

Nutri *News*

UNIVERSITY OF NORTH FLORIDA
DEPARTMENT OF NUTRITION AND DIETETICS
APRIL 2020

EASTER TREATS

VEGAN
MARSHMELLOWS

STUDENT SPOTLIGHT

FEATURING SARAH
HABBAL

RESEARCH

LET'S TALK ABOUT
STRESS DURING
STRESS AWARENESS
MONTH

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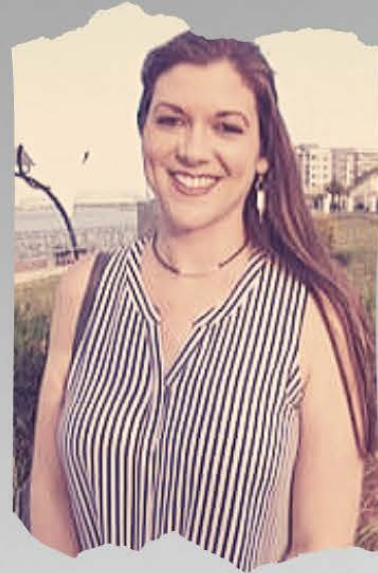
SNDA UPDATE

EMERALD CASTRO

Hey Ospreys!

We have come so far and the end of the school year is approaching! We are in the final swing of our classes and approaching final exams. With less than four weeks left of school I know we are all going to get through this important time. This is an exciting time for so many of us in the program. Some of us are graduating, others are entering their Senior year; meanwhile, there may be sophomores anxiously awaiting to enter the program. For anyone anticipating entering the program in a few months, feel free to reach out to any club officer as we can offer you advice!

We announced our new officers into the clubs for the 2020-2021 school year early through digital announcement. We know that just as we once did, you all will be stepping into our shoes and learning the ropes of what it means to be an officer in a club. Good luck to all and any former officer can help mentor the incoming officer on their position.



"We can't believe that yet another school year will soon be behind us and a huge CONGRATS to those who are graduating on May 1st!"

Many of the Seniors have already heard back that they were matched to internships and we congratulate all who begin this next step in their journey. Students will be completing internships all over the state in Tallahassee, Tampa, Orlando, South Florida, and some right here in Jacksonville. This next step is essential for us to provide proper Nutrition care to our future patients/clients. For anyone who has any questions regarding the DICAS application or dietetic internships there is a lot of info on our canvas page and please contact any officer to see if we can help provide you with a solution.

We can't believe that yet another school year will soon be behind us and a huge CONGRATS to those who are graduating! This is a huge milestone in anyone's life no matter what their future plans are and we offer a huge pat-on-the-back to all who are graduating.



**CONGRATULATIONS
OSPREY CLASS OF
2020!**



THE LUNCH BOX: IS IT EVEN VEGAN?

KRISTEN
GONZALES



Preparing a vegan grilled cheese can be hard, and cause some skepticism. I have tried multiple different vegan cheeses: Follow Your Heart, Daiya, Miyoko's, Toffuti. After trying all of these cheeses, I came up with a combination that will match your grilled cheese dreams, but vegan. By combining vegan cream

cheese with vegan cheddar slices, this offers creaminess and richness. You can spice up this grilled cheese by adding sauteed onions, alapeños, or any other vegetable that you want. This can be a great start to a sandwich, or just on its own. I hope you guys enjoy!



- * 2 slices of whole wheat bread, or any bread of your choice
- * 2 tbsp Daiya plain cream cheese style spread
- * 2 Daiya cheddar style slices
- * 1-2 tbsp vegan butter

Nutrition Facts (1 servings)

Calories : 260

Total Fat : 27g

Protein : 5g

Dietary Fiber : 1g

Directions



SPREAD ONE SIDE OF YOUR BREAD WITH DAIYA CREAM CHEESE. TOP THE SECOND SLICE OF BREAD WITH DAIYA CHEDDAR STYLE SLICES. CLOSE THE SANDWICH AND SPREAD THE OUTSIDE OF THE BREAD WITH VEGAN BUTTER. NEXT, HEAT A PAN TO MEDIUM HEAT WITH SOME EXTRA BUTTER.

ONCE HOT, ADD THE SANDWICH. USE A SPATULA TO PRESS THE GRILLED CHEESE DOWN BEFORE FLIPPING THE SANDWICH, ADD MORE BUTTER TO THE PAN TO ENSURE A NICE GOLDEN BROWN ON BOTH SIDES.

WHEN THE BREAD IS GOLDEN, IF THE CHEESE HAS NOT YET MELTED TO YOUR LIKING THEN POP THE GRILLED CHEESE IN THE MICROWAVE FOR 15 SECONDS. THIS WILL GIVE IT THE CHEESE PULL YOU'VE BEEN WANTING FROM A VEGAN GRILLED CHEESE.

One of only two DCN programs in the U.S. | Full- or part-time

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

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



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A Peak on What Makes a Peep

CYNTHIA WHITMER



All the ooey and gooey treats we love to see at Easter dessert, whether it be lemon meringue, jams on cheese plates, ice cream, gelatin or our marshmallow peeps, have four foundational ingredients that give them their airy texture we can't get enough of: air, water, sugar, and lots of it, but most importantly a hydrocolloid. Hydrocolloids are the food gums we see on the ingredients list and are simply polysaccharides that form gels when mixed with water. Their affinity to water gives them a hydrophilic or “water loving” nature combined with being able to remain suspended and dispersed in

water. These features make the substance a colloid. Gelatin is considered the most popular colloid, but not the most glamorous or vegan/vegetarian friendly. As a matter of fact, gelatin is made from collagen and a collection of animal fat and skins; gelatin is a large ingredient in those iconic yellow-peeps we love to pop in our mouths and let the sweetness disintegrate. That disintegrating behavior of gelatin is a hallmark characteristic and is difficult to mimic without having animal content. Nevertheless, there is a way for vegans to not feel left out when receiving easter baskets of their favorite Easter holiday treats with this vegan marshmallow recipe.

Pectin, a polysaccharide from plant cell walls, is the gelatin replacement in this recipe. Pectin provides that elastic texture found in gelatins, but the melting points differ so preparation of pectin based product and gelatin will look different. Although pectin does not exactly mimic gelatin's melt-in-your-mouth texture consumers love, it gives vegan marshmallows similar

temperatures, and they will be less likely to melt when exposed to the sun due to their different melting points and do not require refrigeration like gelatin in order to set. Whether preparation is being made with gelatin or pectin, all follow the same steps and staple ingredients: a bowl, mixer, sugar syrup, and a stovetop! For specific instructions on preparing this animal friendly easy treat, DiscoverMagazine provides an easy guide kitchen beginners can follow: <https://www.discovermagazine.com/the-sciences/homemade-marshmallow>

Liu, Eunice. HomemadeMarshmallows. Website. Accessed March 2020. <https://www.discovermagazine.com/the-sciences/homemade-marshmallows>



DOES STRESS HAVE AN IMPACT ON EATING DISORDERS?

ELIZABETH PIAZZA



In a survey conducted, about 40% of people have a tendency to eat more when stressed. In a life where stress is ever constant and the presence of eating opportunities are all around us, the use of food to cope with stress becomes extremely prevalent. In addition to this, the development of binge eating disorder continues to be on the rise as 2.8 million individuals in the United States currently struggle with this ailment. Although we know that it is a natural tendency to eat a bit more when we are stressed, it is when this becomes an excessive uncontrollable habit that this begins to become detrimental to our bodies. A study conducted on 297 adult female college students looked at the role that resilience has on the relationship between stress and eating disorder symptoms.



Researchers found that higher reports of perceived stress was associated with higher rates of binge eating symptoms, while a higher level of reported resilience to stress was associated with lower binge eating symptoms. In addition to this, a literature review looking at 14 different articles found positive associations between induced stress and changes in characteristics such as hormones, cardiovascular function, food intake, and eating rate. These studies indicate that personal response to stress can play an important role in the development of binge eating disorder symptoms. The changes in hormones described lead our bodies to falsely believe it needs more energy than it actually does. In addition to this, since our bodies are programmed to crave foods containing sugar and salt for survival, this mechanism can often go haywire during times of stress due to a combination of an unhealthy mindset and unbalanced hormones, ultimately leading us to turn to food to relieve distress. Eventually, if chronic personal stresses are not managed, this can become a habit ultimately leading to binge eating disorder. Learning how to manage stress is shown in these studies to be one important key in reducing binge eating symptoms.





In overcoming our struggles with managing stress, unhealthy food habits, and our own mindset we come to find the personal empowerment that leads us to keep moving forward. Several different tools can be used for stress management such as mindfulness techniques, outdoor activities, exercise, venting to a trusted friend, or journaling.

In succeeding in finding health de-stressing techniques that work for us, we develop the self-efficacy needed to trust ourselves and our ability to handle stress, thus forming the resilience that is described earlier. In developing these healthy ways of dealing with stress, we give ourselves a chance to free our bonds from the restraints of an eating disorder and the potential to find what a healthy relationship with food truly looks like.



1. Edwards R. Emotional Eating. MedicineNet. https://www.medicinenet.com/emotional_eating/article.htm#emotional_eating_facts. Accessed February 28, 2020.2. Binge Eating Disorder Statistics - Know the Facts. Healthline. <https://www.healthline.com/health/eating-disorders/binge-eating-disorder-statistics#1>. Accessed February 28, 2020.3. Thurston I, Hardin R, Kamody R, Herbozo S, Kaufman C. The moderating role of resilience on the relationship between perceived stress and binge eating symptoms among young adult women. Eating Behaviors. 2018; Volume 29: pgs 114-119.4. Naish K, Laliberte M, Mackillop J, Balodis I. Systematic review of the effects of acute stress in binge eating disorder. Eur J Neurosci. 2018; Volume 50: pp. 2415-2429.

American scientists and researchers are not the only ones interested in how perceived stress impacts nutritional intake habits. Maladaptive coping mechanisms are a concern worldwide, with college students being a particularly vulnerable group. Stress levels are exceptionally high during this life stage due to many factors such as moving away from the parental home, worries about grades and passing classes, and possible financial stress to name a few. A study was conducted in Egypt that included University students that was aimed to shed light on any correlation between stress and nutritional behavior.

For this study 1,483 female students and 1,327 male students of various educational departments at the University of Assiut, Egypt were randomly selected to complete paper questionnaires at the end of one of their college courses. These questionnaires included a perceived stress scale in which a student would rate their degree of stress on a 5-point scale and an assessment of food intake in which students reported their intake of 12 food groups. From these responses,

Nutritional Correlates of Perceived Stress among University Students in Egypt

ANNA WATERMANN





adherence to healthy eating guidelines was assessed through how often the students claimed to eat unhealthy foods in comparison to the national recommended standards. Students were also asked how they viewed the importance of healthy eating on a 5-point scale. In addition, certain control questions were included such as age, gender, economic situation, living arrangements, and physical activity

Results of this study did vary by gender. Women were reportedly more stressed than men and ate more cookies, sweets, and snacks. However, male students were more likely to make unhealthy food choices under stress. Overall, perceived stress seemed to trigger under-eating of healthy foods across this Egyptian sample. While consumption of snacks and treats remained about the same during stressful periods, fruit and vegetable consumption declined.

Most Egyptian students who participated in this study did highly rate the importance of healthy eating patterns and adhered to a mean of 3 out of 8 guidelines for healthy eating. However, fruit and vegetable consumption and general healthy eating were viewed as more important when perceived stress levels were lower which could indicate that healthy meal planning was more likely to occur when stress levels were low. Overeating of processed sweets and snack foods while under stress may not be a concern for this population, but the under eating of healthy fruits and vegetables when stress is high may also not be an ideal situation.

Program is 100 percent online, full or part time

Earn your Master of Science in Nutrition and Dietetics online.

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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Shopping in Season

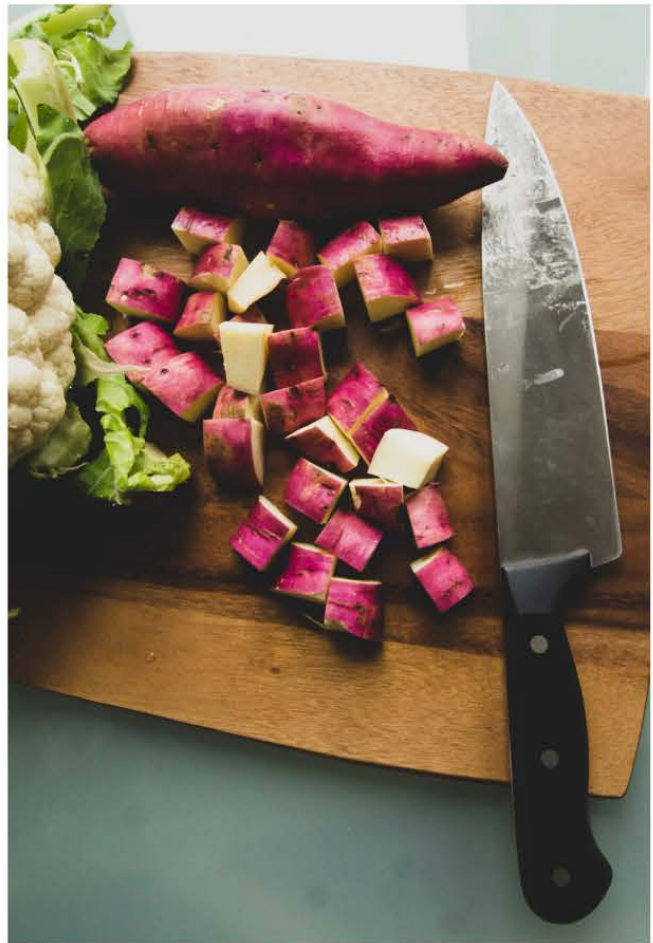
BY KRISTEN GONZALEZ



Hey Ospreys! This month's vegetable that is in season is cauliflower. There are many different ways to prepare cauliflower, some that turn out better than others. Cauliflower can be prepared in a way to replace rice, flour, and even potatoes. In the recipe I am preparing, I have chosen for cauliflower to act in an unconventional way... as buffalo chicken wings. Cauliflower offers a neutral taste, so the coating and buffalo sauce will be offering a lot of the flavor. Besides cauliflower being very versatile, cauliflower is also low in calories and high in fiber. This helps this dish to contain less fat than the average buffalo wing. It is a great source of vitamin C, vitamin A, folate, and omega-3 fatty acids. Cauliflower will be especially available during the month of April you can purchase cauliflower at the price of less than \$3.00 for a whole head.



Ingredients



- 1 head of cauliflower, cut into bite sized bits
- 1 cup all-purpose flour
- 1 cup unsweetened almond milk
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp salt
- 1 cup hot sauce (Frank's red hot sauce is my favorite)
- 2 tbsp melted butter



Directions

- Preheat oven to 400F and line two large baking sheets with nonstick slipmat or parchment paper.
- Prepare batter that consists of flour, spices, and almond milk.
- Cut cauliflower into bite sized pieces.
- Dredge cauliflower in batter until evenly coated, and place one by one on the baking sheets.
- Bake until golden brown around the edges, about 35 minutes.
- Meanwhile, combine hot sauce and melted butter together in a bowl.
- Take cauliflower out of the oven and toss with the hot sauce mixture.
- Place back into the oven for another 10 minutes.
- Serve with ranch if desired.

THE NUTRITION DEPARTMENT-WHAT'S TO COME?



BY GABE MEDINA AND EMILY HENLEY



Interviewee: Ms. Shank; Program Director

Ms. Shank is the undergraduate program director of the Nutrition and Dietetics program and a nutrition instructor.

Ms. Shank teaches senior classes. She used to teach Food lab, Food science and Food Fundamentals at the start of the program but switched because the senior year is a busy year for the students and she wanted to prepare the students for what is to come and help the seniors start planning for after graduation. There are two tracks coming to UNF that will make the program more

concentrated for upcoming students. The two tracks are the dietetic track and the more community-based track. The program recently has also added two new classes. The two classes are the Nutrition and Fitness class and Nutrition Assessment and Communication class. Ms. Shank says that the Nutrition Assessment and Communication class was made to help students get more hands-on experience after taking nutrition counseling, and to better understand how to communicate with patient about their nutrition.

Her very best advice is to start as soon as possible because there is a lot of research and reading to do (The summer before Senior year is a good time to start looking or working on the DICAS process). There is the option of the 1200hr internship program, applying to certifications, or applying to other programs/master degrees.



There are various different types of internships to choose from in and out of Florida. Ms. Shank recommends to start in Florida (12-14 options) or top preferred state, then expand from there so the search does not start off too overwhelming. The average number of places that students apply to is 3-4, but applicants do not have a limit. However, there is an application fee for each program. This means that the student would fill out one base DICAS application for all of the places selected and then any additional documents required by the program. According to Ms. Shank, students should put in the time to research the requirements and mission statements of each of the programs on their individual program website. In the end, It is up to the student to put in the multiple hours of research and decide what programs best fit their need in terms of driving distances, class options, concentrations, hours, cost, ect. Ms. Shank and all of the staff are here to help you on your journey to figuring out your aspirations, passions and what's to come.

Move up to Ogier Garden

by Mackenzie Tackett

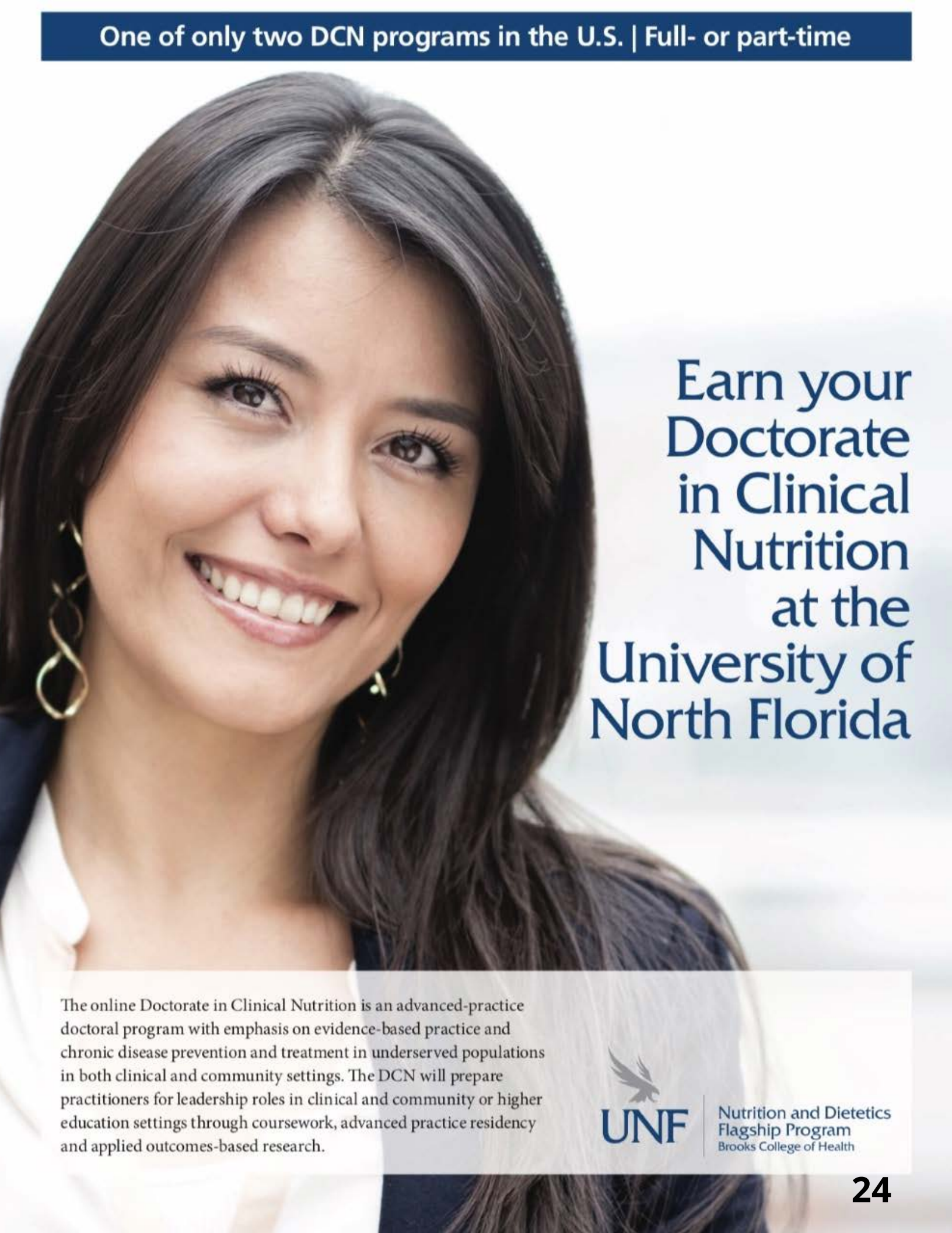


LOCATED BEHIND LOT 18!

Hey Ospreys!. A great easy place to get a healthful salad at no cost to you is from the Ogier garden (if you don't count a little work as a cost). You can pick the ingredients yourself and bring them back to campus for free. This helps you get some fresh air that could help reduce stress from all the schoolwork. Also being in the garden and picking your ingredients would be a fun experience and you could even get volunteer hours. The Ogier garden is located in the back of lot 18. If you go to the North lot 18 stop(second stop in the parking lot) on the osprey connecter the garden is close by. It's down a dirt road and there is a sign saying this way to the garden. The gardens main hours are Tuesday 9a-12p, Wednesday 9a-12p, and Friday 9a-12p, 1p-5p.

At the garden there are a variety of options to make a healthful salad that you can take back for free. The garden has lettuce, Chinese cabbage, romaine lettuce and more. There are also green onions that you can add to your salad, or possibly if you wanted to add sugar snap peas. If you want to add some color to your salad there are some beautiful orange flowers that could act as a garnish, or you could just eat them since they are a good source of vitamin C. If you need help finding the ingredients you could ask the super friendly staff to help you out. Even though we are all social isolating for the time being, finish your semester strong and healthy Ospreys!





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STUDENT Spotlight

by Emerald Castro



Hi Everyone! Meet Sarah, she is a vibrant Senior in the Nutrition Program who is anxiously awaiting Spring Graduation! Get to know her, why exactly she became a Nutrition major, and what she plans to do after graduation!

EC: What made you want to start studying Nutrition?

SH: Nutrition has always been an area of interest of mine since childhood. However, I graduated high school with the anticipation to become a

pharmacist, but after working as a pharmacy technician for two years, I realized that nutrition is what really sparks a fire in my heart and piques my curiosity. The dietetics field is growing worldwide, and I certainly aspire to be a part of that growth one day.

EC: If you could see yourself pursuing any other career path, what would it be?

SH: I honestly can't see myself pursuing anything else. I have made so many sacrifices to be where I am today, and I wouldn't change that for the world.

EC: Are you involved in any extracurricular activities on campus?

SH: Unfortunately, I'm not very involved in the nutrition clubs around campus, but I'm a mentor in the Apples to Apples program and I try to jump into any volunteering opportunity that opens up.

EC: What has been your favorite course in the

program so far?

SH: My favorite course in the program is Medical Nutrition Therapy. I really enjoyed learning about the implementation of the Nutrition Care Process in a clinical setting. I would like to be a clinical dietitian and this course has definitely prepared me for my clinical rotation as a future intern.

EC: What is your go-to superfood snack?

SH: Hmm, it's hard to just pick one. But, I really like Hummus and carrots, whole wheat Peanut Butter crackers, almonds, and all fruits.

EC: If you have any advice for upcoming seniors in the program, what would it be?

SH: Make sure you are managing your time efficiently. Time management is your ladder to success. Make your calendar/planner your best friend, and set earlier due dates for yourself. Also, make sure you go to your professor's office hours, talk to them and ask them questions even if you had to go out of your way. It's worth it.

Meet The Staff



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