Updates in Food, Supplements, Wellness, and Beauty!

The Caffeine Culprit
Ways to help limit the side-effects of caffeine and limit the amount of added sugars from day to day

Cardiometabolic Risk in Kids
New efforts in preventing chronic health problems are focused around identifying cardiometabolic risk factors in children

Make a face mask with ingredients right in your kitchen!
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STUDENT NUTRITION AND DIETETIC ASSOCIATION

UPDATES

The long-awaited end of the semester has finally come and now is the time to take a little break from school to enjoy the Holidays! For SNDA, this was a very busy semester. We had 4 meetings, 2 bake sales, a Chipotle fundraiser and lots of volunteer time between the many officers. We hope the nutrition student-body took advantage of the various opportunities we provided for you throughout the semester and we cannot wait to hear all about your experiences.

As for the Spring semester, there will be so many exciting things happening. Many faculty and students from across the UNF community have already come together to begin planning the events for National Nutrition Month in March. This month, almost every day there will be something going on on campus that is geared towards nutrition. This means we will need many volunteers! If you are interested, contact us and we will give you more info!

That’s all for now. I sincerely hope everyone has a good break, filled with yummy food, surrounded by good people!

In good health,
Brittany Mock
SNDA President
Hello Readers!

For November, we had a blast in our meeting on Cardiovascular disease. The team and members had a great conversation about the causes and correlations of heart disease. If you missed out the powerpoint is on our canvas page! At the end of November, we are having our last meeting of the semester, a guest speaker about GI Nutrition and we would love to see you there!

As for December, we will be preparing for finals, getting ready for the new year, and have tons to share with you guys after the break! There are big things in store. Don’t forget to stop by and pick up one of our awesome t-shirts.

- The NJC Team
"THE FALL SEMESTER HAS COME TO AN END. WHAT ARE YOU LOOKING FORWARD TO MOST IN THE SPRING SEMESTER?"

Student #1: I am so excited to be graduating with a degree in nutrition and dietetics. I am looking forward to finding out where I’ll be matched to and definitely excited to start a new chapter in my life!

Student #2: There is so much to look forward to next semester. I am really excited about National Nutrition Month in March! I know Spring 2018’s National Nutrition Month is going to be one of the best in the books at UNF! Also, I am pumped to take community nutrition next semester- a topic that I am very passionate about!

Student #3: For next semester I am excited to take food science classes, attend SNDA and NJC meetings, and getting more involved on campus in general. I am not sure it’s true, but I heard we are getting a new football team so that would be awesome!
**Food**

**TRAVEL-FRIENDLY MEALS**

With the holidays upon us, many people are bound to be traveling whether it be to see loved ones or to take a winter vacay. When traveling, people tend to neglect their diet or normal eating habits as finding healthy food options can sometimes be hard and time consuming. Fortunately, a new product made by the brand Cucina and Amore is offering a simple solution by making healthy portable quinoa based meals (1). Quinoa is a naturally gluten free grain that is high in protein and fiber with several micronutrients including manganese, magnesium, and folate (2). It contains about 4 grams of fat per cup, 25% of that being made up of alpha-linolenic acid (ALA). ALA is an omega 3 fat that has been shown to decrease risk of death from heart attacks, making these meals very heart friendly (2). These travel-friendly meals are preservative free, gluten free, vegan, non-gmo, and microwavable, making preparation quick and easy. They come in delicious flavors like mango jalapeno, basil pesto, and artichoke roasted piquillo.

**Supplements**

**PEPPERMINT OIL**

As we move away from pumpkin spice lattes to peppermint mochas, peppermint is sure to be a hit and for good reason. Peppermint has been used as a natural remedy for nausea and stomach aches for a while now, but has many other benefits beyond that. Studies have shown that peppermint oil can improve circulation, relax tense muscles, cure sore muscles and relieve headaches (3). Another study showed the positive effects peppermint has on the gut. When given to a group of patients with IBS, 75% of patients had a 50% reduction of their symptoms (3). Peppermint oil is sold in capsule and droplet form, and dosage varies upon brand and condition. The brand Now sells pure peppermint oil with no additives making it a great option. Additionally, peppermint leaves can be consumed in whole form by being steeped to make tea, added to soda water with berries for a refreshing drink, or added to a salad for a fresh, zingy flavor.
Wellness

Luckily for us, living in Florida makes exercising outside year-round quite possible. With the ever so dropping temperatures, more and more people are encouraged to take their daily sweat outside. Working out outdoors has many proven benefits that outshine exercising in a gym. One review found that those working out outside in a green environment had increased physical activity levels, but with less perceived exertion, meaning they were working out harder, but did not feel the pain of it. The review also found that those who worked out outside experienced stress reduction, reduced mental fatigue, and an improved mood and self-esteem. Further evidence suggests that working out outside is less stressful on the body, creating less inflammation. So, grab your yoga mat or your running shoes and head outdoors!

Beauty

Many of us are all too familiar with the dry, cracking skin the cooler temperatures brings. Most of us use multiple lotions and creams to combat the roughness. Unfortunately, these products usually only cover the symptoms rather than solve the problem. Luckily, an up and coming brand called Primally Pure has a product that may save your hands from major cracking this season. Primally Pure’s body butter is different than most body butters as its main ingredient is organic tallow from grass fed cows. Tallow is a vitamin rich form of pure rendered animal fat that is made by taking fat from the tissue of the cow, and carefully heating it which causes the pure oils to melt away from the tissue. The tallow contains many fat-soluble vitamins such as vitamin D, vitamin A, and vitamin K. In addition, it contains conjugated linoleic acid which has anti-inflammatory properties. All the other ingredients are naturally derived sources such as coconut oil and beeswax, and every ingredient is organic. In addition to soothing effects, it comes in a variety of scents including citrus and mint, almond and vanilla, and eucalyptus and lavender.
Malic acid is a dicarboxylic acid created by all living organisms and is an anion of malate, an important intermediate in the Kreb's cycle. Malic acid acts as a catalyst in the Krebs' cycle to increase energy production from the burning of pyruvic acid. It is the chemical responsible for the sour and tart taste in food; for example, malic acid accounts for 94-98% of acid in apples. Malic acid is also used as a food additive in a variety of foods, candy, cough syrup and throat lozenges. It can be obtained in the diet through fruits, vegetables and fruit vinegars. Popular health websites claim that supplementation of malic acid can decrease pain, increase energy product, increase endurance and assist those who suffer from chronic pain diseases. However, these claims have not been yet proven true through research and evidence.

Researchers in China conducted a study to uncover the role of malic acid and its cardio-protective effects. Using adult male Wistar rats, the researchers broke them up into several groups: two control groups given saline solution and two experimental groups were given malic acid supplementation. The rats were put under anesthesia and given a myocardial ischemia. Compared with the control group, treatment with L-malic acid at the dose of 250 mg/kg significantly decreased infarction percentage of the ventricle, infarction percentage of the heart, infarction area, and infarction weight, and treatment with L-malic acid at the dose of 500 mg/kg significantly decreased infarction percentage of the ventricle and infarction area. The researchers concluded that malic acid may have protective effects on myocardial ischemia/reperfusion injury by anti-inflammatory, antiplatelet aggregation, and direct cardiomyocyte protective effects.
In 2015, a study set out to investigate whether malic acid supplementation had an effect on the endurance of athletes. Research has shown that exogenous malic acid is easily absorbed by the body and can easily pass through the cell membrane to enter the mitochondria. The researchers theorized that malic acid supplementation would have an inverse effect on lactic acid build up during high endurance activity. However, the study failed to yield any significant results between the control group and the group receiving malic acid supplementation.

A big issue for individuals that suffer from chronic pain illnesses is the ability to exercise. For many, common exercise routines are too much to handle and can be very painful. Fibromyalgia is a common clinical condition affecting primarily middle-aged women that causes widespread muscle pain, sensitivity to pain, and tenderness of muscles. A group of researchers believed this is the result of enhanced gluconeogenesis with breakdown of muscle proteins, resulting from a deficiency of oxygen and other substances needed for ATP synthesis. They conducted an eight-week experiment with 15 fibromyalgia sufferers to observe the effects of malic acid supplementation and if it was a malic acid deficiency that was the cause for suffering. The malic acid supplementation was paired with magnesium, as it helps with the absorption of malic acid. The individuals were split up into two groups: one receiving 1,200 mg of malic acid and 300 mg of magnesium, while the other group was given 2,400 mg of malic acid and 600 mg of magnesium. Within 48 hours of supplementation, the subjects started to experience improvement in their fibromyalgia pain. At the end of the 8 weeks, the group given the higher dose of malic acid and magnesium showed the most improvement in their pain tolerance.

Another study investigating the effects of malic acid on fibromyalgia showed promising results. A double blind randomized control trial observed the efficacy and safety of Super Malic, a proprietary tablet containing 200 mg of malic acid and 50 mg of magnesium. 24 subjects with fibromyalgia were randomly assigned a daily dose of a placebo for 4 months. The subjects were then taken off medication for 2 weeks for analysis and placed on a 6-month dose escalation trial that supplemented with up to 6 tablets per day. At lower doses, there was no significant difference between the placebo and the experimental groups. However, during the 6-month dose escalation, significant reductions
in the severity of all the pain and tenderness tests given to patients.

While there is inconclusive evidence to malic acid supplementation for all athletes, studies have shown that there may be a link for malic acid assisting the tenderness of muscles and pain experienced by those with fibromyalgia. It could very well be a useful tool to allow individuals with heightened muscle sensitivity to maintain their ability to exercise. Research on this subject is limited and further investigation is required to determine how significant of a role malic acid has in assisting those with chronic pain diseases.


KNOW THE FACTS
Submitted by Shannon McCarthy

1. About 41 million children under age five are overweight

2. About three-fourths of the population has an eating pattern that is low in vegetables, fruits, dairy, and oils.

3. Most Americans exceed the recommendations for added sugars, saturated fats, and sodium.

4. Christmas Dinner usually contains over 7,000 calories

5. Twenty-two million turkeys are consumed each year at Christmas, compared to 45 million at Thanksgiving.

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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.
By Hannah Gibson

Cardiometabolic Risk in Kids

With chronic illnesses like type 2 diabetes and heart disease on the rise, more and more time is being invested in preventing them from childhood. The new efforts in preventing these chronic health problems is specifically being focused toward identifying cardiometabolic risk factors in children. As of today, many pediatricians are focused on diagnosing metabolic syndrome. Metabolic Syndrome is defined as a cluster of risk factors associated with the development of cardiovascular diseases and type 2 diabetes. According to Dr. Sarah Armstrong of Duke University, the focus should be aimed at treating each of these risk factors individually as opposed to worrying about the diagnosis because of the high risk they possess to bring on future illnesses. Dr. Sheela N. Magge of the George Washington University School of Medicine and Health Sciences agreed stating that, "rather than focus on a particular cut point to fit a definition, it makes more sense to screen children for the risk factors."

Some named risk factors include: obesity, high blood sugar, high triglycerides, low HDL cholesterol, and high blood pressure. Additional resources are also pushing for earlier screenings, like the American Diabetes Association and American Heart Association. Both organizations suggested that primary care physicians should perform annual obesity screenings in children with a BMI greater than the 95th percentile, in addition to annual screening for high blood pressure. Metabolic health in childhood as a result of healthy lifestyle habits, food choices, and good mental health lays the foundation for health later in life. Although there are no easy fixes to chronic diseases, catching signs of development and high risk factors early on can help pediatricians and patients alike to prevent these illnesses before they can develop.
What is a healthy body weight for your age?

By: Katie Wolf

Everyone has that moment when you step on the scale, hold your breath, think skinny thoughts, and pray that the number appearing on the scale will be less than it was yesterday. We spend most of our lives trying to keep a healthy weight and trying to get rid of some extra pounds. However, as we get older, having those extra couple of pounds can be a good thing.

As you become older, being physically active and going to the gym may not be built into your daily routine anymore. You may see a decrease in appetite due to prescription drugs. Often times, older adults have less lean muscle and bone mass. Older adults may experience inadequate intake of protein and other nutrients.

Furthermore, being underweight may cause diseases and health issues like malnutrition, weakness, and fatigue. Have you ever thought of the reason for grandma and grandpa taking their daily afternoon nap?

On the other hand, if you are overweight as an older adult you are more likely to live longer, happier, and healthier. People who have survived to the age of 70 have a lower mortality risk than those with a BMI classified as overweight according to the WHO. People who were classified as normal weight according to their BMI had a higher risk of death than the overweight group. Having a BMI of 25-30 as an older adult is associated with reduced risk of death, diseases, surgical difficulties, and other health risk factors. This age group would benefit from assessing their family history, waist circumference, lifestyle factors, and physical fitness.

Being obese as an older adult makes it difficult to do every day task which can be frustrating. Being slightly overweight as an older adult may be a good thing if the weight is consistent and well maintained. As an older adult taking vitamins like calcium, vitamin D and B12 are important. Vitamin B12 is not absorbed as easily with age. Calcium and Vitamin D are good for bone and muscle health.

Some ways to maintain weight include: getting a variety of fruits and vegetables, choosing nutrient dense foods, and staying physically active.

TREATING OLFACTORY DEFICIT TO IMPROVE APPETITE IN PATIENTS WITH RENAL DISEASE

BY MALARIE WARREN

Our sense of smell is used by our bodies to encourage us to eat. Smell is heightened in hunger, making foods more appealing. It also heightens your awareness to your body’s need for food by releasing chemicals that can create feelings of euphoria, anxiety, and pain. If this sensory response is hindered or dismantled, appetite is affected. Many elderly patients suffer from this response (or lack of response) and have low appetite as a result. Renal patients form altered olfactory responses that can lead to food aversion, anorexia, and malnutrition. One study published earlier this year observed olfactory responses in relation to nutritional status in patients with Chronic Kidney Disease (CKD). They assigned measurable values to odor identification, odor threshold, and subjective odor perception. They observed these measures in 36 patients with CKD, 100 participants with End Stage Renal Disease (ESRD), and 25 patients composing a control group.

Kidney disease was found to be associated with decreased odor identification, though researchers found no association between odor threshold and nutritional parameters. Low odor identification scores were associated with low global assessment scores, which is used to indicate malnutrition. Intranasal theophylline was found to improve odor identification score, setting the stage for more success in nutrition therapy. These findings set the stage for future research in the role that smell (or lack thereof) impacts appetite. This may help providers explore further treatment options to help patients identify odors and make meals more appealing for renal patients suffering from food aversion.

GLYCEMIC VARIABILITY MAY PREDICT THE UNPREDICTABLE ALZHEIMER’S DISEASE

BY SHANNON MCCRATHY

Glycemic variability means that there are swings in blood glucose levels. While this occurs in everyone, healthy or not, it is only really important when it comes to those with diabetes. When diabetes is not under control, these swings happen and glycemic variability is present. Diabetes is prevalent more now in the world than it has ever been; specifically type II. Type II diabetes prevalence is at an all-time high in all ages and cultures around the world. This increase may be due to lack of exercise, over consumption of food, consumption of unhealthy foods, or a combination of all the above. An increased prevalence of this disease requires a need for more research. There are so many people with this disease yet there are still so many unknown factors when it comes to comorbidities, especially related to the long-term effects like Alzheimer’s disease.
Recently, China has been researching on adults with diabetes and their risk for Alzheimer’s disease. Their increased variability in fasting plasma glucose and HbA1c showed an association with increased risk for Alzheimer’s disease. Alzheimer’s disease is a progressive disease that destroys memory and other important mental functions. This disease has no treatment and no known cause. Therefore, we always want to avoid things that may cause this disease because we may not be able to help treat people once they are diagnosed.

In this study, incidence rates of Alzheimer’s disease increased with increasing fasting plasma glucose variability and increasing HbA1c variability. This implication shows that glycemic variability found in diabetes may be a factor leading to more cases of Alzheimer’s. Further research is required to confirm the results and to evaluate whether the markers can be valuable therapeutic targets for patients with type II diabetes at risk. “Our findings indicate the existence of a shared pathophysiological link between glycemic variability and Alzheimer’s disease. We suggest that cognitive functions should be routinely screened in patients with type II diabetes, especially for those with notable glycemic variability. Further research is required to elucidate the linkage mechanisms, which could also lead to clarification of the pathogenesis of Alzheimer’s disease, and to confirm whether fasting plasma glucose [coefficient of variation] or HbA1c [coefficient of variation] is a valuable therapeutic target for at-risk patients,” says Amber Cox.

There are many factors that contribute to diabetes as well as Alzheimer’s. There is not a simple cause-effect relationship. Lack of exercise is a large component in developing diabetes and is also a contributor to glycemic variability. Sedentary behavior has been linked to poor glycemic control and increased risk of all-cause mortality. A study highlighted the role of glycemic control in maintaining brain function and suggests that reducing and replacing sedentary behavior with intermittent light-intensity physical activity, may protect against cognitive decline by reducing glycemic variability. This study also shows a relationship to the negative characteristics of diabetes and decreased brain function.

More research needs to be conducted on the causality of glycemic control and cognitive function, Alzheimer’s specifically. But for a start we know that exercise is good for the body and brain, and everyone should be doing it on a regular basis!

BY KEA SCHWARZ

BIOMARKERS TO HELP PREDICT DIETS FOR WEIGHT LOSS

There has always controversy over the optimal diet for weight loss. Each year many people undertake a new diet to lose weight and are often unsuccessful. There was a new study published in the American Journal of Clinical Nutrition that shows two biomarkers that can predict how effective certain diets for weight loss will be for people with certain conditions (1).

Researchers reviewed data from three dietary clinical trials including, The Diet, Obesity, and Genes trial, The OPUS Supermarket intervention (SHOPUS), and The Nutrient-gene interaction in human obesity trial (NUGENOB). All of the subjects were overweight. Their fasting blood glucose levels and fasting insulin levels were assessed to see if the levels had any association with weight loss in relation to certain diets (2). After analysis of over 1,200 adults, it was seen that a person’s fasting blood glucose levels and fasting insulin levels could identify which diets would lead to weight loss. This is especially the case for those with pre-diabetes and diabetes (1).

Based on statistics from the American Diabetes Association about 29.1 million people in the United States have diabetes. It is also estimated that about 75 million people have pre-diabetes, but 90% of those people remain unaware. Type 2 diabetes is most common and is generally related to lifestyle choices. The body becomes unable to use insulin effectively which results in increased blood glucose levels. At the same time, people with prediabetes have higher than normal blood glucose levels, but the levels are not high enough to be diagnosed as diabetes.

These individuals are still at a higher risk for developing diabetes than those who are not prediabetic (2). A major risk factor associated with diabetes and other health risks like heart disease and cancer is being overweight. Losing 5 to 7 percent body weight has been shown to reduce the risk for type 2 diabetes by as much as 58 percent. Additionally, for those who already have type 2 diabetes, diet and exercise can help regulate blood glucose levels over time (2). The question is which diet is most effective for weight loss?

By reviewing fasting blood glucose levels and fasting insulin levels certain diets were pinpointed as optimal for those with these certain conditions. In adults that have prediabetes, the greatest weight loss progress was seen when they ate a diet rich in whole grains, fruits, and vegetables. For example, in the SHOPUS trial, the adults that followed the New Nordic Diet lost over 6 kilograms more than those in the control group (1). The New Nordic Diet is very high in whole grains, fruits, and vegetables, very similar to the Mediterranean diet which is often praised for its heart healthy and weight loss benefits (3). Furthermore, for those with type 2 diabetes a diet that is low in carbohydrates and rich in plant based fats was best for weight loss. These results suggest a sort of breakthrough in personalized nutrition.

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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.
Need some motivation to get yourself to the gym? A new review published in The Nature Review of Rheumatology found that poor diet and a sedentary lifestyle can lead to metabolic changes. These changes can then lead to genetic reprogramming of cells in the body and joints. This reprogramming can result to a very common but debilitating condition known as osteoarthritis. The CDC estimated that 30 million adults have osteoarthritis in The United States. It is likely that we will see more of this condition in the health care system as our population ages. Osteoarthritis is a painful condition where the protective cartilage around your joints wears down. It can happen anywhere, but this disorder most commonly effects joints in the hands, knees, hips and spine.
OSTEOARTHRITIS AND A SEDENTARY LIFE

Certain changes happen in the body that lead to osteoarthritis. Being sedentary negatively impacts the cells ability to produce energy. When the cells can’t produce the preferred energy, the cells generate different forms of energy to continue normal functioning. This causes stress to the cells and an increase in the over-production of glucose, which then turns into lactic acid when it is not used for energy. The lactic acid builds up in the body and causes inflammation around the joints, causing osteoarthritis.

According to this research, evidence shows that exercise and regular body movements can help prevent the development of such disorders. Other risk factors of osteoarthritis include old age, gender (women are more likely to develop osteoarthritis), obesity, joint injuries, certain occupations, genetics, and bone deformities. So, what is the bottom line? Get moving! Exercise is not only good for your bones, but it helps you lose weight, maintain a healthy weight, aids in digestion, and improves your mood!

Riboflavin shows positive effects for Migraine in Adults from five consistent positive therapeutic effects in adults.

By: Heather Allen

Have you ever suffered from a migraine headache? Migraines produce a whopping 78 billion dollars of health care costs annually in America. This is a very common disease that keeps people from living their daily lives. The inability to continue daily function due to the debilitating effects of migraines is arguably the main reason to find a cure. The main goals of treatment include: decreasing the frequency, duration and severity of attacks, reducing disability and allowing acute treatment to work more effectively.

Recent research has shown positive effects of using riboflavin as a prevention method for migraines. Riboflavin is an inexpensive and safe treatment that has not shown adverse effects. In a research study done by Thompson and Saluja, out of eleven participants, five participants were seen to have consistent beneficial effects on migraines with the use of riboflavin. Riboflavin is absorbed through active transport and any excess is excreted through primarily urine. This makes it a safe method for medicinal purposes as excess will simply leave the body. It is not yet known how riboflavin works to prevent migraines, however, research is still being done to understand this. By researching the etiologies of migraines and how riboflavin effects them, an answer may be found as to why the five participants were positively influenced. Also, researchers may learn why only some participants were affected by the riboflavin.

December

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FACE MASKS
By Marissa Schwam

Facial masks are often used to hydrate your skin, eliminate blemishes and shrink your pores. There are many varieties of facial masks you can buy at the store, but some people prefer to create their own from natural ingredients found in their kitchen. The question is, should you make your own or just purchase one? If you look at the ingredient list of a store-bought face mask you see chemicals such as phenoxyethanol. Phenoxyethanol is considered a glycol ether that can be found in paint, jet fuel, and a stabilizer in perfume. Material Safety Data Sheet (MSDS) states that phenoxyethanol is harmful if swallowed, inhaled, or absorbed through the skin. A study was conducted in 2017 by Li, Du et al. that shows how phenoxyethanol may induce uncomfortable skin sensations like itching and burning. That is just one ingredient from an entire list of chemicals in most store-bought face masks.

Usually, those who create their own face masks from home are using healthy ingredients found in their kitchen. Bananas are a common ingredient in homemade facial masks. Bananas have potassium, which is good for hydration, and fat soluble vitamins A and E for fading scars or dark spots. You can also find zinc, which helps fight acne germs, and amino acids that strengthen the skin and help maintain skin elasticity. Another common ingredient found in homemade face masks is avocado. Avocado contains beta-carotene, which acts as a free radical quenching compound that can provide your skin with protection from environmental damage. This is especially great for minimizing wrinkles! Avocados also have vitamin C, which is needed for elastin and collagen growth. This helps to keep your skin firm. Oleic acid, a specific omega-9 fatty acid found in avocados, is notable for regenerating damaged skin cells and reducing facial redness and irritation.

There are many different ingredients you can use to create your own facial mask right at home. Be in control of what goes in your body and on your body!
BANANA OLIVE-OIL MASK

Ingredients
1/2 over-ripe banana
1/2 over-ripe avocado
2 Tbsp. unflavored regular yogurt
1 tsp olive oil

Directions
Mash banana and avocado and combine with other ingredients. Mix well. Apply to your entire face and neck and leave on 20 to 30 minutes. Rinse with warm water.
December in Florida reaps lots of delicious fruits and vegetables. With the holidays approaching, this is a time to come together with loved ones and cook up a feast! Vegetables this month include cabbage, broccoli, cauliflower, lettuce, cucumbers, celery, snap beans, tomatoes, corn, and bell peppers. My favorite way to incorporate these yummy fresh veggies is in a cozy spaghetti sauce. Simple slice and dice the veggies and toss them into a crushed tomato base or tomato sauce, and let it simmer until the veggies soften and release their flavors. Looking for a cozier recipe? Vegetable soup is delicious this time of year. All of these could go well with a little vegetable broth and some spices! The more you simmer, the more flavor comes across. There are also a few fruits in season in Florida this month. This includes guava, carambola, grapefruit, tangerines, passion fruit, oranges, and strawberries. If you’re headed to a holiday party, put together a tasty fruit salad. This makes a perfect burst of color and flavor on any holiday spread.
'Tis the season for hiking and camping! The holidays are a great time to schedule hiking and camping into your calendar. Whether your plans are to be in Florida or across the country, this activity is a great way to make a new tradition and explore the fresh outdoors. Food is a very important category that needs to be properly planned for prior to heading out to the wilderness. The plan needs to account for the storage of food, tools required, length of the trip, and the variety of foods and beverages that will be packed. Also, water is an essential item that should be considered. There should be about 2 cups of water for every hour of hiking and you should be pre-hydrated by drinking 4 cups of water beforehand. Perishable food items can be packed for a hiking or day trip, as long as there is a cold source that will keep the food chilled to below 40 degrees. To account for more space in your baggage, it is wise to pack more non-perishable and lightweight options that are nutrient dense. Examples of these types of food include trail mix, nuts, energy bars, and meat jerky.

Camping or multi-day trips require more prep and planning. Perishable food items can be eaten on the first day, but shelf-stable, easily packed basics should be packed for the remainder of the trip. Examples of these types of food include ready-to-eat cereals, fruit and vegetable puree in squeeze pouches, canned fish, individual condiment packages, bottled water, powdered beverage mixes (protein powders are a great idea), and marshmallows for dessert!

Even in the wilderness, food safety procedures should still be practiced. Perishable food cannot exceed 90 degrees for more than one hour or two hours in milder weather. Some important food safety items include disposable wipes, trash bags, thermometers, can openers, and eating utensils. Cook foods to proper temperatures, wash hands often, and keep raw meats and ready-to-eat meats separate.

Follow these food science principles and tips to ensure that your nutritional needs are met as you embark on your camping or hiking trip! Your destination awaits, so take a hike!
I'll be the first one to admit that as soon as that early morning alarm scares me half to death, I sleepily shuffle to the coffee pot to get my daily dose of coffee aka liquid life. Like me and many Americans, coffee may be one of the first things that is thought of when they first wake up. Nutritionally, coffee or tea won't make or break a diet, within moderation of course. But it's what we add into our coffees and teas and what else we drink besides these caffeine-rich drinks that might push us over the edge.

Hydration is key in every human alive, considering we are more than 70% water. Coffee, being as acidic as it is, can cause great stress on our body. Primarily, it can cause our skin to age exponentially and dry out in excess intake. Up to 500mg/day (approximately 30 fl oz) of caffeine is shown to not only dehydrate the skin but if surpassed, water needs to be drank in order for adequate hydration to be maintained. That equals about five six fl oz of coffee a day before water needs to be ingested in conjunction with coffee. So, a Trenta Cold Starbucks coffee is 31 fl oz. Ever get thirsty after such a large coffee? This may be the reason why.

The primary reason for coffee, for most, is caffeine. Caffeine is great; it makes you feel as if you can accomplish anything. But it's how much and how often it is consumed is where the possible side effects may become alarming. Caffeine is able to strengthen the response to stress, which in turn, exemplify the production/release of the hormone, cortisol. Cortisol affects the over-production of oils in our skin which increases the chance of clogged pores. Caffeine can actually give you cravings for sugars, “comfort foods”, which can be a large source of energy and food for the bacteria that causes acne.

Heartburn can be another side-effect of a caffeine-rich diet. This can happen because, heartburn itself, is when acid builds up in the stomach and backs up into the esophagus, causing a lot of discomfort. Having your cup of coffee in the morning can cause your body to be more acidic because as a drink, is acidic, hence why we pour dairy products and sugars into it to cut the bitterness out.

A few common ways to help limit the side-effects of caffeine and limit the amount of added sugars from day to day can be:

**CAFFEINE**

- Try switching to half-decaf/half regular coffee/tea because decaf actual still have caffeine, some brands have up to 20 mg of caffeine.
- Try more natural sources of caffeine, like, dark chocolate (31 milligrams/bar).
- If caffeine is a MUST, drinking two cups of water per one cup of joe, can greatly improve hydration and lessen side-effects of acne and heartburn.

**SUGARS**

- Using fruit purees in most baked goods can greatly decrease added sugars and increase your fruit intake.
- Using sugar substitutes in moderation, like Stevia and Splenda. These are normally a LOT sweeter than actual sugar, so a decreased amount is suggested, when compared to normal sugar that is used.
Here's a great recipe I found for a “Copycat Starbucks Frappuccino.” It uses liquid Stevia extract to minimize sugar content and not to mention you get your delicious cup of coffee!

COPYCAT STARBUCKS FRAPPUCCINO

1/2 c espresso, fresh and then cooled to room temperature
1/2 c non-dairy vanilla creamer (flavor of your choice)
3/4 c ice
4 drops liquid stevia extract
1/4 tsp pure vanilla extract (optional)

All that has to be done is blend all the ingredients together! As simple as that!
FOOD AS SUPPORT FOR PEOPLE MANAGING HIV/AIDS

BY ANIELLY ROCHA

Like any disease, a HIV/AIDS diagnosis is life altering. It changes the way we function and live our daily lives. The nutritional requirements are especially affected because of the constant effort that the body is using to maintain homeostasis.

Some nutritional issues associated with HIV/AIDS includes malnutrition, wasting, inflammation and a weak immune system. Due to this, having HIV means a greater risk for heart disease, type 2 diabetes and certain cancers. Nutritional needs vary with the stage of HIV disease because side effects make it hard to eat, nutrients from food are more difficult to absorb, and the body needs more nutrients to fight the virus.

Nutrition can be a valuable tool for people with HIV. Being nutrition conscious and eating accordingly can help to: minimize symptoms, lessen side effects, increase quality of life and improve resistance to other infections and complications.

Eat foods rich in antioxidants!
Antioxidants protect the body by neutralizing unstable molecules called free radicals. They are produced during normal body functioning. Long-term infections such as HIV can ruin the balance by causing the body to produce more free radicals than usual and this is called oxidative stress. Our bodies physically feel oxidative stress as inflammation.

To lessen symptoms, increase antioxidant intake and decrease free radical producers such as pollution and cigarette smoke. Our best friends, the antioxidants, can be an array of vitamins and minerals commonly found in colorful fruits and vegetables. Look for blue, purple, green, orange, red and yellow foods to get the full complement of all the varieties of antioxidants. Black tea, green tea and dark chocolate are also good sources of antioxidants.

Gut health = Strong immune system!
Probiotics/lactic acid bacteria and prebiotics help maintain the quality of mucosal surfaces, improve antibody responses and increase white blood cell production which are all apart of our immune system.

Be aware of food safety!
Since HIV/AIDS weakens the immune system it is more vulnerable to food poisoning. Avoid eating raw animal products, wash fruits and vegetables and remember to use separate knives and cutting boards for raw meats and produce. It is advised to drink reliable filtered water also.

POMEGRANATE & AVOCADO GRAIN BOWL

YIELD: SERVES 2  
TIME: 15 MIN

INGREDIENTS:

1 1/2 cups brown rice, wild rice, quinoa medley  
1 cup water (add more if needed)  
1/2 Avocado  
1/2 pomegranate, seeded  
2 TBS chopped walnuts  
1/4 cup goat cheese, crumbled  
Dressing: Drizzle balsamic glaze on top  
2 Tbsp olive oil  
salt & ground pepper to taste

DIRECTIONS:

1) Add Grain medley, water and salt to a medium saucepan. Bring to a boil then cover, turn off heat and let it simmer for 10 minutes or as directed on packaging.
2) Remove lid and fluff with a fork. Place in a shallow container. Set aside in refrigerator to cool.
3) In a large bowl, combine the cooled grain medley, pomegranate seeds, cubed avocado, walnuts and goat cheese. Add olive oil, pepper and toss to coat.
4) Drizzle balsamic glaze over the bowl generously, add more if needed.
With slightly cooler temperatures and pumpkin spice lattes advertised at every corner, it is feeling a little more like fall lately. Here is a delicious, nutrient-dense salad to keep you going through the semester’s end with bright, fresh, and festive flavors.

AUTUMN ROASTED VEGETABLE AND GRAIN SALAD

INGREDIENTS

- 4-5 cups assorted root vegetables or winter squash (rutabaga, pumpkin, sweet potato, potato, butternut squash, acorn squash, parsnips, carrots) chopped into 1” pieces
- 2 Tbsp. olive oil
- salt and pepper
- ½ tsp. cumin
- head of kale (red, green, or dinosaur varieties are fine), washed, with ribs removed and finely chopped
- about 1 cup pomegranate arils
- ¼ cup pepitas
- 1 ½ cups cooked whole grains such as quinoa, farro, or brown rice
- lemon, cut in half

INSTRUCTIONS

- Preheat oven to 425 degrees Fahrenheit. Spread chopped vegetables on a baking sheet lined with aluminum foil. Drizzle with 1 ½ Tbsp. olive oil and cumin. Salt and pepper to taste. Roast at 425 degrees Fahrenheit until slightly browned and fork easily pierces through vegetables.
- While vegetables are roasting, place kale in a large mixing bowl and drizzle ½ Tbsp. over top. Sprinkle with a pinch of salt. Gently “massage” kale with clean hands for about 2-3 minutes or until kale has become significantly softer, slightly darker and wetter in appearance.
- To serve immediately: Squeeze ½ lemon over kale and toss until combined. Layer roasted vegetables on top and follow with cooked grains, pomegranate arils, and pepitas. Serve.
- To pack for lunch the next day: Place ~3/4 c. massaged kale into salad-sized Tupperware container. Add desired amounts of other ingredients as if serving immediately but reserve lemon. Tuck ½ lemon into corner of salad (allows kale to maintain a bit more structure and offers fresher, brighter flavor this way) container and squeeze on top and mix before eating.
Healthy Eating, Happy Skin

Healthy skin doesn’t have to be a huge investment! One can simply consume the right foods, and have vibrant skin, without purchasing all of those expensive facial and body products. There are many different foods and nutrients that are shown to help with skin health. Complex carbohydrates such as oatmeal, whole wheat pasta, brown rice have a low glycemic index, which may help increase one’s skin health. Jaliman explains that foods that have a high glycemic index, may cause flare ups in acne and other skin conditions. Monounsaturated fatty acids, found in high amounts in avocados, are shown to keep skin well hydrated. Other fruits, such as oranges, grapefruit and watermelon, have a great amount of water in them, which can also keep skin cells hydrated! Another great skin food is tofu, as well as other soy products! Tofu is shown to help keep skin’s elasticity as well as decrease wrinkles, due to the great amount of isoflavones that they contain.

Avocado Breakfast Bowl

VEGAN FRIENDLY AND GLUTEN FREE

Start off your morning right! Your skin will thank you.

HOW LONG? 5 minutes prep. 7 minutes cook.

WHAT DO YOU NEED? 1 avocado, ½ red bell pepper, ½ tomato, ¼ block firm tofu, (optional) half cup chopped strawberries, half cup raspberries

WHAT TO DO?

1. Cut the avocado in half and discard the pit. Save the skin!
2. Scoop the avocado out onto the cutting board
3. Cut the avocado into small cubes
4. Cut the tofu, bell pepper and tomato into small cubes.
5. Turn the stovetop on medium heat, spray the frying pan with vegetable oil.
6. Once heated, add the tofu, bell pepper and tomato onto the frying pan.
7. Let cook until tofu is golden brown.
8. Add the cooked tofu, bell pepper and tomato equally into each half of the avocado shell, then top it off with the cut up avocado.
9. It doesn’t have to be perfect! Mine always falls apart.
10. Optional: strawberries and raspberries on the side to boost that vitamin C!


It’s that time of year, when temperatures drop, cozy socks come on, and EVERYONE gets sick. Even the healthiest among us are vulnerable to the occasional cold or even the flu. As I’ve always been told, I start adding in more citrus and bell peppers for a vitamin C boost, extra garlic when I start to feel icky, and now, echinacea. This is a flower, native to North America, that has long been used as an herbal supplement. It is most commonly found as an extract or capsule, but can also be incorporated into teas.

While more research needs to be done to confirm echinacea’s effects on decreasing the duration of a cold, there is research to support its beneficial effects on preventing cold contraction. Considerations should be made in regard to concentration and dosage of this herbal supplement. Additionally, variations in preparation can also impart fluctuating effectiveness. Fresh-pressed juice was an effective preparation. This can also be found within capsules on the market.
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