Does apple cider vinegar aid in weight loss?

7 calling all wine lovers!

Simple ways to achieve ideal cardiovascular health

Department of Nutrition and Dietetics
University of North Florida
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HELLO READERS!

Nutrition Journal Club is back and better than ever! This past October we had a guest speaker, Mica Bestic, MS, RDN, LD/N, come talk to us about bariatric surgery. Mrs. Bestic works on the weight loss team at St. Vincent’s in outpatient care to help her clients lose weight and keep it off after their procedures. Two of her patients, Pam and Joan, were also in attendance to share their success stories. It was inspirational to hear about their journeys to a healthier and longer life!

These meetings are prepared as supplemental material to Medical Nutrition Therapy, a senior level course. These meetings are a great opportunity for seniors to make connections in their communities and juniors can get a head start in their program. Our officers work hard to present information that not only nutrition students, but students throughout our community will enjoy learning about, so if you have any suggestions please feel free to reach out to us through any of our social media accounts!

This month we have two meetings, one on November 15th to discuss Cardiovascular Disease, and one on November 29th with a guest speaker focused on GI Nutrition.

We hope to see you there,
The NJC team

INSTAGRAM: UNF_NJC
FACEBOOK: UNF NUTRITION JOURNAL CLUB (@UNFJOURNALCLUB)
I hope everyone is having an amazing semester so far. It’s so hard to believe that we are almost through the fall semester and time is flying by! If you haven’t started getting involved on campus, what are you waiting for?! There is something for everyone here!

Mark your calendars nutrition students, faculty, family and friends! SNDA is holding a fundraiser at Chipotle on November 28th, 2017 from 4-8pm. All you must do is go to Chipotle at the Town Center, order your burrito or bowl (I get the veggie bowl with guacamole) and let them know you are supporting SNDA, and some of the proceeds will go to us! With this money, we will be using it for future events next semester, t-shirts, and providing more opportunities and fun for you! We’ll be so appreciative of anyone who decides to come out. So, tell all your family and friends and join us!

For those that came to our first meeting, many of the attendees got paired with a mentor or mentee. We hope you are enjoying this special experience and are building a good mentorship with each other. The officers of SNDA would love to hear your personal experiences during this mentor program, so we ask that next time you meet up, take a picture, and email it to us at SNDA.UNF@gmail.com telling us anything you want about your experience. We want to share on our social media platforms! We look forward to hearing from you!

I sincerely hope everyone has a great month and can’t wait to see you at all our future meetings. That’s where all the good stuff happens! That’s all for now!

In good health,
Brittany Mock
SNDA President
One knows fall is near when all the different, delicious varieties of squash start to become ripe and plentiful. One of the most popular squashes of the season is the Delicata squash, being named so due to its delicate skin. Although this makes its storage time shorter than other winter squashes, its thinner skin makes cooking easier as it does not need to be peeled and has a much shorter cooking time. The health benefits of this squash are abundant with it containing significant amounts of vitamin C, vitamin A, some B vitamins, and beta carotene. Not only is it packed with micronutrients, but it contains healthy carbohydrates as well as a noticeable amount of fiber. There’s many ways to enjoy this squash such as simply sliced and roasted, or stuffed with veggies. This is also a great alternative for those with gluten intolerance, as this squash can be cut into the shape of noodles and used as a replacement.

Bean Pasta

With the amount of people following gluten free diets currently, alternatives for favorites such as pasta are always on the rise. Surveys have shown that those avoiding gluten have tripled since 2009, making products such as “bean pasta” even more favorable. Bean pasta is made from dried beans which are ground into a flour, combined with water, and then formed into a pasta shape. Not only is it completely grain free, but its boosts an impressive nutrition profile. One serving of bean pasta (2 oz) has around 180 calories, 12 grams of fiber, and a whopping 25 grams of protein. That’s more than triple the protein and 1/3 more fiber than traditional whole wheat pasta. Additionally, bean pasta contains significant amounts of magnesium, manganese, and copper. Bean pasta comes made from different beans like black beans or garbanzo beans, and different shapes including shells, rotini, and angel hair.
Rhodiola

Adaptogens became quite popular in 2017, some making more headlines than others. Rhodiola is an adaptogen that is noted for having positive effects on the brain and mind. Some studies have shown that it increases the sensitivity of the neurons in the brain including the two neurotransmitters serotonin and dopamine. These neurotransmitters work to increase memory, focus, pleasure, and improve mood. Therefore, when they are stimulated more, all of those senses will be increased, causing a boost in mood. Its even thought that rhodiola can be used to treat and prevent depression. One study showed that after giving rhodiola for two months to a group of 150 participants with depression, two thirds of the group had full remission of depression symptoms. Rhodiola can be taken in a supplement capsule or powder extract form.

Algal Oil

Many people find it hard to find a balance between getting enough omega 3’s to omega 6 fatty acids (EPA and DHA) through the standard American diet and usually end up having a much higher omega 6 ratio. This causes problems such as inflammation in the body which can lead to chronic diseases. Some may turn to a supplement such as fish oil to make up for it, but this is not always a viable option for everyone. Most omega 3 supplements are animal derived products such as fish oil, making it hard for those on a vegetarian diet. Recently, a new supplement called algal oil came out and is completely animal free. Algal oil is the oil from algae and is composed primarily of DHA with small amounts of EPA, as well as some ALA. The body can convert a portion of the ALA into DHA and EPA. Both DHA and EPA are very beneficial to the body and have been shown to reduce blood clots, reduce inflammation, lower blood pressure, and reduce triglycerides. Not only is this a good option for those looking for an alternative to fish oil, but it’s also much more sustainable for the environment. Algal oil can be taken in a supplement pill form, or even used in cooking in the oil form.
Standing

Unfortunately, today many jobs permit people from being active such as those who are stuck behind a desk all day. A report form blank showed that more than half of the average person’s day is spent sitting whether it’s at a desk, commuting to work, or just watching tv. We have known for a while its good to be active, but new research is showing that sitting is deadlier than we once thought, and may not even be outweighed by daily exercise. Sitting may have harmful effects such as increasing risk for cardiovascular disease, type 2 diabetes, and cancer. It was also shown that sitting for too long may have detrimental effects on sugar and fat metabolism which can increase one’s risk for heart disease. Additionally, it has been shown that one burns 30% more calories when standing as opposed to sitting which adds up over time in regards to weight maintenance. If sitting is required for one’s job, they should aim to more for at least for 1-3 minutes, every 30 minutes to help prevent the harmful effects of sitting for too long. Other good options are standing desks or a treadmill desk.
Question: “The Nutrition program here definitely is not easy. So what keeps you motivated when the going get tough?”

**STUDENT #1**
For me, what keeps me motivated and to keep pushing is my mother and family. I owe her everything and I know seeing me in that cap and gown receiving that piece of paper means the world to her. Probably more than I do! Also, I have a group of friends that are family to me. We have been together since middle school and they have always been supportive and always encouraging me to be the best person that I can be and to follow my dreams. I’m lucky to have so much love and support and simply knowing that......I can overcome anything.

**STUDENT #2**
It’s no secret that the nutrition & dietetics program here at UNF can be rather difficult. However, one thing that keeps me going is having my close group of friends who constantly encourage me even when I doubt my own abilities. I’ll have days where I can be SO stressed out and I’ll have a friend who will say, “you are awesome, you can do this!” Little things like that can really help you through this process. I’m so thankful to have these amazing people in my life. I look forward to graduating with my classmates. We are honestly like a little family.

**STUDENT #3**
Knowing that I am going to exit the program with the knowledge base I need to help people, helps me keep going. Nutrition is complicated and can be tough to figure out for the average person. I want to serve as a medium between the science and the application. All the information the program provides, will allow me to do that and understand why I should be advising clients in a way. I want to really understand the underlying mechanisms of action and the healing powers of food.
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 under-served 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.
If you ask someone on the street if they have a good allergy, there’s a good chance they are going to say yes. According to the Center for Disease Control and Prevention, food allergies are on the rise, with peanut and tree nut allergy prevalence tripling from 1997 to 2008. Something that isn’t always taken into consideration, however, is the difference between food intolerance and food allergies, which has led to the overdiagnosis of allergies. A food allergy is classified as a medical condition in which a food triggers a harmful immune response. The symptoms of an allergic reaction can range from hives and stomach cramps to anaphylactic shock, a reaction that can be deadly.

Individuals with a true allergy must avoid the food due to the potential for a dangerous reaction, not just because it upsets their stomach. Previously, it was thought that delaying introduction to common food allergens such as peanuts, eggs, and dairy, could help protect young children, however, it is now recommended that they are introduced early in order to build up the immune system. If you have a bad reaction and cannot pinpoint what food has been causing it, it is recommended to get a blood test done. With the right amount of knowledge and preparation in case of an emergency, any allergy can be managed.
Put the Brakes on Mindless Eating and Reconnect with Real Hunger Signals; your Scale will Thank you

HEATHER ALLEN

Mindful eating is a broad term that can take place in many different ways during the eating process. Some examples of mindful eating can include understanding your hunger signals, intentionally choosing healthy options and smaller portions, or recognizing cues to stop eating. In the same way that writing down all that one eats in a day can interpret and regulate how many calories are being consumed, mindful eating can affect the quality and quantity of food eaten. It was documented that typically people who are more mindful in their general lives, are also more mindful when it comes to eating.

Tricks to eating healthy may include keeping unhealthy foods out of the pantry, replacing dessert with some type of sweet fruit, and ignoring signs that your body is full. According to Wheeler, it is also important to know when you are hungry so that you are not consistently eating. The signs of hunger include stomach growling, lack of energy, and a headache. Any of these signs may mean that you are ready to eat and energy is required for your body to continue. It is no surprise that thinking about what is being eaten can have significant effects on what you choose to eat because you know that it may not be the healthier option. However, the impact that someone can have on themselves is greater than any impact an RD, doctor, or friend can bring.

While the benefits of mindful eating are still being researched, there is no negative effect of ending the mindless eating that is taught within this environment. The actions that contribute to mindful eating require awareness of mindfulness. This is where a Registered Dietitian can make a difference in the lives of many people suffering with obesity or chronic diseases. They do not know how to be mindful while eating because they do not know that they are not mindful currently. You can help people feel better and become healthier by spreading nutrition education and mindfulness to those around you!
CALLING ALL WINE LOVERS

The holidays are quickly approaching, and what does this mean? Food, family, laughter, gifts, and above all, wine.

Well, maybe wine isn’t above family and food, but it’s still important to many people! However, before you reach for your 3rd glass of wine, let’s first examine how much sugar you could be consuming from those glasses. According to the 2015 U.S. Dietary Guidelines, Americans should consume no more than 10% of their daily calories from added sugars. This amounts to about 50 grams of added sugars a day. Added sugars are exactly what they sound like, any sugar that is not naturally found in the food but added to it! These days, it can, unfortunately, be very difficult to keep these numbers down, especially during the holiday season.

There are thousands of different wines. Each wine, depending on the process it went through during production, has varying amounts of sugars. For example, The United States Department of Agriculture states that a 5-ounce glass of red table wine contains about 0.9 grams of total sugar, and a sweet chardonnay contains about 1.4 grams of sugar. Sweet-dessert wines usually contain more sugar, and can be up to 7 grams per glass. If you had 3 of these glasses of wine, you would consume up to 21 grams of added sugar, which almost half of what you are recommended to not exceed in a day. Wine producers are not forced to put their nutritional information on the labels of their wine. However, if you are ever curious about the sugar content of your wine, contact the producer and ask questions! Many producers of wine would be happy to share more information with you in hopes that you will keep enjoying their product. As much as we all would love to be on the perfect diet that includes no added sugars, a glass of wine will not be as detrimental as a can of soda. If you are consuming in moderation, there shouldn’t be anything to worry about! Enjoy your glass of wine with your holiday meals and spend time with your loved ones!

There are so many health claims presented to us through advertising, it can be hard to delineate which ones are real. Almost every internet site that presents simple weight loss tricks suggests drinking some form of an apple cider vinegar mixture on a daily basis. I beg the question, is there any science behind the claim or is it just another fad built up by marketing companies to get you to buy their product?

The majority of the research regarding vinegar and weight loss is tested on animals. In these studies, acetic acid, which is the primary constituent in apple cider vinegar, can suppress body fat accumulation and metabolic disorders, in rats. That being said, these findings show little proof of anything since mice aren’t men. Many of the studies done with humans are very small, which decreases their validity and make them not very reliable sources.

Even so, these studies do point at the fact that it may be possible that weight loss from apple cider vinegar consumption is possible. There was a study done in 2005 where 12 people were served a portion of white bread in addition to a certain level of vinegar. Their satiety levels were measured with a subjective rating scale. Overall, it was found that the greater the level of vinegar provided with the bread, the higher satiety the research participant reported. Additionally, in another study done in 2013 where 16 people came to the same conclusion. This was mostly because they felt nauseous after the vinegar was ingested. With all this in mind, vinegar being a natural appetite suppressant may be true but isn’t an appropriate conclusion.
In 2009 there was another study done to provide a connection with vinegar and weight loss. In this study, 175 overweight Japanese people ages 25 to 60 were divided into 3 different groups. Over a 12-week period, the groups drank a beverage that had either no vinegar, 1 tablespoon of vinegar, or 2 tablespoons of vinegar. At the end of the study, both groups that drank the beverage with the vinegar had a lower body weight, less fat, a smaller waist measurement, lower triglyceride levels, and a lower BMI as compared to the group that did not drink any vinegar. This sounds good until looked at more closely. There was only a 2-4-pound weight loss in three months for those that drank the vinegar versus no weight loss in the placebo group. Most people would not be very happy with these results since most diets have greater weight loss results. Much more needs to be done in conjunction with drinking the apple cider vinegar if using it for weight loss purposes. Still, further, there was another study that may link vinegar with weight loss is research done by dietitian Carol Johnston.

Johnston has completed multiple studies that show how vinegar helps control blood sugar spikes for people who are prediabetic and for those with type 2 diabetes. There were benefits across the board including in the placebo group. She thinks the acetic acid in vinegar interferes with certain enzymes that break down starch molecules.

This means it doesn’t matter what type of vinegar is consumed since they all contain acetic acid. Essentially, the acetic acid blocks the breakdown and absorption of starch. So, any starchy meal paired with some vinegar will cause glucose absorption to decrease. On that basis, since there is a decrease in absorption of the starch into the bloodstream it is not contributing to calories. Furthermore, this effect from the acetic acid also suppresses the rise in blood sugar seen during a high starch meal which can help control appetite leading to a reduction in overall calories consumed. The research on vinegar’s relationship with weight loss looks promising, but there is still no definitive research linking the two.

Regardless, there is no harm in using vinegar to control blood sugar after eating a starchy meal. The best way to do this is to add it to your foods, like in a salad dressing. If you do decide to drink the vinegar make sure you dilute it properly to prevent damaging your teeth and stomach lining. Most importantly, you’ll want to have the vinegar before your meal to maximize the benefits. A great way to do this is to eat a salad with a vinaigrette dressing before eating a pasta or rice dish.

References
LIFE’S SIMPLE 7

By Shannon McCarthy

The American Heart Association (AHA) has defined ideal cardiovascular health using what they call Life’s Simple 7. All of the simple 7 can be influenced through lifestyle and diet. “Ideal cardiovascular health” is simply being able to say the following seven things about oneself:

Life’s Simple 7
1. Never smoked or quit more than a year ago
2. Having a BMI (body mass index) of less than 25 kg/m²
3. Exercising at a moderate level for at least 150 minutes, or at an intense level for 75 minutes per week.
4. Meeting four to five of the key components of a healthy diet in the current AHA guidelines.
5. Having a total cholesterol of less than 200 mg/dL
6. Blood pressure below 120/80 mmHg
7. Fasting blood glucose below 100 mg/dL
The current AHA guidelines of a healthier diet involve using at least as many calories as you take in, eating a variety of nutritious foods from all the food groups, eating less nutrient poor foods, and emphasis on consuming whole grains, reducing trans fat, cutting back on added sugars, reducing sodium intake and more.

People can influence their ideal health through diet and lifestyle and be ranked poor and intermediate in “ideal health”. Following Life’s Simple 7 will not only lead to better quality of life and longer life span, but Donald M. Lloyd-Jones, chair department of Preventative Medicine and associate professor of Preventative Medicine said; “it will dramatically reduce the financial burden of the Medicare-eligible population.” Lloyd-Jones also stated; “if we reach people in middle age and even younger with this message, we could change American health for the better for decades to come.” So start now on reaching your ideal health and life your best life, by following these seven guidelines.
A study conducted at Northwestern University Feinberg School of Medicine in Chicago reviewed data on 518 people participating in a long-range heart health study. The participants had been followed for three decades, and were an average of 51 years old at the end of the study. They received follow-up exams every two to five years. The research team rated each participant based on how well they followed each of "Life's Simple 7" at the start of the study and compared this with MRIs conducted in their middle ages to see whether healthy living as a young adult mattered in later years. This study showed that people with heart-healthy habits in their 20s tended to have larger, healthier brains in their 40s. Specifically those in their 20s who closely followed the guidelines from the American Heart Association had brains in their middle age that appeared more than a decade younger than those who didn't follow the guidelines at all. This shows that following Life’s Simple 7 can lead to less risk of disease, a higher quality or life, and even a healthier brain. Following these seven guidelines in your twenties may lead to a better life for many years to come.

It is also shown that smoking had a stronger association with smaller brain volume than the other lifestyle factors. Smoking habits are a pretty large determinant of health; it seems like the smoking tobacco trend has gone down in the past decade but it should be even less. One of the seven is to have never smoked, or have quit more than a year ago. This shows that smokers are not disqualified from a healthier life. No matter how long they have smoked, if they quit now, they still have a chance at all of these health benefits, and a better quality of life. Starting to follow these guidelines in your 20s may be ideal, but that does not mean that following them later in life can’t also make a difference. Any walk of life and any age can benefits from following Life’s Simple 7, and it is never too late to start.

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This month’s food science topic is all about food safety! We all like to believe that we handle our food in the most appropriate way possible, but it is very likely that you are tip-toeing around with costly food safety measures! Really, it’s the “little” things we do that can actually make us vulnerable to food poisoning. The Academy of Nutrition and Dietetics has compiled a list of the top 10 food safety mistakes, and yes, eating raw cookie dough is one of them!

**Mistake #1: Tasting food to see if it's still good**
It is very tempting, but don’t do it! You can’t taste, see or even smell all bacteria that causes food poisoning, and tasting just a tiny bit of contaminated food can cause serious illness. Throw away all expired food before harmful bacteria grows.

**Mistake #2: Putting cooked or ready-to-eat foods back on a plate that held raw meat**
Always keep raw meats and cooked or ready-to-eat foods separated. Never let raw meat, poultry or seafood touch cooked meat or any ready-to-eat foods, as this can cause cross-contamination.

**Mistake #3: Thawing food on the counter**
Risky business for thawing your foods! Harmful foodborne pathogens multiply rapidly when foods are in the danger zone between 40°F and 140°F. Instead, always thaw foods in the refrigerator, cold water or in the microwave.
Mistake #4: Washing meat or poultry
Never wash raw meat or poultry because the water can easily spread bacteria to your sink, countertops and other kitchen surfaces. Only wash raw fruits and vegetables. Learn more about washing produce.

Mistake #5: Letting food cool before putting it in the fridge
Don't leave food out of the refrigerator for more than two hours or one hour if it is over 90°F outside. Illness-causing bacteria can grow rapidly when perishable foods are left in the danger zone — between 40°F and 140°F.

Mistake #6: Eating a raw cookie dough (and other foods containing uncooked eggs and flour)
Avoid the temptation! Never eat any raw eggs because they may contain Salmonella or other harmful bacteria. Instead, cook eggs thoroughly and avoid foods that contain raw or undercooked eggs. Even raw dough without eggs should not be consumed as raw flour may contain E. coli and cause people to get sick.

Mistake #7: Marinating meat or seafood the counter and using raw meat marinade on cooked food
Never marinate meat, poultry or seafood on the counter or use the same marinade for raw meat and cooked food. If you marinate on the counter, harmful germs can multiply rapidly when in the danger zone — between 40°F and 140°F.
Superfood of the Month

TURMERIC

By Jenna Wallace

Turmeric, pronounced too-mer-ic, is a plant that looks very similar to ginger at first glance. Yet, you’ll notice it has a particularly orange tint to it, and when you cut inside the color is rather vibrantly orange. This plant has long been used in medicine to heal a variety of ailments ranging from fatigue to rheumatism. Turmeric can also be used as a spice in several different dishes, particularly curries. While research is still developing, the most compelling component of this plant is its anti-inflammatory properties. Not only can this plant be ingested, but it can also be used topically to treat skin inflammation, most notably acne.

Looking for a way to incorporate turmeric? The spice works very well in Indian cuisine, but can also be combined with ginger, cinnamon, nut milk, and other ingredients to create a turmeric latte!
Shopping in Season: NOVEMBER

BY JENNA WALLACE

It’s November, which means the temperature is finally starting to go down, leaves are starting to fall, and the holidays are fast approaching! Late fall is such a wonderful season for Florida. In November, look for citrus fruits, avocados, bell peppers, mushrooms, green beans, eggplant, and squash. If you are starting to crave cozy meals, try making a stir fry with fresh peppers, eggplant, mushrooms, and squash. Freshly squeezed citrus fruits make a great breakfast beverage. Or eat them from the peel: a perfect snack for class.
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