JUNE 17TH: EAT YOUR VEGETABLES DAY

HOW TO INCORPORATE VEGETABLES INTO YOUR DIET WITHOUT NOTICING!

CLUB UPDATES

INTRODUCING: THE NUTRITION AND DIETETICS LEADERSHIP ASSOCIATION

SUPPLEMENT SHELF

HAPPY NATIONAL FRESH FRUIT AND VEGETABLES MONTH!

MUSCLE GROWTH FROM FISH OIL?
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Hello Ospreys!
My name is Tygue Clausen and I’m your 2018-2019 Vice President for the Student Nutrition and Dietetic Association (SNDA.) I first want to start off by saying I am extremely ecstatic to be a part of this amazing club and can’t wait to unveil all the amazing events we have in store for you! Here in the Nutrition program, success is measured in many ways, almost more ways than you may think possible: GPA, volunteering, involvement, and even personal relationships. Whether you’re a senior or a freshman, it’s difficult to navigate through tough semesters, time after time, relentlessly, and us Nutrition students know about this on a personal level. Trying to balance the needed community service, studying for exams and getting what’s left of the day to sleep or even eat, seems impossible. So, the SNDA reached out to newly crowned seniors to see what type of advice we can pass on to all that may come across this incredible publication:

Studying:
- A unanimous reply from seniors is that studying can be extremely difficult to get into the habit of doing on a daily basis but it is a necessity and a life-saver! It will be too often that you find yourself weeks away from the deadline of an exam and you always say to yourself “Oh, I have plenty of time, I will do it tomorrow.” Jokes on all of us that say it especially me, because tomorrow turns into next week and next week turns into a 3am, caffeine induced, crash course “study sesh” at the library before your exam. Advice from your fellow seniors is to voice record any lectures and RELISTEN to them. Repetition is your friend, no matter what major you’re in. A lot of the times, professors will stress certain points and examples in their notes, which gives you a good indication what may be asked of you on the exam. Not to mention you’re in control of your recording, pause, rewind, and replay as many times as you’d like until you feel comfortable with the information.

Volunteering:
- Volunteering is such an important piece of the Nutrition major due to our process of applying for internships. Many weeks you may spread your time too thin and stress yourself out. Keep in mind volunteering is extremely important but so are your academic endeavors. Keep your schedule at a realistic and accomplishable pace to ensure that your time is used efficiently but also give yourself enough time to unwind and prepare for what may lay ahead of you in the semester. Too much on your plate may not be the healthiest...get it?

Asking for Help:
- And this is my personal favorite, ask for help from your classmates and professors. Professors want to help you in any way possible. Showing up to their office hours, emailing them and talking to them after class is the best way for them to clarify something you’ve gone over a million times but are unable to grasp. I took full advantage of these opportunities every chance I could, almost too many times to where my opening line in emails would be “Hey, it’s me with another question.” I was blessed with an incredible cohort of #RDs2Be and we genuinely want to help each other with anything we are feeling unsure about. Be that person, ask questions, don’t be afraid to answer questions incorrectly, because Lord knows I have. With asking questions being so important, don’t forget to answer questions that other people have, not only will it solidify your understanding of the material but it will help others.

We, the SNDA, have the utmost trust in the upcoming Juniors to the Nutrition program and to all that keep trying when things get tough, that this next scholastic year will be a successful and positive one. Juniors don’t be afraid to grab a Senior and ask questions about anything, we are more than happy to help. Together we can do this but most importantly, together we can succeed.

In Good Health,
Tygue Clausen
SNDA Vice President
This summer Nutrition Journal Club is working hard to expand the scope of opportunities we can provide to the Nutrition and Dietetics program. We have some exciting ideas that we are working through and hope to offer you all more benefit this coming year. We will continue to be focused on presenting and evaluating research in the Nutrition and Dietetics field. However, we hope to expand to be more inclusive of the junior class, offer greater exposure to research opportunities, and provide opportunities to aid in your professional development. NJC would also like to take a moment to highlight some upcoming events that you may find useful. First, the summer is a great opportunity to engage in the community and accrue volunteer hours, keep a look out on social media channels for opportunities to get involved.

Second, the Florida Food and Nutrition Symposium hosted by the Florida Academy of Nutrition and Dietetics will take place July 14th - 17th in Orlando, Florida. This is a great opportunity to network with professionals form a variety of specialties, and engage with those presenting research. Students who are members of the academy can attend at a discounted price. More information can be found at the website below.

Lastly, mark your calendars for the Fall! NJC has all ready set our meeting dates and we cannot wait to connect with you all. Further details will be provided in the Fall, however the meeting dates are listed below.

Meeting Dates:
August 29th
September 19th
October 17th
November 19th

Florida FANS: https://www.eatrightflorida.org/index.php/fl-fans-home
Introducing:
The Nutrition and Dietetics Leadership Association

Alice Sanchez

This fall, there will be a new nutrition and dietetics affiliation at the University of North Florida. We are proud to introduce the Nutrition and Dietetics Leadership Association. This organization, the first of its kind, will provide its members the opportunity to acquire the necessary skillsets and knowledge that are attributed to leadership. Students of all levels and degrees will be able to apply the information they learn to their current and future careers. This club will mimic a model that is similar to that of the Academy of Nutrition and Dietetics (AND). The AND encompasses all things nutrition and dietetics, including our leaders and to be an advocate for this association is to be an advocate for our field. We will provide our members with all the knowledge and information they need to understand and support the Academy. Additionally, our associates will be groomed to understand the Florida Dietetics and Nutrition Practice Act, which maintains the integrity of our profession and protects the safety of the public.

This will prepare the members to attend events such as the Florida Legislative Workshop, an annual spring event that invites the supporters of the Practice Act to experience stimulating political scenarios. Additionally, we hope to host a special Leadership Symposium on Halloween that will showcase some of our fields greatest leaders. Within the next few weeks, there will be a ballot available for students to vote for the first executive cabinet. We hope that the students will participate in the voting process, which will be available on Canvas soon. If you are interested in being in the first cohort of this association, you can email Alice Sanchez at a.sanchez@unf.edu. You will then be added to our Canvas page, which will be our primary communication platform. We look forward to meeting you and we hope you decide to take the opportunity to become a leader in nutrition and dietetics.
Around the Community

ALICE SANCHEZ

Welcome to Around the Community—your new network for all things nutrition and dietetics on a local and national level. This new column will update you on everything exciting that is happening in the community. There are so many new events and programs being introduced that we want our users to know about. Let us share with you the resources you need to network and fill your calendar with cool and amusing activities.

AT UNF

Are you trying to find things to do on campus? Fear not! There are plenty of fun and entertaining programs to participate in at school and from your home. Every year, Campus Life hosts a Summer B Cookout where there will be lots of tasty grilled food for you to munch on while you visit some of UNF's most exciting organizations and departments. This event will be happening from 6-9 PM on Monday, June 25th (location TBD). For more information, you can follow Campus Life on Instagram @UNFCampusLife.
Are you trying to live well? The Department of Recreation and Wellness has a variety of summer programs that you can use to help you stay healthy! Some of the programs that will be offered include free blood pressure screening, smoking cessation classes, and HIV rapid testing. The Wellness Advocate program offers appointments where you can be evaluated by a certified peer educator and see how your life fits into the eight different dimensions of wellness. The peer educators then help you reach your wellness goals by providing referrals to on-campus resources that will help you reach the ultimate level of great health. For more information, visit http://www.unf.edu/recwell/ or email unfhealthyosprey@gmail.com. You can also follow Healthy Osprey on Instagram @healthy_osprey or Facebook @Healthy Osprey. Also, save the date for this year's Healthy Campus Week, which will take place September 24-28. This year we will be bringing back programs such as Refresh at Starbucks, where the first 50 people get a free reusable Starbucks cup to draw on and the outdoor Find Your Light Glow Yoga event. There will be a variety of other fun events and free giveaways that you do not want to miss out on.
LOCAL
Duval and other surrounding counties are home to an assortment of dietetics practices. You can find dietitians in hospital settings, private practices, or even in the local government. The annual Florida Food and Nutrition Symposium (FL FANS) will be taking place in Orlando, FL at the Renaissance SeaWorld between July 14-17. This year, one of the keynote speakers include our very own Doctor Catherine Christie—who is also the Treasurer of the Academy of Nutrition and Dietetics. There will be plenty of interesting sessions and exhibits to visit throughout the program. For more information, visit https://www.eatrightflorida.org/index.php/fl-fans-home.

NATIONAL
You can officially begin the countdown to the 2018 Food Nutrition Conference and Expo (FNCE). FNCE will be taking place October 20-23 in Washington D.C. What better place to gather so many like-minded individuals and immerse yourself in a diversity of sessions than our nation's capital! You can also attend the Public Policy Workshop, which will closely follow FNCE on October 23 and 24. Rally on the Capitol Steps and interact with political figures that advocate for nutrition and dietetics practices. For more information, you can visit https://eatrightfnce.org/ and https://www.eatrightpro.org/advocacy/action-center/public-policy-workshop.

Summer days are drifting away, but don't miss out on these fun opportunities! Check out the calendar of events for other enjoyable programs on campus.
SUPPLEMENT SHELF: MUSCLE GROWTH FROM FISH OIL?

By Tyler Gehm

Fish oil is well known for its high level of omega-3 fatty acids EPA and DHA, which have known effects on the brain and heart. However, that is not where the benefits of fish oil stop. Body builders have been utilizing fish oil for its assistance with muscle growth. The anti-inflammatory effects of EPA and DHA help to combat against exercise-related inflammation and oxidation, which can assist in speeding up recovery during exercise. Quicker muscle recovery means that work outs can become more intense, as the muscles are ready to take on another challenge. In addition to muscle recovery, research has shown that fish oil assists in both anabolic growth and catabolic protection of muscles.

How does fish oil enhance muscle growth? A research study on the role that omega-3 fatty acids play on muscle growth showed that they increased the muscle’s anabolic response to synthesize amino acids and insulin. Muscle cells have insulin receptors, that when activated, increase the intake of amino acids, creatine, and glucose; all of which are important components of muscle building. Insulin also helps to synthesize muscle glycogen, which is then released during exercise to fuel the muscles. The response to increased amino acid and insulin helps signal pathways that are crucial to muscle cell growth and protein anabolism.

When gaining muscle mass, it is important to keep the muscles engaged in more anabolic activities rather than catabolic. Fish oil also helps to protect muscles by providing an anti-catabolic effect to preserve those hard-earned gains. The star player of this effect is EPA. This fatty acid helps to down-regulate the gene expression of regulatory components in the ubiquitin-proteasome system, which is responsible for muscle degradation. Fish oil continues to provide protection to the muscles by reducing cortisol levels, which break down amino acids to create glucose through the gluconeogenesis pathway.

While fish oil generally has a reputation for being heart healthy, it is a supplement of great value to the muscular system as well. Fish oil has achieved a small amount of fame in the body building world, but its benefits to muscle growth and protection are not well known. Studies are still ongoing to determine the total impact that fish oil supplementation may have on muscles.

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.
In certain cases, which genes we carry and certain diseases we develop can be seen to be correlated. What foods we eat while having these certain genes can genetically predispose us to a higher risk of developing these diseases. One specific gene that may influence disease development in relation to diet is the OGG1 gene, or in technical terms 8-oxoguanine DNA glycosylase. This gene plays an important role in removing and replacing damaged DNA bases, known as base excision repair. This gene, however, has several variants that can make it more or less effective in base excision repair. These variants are formed from slicing off the c-terminal section of this gene, in which classifications are seen from which exon is to be the last. One diet that has been seen to provide protective benefits against disease risk is the Mediterranean diet. Representing Spanish, Greek, and Italian diet patterns, this diet is composed of fruits, vegetables, and unrefined grains, beans, fish, nuts, olives and olive oil and emphasizes low amounts of full fat dairy and meat. This limits saturated fats and encourages high consumption of mono and polyunsaturated fats, which in turn can reduce risk factors for certain chronic diseases. One specific variant of the OGG1 gene, known as Cys 326, has been seen to have a lower DNA repair capacity as compared to other variants. This factor can result in a higher mortality risk in relation to disease over normal functioning variants. In one study, the Cys326 form of the OGG1 gene was significantly associated with type 2 diabetes.
In another study, Cys326 carriers presented higher overall mortality rate compared to other variants. Although the specific mechanism behind this phenomenon is not quite understood, increase in conditions of oxidative stress seem to associate with lowered repair capacity of this specific variant of this gene. Though specific mechanisms are not known, cardiovascular complications were seen to increase with low vegetable intake. On the other hand, cardiovascular problems seemed to decrease, and even have a protective effect, in the prevention of cardiovascular related deaths in individuals with higher vegetable intake. The effects of diet on genes is no new phenomenon. Multiple studies in the nutrition community have shown that diet and environment play a significant factor in development of disease. One famous line known in the nutrition community goes as follows “Genes load the gun, but your environment pulls the trigger.” Though development of disease can sometimes be inevitable, prevention of these fatal health complications can be significantly reduced through care in our diet. The Mediterranean diet is one that is full of nutrients, fiber, and antioxidants that work to balance out our bodies mechanisms and ultimately help prevent such problems from occurring. Though changing one’s eating habits is not easy for anyone, slowly incorporating more vegetables and whole grains into our diet can help to decrease our risks of developing these diseases.


Hunger, waste, and insecurity are issues that can be seen on a global, national, and local scale. This affects the lives of thousands of people in the United States. In Duval County alone, approximately 177,000 people regularly experience food insecurity. Luckily, these problems have a variety of solutions. The University of North Florida is already the home of two hunger relief organizations that are dedicated to feeding the communities they serve. We don’t stop there, because this summer UNF will be introducing another food recovery organization to help end hunger.

**Food Fighters:** Student-Powered Hunger Relief
Food Fighters has been recovering food from UNF Dining Services facilities and turning it into healthy, well-balanced meals for the people of our community since spring 2017. The food is brought to the Northeast Florida AIDS Network and Sulzbacher Center where it is distributed to individuals suffering from food insecurity. This organization has recovered over 5,000 pounds of food and made thousands of meals for people to consume. This could not be done without the efforts of its volunteers. Food Fighters is always looking for helping hands. If you are interested in joining the hunger fight, you can be added to our new Canvas page where you will complete a short, online orientation and volunteer packet. For more information, please email unffoodfighters@gmail.com. You can also follow them on Facebook @Food Fighters: Student-Powered Hunger Relief.

**Lend-A-Wing/Lend-A-Green:** Lend-A-Wing is a food pantry at UNF that is dedicated to reducing food insecurity in students by providing up to five pounds of free food to any student taking at least one credit hour. Recently, Lend-A-Wing has received a grant that will allow them to expand their space, which will allow them to offer more services and resources to their users.

This pantry, which is funded by Student Government, also has a Lend-A-Green program that uses fresh produce donated by UNF’s Ogier Gardens. This gives students a fresh and tasty food choice that can help them stay healthy. Lend-A-Wing is also driven by volunteering efforts. For more information on Lend-A-Wing and how to volunteer, you can visit their website at https://www.unf.edu/lendawing/.

**Meals on Wings:** UNF will be introducing another great program this summer called Meals on Wings. This program will be recovering food from Baptist Health’s food service system. This food will be made into healthy, well-balanced meals and brought straight to the people that will be eating them. This program, which will be powered by volunteer efforts, will give students the opportunity to see how food recovery can change lives. Volunteers that take part in this program will also be given gas cards to reimburse them for their transportation costs. Within the next few weeks, you will see some helpful ospreys making an impact on their community and seeing the results almost instantaneously. Keep your eye out for Meals on Wings this summer and stay tuned for details on how to get involved.

HUNGER IS A PROBLEM, AND YOU CAN BE A PART OF THE SOLUTION. HELP END HUNGER BY BEING A HELPFUL OSPREY AND JOINING THE EFFORT TODAY.
The results suggest that those with a greener thumb eat more fruits and vegetables compared to those with no gardening experience. In fact, the more gardening experience the freshmen had, the more produce they ate. Students that gardened both in childhood and in more recent years ate an average of 20 percent more servings of fruits and vegetables than their classmates who had never previously gardened.

The first year of college is an extraordinary time in a person’s life. Students are often moving away from home and setting the foundation for their futures. Generally due to a sedentary lifestyle and poor eating habits many first-year college students experience some weight gain. Major shifts occur that require greater independence. Students go from a home life hosting a set schedule and a series of fresh cooked meals throughout the day to taking charge of every little decision made. This includes decisions about food. Overall, diet quality tends to worsen after the start of college. Typically, the habits and behaviors developed during this time in life carry over into adulthood. However, a cross-sectional evaluation of over 1,000 college freshmen from eight different U.S. universities reviewed the relationship between gardening experience and fruit and vegetable intake and the outcome was pretty impressive.
The study revealed that 11 percent of participants only gardened during childhood and 19 percent of students had more recently engaged in gardening. Additionally, 20 percent had gardened both in recent years and when they were younger, while 49 percent had never been involved in gardening. Students who gardened as children as well as in the 12 months prior to the study, on average, ate 2.5 cups of fruit and vegetables per day compared to the 1.9 cups of those who never gardened before. Additionally, students who gardened most recently to the study and more frequently ate about 3 cups of greens while monthly gardeners only ate about 2.4 cups. Overall, the study shows that gardening experience during childhood isn’t enough. Students are encouraged to continue gardening into their college years to continue good eating habits.

While recruiting for the study over 5,000 students were screened. 85 percent of these students didn’t eat the recommended two fruit and three vegetable servings per day. This suggests that many high school seniors are also not meeting the recommended intake either. This is a major concern.

Getting children involved in gardening at an early age greatly influences their food choices in life. Continual gardening involvement is vital for fruit and vegetable intake though college and into adulthood. Many of the universities that participated in this study have ways that students can get involved with gardening on campus. This is also true for UNF!

The Fredrick and Ophelia Tate Ogier Gardens is a one-acre organic garden. Kevin Anderson is the primary garden coordinator and is responsible for the implementation of the current farming philosophy of agroecology. This is style of farming encourages a diverse ecosystem of crop varieties planted in a dense hexagonal form creating a higher yield than traditional farming techniques. There is an abundance of organic fruits and vegetables grown in the garden year-round. Students are encouraged to participate in gardening activities through the many programs and events put on by the garden staff. They offer workshops to learn about composting and organic gardening. They also have an adopt a bed program where every semester students can adopt a small vegetable plot for free to grow, maintain, and harvest fruits and vegetables from. In addition, they sometimes offer morning yoga, and meditation sessions as well as potlucks a few times a month. Furthermore, some of the organic produce grown in the garden is donated to the Lend-A-Wing campus food pantry, which is then given away to students for free. Volunteers are encouraged to come out to the gardens and harvest available produce in turn for their hard work. Overall, gardening is a great way to help students reconnect with their food and inspire students to eat more fruits and vegetables and there are many great gardening opportunities in the UNF Ogier garden.

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.
E.COLI
OUTBREAK
101

BY: VICTORIA BROWN

Late in April of 2018 the news headlines began to be speckled with news of an E.coli outbreak. Soon the outbreak became a nightly news topic as its grasp expanded. As of May 16, 2018 the outbreak had impacted 172 people across 32 states leading to 75 hospitalizations, and 1 death. This makes it the largest outbreak since 2006.

The FDA is still investigating the case, but so far we know the outbreak came from contaminated romaine lettuce that originated in the Yuma, Arizona growing region. Yuma supplies much of the countries romaine lettuce in the winter months. Investigators were able to trace the outbreak back to Harrison Farms or Yuma, Arizona as the sources of the lettuce that caused the outbreak in an Alaskan correctional facility. However, they have not identified where in the supply chain the contamination originated. Furthermore, the investigation indicates that the outbreak cannot be narrowed to a single grower, harvester, processor or distributor. While the investigation is ongoing the threat has passed given that romaine has a short shelf life of only 21 days.
However, you may be asking yourself how does an E. coli outbreak even occur. Well, the answer is somewhat disturbing. E. coli is a very large class of bacteria, some of which are harmful, others of which are not. The strain of E. coli that causes illness is the strain that produces a toxin called shiga toxin. When these strains of the bacteria are ingested they lead to illness. But how do humans get exposed to these strains? Well, the disgusting fact of the matter is that tiny particles of human or animal feces are the source of the contamination. These particles are then ingested via the mouth, leading to illness.2 You may now be sitting in horror thinking about all the disgusting ways fecal matter may come in contact with things that go in your mouth. I urge you to disengage in that thought process as it will not turn out well.

The fact of the matter is that even with our advanced industrialized food systems, there is still a risk for contamination and outbreaks. These risks can be reduced with safe food handling practices and proper training for those in the food industry.

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OVERCOMING THE CALORIE COUNT:
ARE MENU LABELS CONTROLLING YOU?

BY: ANNA CRUM

As of May 2018 it is now a federal requirement for all US chain restaurants to include calorie information. So how big of a deal is this? For some it might be meaningless, but for others it could be quite stressful. The least of our concerns on a night out with friends and family should be the number of calories we might consume. While it is valid to point out some individuals really enjoy tracking the food they consume, spending time in the community is what really matters. However, some individuals pay no attention to calorie labels, while others might obsess over the number next to their desired order.

After the year 2017, it seemed that it was inevitable for anyone to escape without feeling some sort of social anxiety. Well now here we are in 2018, with another addition to the stress of social encounters. Not only do some find the display of calories counts stressful, but for some individuals it could be putting their health at risk. It has been noted that people that tend to notice calories labels have more of a tendency to limit their calorie intake. Among these consumers it was also noted that women were more likely than males to admit to limiting there calorie intake. Of this percentage of women, they also expressed habitual binge eating and greater weight-related concerns. I am sure we are all guilty of obsessing over our calorie input and calorie output, but for some this action, that many use to improve the quality of their health, is being abused.
A huge concern that presents itself as a result of this federal requirement is binge eating. Binge eating is strongly related to individuals that have an unhealthy relationship with food, and those that are willing to admit they cannot control themselves around food. Other disordered eating patterns that were commonly noted were anorexia nervosa and bulimia nervosa. Individuals struggling with these disorders may feel anxious at the thought of eating out, and might even make the decision to avoid all social events surrounding food. If you are one of these people it is key to always remember to eat intuitively.

Intuitive eating is all about listening to when your body is hungry and when it is full. Intuitive eating is never restrictive, and it is important to remember that restriction is what drives bingeing. It has also been noted that calorie information on restaurant menus may be less relevant to those who practice intuitive eating. When faced with the task of what to order when eating out, it can be overwhelming even without the menu labels. How can we overcome the daunting number beside our order? Always remember that you are never defined by a number, not a number on a scale, the balance of your bank account, and the number next to your food of choice should be able to steal your joy.

Ketogenic Diets and Cancer
Juan Salcedo

Ketogenic diets have been a dietary strategy on the rise, be it with those who have a basic knowledge in nutrition or those who do not but want to make a change to their physical appearance. The ketogenic diet is a diet that consists of a very low amount of carbohydrates, moderate to high protein levels, and high-fat levels. Anyone can use this method whether it be to gain (up the amount of fat even more than normal in order to be in a caloric surplus), maintain, or lose weight, although most people use it in order to shed fat off. While it is not the most necessary approach when it comes to losing weight, it can definitely work tremendously in order to reach the individual’s final goal. The ketogenic diet has been researched to possibly work as a therapy method in order to lower/eliminate cancer cells in those that have the disease. The Warburg effect occurs when cancer cells convert glucose units anaerobically to lactate instead of converting them to carbon dioxide. Because of this phenomenon, the increased amount of glucose taken up can promote the growth of tumor cells, which leads to the unfortunate disease known as cancer. This review being studied took 14 articles that dealt with ketogenic diets being implemented with cancer patients, reviewing if the ketogenic diet was able to suppress the impact of cancer cells. After reviewing the 14 articles, it was found out that the ketogenic diet had some components that aided cancer patients but at the same time was not effective in other cancer patients. Two studies showed that the ketogenic diet was able to increase fat-free mass levels in the cancer patients. This is beneficial since the carbohydrate consumption is being replaced with fat consumption in the diet, so fat mass will be reduced (which means that in turn, fat-free mass levels will be consistent) and quality of life will improve. Unfortunately, the ketogenic diet cannot be depended on to help treat cancer patients just yet because of the number of inconsistent results that have been finalized throughout the 14 studies. There simply needs to be more research done in the area relating to dietetics and cancer.
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If interested: contact Sara Boyd at UNFNutriNews@gmail.com
NATURAL CANCER SURVIVOR WEEK: JUNE 3RD... DIETS THAT PREVENT CANCER

EAT YOUR VEGGIES DAY: JUNE 17TH... HOW TO EAT A COLORFUL DIET

MYPLATE’S BIRTHDAY: JUNE 3RD... RECIPES USING MYPLATE’S STRUCTURE
Cancer is a serious disease that takes thousands of lives each year. Luckily advances in food and medicine have given people hope in curing this unforgivable disease. June third marks the start of national cancer survivor week and to celebrate this beautiful time, we take notice of some of the contributing factors that help prevent and/or lessen the effects of cancers. There are more than 100 different types of cancers including colon cancer, which affects about 140,000 people in the United States annually. There are many things that can contribute to the development of colon cancer such as diets that are high in saturated fats and cholesterol. The good news is we can try to control these factors and lessen our chances of developing colon cancer and other types of cancer by adding certain foods to our diet. It has been estimated that about 40% of most cancers can be prevented by dietary and lifestyle accommodations, such as daily exercise and eating a preventative cancer diet. This preventative cancer diet includes increased intakes of fruits and vegetables that contain folic acid, B12 and selenium, which you can find in dark green leafy vegetables such as broccoli, kale, spinach, and collard greens. This diet also includes foods that contain antioxidants, such as carotenoids which can be found in fruits such as peaches, apricots, and mangos.

Not only do these foods have powerful vitamins and antioxidants, they also have high amounts of fiber which helps to eliminate waste from the body and that includes some toxins that can potentially induce cancer. All in all, it is important to eat foods that will decrease carcinogens in the body and support our bodies healthy functioning. In the spirit of National cancer survivor month, lets look at some delicious recipes that can help prevent cancer and contribute to a healthier life!
Broccoli, Garlic, and Lemon Penne

For quicker prep, buy bagged broccoli florets. For more cheese flavor and fewer calories, grate your own Parmesan cheese with a Microplane grater, a small-holed handheld grater. It produces a finer shred, so you get more coverage with less cheese.
Serves: 4
Prep time: 15 minutes or less
Total time: 30 minutes or less

Ingredients
- ½ pound penne pasta (whole wheat)
- 5 cups broccoli florets or 1 (12-ounce) bag broccoli florets
- ¼ cup extra-virgin olive oil
- 10 garlic cloves, thinly sliced
- ½ cup reduced-sodium chicken broth
- Grated zest of 1 lemon
- Salt and freshly ground black pepper
- ¼ cup freshly grated Parmesan cheese

Directions
1. Prepare penne according to package directions for al dente (just firm). Two to three minutes before penne is ready, add broccoli. Finish cooking, drain, and set aside.
2. Meanwhile, in a large skillet over medium-high heat, add oil. Sauté the garlic for 1 to 2 minutes, or until aromatic and beginning to color.
3. Add broth and bring to a boil for 3 to 5 minutes, or until reduced by half, stirring frequently. Add pasta, broccoli, and lemon zest and cook until coated with sauce. Season generously with salt and pepper. Transfer to serving bowl and top with cheese.
“Don’t Forget to Eat Your Veggies, Kids”

Tygue Clausen

Ever since I could remember, it has been a battle for parents to make their kids eat their vegetables and it has even been a struggle for grown adults to try and incorporate a multitude of colors on their plate. It’s like finding a needle in a haystack to find someone who thoroughly enjoys eating their veggies on a day to day basis and it is such an important task to accomplish. The red bell peppers, the orange carrots, and the green broccoli all have different chemical components in their nutrient dense composition. These components are called phytochemicals and although there is not no recommended daily allowance (RDA) for these, they are just as important for disease prevention due to their claimed antioxidant activities. Two primary phytochemicals that most individuals have heard of in some way are carotenoids and flavonoids. Carotenoids are commonly found in red/yellow hued vegetables like carrots and bell peppers. This chemical is normally associated with high levels of lutein, which is another carotenoid, that is known to decrease the risk of macular degeneration. As mentioned previously, flavonoids are a commonly known phytochemical and they come in all colors; reds, blue, purples, you name it. Foods like cabbage (red), broccoli, onions, and celery are great examples of vegetables that provide you with ample levels of the numerous amounts of flavonoids. Some great benefits of flavonoids are related to premenstrual breast cancer prevention, CVD prevention and hypertension reduction.
Alone, these vegetables mentioned, although nutrient dense and very “healthy,” are tough to eat raw or plain due to some of their bitter tastes and just unappealing textures. Not noticing that you’re consuming your daily dosage of vegetables is an ongoing but always improving struggle. But I have a solution, and a tasty one might I add: juicing! Juicing is one of the easiest ways to incorporate a plethora of different colored vegetables in a way that is almost impossible to detect. This smoothie contains beets, carrots and celery. Purple, orange, and green!

BLENDER BEET JUICE

INGREDIENTS
2 beets
3 carrots
1 lemon, juice of
1 inch ginger
1 leaf kale, destemmed
1 stalk celery

DIRECTIONS
Chop the beets, carrots, apple, and celery into 1 inch pieces.
Destem the kale and chop.
Squeeze the lemon juice.
Combine all the ingredients in a high-speed blender and blend thoroughly.
Strain through a fine mesh strainer.
Back in the year 1916, the concept of guiding individuals and families on food groups was established by the USDA. Since then, about seven different models have been used to guide consumers on how to eat a balanced diet. Among these several models, the original food pyramid made its debut in 1992. The development of this model actually went through fairly extensive research. Several rounds of testing were conducted to ensure that the model could be understood by the average consumer. The study was broken down into two phases: one focusing on consumers’ reactions to the model (overall appeal and concepts/ability to encourage) and the other focusing on reactions to revisions of the model and to assess how the models were comprehended. The USDA was looking for the most simple way to encourage a healthy diet, while portraying as much information as possible without being overbearing or causing disinterest. While the food pyramid was both interesting and informational, there still seemed to be a slightly complicated feel to it. In 2011, the food pyramid was revised and turned into what we know today as MyPlate. The concept is still the same: present an easy guide to Americans for a balanced diet. MyPlate is an even more realistic visual of how a day-to-day balanced diet should look like. Some small improvements were made to make this American food guide more personal and easier to replicate. What was a pyramid with overly-descriptive serving sizes is now a typical American dinner plate with food groups lying side by side for reference to one another. The concept is slightly different, but the food groups are still the same: vegetables, dairy, fruit, protein, and grains. A few other changes were made to better the overall appeal. The plate itself is supposed to show familiarity to consumers and the “My” adds some personalization to the model. MyPlate is important for presenting an easy-to-understand map that Americans can follow when trying to make healthier decisions. In an effort to reach out to internet users, MyPlate offers many other tools online that consumers can use when visiting the website, choosemyplate.org. An individual can make a personalized meal plan using a MyPlate Plan. The MyPlate plan can guide individuals on exactly how much of each food group and how many calories that he or she should be consuming per day based on age, gender, physical activity, etc. It is basically a much more descriptive version of the MyPlate symbol that consumers can interact with. MyPlate also offers BMI calculators, a calorie/nutrient tracker, and preschooler growth trackers among several other online tools.
RECIPE: HEALTHY BURRITO BOWLS

Ingredients
◆ 1 c. of Brown Rice
◆ 1 ½ pounds of Ground chicken breast
◆ 2 tsp Taco seasoning
◆ 1 can (15oz) Black beans
◆ 1 cup Whole kernel corn (frozen)
◆ ½ cup Chopped tomatoes
◆ ½ cup Chopped Onions
◆ 1 cup Shredded lettuce
◆ 1 Avocado
◆ ½ cup Greek yogurt

Directions
◆ Cook rice according directions on box or bag.
◆ Begin by combining the ground chicken breast and taco seasoning in a saucepan and cook until brown.
◆ While the chicken is cooking, put the frozen corn in a separate pan and cook until the corn is seared (brown) and heat black beans in another saucepan.
◆ Chop the tomatoes and onions and slice the avocado. Set aside to top later!
◆ Once the rice and chicken breast is done, top both with the blackbeans, seared corn, and chopped vegetables.
◆ Scoop a small portion of Greek yogurt on top and enjoy!
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