<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>05</td>
<td>Student Nutrition and Dietetics Association Update</td>
</tr>
<tr>
<td>06</td>
<td>Student Concentrations</td>
</tr>
<tr>
<td>07</td>
<td>Nutrition Updates</td>
</tr>
<tr>
<td>11</td>
<td>Confessions of Protein Obsession</td>
</tr>
<tr>
<td>13</td>
<td>Artificial Sweetener and Obesity</td>
</tr>
<tr>
<td>16</td>
<td>Sunburned? Vitamin D may be what you need</td>
</tr>
<tr>
<td>17</td>
<td>Why asking questions might make you healthier</td>
</tr>
</tbody>
</table>
NutriNews & NutriRecipes

Join our Team

Looking for incoming Juniors and Seniors!

Interested in being a writer/blogger, recipe creator, editor, or publisher?

If interested: contact Sara Boyd at UNF NutriNews@gmail.com
GREAT NEWS! SNDA has *finally* booked their meetings for the Fall Semester with the Student Union!

The meeting dates are:

- September 20th @ 10:30 am
- October 18th @ 10:30 am
- November 8th @ 10:30 am

The SNDA team has been working so hard gearing up for our first meeting and we really encourage everyone to show up and get involved! During our first meeting, we will be discussing exclusive volunteer opportunities, future events, and we will be starting our mentor/mentee program! Freshman, Sophomores and Juniors will get to pair up with their very own Senior mentor during the first meeting! This mentor program can be very beneficial for not only learning more about the nutrition program and unique experiences of your mentor, but also gaining a special friendship that could last a lifetime! We promise to not only provide various opportunities for you to build your resume and professional experience, but opportunities to network and socialize with fellow nutrition students and RD’s! If you haven’t started getting involved, I can’t stress how important it is to begin as soon as you can. The time is now! We can’t wait to see you there!

In good health,
Brittany Mock
SNDA President
“What is your favorite part about being a Dietetics and Nutrition student at UNF?”

**Student #1**

“My favorite part about being a nutrition and dietetics major is being surrounded by fellow students who are passionate about what they are learning and teachers who are so knowledgeable and wise in the subjects. Being a nutrition student is very difficult, but my peers in the program make it fun and inspire me to do well. Being a healthy individual is something that can easily be practiced in everyday life, and I find importance in teaching people this. Learning about the effect nutrition has on that concept is truly life-changing and makes me want to learn more and more so I can educate others. Being in this program is not easy, but I have made so many friends out of it and can’t wait to apply it to future practices!”

**Student #2**

“My favorite part about the program is how many opportunities and different areas of the nutrition field it has opened me up to! I never knew I wanted to do community nutrition education, but taking the variety of classes where I experienced this hands-on work was crucial to helping me realizing it!”

**Student #3**

“Being a nutrition and dietetics major is very challenging, but that is what I love about this field! I am so happy that this is what I chose to study because I am motivated every day with all the various opportunities given to us. Every single one of my peers in the program are ambitious and unique individuals that inspire me to do well every day. Also, being a nutrition student really helps to build a strong foundation to a healthy and happy life. Not only that, it helps us change so many other people’s lives- which is the top reason I chose this profession. I wouldn’t change my decision to join this program for anything!”
Nutrition Updates

Food Trends

Microgreens

Most people know getting in a couple servings of greens daily is good for one’s health, but there’s a new type of green that may even be better than spinach. Microgreens are any green vegetable or herb that has edible leaves and is harvested at the cotyledon growth stage. Common types include those harvested from kale, arugula, watercress, radish greens, as well as some herbs such as cilantro and chives. The taste of microgreens depends on the vegetable it comes from and will taste very similar to that vegetable. For example, microgreens from sprouts will have a deep, concentrated kale taste. The health benefits are plentiful and vary depending on which vegetable they are coming from. Those from leafy greens will be high in beta-carotene, calcium, and iron, while those from dark leafy greens will contain higher amounts of lutein and zeaxanthin. Microgreens can be enjoyed in a salad, on a sandwich, or used as a garnish.

Coconut Butter

Coconut products have been on the rise with coconut flour and coconut oil hitting record sales, but newer to the game is coconut butter. Coconut butter comes from coconut meat that is ground into a nut butter like consistency. Some of its benefits include it aids in weight loss, boosts immunity, and helps prevents certain diseases. These health benefits are comparable to those of coconut oil, but it actually boosts a few more due to it containing more of the coconut. Since the butter contains the actual meat, it is a great source of fiber, providing 5 grams of fiber per 33 gram serving. Another noteworthy benefit is it provides 5% of the RDI of iron which is important particularly because according to the Centers for Disease Control and Prevention about 10% of American women are iron deficient. Coconut butter can be enjoyed many ways such as blended into drinks, spread on some toast, or just on a spoon!
With many seeking for more functional ways to cure themselves, adaptogens have gained a lot of popularity due to their stress relieving effects. Ashwagandha is an adaptogenic herb popular in Ayurvedic medicine that is most known for its effects on balancing hormones. So far there has been more than 200 studies on the herbs effect and researchers have found it can have very powerful effects on the thyroid and adrenals. One study showed that there was an increase in serum T4 as well as a decrease in lipid peroxidation after consuming ashwagandha which in turn helps a slow thyroid. It’s not limited to treating hypothyroid patients but also those with a hyperthyroid, or Graves’ disease as it brings the hormones to a balance. Ashwagandha has also been shown helpful in helping those overcome adrenal fatigue. Studies have shown that ashwagandha improves cortisol levels and improves insulin sensitivity which is both impaired in adrenal fatigue. Ashwagandha can be taken in capsule or powder form. If using the powder, it can be easily incorporated into a smoothie or a hot drink.

Plant based diets have become very widespread, and with that comes a desire to look for alternative protein sources. There are many plant based proteins out on the market, but hemp protein might just be the best of them all. Hemp is a variety of the Cannabis sativa plant, but has little if any levels of the psychoactive compound tetrahydrocannabinol. Hemp protein powder contains 20 amino acids, including nine essential amino acids that the body must obtain from dietary sources. Compared to other protein powders, such as whey and casein, it contains significant amounts of fiber and omega fatty acids. Furthermore, it is high in iron, calcium, and potassium. In addition to an impressive nutritional profile, hemp protein powder boosts many other favorable properties such as improves heart health, cleanses the colon, and reduces sugar cravings. This protein powder can be enjoyed similar to other protein powers such as in a shake, oatmeal, or in baked goods.
Barre studios are popping up daily as this new form of exercise becomes embraced by many. Barre classes are ballet based classes that incorporate yoga and pilates. During a class, one will hold yoga poses as well as do moves that place a lot of emphasis on one’s core, which is similar to pilates. These classes focus on small and repetitive bodyweight moves and may incorporate small weights to add some resistance. This is done with the rational that low weight and repetitive exercise is the best way to get lean. Everyone can benefit from barre for a variety of reasons. Those who participate in regular barre classes may enjoy benefits such as a strengthened core, better posture, improved flexibility, and an improved mind. In addition, barre is very low impact making it great as a form of cross training or for a good alternative activity for those who are injured.

References
Earn your Master of Science in Nutrition and Dietetics online.

The MS in Nutrition thesis and non-thesis option is a distance learning degree for those students who wish to emphasize the application of advanced nutrition knowledge in clinical or community based health programs. Applicants for the MS Thesis or Non-Thesis option in Nutrition are persons with a baccalaureate degree from a U.S. regionally accredited institution and ACEND/CADE accredited program with a major course of study in Food and Nutrition, Human Nutrition, or Food Management or Registered Dietitians.

UNF is ranked in the Top 75 in the country for “Best Online Graduate Education Programs,” which includes data of nearly 1,000 distance education programs nationwide.

UNF UNIVERSITY OF NORTH FLORIDA
Vegetarians, athletes, and many health professionals may get this question more often than they would like to admit. For some reason, it seems like everyone is obsessed with protein these days and want to know all about it. In fact, I used to be guilty of this, just like anyone else. Every single day, I would calculate my macronutrients to make sure I had a certain amount of protein, and it was just about the only nutrient I focused on. I consumed more chicken and salmon than I thought was ever possible. From protein powders, protein bars, and high-protein diets- we see it everywhere, too. It was easy for me to get in plenty of protein.

Now, let us not forget that this important nutrient is essential for everyone- and extremely important for elite athletes to get the right amount for building strength and decreasing recovery time. We need protein every day for many life processes. So, it is no wonder why we care so much! The real question everyone should know the answer to is, how much protein do we really need?

The RDA for protein seems moderate and easy to accomplish – 0.8 grams per kilograms of body weight. This equals approximately 56 grams per day for the average sedentary man and 46 grams per day for the average sedentary woman. This is the minimum amount we need to prevent any deficiencies and getting sick. However, it is safe to say that in the United States, we are very far from being protein deficient. Recent statistics show that the average woman consumes between 70-77 grams a day and the average man consumes 102-111 grams per day. Many people who are athletes are even consuming up to 150 grams of protein a day, which often raises questions about the effects on their long-term health. The statistics also show that the younger population consumes more protein than the older population. Truth is, if we are consuming a well-balanced diet every day, it is rather easy to consume the required amount of protein. However, the question I am always wondering is, if we can easily get enough, why are we still so infatuated with it?
Something to really focus on is what sources of protein we are consuming. Perhaps, we should focus more on a variety of sources of protein for better long-term health. Everything we eat has some protein in it, but some sources come with more unwanted baggage. For example, red meats, chicken, and processed meats often come along with saturated fats, cholesterol, and sodium that can be harmful to the body if consumed in excess. On the other end, there are many alternative sources of protein that include heart healthy monounsaturated and polyunsaturated fats, fiber, antioxidants and phytochemicals.

For example, some foods that are high in protein and other healthy nutrients include peas and other legumes, broccoli, spinach, soy, whole grains, kale, sprouts, mushrooms, brussels sprouts, and artichokes. Many only look at meats and tofu as sources of protein and turn a blind eye to the many other choices that could not only bring more health to their lives, but more fun and versatility when creating and enjoying meals! Moral of the story is: don’t be afraid to try something new and change things up!
Artificial sweeteners are a huge in our world today. Diet, sugar free and no sugar added are some of the terms we hear almost every day for products containing these artificial sweeteners.

How much does the average consumer know about these sweeteners besides that they have very little or no calories?

These artificial sweeteners are intended and thought of as a “healthier” low calorie option to sugar and consumers believe that these sweeteners are better for them because of this. They do in fact have very low or no calories; but calories do not mean everything in a healthy diet. Sometimes the additives and products used to make food “low calorie” or “diet” are more harmful than just consuming the natural or original food. These sweeteners allow consumers to make a product sweet without the added calories (in most cases to avoid weight gain). But cutting calories is only one step in weight loss or prevention of weight gain. Physical activity and a healthy balanced diet avoiding added sugars, added salt and prepackaged fattening foods would be a way to achieve these goals. There are many drinks and on the go products that people consume with little to no calories, but what they are consuming is still food and can still make them gain weight.

Some researchers believe that consuming these low/no calorie products may change a person’s dietary habits for the worse. Consuming these products may then make the consumer feel free to eat high calorie foods in junction with these products because they think “oh I am not getting any calories from this soda so I might as well eat a brownie because then it will even out.” This is an improper way of thinking about a meal. When consuming a zero calorie soda, a person is still drinking soda...and I think everyone knows by now that soda is not a healthy drink option. Some researchers also think that artificial sweeteners might sharpen a person’s sweet tooth, making them more likely to indulge in sugary foods. This research is not confirmed and there is still opposing articles that are out also.
There are more studies to be conducted regarding the body’s mechanisms relating to digesting these artificial sweeteners as well. Some research shows that digestion and metabolism may be affected but other research shows just the opposite. The current research that nutrition and dietetics practices does not show diet soda as having a negative effect on the body, more than non-diet soda does.

Dr. Laurie Wright from the UNF Nutrition and Dietetics program makes a great point in this ongoing argument; “I don't think in dietetics practice we ever figure that switching to sugar substitutes is going to give you a significant weight loss alone.” Dietitians wouldn’t normally prescribe a client to drink soda or diet soda for weight loss because many factors are involved weight loss. “Many people start using artificial sweeteners because they are already overweight and may already have developed diabetes,” said Dr. Wright. Most people trying to lose weight will not achieve this goal by just switching to diet soda from regular soda.

Combined data from 30 observational studies involving more than 400,000 participants showed that artificial sweeteners are associated with obesity, high blood pressure, type 2 diabetes and heart health problems. Observational studies cannot prove a cause-and-effect relationship, however. This is because this evidence review is blaming artificial sweeteners for health problems attributable to an otherwise poor diet or other unhealthy lifestyle choices, countered the Calorie Control Council. The group represents the low- and reduced-calorie food and beverage industry.1 Studies like this are claiming that the research coming out about artificial sweeteners and weight gain is not taking into account the previous obesity, low physical activity and poor food choices. This means that research has to be completed to confidently state causation.
Multiple clinical trials showed that artificial sweeteners had no impact on a person's body mass index (BMI). BMI is a measurement of body fat, based on height and weight. At the same time, 30 observational studies showed that over an average follow-up of 10 years, people regularly using artificial sweeteners tended to develop health problems associated with excess weight. "Right now, sugar is so much in the spotlight as the bad guy causing obesity, causing diabetes," lead researcher Meghan Azad said. "Everyone is told don't eat sugar, period. So a reasonable assumption is, 'OK, I'll use a sugar substitute.' This says maybe don't make that immediate substitution before we have evidence." 1

All in all, there is not enough information on artificial sweeteners. The safest and healthiest option is to avoid added sugars as much as possible, artificial and non-artificial. Just because it is “diet” does not mean it is better.
Maybe you just had a relaxing day at the beach, but by the time you get home you realize you forgot to reapply your sunscreen and now you’re headed for a sunburn. The only remedies you can think of are cool baths, and glopping on sticky aloe vera lotion, but a new study published in the *Journal of Investigative Dermatology* suggests that taking some vitamin D could help with inflammation caused by sunburn.

For the study, researchers from Case Western Reserve University School of Medicine partnered up with University Hospitals Cleveland Medical Center to test the effects of vitamin D on the healing process of sunburn. To do this, they recruited 20 adults giving them small sunburns using a UV lamp. The lamp provided an approximate equivalent to that of sunlight. The participants were then randomly given either a placebo pill, 50,000 IU, 100,000IU, or 200,000IU of vitamin D. Next, they collected skin biopsies of the burn at 24, 48, and 72 hours after the burn and did a final biopsy one week later.¹

By measuring gene activity in the biopsies, the researchers figured out one possible mechanism for the way vitamin D helps in skin repair. Researchers found that at 48 hours after the sunburn, participants receiving 200,000 IU vitamin D had reduced expression of inducible nitric oxide synthase and an anti-inflammatory enzyme, arginase-1 in the skin biopsy specimens. This enzyme aids in tissue repair after damage and helps to activate other anti-inflammatory proteins as well. In other words, taking vitamin D may help your sunburn heal quicker²,³

It’s worth noting that the doses given to the participants are very high. The average adult only needs about 600 IU vitamin D per day. In comparison 200,000 IU is a massive amount. Overdose of vitamin D can lead to a buildup of calcium in the body and can be harmful to your health:⁴ Unless recommended by a doctor it may be best to stick with consuming vitamin D from fortified sources like milk, eggs, mushrooms, and certain fish or by taking a daily multivitamin.

While this was a small study, it’s still a compelling find. Replication and a larger study may be needed before treatment with high-dose vitamin D can be recommended to prevent some of the ill effects of excess UV radiation exposure. At the same time, there is no evidence that smaller amounts of vitamin D wouldn’t also be effective. Of course, the best way to treat sunburn is to prevent it. For now, applying ample sunscreen, staying in the shade, and wearing protective clothing are your best bets until further research is conducted.

References:


Does healthy eating solely rely on your daily food choices when grocery shopping or going out to eat? According to Samantha Cassetty, it does not.1 While the choices in food that you make obviously play a large role in healthy eating, lifestyle choices also seem to impact if an individual eats healthy or not. Here are three lifestyle choices that can inspire you to eat healthier daily!

1. Surround yourself with people who are mindful of their eating habits and their health. When people around you care about their health, it is easier to be more conscious of what you are eating. In this study, two-thirds of adults who had a friend or family member who is mindful of their eating nearby, made healthier eating choices the previous day. Encouragement and inspiration can be gained from each other. Holding a friend accountable is one of the best ways to make healthful changes that are difficult on your own.

2. Find the career that makes you feel optimistic and brings opportunities. Optimism brings feelings of positivity that may contribute to health and well-being. Working in a career that provides opportunities can offer meaning in one’s life if tasks are not too difficult and not too easy. Positivity tends to be an emotion that contributes to a hope for a healthy lifestyle.

3. Stress reduction is important to live a healthy lifestyle. As time goes on, it seems that there are more deadlines to meet, more work to be done, and less time to complete tasks in. However, adding quick stress reduction techniques to everyday life can help to work towards a healthier lifestyle and have fewer worries. While financial stability is a large factor in stress, there are other ways to keep stress to a minimum. Planning weekly meals out, buying groceries over the weekend, and meditating are all examples of ways to reduce stress and create a healthier environment physically and mentally.

It has been taught that eating healthy and exercising are necessary for the change towards a healthier lifestyle to take place. However, mental and environmental factors make a healthy lifestyle attainable to more people. By surrounding yourself with others who are mindful of their health, creating a positive attitude, and limiting everyday stress, lifestyle becomes healthier every day. Eating nutrient dense meals and exercising will contribute highly to the lifestyle that you desire, but making these three choices might be the first step to a healthier and happier you.

References:
Earn your Doctorate in Clinical Nutrition at the University of North Florida.

The online Doctorate in Clinical Nutrition is an advanced-practice doctoral program with emphasis on evidence-based practice and chronic disease prevention and treatment in underserved populations in both clinical and community settings. The DCN will prepare practitioners for leadership roles in clinical, community or higher education settings through course work, advanced practice residency and applied outcomes-based research.

UNF is ranked in the Top 75 in the country for "Best Online Graduate Education Programs," which includes data of nearly 1,000 distance education programs nationwide.
21  Shopping in Season

22  Exploring Superfoods

23  The science behind Diet Soda

26  The Lunch Box
Shopping in Season: SEPTEMBER

BY JENNA WALLACE

Fall marks the beginning of the citrus season in Florida. This exciting time of year produces lovely grapefruit, oranges, and tangerines. While the easiest way to enjoy these juicy fall fruits is freshly squeezed, they also work as a refreshing element to any dish. Try adding some slices to a robust salad, or using the juice in a vinaigrette. Or, toss some slices in with your roasted dinner for acidic notes. Regardless of how you plan to consume these delectable fruits, the best place to get them is your local farmer’s market. It’s still early in the season, so keep your eyes peeled, no pun intended!
While most of us are familiar with the chia pets of our childhood, and their grassy fur, the health benefits of chia seeds might be less familiar. The seeds themselves have profound antiinflammatory properties due to their omega-3 content. The standard American diet tends to be over saturated in omega-6 fatty acids, and a bit malnourished when it comes to omega-3s. Ideally, there should be a more even balance between the two. Chia seeds make a great vessel for vital omega-3 fatty acids, and can be put on practically anything. From yogurts, to smoothies, to salads and more, these tiny little buggers go with just about all foods. Additionally, you can easily find them in a powder form, use them in baking as an egg replacement, or find them in various snack bars like Health Warrior's chia bars. With so many places to get these little seeds in, it's a wonder we've ever lived without them! Disclaimer: the seeds become rather gelatinous upon contact with water, so be sure to bring some floss if you are having the straight up seed version!

Reference: http://www.womenshealthmag.com/food/chia-seed-danger
The Science Behind Diet Soda

BY STEPHANIE JEAN

Many people are making the switch from regular sodas to diet sodas. But how is diet soda sweetened, and is this really a better alternative? It is important that we realize the key differences that distinguish diet products from their counterparts, and how these differences may positively or negatively affect our health.

As of today, aspartame is still the most commonly used sweetener in the United States. However, aspartame has been linked to multiple scientific studies for its adverse effects on health. Side effects from the consumption of aspartame containing products may lead to various conditions, such as diabetes, weight gain, obesity, intestinal damage, and even cancer.

We all know that soda is sweetened with something, but what is diet soda sweetened with? Aspartame is the main sweetener added to diet products. Aspartame is an artificial sweetener, which means that it is not a naturally occurring compound. It is 200 times sweeter than table sugar, which allows much less of it to be used. Aspartame has 4 calories per gram, just like table sugar, so adding less of this product will result in a lower calorie count in comparison to a drink sweetened with table sugar. Do you understand now why aspartame is such a novelty in the beverage industry?

So from a nutritive perspective, there are other alternatives to diet soda that are significantly lower in health-related defects. Carbonated water is a great alternative, and there are a variety of different flavors. Choose brands that contain no added sugars and no artificial flavoring to avoid unnecessary ingredients that don’t have any value. The carbonated fizz is still there, and the natural flavorings from various fruits is a better alternative. Making this simple switch can dramatically change the conditions of people’s health and reduce the consumption of empty calories!
The Lunch Box: *Four Ways to Incorporate Hummus*

BY KATIE EVERS

I didn’t grow up eating hummus, but as an adult it has become a staple. Not only is it delicious, but it has the power to fill some of the nutritional gaps many Americans face. Intake of vegetables, particularly legumes (from which hummus is made), are routinely below desirable levels in the American diet. Hummus is a nutrient-dense food usually containing chickpeas, tahini (a paste made from sesame seeds), lemon juice, spices, and olive oil. Individuals who regularly consume hummus and/or chickpeas have higher nutrient intakes of fiber, potassium, iron, magnesium, polyunsaturated fatty acids, folate, vitamin E, vitamin C, and vitamin A compared to those who do not regularly eat them. Hummus also contain isoflavones which may yield health benefits throughout the lifespan due to their antioxidant effects. Perhaps best of all, hummus is an incredibly versatile spread. Below are four easy ways to incorporate hummus in a packed lunch.

1. **As a dip**

   Hummus is a great dip option. It’s thick, satisfying, and a great source of protein. It pairs wonderfully with raw veggies (favorites of mine include carrots, sliced bell pepper, radishes, and celery) and whole grain crackers or pita. A little feta sprinkled on top of the hummus can make it extra satisfying.

2. **As a sandwich spread**

   Hummus has a creamy texture, due to the softness of cooked chickpeas and the olive oil content. This makes it an excellent spread for a sandwich, perhaps in place of a less nutrient-dense spread like mayonnaise.

3. **As a primary source of protein in a wrap**

   A typical lunch for me is a wrap, yogurt, and fruit. My go-to wrap is a whole grain wrap or tortilla, spread with a few tablespoons of hummus, topped with sliced red bell pepper and a giant handful of spinach. Especially when paired with the protein in the whole grain wrap, a hummus wrap is a great source of plant-based protein in a packed lunch.

4. **As a salad dressing**

   The mild, savory, but slightly tangy flavor of hummus lends itself beautifully to a salad dressing. Sometimes I scoop a couple of tablespoons on top of a salad and grab a little bit with each bite of salad. This is a great option for salads at lunch because it can be difficult to find containers that reliably store more conventional dressings without leaking (in my experience). Another option, requiring just a bit more work, is to thin a couple teaspoons of hummus with a little extra lemon juice and olive oil until about the consistency of buttermilk, add parmesan cheese and cracked black pepper to taste. This makes a great, simple, affordable homemade dressing that brings to mind a Caesar salad with its tangy, savory flavor.
Sara Boyd
Editor in Chief
UNFNutriNews@gmail.com

Liz Salinksy
Publisher

Sarah Boroski
Editor

Stephanie Jean
Editor

Dr. Alireza Jahan-mihan
Faculty Advisor