Catastrophic sodium overconsumption among US population can and must be taken under control. Small changes can lead to great results. Keep this information handy to help you cut down on salt intake.

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Be Proactive with Probiotics Continued from page 10

Probiotic comes from the Greek word pro and biotic, literally translating to mean "promoting life."

The Food and Agriculture Organization of the United Nations (FAO) defines probiotics as live microorganisms, which when consumed, provide a health benefit to the host. Probiotics aide the digestion system and the immune system by replenishing the GI track with "good" bacteria. Probiotics can be found in a variety of food products. The main source is fermented dairy products like yogurt, cheese and sour cream. Manufacturers are currently working to add probiotics to other food items, such as cereal, juice, candy bars and cookies. There is no guarantee, however, that these products have a sufficient amount of probiotics to obtain health benefits from. More research is needed.

Another way to get probiotics is through supplements. With the growing popularity of probiotics, there is a variety of supplements to choose from. You should not just take a probiotic supplement that has "most kinds of organisms in it".

There are certain probiotics that treat specific conditions. Do your research before taking a probiotic supplement. Make sure there are scientific studies to support what you take. Your doctor might also be able to help determine if probiotics would be appropriate for your condition.

So next time you have a "gut feeling," think about our wonderful GI track and all the amazing bacteria that live there. Try to keep that perfect balance between the "good " and "bad" bacteria by obtaining a healthy lifestyle, but don't be afraid to turn to our lovely friends, probiotics, if you need any help!

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Dietary Combat Against Rheumatoid Arthritis

By Reina Capati

Studies have shown that poor diets (e.g. diets high in fat and sodium) exacerbate inflammation within the body whereas healthier diets aid in the reduction of inflammation (Palmer, 2012). The Mediterranean diet is a prime example of the beneficial effect of consuming healthy foods to lower the incidence of inflammation. This diet includes a plethora of nutritious foods including fruits, vegetables, healthy plant fat, whole grains, and fish. Additionally, the Mediterranean diet pattern is low in processed foods, refined grains and red meat.

In the experimental study "Mediterranean diet intervention for patients with rheumatoid arthritis," Skoldstam and his colleagues researched whether the Cretan Mediterranean diet would alleviate the symptoms associated with rheumatoid arthritis, a chronic disease characterized by inflammation of the joints and surrounding tissues. A total of 51 patients participated in this case-control study that took place over a three-month period. The sample population consisted of individuals who had rheumatoid arthritis (RA) for two years or longer that was classified as "stable and under adequate control." Moreover, all patients had a disease activity score from 28 joints (DAS28) of >2.0 at baseline which indicated an active disease. The researchers divided the patients into two groups, the Mediterranean diet (MD) group and the control diet group. The MD group were given recipes to facilitate compliance while the control group made no changes to their usual diet and served as a typical model of the Western diet. The results showed no changes in the control group. Conversely, the MD group saw a decrease in DAS28 and increased vitality expressed through their Health Assessment Questionnaire (HAQ) and Short Form-36 Health Survey (SF-36). The researchers of this experimental study concluded that the Mediterranean diet, specifically the diet native to the island of Crete, effectively lowers disease activity and improves physical functioning in patients diagnosed with moderate rheumatoid arthritis. It is evident that dietary patterns rich in fruits, vegetables, whole grains, and omega-3 fatty acids are essential in lowering inflammation in the human body.

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Words of Success

By Elise Mische

As graduation day quickly nears, I find myself looking back at my journey through this program. There were triumphs and frustrations, late night study sessions, and I admit, few pints of ice cream. Sometimes I wonder what it would be like to go back in time and mentor the younger me, just beginning this program. I think about what advice I would give her and how I might approach things differently. So today, I wanted to take the time to discuss with you my tips on how to succeed in this program and reach your goals.

#1 Stay organized and prioritize

Silly as it may sound, the way you organize your classes and work schedule, is the same way you should organize social hours, chores, and study time. At first it might feel strange penciling in coffee breaks and happy hours, but the more you do, the more you will realize how much time is being wasted on less important things. Soon, you will begin rearranging your schedule around the bigger things like studying, homework, and more studying.

Speaking of prioritizing, school must come first. Never let any job, volunteer opportunity, or social time impede your schoolwork to the point where your comprehension suffers. I have found that most employers are willing to work with you if you are honest about your workload.

#2 Getting Involved (Work & Volunteer Experience)

Field experience was singlehandedly the most impactful part of my learning experience while here at CSUN. I was able to take what I learned in the classroom and apply it to practical field experience.

Continued on page 17

Eat Like a Greek!

By: Christy Helvestine

The Mediterranean diet, more commonly known as a "Greek diet" is becoming more recognized because of various health benefits. Among the many benefits of the Mediterranean diet is the prevention of cardiovascular disease and it also has a profound anti-inflammatory effect. The Mediterranean diet is characterized by having a diet high in plant sources including fruits, vegetables, whole grains, legumes, nuts, and seeds. There is a moderate amount of animal sourced food intake, such as meat and dairy products. Fish is consumed more often than poultry and red meat is only occasionally consumed. One key component of the Mediterranean diet is the regular use of olive oil. Olive oil, containing monounsaturated fatty acids, is the main source of fat in the diet, and is a key factor that links together the various health benefits associated with the Mediterranean diet.

Olive oil, which consists mostly of oleic acid, has been shown to promote an anti-inflammatory effect on the body. In the metabolism of omega 3 and omega 6 fatty acids, eicosanoids are produced in the body. Eicosanoids are hormone substances that help balance and control inflammation and immunity in the body. The ratio of omega 6 to omega 3 fatty acids is the modulator to inflammatory responses. The desired ratio of omega 6 to omega 3 fatty acids is approximately 5:1, however the typical Western diet is much higher in omega 6 fatty acids, leading to a much higher ratio of omega 6 to omega 3. A diet that is too low in omega 3 fatty acids will contribute to a very high omega 6 to omega 3 fatty acid ratio, which can cause negative inflammatory responses (inflammation) due to the specific eicosanoids that are produced. Conversely, a diet that is high in omega 3 fatty acids contributes to a lower omega 6 to omega 3 fatty acid ratio. This can balance out signals in the body, yielding an anti-inflammatory healthy state.

Oleic acid is an omega 9 monounsaturated fatty acid, and has been shown to displace omega 6, but not omega 3 breakdown in eicosanoid production. It therefore leads to a lower, more desirable omega 6 to omega 3 ratio, and a positive anti-inflammatory effect. Because a typical Western diet is close to deficient in omega 3 fatty acids, adding these sources will decrease pro-inflammatory eicosanoid production and allow for anti-inflammatory benefits. Sources of omega 3 fatty acids include fatty fish, walnuts, and flaxseeds. Eat like a Greek and experience a lower incidence of diseases of inflammation.

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It also gave me confidence to enter any area of dietetics with the skill set to succeed. It makes your resume and portfolio look great, and gives you strengths to talk about in your personal statements and interviews and just apply, apply, apply.

There are dozens of applicable jobs, internships, and volunteer opportunities that are available to help you succeed, so don't get discouraged if you get told "no". Get back onto your feet and fight for yourself. I once contacted a hospital, inquiring about working as a dietary aide. When they informed me they had no openings, I asked if they knew of any other local hospitals might have room.

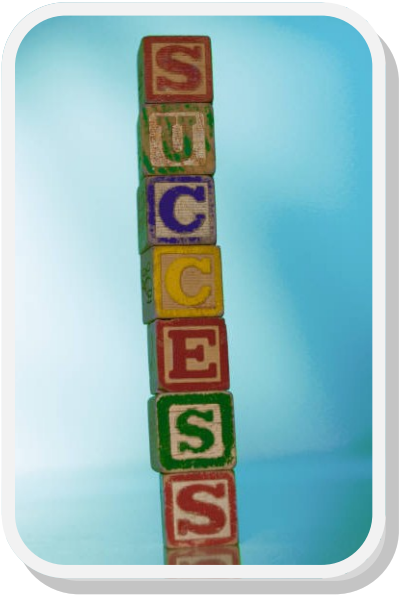
Amazingly, they were able to immediately provide me the contact information for 3 other locations, and within 20 minutes, I had landed an interview.

(#3) Know your strengths and your weaknesses.

Each of us has something different to bring to the table. Some may have high GPAs but no relevant work experience. Others may have years of managerial work in a different field altogether. Recognize what specific strengths you have and play them up to your advantage. Conversely, know what weaknesses you posses and always be prepared to explain them.

In interviews, internship directors and managers frequently ask, "What are your greatest strengths and weaknesses?" We often have no trouble coming up with a few strengths, but we may not know the right weakness to give without making ourselves look bad. My piece of advice is to give a "Positive Weakness". For example, a positive weakness may be that I assume the leadership position in group settings. Why is this a weakness? Well, it can hinder input from others and limit group creativity and innovation. However, there is also an underlying positive trait, which is that I am a self-starter and can work independently.

Find your own "positive weaknesses" and make them work for you. That said, NEVER bring up your weaknesses unless asked. You are promoting yourself, and always want to give yourself the best chance you can. Managers know that no one has every one the traits they are looking for. Don't make the mistake of adding more reasons for them to choose someone else over you.



#4 Making Yourself Known

Networking is a great way to make connections and further your opportunities within the field. In a competitive field like ours, we need to make ourselves stand out from the crowd beyond the work experience and resume. Next, is making personal connections with directors and managers. Research your programs. Find out all you can about them, and think outside the box. When you contact a director ask a question that cannot be found on their website, and show that you have done your homework. For instance, if you have a special interest in working with local agriculture and know that the internship is located in a farming community, ask if your community rotation deals at all with the farming or distribution in the area. This shows that you invested time in researching their program and have more to offer than "I have just always loved nutrition".

Finally, send a handwritten thank you note to show that you appreciate the time the director spent to answer your questions. This shows professionalism and is something they are sure to remember you for.

All in all, these are my tips on succeeding in the program and landing an internship. If there is anything you take away from this, I hope that it is an understanding that no two people will follow the same path in this program. Pave your own way and find your own personal motivators and methods for success. Keep in mind that everything you do is pushing you closer towards your goals, and you have every reason to get what you want. Good luck to all of you on your individual journeys!

Anti– Inflammatory Diet: Eat Foods That Make you Feel and Look Great

By: Margueriette Walker

Inflammation is a response produced by our body that signals illness and injury. Signs of inflammation are: an inflow of white blood cells, swelling, redness, pain, and failure of our body organs to function correctly. If the inflammation continues it can damage your body organs, and lead to many chronic diseases such as asthma, arthritis, hepatitis, heart disease, cancer, diabetes and more. Our consistent diet, or what we eat daily plays an important role in our health, because the body responds differently to foods that are consumed daily. Consuming non-nutritive fatty foods such as foods that are fried, processed foods, foods containing refined sugars, white potatoes, and potato chips can increase inflammation in the body. Foods that prevent or reduce inflammation are cherries, berries, sweet potatoes, nuts, beans, dark chocolate, beans, nuts, whole grains, green vegetables, apples, and many others. The Anti- Inflammatory diet doesn't just promote healthy eating but also a healthy lifestyle. Exercise is recommended at least 3-5 times per week, for 45-60 minutes each day you exercise. Adding exercise and the Anti-Inflammatory diet into your daily routine will tremendously improve your health and lower the occurrence of inflammation. An Inflammatory pyramid shown below is an excellent guide on daily food-intake and how to stay consistent with your diet. .

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Food Day October 24, 2012

President Dana Sutherland Give the Food a Thumbs Up!

Busy Worker Bees!

From Left to Right: Sarah Caulkins, Daryl Goldes, Reina Capati

Hungry Crowds are Lining Up for Those Turkey & Veggie Burgers.

Left to Right:

Susie Wilson & Walter Fuentes

The Food Day Volunteers in Full Force.

Left to Right: Karen Carig & Cindy Salazar

Left to Right:

Karen Carig & Walter Fuentes

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 a blessed and happy New Year!

-SDFSA 212-2013

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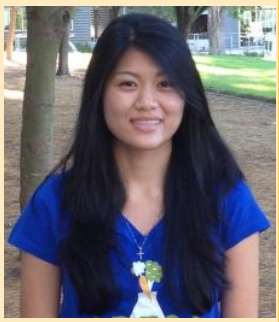

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