
Nutri News

The University of North Florida

The Department of Nutrition and Dietetics

August 2021

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The logo features the letters 'UNF' in a large, white, sans-serif font, centered within a circular arrangement of short, white, radiating lines. Below this, the words 'COVID CORNER' are written in a smaller, white, sans-serif font, also centered.

UNF

COVID CORNER

.....

Ospreys, we are back and ready to rock out another year here at UNF! This Fall will be the first time for many students, not just incoming freshmen, to participate in on-campus activities and in-person classes actively. Here at NutriNews, we welcome all of you and hope you enjoy the beautiful campus and get in the much-needed interaction with your peers and professors.

Over the summer term, UNF released updated COVID guidelines based on “four key pillars of shared responsibility.”

1. Vaccinations:

- Getting vaccinated is not mandatory at UNF. However, in order to keep students and faculty healthy and safe, **getting vaccinated is highly recommended.**
- Proof of vaccination may be required for athletics, student housing, student health services, and some off-campus opportunities such as clinics and internships.
- On-campus COVID testing and vaccinations are regularly available for students and faculty. For more information and important dates, visit the Student Health Services (SHS) website or email studenthealth@unf.edu.

2. Wear a Mask:

- Masks are no longer mandatory on campus but are recommended to all; especially with the high COVID case numbers and new variant.
- Services cannot be denied to those who choose not to wear a mask.

3. Hygiene:

- Proper hygiene and regular handwashing are always highly encouraged.
- The University will continue providing sanitizing stations throughout the campus as well as maintaining the disinfection of all UNF facilities.

4. Sick = Stay Home:

- Anyone who is ill or showing symptoms is advised to remain home. Those living on campus should contact SHS.
- All positive COVID cases should be reported via the SHS Self-Reporting Form found on the SHS website.

Through all the precautions taken over the last year, we are now able to return to campus. Let's continue to be mindful that the virus is still out there, and we need to keep ourselves healthy. Now go explore your campus, ask your professors all of the questions, set attainable goals to achieve this semester, and take care of yourselves, Ospreys!



Back to SCHOOL

August 23



Monthly Hacks:

BY: MELISSA BRENNAN, M.S.



Managing Back to School Chaos

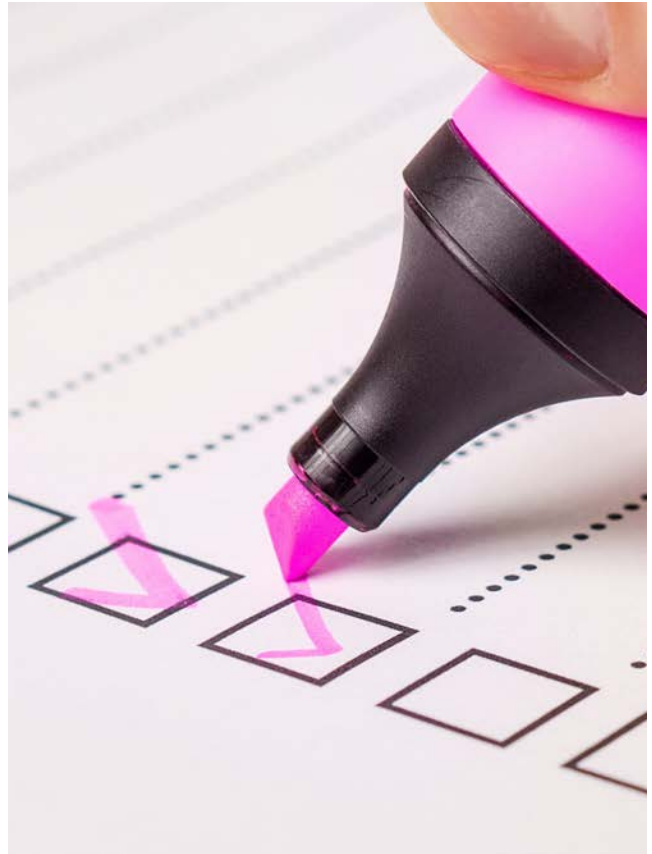
The start of the Fall semester brings exciting energy as the campus opens up to students again, and resuming in-person classes. Being back on campus can also bring nervous energy, as students have been learning and operating from home for over a year. Not only are classes transitioning to in-person again, but so are student organizations, classes, meetings, and jobs. This can all feel overwhelming, but there are some things you can do to manage the back-to-school chaos!



Plan Ahead

Before the week starts, look over the syllabus and make note of due dates, readings that need to be read, and any school-related tasks that need to be accomplished. This is also a good time to look at work schedules and weekly commitments to see how they fit in around classes. Coming up with a weekly plan or to-do list can help you look at the week as a whole and give you some perspective. Breaking up all those larger tasks into daily tasks can help keep you on track during the week.

Planners and agendas become very helpful when entering the fall semester, trying to keep track of every meeting and due date that comes up. Having everything written out on paper or in your phone calendar is a great way to stay on track and manage the chaos.



Meal Prep

When most people hear meal prepping, they may think of the classic chicken, rice, and bland veggies prepared in bulk and divided amongst a plethora of individual containers. However, meal prepping is a lot more fun and delicious than that!

Meal prepping depends on the individual and is a tool used to create more time during the week by prepping foods or meals in advance. This could look like cooking an entire meal that you love and dividing it in microwavable containers for convenience later in the week. However, it could also look like cutting up produce in advance to have on hand for snacking or recipes. You could meal prep breakfasts, lunch, dinner, snacks, dessert, whatever you need help with during your busy week.

Practice Being Flexible

A busy and demanding schedule can sometimes wreak havoc on your personal life when trying to fit everything in. Being flexible and open to change during hectic times can help ease the stress when juggling many commitments. Plans may have to change or be moved to fit everything in, but that is okay! Many students and professors are transitioning back to in-person classes together, so being flexible and compassionate can go a long way!



Take Time to Regroup

Having a busy schedule can be fun and exciting, but it can also become exhausting very quickly. Burnout happens, especially in college, so being aware of signs that you are overworked can help mitigate burnout down the road.

Taking time for yourself to practice self-care can be a great way to regroup. Self-care Sunday is a big trend seen on social media, but you can practice self-care at any point in the week when you need it. Self-care is very individual and depends on the person, but it could look like pausing during a busy day to take deep breaths and being present, engaging in joyful activity, getting some sunshine, reading your favorite book, spending time with friends and family. The list is endless! Time spent on yourself to recharge and regroup can help you tackle the rest of the tasks and responsibilities you need to take on during the week.



No matter how chaotic your back-to-school schedule is, there are always things you can do, big or small, to make it a little bit easier on yourself in the process. Plan ahead to evaluate your schedule in advance, be flexible when encountering scheduling conflicts, meal prep to stay nourished and save time, and always take time for yourself when you need it.

UNF Nutrition and Food Clubs

BY: LAURA RODGERS



Here at UNF, we have many nutrition and food-related clubs which are run by brilliant, dedicated dietetic students. Finding a group of people who share the same passions is special but can be difficult to find. Luckily, the Department of Nutrition & Dietetics has quite a few different clubs to choose from.

NDLA –Nutrition and Dietetic Leadership Association

“The Nutrition and Dietetics Leadership Association focuses on the development of leadership skills in hopes to provide guidance in the learning of what qualities are needed to be a leader in the field of dietetics. The NDLA attends Legislative Day which allows our club members to observe and meet legislators. It gives insight into the process of lawmaking and provides a forum to see leaders in action. Also, NDLA hosts an Internship Symposium which provides insight into what qualities and qualifications are sought after by institutions sorting through intern applications.”

President: Samantha Burke

Monthly Meetings: every 2nd Monday at 3 pm

@unf_ndla

SNDA –Student Nutrition and Dietetic Association

“The Student Nutrition and Dietetics Association is a student organization that educates UNF students on the growing field of nutrition and shares opportunities to participate on campus and in the community. SNDA leads a student mentorship program called Apples to Apples where seniors are given the chance to guide and cultivate underclassmen within the nutrition program from their own experiences. We are currently looking for members for the mentorship program throughout August. All student club meetings will take place on the second Wednesday of each month starting on the 8th of September at 10 am to 11 am.”

President: Dalila Mumic

Meetings: every 2nd Wednesday at 10 am

@unf_snda

NJC –Nutrition Journal Club

“The Nutrition Journal Club is an educational tool that provides a place for students to get together to discuss stimulating and exciting research. Students do not need to be well versed in clinical jargon or have experience analyzing scholarly journal articles to participate. Our meetings are designed to introduce fresh topics, explain innovative research, and generate thought-provoking conversations among students in a stress-free, fun environment. Students will learn about recent research within the Nutrition and Dietetics field that is also relevant to their current curriculum.”

President: Madi Walker

Monthly Meetings: every 1st Wednesday

@unf_njc

UNF Cooking Club

"UNF Cooking Club is a great place for all students of any culinary skill level to try their hand in the kitchen. We make one entree type dish, with either a side or a dessert in a way that is both inexpensive and delicious! Together we learn new culinary skills, different nutrition information, and impress our friends and family with our new talents. Come cook with us!"

President: Madi Walker

Monthly Meetings: every 3rd Thursday

@unfcookingclub

Slow Food UNF

"Slow Food UNF has been created to bring UNF students towards bringing good, fair, food for all. We will be looking into volunteering opportunities and working with Slow Food First Coast to take farm tours, market tours, and other slow food adventures. Our goal is to show students how to eat and even grow their own food in a sustainable way."

President: Madi Walker

Monthly Meetings: every last Friday

@slowfoodunf

Joint Meeting

Every fall semester the nutrition clubs host a joint meeting. This meeting provides students with an opportunity to become acquainted with the clubs, their leaders, and plans for the year. This year, the meeting is going to be held on September 1st at 10am.

How to Join a Club

Once you have decided which clubs you connect with, the process of joining is easy-peasy.

1. myWings homepage à 'Student Life and Activities' tile à Perch Portal

2. Create a login.

3. Search for the club you are interested in.

4. Click the 'Join' button.

Afterwards a club member will respond to your request and add you to the canvas page. Also, following various clubs on Instagram will keep you in the loop as well.



Jackfruit

By Cameron Glover

The jackfruit is a fruit native to South Asia and enjoyed across the world. It's at its prime season during the summer months. The part consumed is the petals of the various flowers that grow together into a yellow, oblong fruit. Its flavor is a mixture of banana, pineapple, and even mango, but the younger the fruit is, the more subtle its flavor. Jackfruit is increasingly popular as a vegan meat substitute due to this. In particular, Jackfruit can be used as a pulled pork substitute for BBQ sandwiches, as well as a savory taco filling with the use of seasoning and sauces. For jackfruit to be used in savory recipes, the young fruit is selected because the sweet flavor isn't fully developed. Young Jackfruit is a popular addition to curries amongst South Asian communities, yet the mature fruit is a treat by itself.

Jackfruit can be found in many stores and markets. It is not uncommon to find cans of jackfruit in stores that cater to unique, often vegetarian diets, such as Trader Joe's or Sprouts. Of course one of the best places to find both fresh and canned jackfruit is in Asian supermarkets or at Farmer's markets. When buying jackfruit fresh, keep in mind that this fruit can weigh upwards of 20 pounds, making the price add up quickly.

Whether sweet or savory, there are different ways to try Jackfruit for the first time. If you want a way to try the fruit without committing to buying it raw or canned, try the Filipino dessert Halo-Halo, which is shaved ice commonly topped with jackfruit, ube ice cream, coconut, condensed milk, taro, leche flan, and sweetened beans. No two places use the same ingredients in this highly customizable dessert. If you are feeling adventurous, you can cook a can of jackfruit in BBQ sauce to try in place of pulled pork. There are also many recipes for jackfruit curry available online.

As far as nutrition goes, one cup of jackfruit has 3 grams of fiber, as well as 3 grams of protein, which is surprisingly good for a fruit.¹ It is not a notable source of any micronutrients, providing less than 20% of the Daily Value of most vitamins and minerals.¹ However, having a good amount of protein is all the more reason to use jackfruit in place of meat.

Overall, I recommend giving this unique fruit a taste because it may surprise you. Breaking free from the constraints of the Western interpretation of fruit by trying things you have never heard of is a worthwhile pursuit. Not only will you experience flavors unlike anything before, but purchasing these fruits from local vendors helps support those communities financially so that they can stay in business. You may discover that jackfruit is your favorite vegan meat substitute, or that you love it with ice cream. The possibilities are endless, so what do you have to lose?

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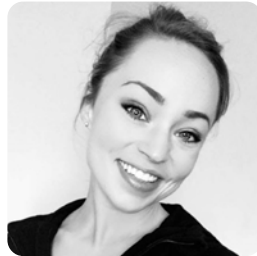
The online MS in Nutrition and Dietetics Non-Internship Program is a distance learning degree for those students who wish to emphasize the application of advanced nutrition knowledge in clinical or community-based health programs. This is a 35-semester hour program with four concentrations: Professional Studies in Dietetics, Nutritional Sciences, Global Health and Healthcare Informatics. Applicants interested in Professional Studies in Dietetics must have a baccalaureate degree in nutrition or a verification statement from an ACEND-accredited program. Applicants interested in the Nutritional Science, Global Health or Healthcare Informatics concentrations must have a baccalaureate degree in nutrition or a related area from a regionally accredited U.S. institution or its equivalent from a foreign institution.



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STUDENT SPOTLIGHT: KARLA GUERRA

BY CAROL RIGGINS



Welcome back, Ospreys! Meet Karla Guerra! Karla is currently a communications team member with the Florida Academy of Nutrition and Dietetics and will begin UNF's Master of Science in Nutrition and Dietetics program and internship this Fall. She has devoted much of her time at UNF to the NLDA as an Officer, as an ambassador for Brook10, and to NutriNews while in UNF's Nutrition and Dietetics Undergraduate Program as the former face behind the Student Spotlight! Karla was born in El Paso, Texas, and is a mother to a beautiful 7-year-old boy named Matthew. Continue reading to learn more about Karla's inspiring journey as a student at UNF.

*CR: What **inspired** you to pursue a degree in Nutrition and Dietetics?*

KG: I was always interested in nutrition when it came to having a healthy lifestyle; however, when I went off to college, I decided to pursue a degree in digital filmmaking. A few years later, after college and having my son, I decided to go back to school and change my degree to nutrition and dietetics at UNF. I was inspired to pursue a degree in nutrition because I wanted to learn the science of food and its importance to our overall health.



CR: What do you **enjoy** doing with your time outside of the classroom?

KG: Most of my time outside of school, I like to relax and enjoy time with my son. School can take so much time from you, so I mostly spend my free time with my son and family. We like to go swimming, playing with Legos and watching movies.



CR: You spent a lot of time working at the **Ogier Gardens**. What was your favorite thing about working there?

KG: The garden is a great place to learn how to grow organic fruits and vegetables. I loved interacting with students who volunteer at the garden and applying the nutrition knowledge from the courses I had taken with the crops grown at the garden. It is a great place to volunteer and have fun while learning about agriculture

CR: What **challenged** you the most during your time in the Undergraduate Program?

KG: What challenged me the most during the program was balancing schoolwork, work, and volunteering while also taking care of my son. I had to stick to a strict schedule to not get overwhelmed with everything. I have a monthly planner where I write everything and make sure that I stick to it to get work done on time. When you have a schedule and stick to it, it makes the whole program manageable.

CR: What did you enjoy most about the **Undergraduate Program**?

KG: The nutrition and dietetics program at UNF is fantastic. I had such a great experience! The professors are helpful and supportive, and they take the time to get to know their students. I really enjoyed spending time with my classmates and getting to bond over so many things we are passionate about. It is hard to pin one thing that I wanted the most because it was all so great, even the moments where I felt like I was being challenged by some of the courses. After all, that's where I learned and grew the most.

CR: What **advice** do you have for students who are interested in attending the Combined Master's/Internship Program at UNF?

KG: I will start the MSDI program this coming fall semester. I am excited and nervous, but I recommend anyone interested. My experience at UNF has been great, and I am so grateful to continue my education and get to do the internship with UNF. My advice to anyone on the path to becoming an RD is to not be afraid to apply for an internship. It may feel overwhelming, but it is so worth it. The nutrition clubs have a lot of information and advice on how to apply for DICAS.

CR: What **excites** you most about the Master's program?

KG: When I first started the nutrition program, I would have never imagined myself continuing my education after my bachelor's degree. I decided to apply for the Master's program during the last semester of my undergrad because I felt like I still had so much to learn. If I could do the nutrition undergrad program, I could achieve the Master's program as well. I am nervous but excited to complete a master's degree while also doing my internship to become an RD.

CR: What are your **career goals** after completing the Master's/Internship Program?

KG: My goal is to become a registered dietitian and work as a community dietitian. There are so many aspects of nutrition that I love, so I am still unsure what path I will take after my internship. Still, I know for sure that I want to become an RD and serve others on their approach to health.

CR: Do you have a favorite inspiring quote or mantra that you live by and would like to share with others?

KG: **"We keep moving forward—opening up new doors and doing new things—because we're curious. And curiosity keeps leading us down new paths."** – Walt Disney. I have this quote as my laptop screen saver. During times I felt overwhelmed and felt stuck, I kept reminding myself to keep moving forward.





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SUSTAINABILITY OF LOCAL FOOD

BY: SAMANTHA DILL



Local food is food that is purchased and consumed within a specific region. Within this sector, consumer attitudes drive purchases and are often based on personal values.

The ability to put faces to names, products, and produce can build a relationship that keeps clients coming back for more while building a sense of community at events such as a farmer's market. For example, in Jacksonville, two popular local farmer's markets are the Riverside Arts Market and the Jacksonville Farmers Market.

The Riverside Arts Market operates on Saturdays from 10 AM to 3 PM in downtown Jacksonville and boasts local vendors (many of which accept Electronic Benefits Transfer), local food trucks, live music, and free parking. Nearby, the Jacksonville Farmers Market opened in 1938 and runs all week. They boast twenty-one vendors ready to supply the area's locals with fresh fruits and vegetables.

Local farms leave behind a smaller footprint versus industrial agriculture, as there is a shorter journey for perishable goods to get to the kitchen table. Fruits and vegetables produced on a larger scale are subjected to diverse environments during packaging and transportation and these sudden changes can shock the plants. Produce is often picked prematurely to lengthen its life on its journey to the shelf, where it is intended to be at its peak ripeness.





To achieve sustainability, the channels of distribution must be linked. Consumer purchases drive corporate decisions and acquisitions, as they stock what people like and buy. However, it is important to note that sometimes certain products can be more expensive since they are not mass-produced. Local produce is not necessarily obtainable in some urban areas either and cities rely on goods to be shipped in to feed their population. Nonetheless, buy local when possible to support both local businesses and individual health.

Humid environments encountered during travel can dislodge produce coatings, which can lead to faster ripening due to fog and condensation; it can even induce peel pitting disorder in citrus fruits.⁴ If produce arrives overripe, appeal and nutrient content decreases, and it is more likely to be discarded. For example, the pigments in the strawberries, such as anthocyanin, degrade throughout their storage period.³ Local farms usually do not have to worry about this, as they supply seasonal produce that does not trek far. Farmer's markets also encourage the bring-your-own-bag policy, which minimizes the unnecessary produce packaging.



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Dietary Habits of Iranians

Iran is a country located in western Asia. Iran covers a total area of 1,648,195 square kilometers and is subdivided into 31 provinces with 83 million inhabitants. The Persian Gulf and the Gulf of Oman are located on the southern border of Iran. In the north, there are lush forests making up much of the northern border of the country near the shores of the Caspian Sea.

Iran also is a mountainous country consisting of the Persian Plateau, mostly in the western part of Iran. The eastern part of Iran consists mostly of desert basins. The geography of Iran, from north to south of Iran and from east to west, with its diverse climates, ethnicities, and cultures, has created many varieties in food and cuisine.



Iranian national cuisine is truly various and nutritious. Iranians usually have three meals a day, almost all of them accompanied by bread or rice. Although they vary in different regions, rice- and bread-based diets are generally used by all people throughout the country. Iranians consume about 100 gr of rice per day.¹

Different types of bread, particularly wheat-based ones, are prepared and consumed by all people in the country; most Iranians prefer their traditional bread such as lavash, taftoon, sangak, and barbari.² Iranian people are the second-largest consumer of bread in the world, averaging 160 kilograms for each person.^{2,3} The most popular beverage, which is highly consumed by all Iranians, is tea.



As mentioned, each region of Iran has its own types of traditional food due to the region's ecosystem. For instance, the southern people love spicy and hot flavors; on the contrary, the northern cuisine is often sour.⁴ Southern cuisine is chiefly based on fresh seafood, for instance, Ghaliyeh-Mahi, an herbed fish stew.⁴ The north provides Iran with most of the water needed for farming, so the main ingredients in recipes are crops, vegetables, and some special green herbs, and salted and smoked fish are highly consumed.⁴

In western Iran, which is known as the Kurdish region, there are varieties of local āsh (a kind of thick soup), pilaf, and stew dishes and several kebabs such as dande kabāb, a local Kurdish dish which includes traditional grilled rib meat.⁴ Khorasan Razavi, a province located in the east of Iran, is famous for its local food called Shole Mashhadi, named for the capital city of Mashad. The main ingredients of this dish are plenty of lamb meat, beans, and spices. Moreover, Mashad is known as the main producer of saffron, a national and popular spice that is also called “red gold” in Iran.⁴

Iranians make a wide range of sweets and confectionery, particularly in the central and northwest areas: qutab in Yazd province, gaz in Isfahan province, Shiraz Meskhetian in Fars province, Tabriz baklava, Noghl (a type of comfit) with different flavors, and Black halo in East and West Azerbaijan, respectively, and Ardabil province.⁴

Like other countries, Iran is facing a transition in dietary intakes which have put a burden on the health system; the modernization of food intakes has created a high intake of fast foods and carbonated drinks. Lack of physical activity, specifically in urban areas, is becoming a problem in Iran. Therefore, the prevalence of obesity as a risk factor of several chronic diseases is increasing.^{5,6}

The prevalence of diabetes and cardiovascular disease has dramatically increased in recent years, so it seems Iranians might benefit from keeping their traditional dietary habits and increasing their physical activity.^{5,6}

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Ghormeh Sabzi

Yield: 4 to 5 people

However, as we talked about, different regions of Iran have distinct variations of tastes and flavors, sometimes some foods, such as Qormeh Sabzi have become more popular and are cooked in all parts of Iran. Here is a recipe for this most popular herb stew, which most Iranians love this food especially with grand mom's hand cooking; I hope you will enjoy it too.

INGREDIENTS:

- Oil
- 12 tablespoon red kidney beans (3 tablespoons for each person)
- Green herbs:
- Parsley 200 gr
- Fenugreek 100 gr
- Coriander 100 gr
- Chives 200 gr
- Spinach 200 gr
- 1 Onion
- Beef or lamb meat 200 gr (50 gr for each person)
- 3 Dried lime
- Turmeric 1 teaspoon
- Garlic powder 1 teaspoon
- Black peppers 1/2 teaspoons

PROCEDURES:

1. Soak the red beans for at least 3 hours.
2. Chop green herbs and let them fry in a big pan on medium heat for 70 to 90 minutes.
3. Meanwhile, dice an onion and chop beef or lamb meat.
4. Heat oil in a large pot over medium-high heat. Add onion; cook and stir until deep golden brown.
5. Stir in turmeric for 1 to 2 minutes.
6. Add meat, garlic powder, and pepper; cook and simmer for 25 minutes (in the frying process of meat/green herbs if you feel it is going to burn, add water).
7. Add green herbs, dried lime, soaked beans, and water to the meat.
8. Let it boil, then put the lid and let it cook for 3 hours.
9. Serve with cooked white rice.

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Myth Busting!

THE FACTS ABOUT FASTING

Diet trends have been making their way into popularity through headlines and media sources for years. When a new diet trend gains traction, it's common for masses of people to try the diet as a one-size-fits-all solution without doing any background research to ensure their specific needs will be met. In these cases, many people end up frustrated and quit the diet plan without seeing any results. Recently, "intermittent fasting" has been a hot topic among social media users and health professionals alike. This poses the question: is intermittent fasting a safe and effective way to achieve health goals?

BY CHLOE MORGAN



According to Salem Press Encyclopedia of Health, “Fasting is the act of abstaining from food and drinks (and sometimes other activities) for a specified period. It has been practiced for thousands of years and for a variety of purposes. Most people fast for religious reasons, medical procedures, and dietary purposes”. 1 Intermittent fasting describes an eating pattern involving eating and abstaining from eating for set and scheduled amounts of time. Fasting often occurs for up to 24-hours at a time, one to two times per week 2, however, there are various ways to implement the technique, including simply skipping meals when there is no feeling of hunger present. 3 During fasting periods, it is still necessary to stay hydrated with generous amounts of water, and low-calorie drinks are typically permitted.

Arguably, the most common reason people choose to try intermittent fasting is to lose weight. When the body enters a caloric deficit, more meaning more calories are being burned than consumed, the body uses previously-stored fat as an immediate energy source. This leads to weight loss over time. Research shows that this can be effective, but if the meals consumed during allotted eating times are not nutritionally adequate, this method can lead to various nutritional deficiencies, and can encourage binge eating.2

Aside from weight loss, advocates of intermittent fasting boast about physiological improvements such as increased resistance to disease, increased resistance to stress, and increased longevity of brain function.3 Additionally, fasting has been thought to boost the immune system by inducing autophagy. 4, 5 Autophagy is a contributing factor of homeostasis for overall survival, and the liver is an organ which responds well to autophagy, as seen during studies on cell reactions to fasting. 4





IS FASTING THE RIGHT DIETING METHOD FOR YOU?

Since intermittent fasting has been proven to have physiological benefits, is it the right dieting method for you? It is important to consider factors such as lifestyle and nutritional needs when considering any diet, including intermittent fasting. For someone who wants to lose weight, reducing calories is necessary. Whether through scheduled eating such as fasting, or by cutting calories in a more consistent manner throughout a typical day, a reduction in calories is an efficient way to lose weight. In this scenario, it is still imperative to consume nutrient dense foods like vegetables during allotted eating times. For someone who struggles to maintain a healthy weight or someone who is an athlete trying to gain muscle, increasing calories and protein intake would be a more efficient diet plan than regularly planned fasting. To decide if intermittent fasting is right for you, consider your schedule and your needs. If you decide to implement an intermittent fasting plan, start with small increments and pay attention to the way your body responds. Intermittent fasting should only be practiced to reset and aid your body, not to punish your body for eating.

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NATIONAL BOOK LOVERS DAY

PUT DOWN
YOUR
ELECTRONICS
& READ
AUGUST 9TH
2021

erreur, et dans la plupart des cas il avait qu'un seul champ visuel pour que l'erreur se produise. On s'explique par le fait que je lisais précisément la fin d'une remarque sur une sorte de mauvais style qui règne dans certains travaux scientifiques et dont je me sentais moi-même coupable dans une certaine mesure.»

f) H. Sachs : «Devant ce qui frappe les autres, il garde, lui, une rigide impassibilité» (Stiefleimheir). Ce dernier mot m'étonna et, en regardant de plus près, je vis que le mot imprimé était non *Stiefleimheir*, mais *Stiefleimheit* (finesse, sentiment de style). Ce passage faisait partie d'un panégyrique exagérément enthousiaste, qu'un auteur que j'estimais beaucoup consacrait à un historien qui ne m'était pas sympathique, parce qu'il possédait à un degré très prononcé les traits spécifiques du «professeur allemand».

g) Le Dr Marcell Eibenschütz rapporte un cas d'erreur de lecture au cours d'un travail philologique : «Je m'occupe de l'édition critique du "Livre des Martyrs", recueil des légendes de la Haute et Moyenne Allemagne, qui doit paraître dans les "Textes Allemands du Moyen Âge", publiés par l'Académie des Sciences de Prusse. L'ouvrage, encore non imprimé, était très peu connu; il n'existait la-dessus qu'un seul mémoire de J. Haupt. Haupt, en écrivant son mémoire, avait sous les yeux, non le

Dans le cas précis, la seule ressemblance entre le nom et le qui a provoqué l'erreur, consiste dans le fait que l'un et l'autre commencent par les lettres *Bl* : *Blender*, *Blaukörperchen* (T.).

Zentralblatt für Psychoanalyse, I, 56.
Über das mittelhochdeutsche Buch der Martyrer, *Wissenschaftsberichte*, 1867, tome LXX, p. 101 et sq.

The Lunch Box:



Cranberry Almond Granola

INGREDIENTS

- 4 cups rolled oats
- 1 cup raw sliced almonds
- 2 cup raw pumpkin seeds
- 1 tsp sea salt
- 1 tsp cinnamon
- ½ cup olive oil
- ½ cup maple syrup
- 1 tsp vanilla extract
- 2/3 cup dried cranberries

DIRECTIONS

1. Preheat oven to 350 F. Line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the rolled oats, raw pumpkin seed, salt, and cinnamon. (Sliced almonds will be added halfway to prevent burning.)
3. Pour in oil, maple syrup, and vanilla. Mix thoroughly.
4. Pour granola mixture onto the prepared pan and spread evenly.
5. Bake for a total of 21-24 minutes. Stirring and adding in the sliced almonds halfway.
6. The granola will further crisp as it cools- allow to rest for at least 45 minutes.
7. Mix in the dried cranberries.
8. Can be stored in an airtight container for up to 2 weeks.
9. Top onto yogurt with fresh berries for an easy on the breakfast or snack.



Mediterranean Chickpea Salad

Pita Pocket

INGREDIENTS

- Mediterranean Chickpea Salad
- 1 can chickpeas, rinsed and drained
- 1 cup quinoa, cooked & cooled
- 1 large tomato
- 1 cucumber
- 1 red bell pepper
- ½ red onion
- 2-3 sprigs of cilantro
- Juice of ½ a lime
- 2 tbs olive oil
- 2 tbs plain rice vinegar
- (white wine vinegar works too)
- Salt and pepper to taste

Pita Pocket

- ½ an avocado
- Feta or mozzarella
- 2 pita pockets



PROCEDURE

Mediterranean Chickpea Salad:

1. Cook quinoa and allow to cool prior to assembling; it helps to prepare the day before.
2. Rinse and drain chickpeas.
3. Dice the tomato, bell pepper, red onion, cucumber, and cilantro.
4. In a medium to a large bowl, mix together the quinoa & chickpeas; then combine in the diced vegetables.
5. Add in olive oil, rice vinegar, lime juice, and salt & pepper to taste.
6. Thoroughly combine ingredients.

Pita Pocket:

1. Slice avocado and place it into each half of the pita pockets. Add in cheese of choice and scoop a generous amount of the salad into each pita pocket.
2. Enjoy with a side of choice- chips, yogurt, fruit, etc!



COMMERCIALLY AVAILABLE KELP AND SEAWEED PRODUCTS - VALUABLE IODINE SOURCE OR RISK OF EXCESS INTAKE?



By: Haley Brock



Edible seaweed and kelp products are a normal part of the diet in East-Asian cultures and have recently made a move over to Europe and the United States. Consumers in the United States now have the option to get their seaweed fix from something other than sushi. One reason that these edible seaweed products have gained popularity is that they are known to be health food, or some would say a “super-food”. Edible seaweed, or macroalgae, can be divided into three main groups differing in color—red, brown, and green algae. All of the varieties are rich in iodine, but the brown variation (especially kelp) contains the most iodine out of all of them.

One reason these products are so high in iodine is that macroalgae are very efficient in absorbing inorganic compounds like minerals from the seawater and using those elements for their metabolism. In the brown algae, there are haloperoxidases in the cell wall that help to increase the uptake, conversion, and storage of iodine. It is possible then that the brown algae can hold more iodine than the surrounding water even holds.

Iodine is an essential micronutrient that the body needs to synthesize thyroid hormones properly. Thyroid hormones are important for the regulation of a wide range of physiological and cellular functions, like normal growth and development, metabolic regulation, and neural differentiation. Without enough iodine in the diet, it is possible to develop an iodine deficiency disorder. While symptoms from iodine deficiency are well researched, there is not enough research on excessive iodine intake. It is possible that overdoing the iodine can lead to the same result as underdoing it—thyroid dysfunction.

Iodine is not readily available in many foods, so having commercially available kelp and seaweed products represent an untapped market for meeting iodine requirements. However, a maximum level of iodine content has not been established for these products. Some macroalgae species contain very high levels of iodine that could possibly result in excessive iodine intake.

One study found that out of 40 commercially available products containing macroalgae, 31 of them provided a higher intake of iodine in one serving than the upper-level recommendation for a full day. Some macroalgae-containing products from the study even contained as much as 104 times the upper-level recommendation of iodine. Therefore, it is important to closely examine the iodine content in the seaweed and kelp products that consumers are consuming, as to not risk the possibility of excessive iodine symptoms and thyroid dysfunction.

NATIONAL



WOMENS EQUALITY DAY
AUGUST 26TH, 2021

FACULTY SPOTLIGHT

AN INTERVIEW WITH PROFESSOR BARON

1. Tell us about your background in nutrition from education to experience and how you came to be at UNF.



I attended UF for undergrad, then went to UNF for my master's. Dr. Labyak and I actually attended UNF at the same time. We were the first in the first UNF dietetic internship- back in the day it was called an MS AP4 program!

For the first several years of my career, I had positions in acute care and renal settings. Eventually, I transitioned into mainly long-term care positions. These jobs were flexible, and I had young children, so I was able to work in the evening and on weekends or on days my husband was off. I've been an instructor here at UNF since 2018. My roles here are as an instructor, faculty member, and coordinator of the Community Food and Nutrition concentration. I currently teach food fundamentals, food science, and food management I and II.

2. Because you are currently in the Doctor of Clinical Nutrition program here at UNF, can you tell me how that is going and all about the program? What do you like about it and what has been the most challenging aspect?

It's going great! I get to work closely with Dr. Arikawa, and Dr. Wright, and I also get to collaborate with other dietitians in my cohort. It's also nice that it is online, so that adds a layer of flexibility. I probably would not be able to do it as easily if it were in person. The most challenging aspect is the time struggle, but the program is pretty accommodating to schedules.

"This was the perfect opportunity for me. Because it is geared toward practitioners, I had all of the qualifications; it was in my college, I knew the faculty, it was a no-brainer. I never in a million years thought I would go back to school, EVER. You just don't know what the future is going to bring, but I'm really happy that I did it."

Every doctoral program is different. For example, you can get your Ph.D. in nutrition from UF, and you don't have to have any clinical experience. You can go right from your undergrad to masters to your Ph.D. But for the UNF DCN, you have to have at least 5 years of experience before applying. Depending on how long it takes you to complete your doctoral project will determine how long the program takes. The earliest you can do it is about four years

3. The research you are currently working on, is that part of the DCN? Can you tell us more about that experience?

Yes, that is my doctoral project. Dr. Arikawa and I are doing a study on how the regular consumption of fermented vegetables like kimchi and sauerkraut affect your gut microbiome. Specifically, we're looking at indicators of inflammation and biomarkers of cardiovascular disease and how consuming these vegetables can reduce their risk. It's a pretty big feeding study where we are trying to get 80-100 participants.

It's a randomized clinical controlled trial. So the participants are randomized into one of two groups: the control who doesn't make any changes or the fermented vegetables group where they consume half a cup of fermented vegetables at least 5 days a week. Participants get \$120 in gift cards and the fermented vegetables they are given are very high quality.

We see them for bloodwork on week one and week 8. They collect stool samples so we can analyze their microbiome. We haven't had the technology to analyze the microbiome until very recently.

We are currently in the beginning phase, still collecting data. Then it's going to progress into the analysis of the data and the statistical part which will be the rest of my doctorate program.

4. How do you juggle family life, being a professor, and pursuing your DCN?

My kids are growing up so I'm at a good time in my life. I have one in high school and the other is a junior in college, so I don't have young kids. They're really seeking their own independence and pushing away so it's a good time. I don't think I'd be able to pursue this earlier, my kids were always my main focus. I still have to keep a schedule and my weekends are toast, but the breaks really help.

5. What is your favorite part about being a faculty member at UNF?

For me, it's always been the students; I think our students are especially great. Nutrition draws in a compassionate and bright group because it's so competitive. "And a lot of our students really care about the future of our world like food sustainability, they're really thinking about the greater good."

So, it's inspiring for me to be around those sorts of minds; I like to be around that hopeful inspiring mind that is working toward a goal. And the campus is a beautiful working environment, walking around it's so gorgeous. I love working with the other faculty. I've never had such a large group of highly educated friends who are open-minded and driven, that's really exciting to be around.



By: Anna Waterman

6. What advice do you have for those currently pursuing a degree in dietetics?

This field is very small; there's a very good chance you're going to run into people who are your classmates or your professors. You have to keep that in mind that "this person could be my boss someday." Think about networking all the time; you need to keep a good relationship with everybody. "If people start losing respect for you or don't want to work with you, for whatever reason, that could spill into other aspects of your life. Remember to always present your best self to everybody."

7. Can you tell us a fun fact about yourself that many people may not know?

I don't know if people really would guess that I'm a super competitive person. I love games, but particularly I love tennis. Now I am obsessed with pickleball and play it all the time. I love it!!

8. Many of your students would agree that you are a natural-born teacher. Have you always wanted to teach?

"I honestly never considered teaching because I didn't feel like I was even qualified. I worked so much in clinical positions, I never thought in a million years that I would teach. But I think it was really fortuitous that I became a faculty member, I instantly realized that I loved teaching."

"I do not feel like I'm a great teacher, but I do care, I do want you to know everything you need to know. I want everyone to succeed. Even if you're not meant to be a dietitian, there is definitely a spot for you to succeed; everybody has to find their niche."

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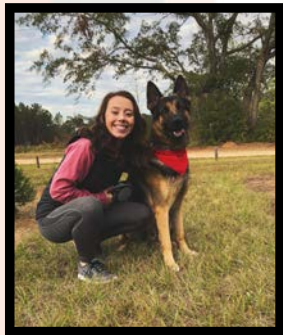
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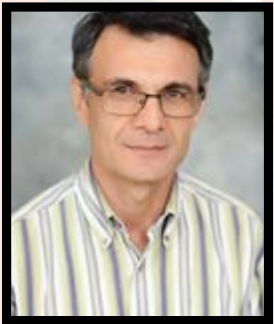
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