
NUTRI NEWS

THE DEPARTMENT OF NUTRITION AND
DIETETICS

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UNF

COVID CORNER

After a very long semester without a break, we are nearing the end. This month, the semester will end early, and we all will get the much-needed mental rest. The end of this semester also comes with great news for our graduating seniors.

a subheading

The Spring 2021 graduation ceremony will be in person!



Of course, COVID precautions will be taken during the celebration. Even though the details are still being hammered out, the ceremony will take place on April 17-18th with a limited number of guests attending. While following the current COVID protocols in place, the graduates will walk across the stage and have their pictures taken. Also, there will be a virtual walk-along streamed on April 17th via UNF social media platforms. This way, family and friends will still be able to celebrate their hard-working graduates while remaining socially distanced. There will also be a website launched on graduation day featuring all of the festivities, including videos, music, and speeches from the university President, students, and alumni.

After the abrupt end to the Spring 2020 semester and with the unconventional graduation that came with it, this year, the hybrid celebration brings a refreshing air of normalcy that we have all been craving. Hopefully, those of us who are not graduating yet can all attend classes in person in the Fall. Remember to keep up with your COVID precautions, including social distancing, regular hand washing, and wearing your mask. We are not out of the woods yet, so let's continue working together for the chance to return to our campus. Stay safe, Ospreys!

SHOPPING IN SEASON:

CAULIFLOWER



By: Cameron Glover



Cauliflower is a cheap, easy to locate, and versatile vegetable that can go with almost any meal you can imagine. It's subtle flavor profile can easily be spiced to match the rest of your food as a side or you can keep it simple with salt and pepper, either way, cauliflower makes a delicious addition. This vegetable is also affordable in nearly every grocery store in various forms like riced, raw and whole, pre-chopped, and frozen. For less than \$2, a bag of chopped and ready-to-use cauliflower can be found which is a great way to make steamed or roasted cauliflower and even add it into a soup whole. Riced cauliflower is a low-carb rendition of rice due to a similar texture, and relatively bland flavor. Many stores sell cauliflower already "riced", but with a food processor, it is incredibly simple to make your own.

As far as nutrition goes, cauliflower is packed with a wide variety of benefits. Similar to other cruciferous vegetables, like broccoli and cabbage, it contains a significant amount of antioxidants like glucosinolates and isothiocyanates, which may be linked to a lower risk of cancer. Luckily, cauliflower does not have the pungent and off-putting smell that other vegetables in this family usually have, making it easier to swallow for some picky eaters. Cauliflower is also a great source of fiber, Vitamin C, and Vitamin K, Folate, and other important nutrients as well.

Introducing cauliflower to your diet is simple because its flavor is like a blank canvas for your favorite spice blends. One of my favorite meals as a broke college student is to buy a bag of cauliflower florets, toss them with olive oil and curry powder, and roast them until they are crisp on the edges. I serve it with a protein, like chicken breast or tofu, and maybe a quick side salad.

Cauliflower is also used in a lot of vegan/vegetarian products, like cauliflower nuggets, cauliflower pizza, and more. These products might be pricier, but worth trying. Adding cauliflower to your diet is easy to do with the wide variety of products on the market today.

Intuitive Eating

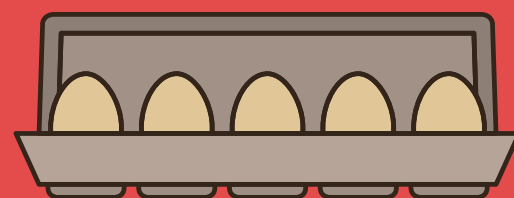
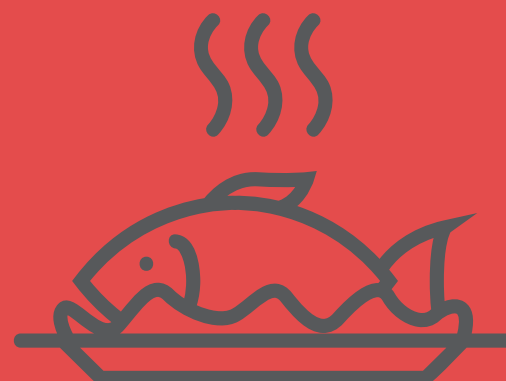
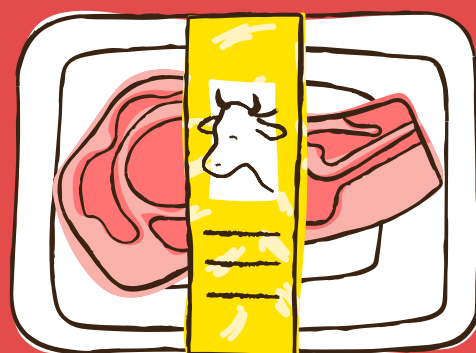
By: Melissa Brennan



Intuitive eating is a practice gaining popularity to help individuals find food freedom. Intuitive eating is characterized by eating in response to actual physiological hunger and satiety cues, rather than eating due to emotional cues. Another hallmark approach to this practice is not considering any foods off-limits, in order to further pursue food freedom. The current literature supports an inverse association between Intuitive eating (IE) and body mass index (BMI). Camilleri et al. set out to establish the association between food intake and intuitive eating in a large adult population. Their study was a web-based, prospective observational cohort that was launched in May 2009 in France with a 10 year follow up. This study aimed to look at the relationship between nutrition and chronic disease risk as well as dietary behaviors and nutritional status.

Participants were included in the study if they were 18 years or older, with 9,581 men and 31,955 women participating. Intuitive eating (IE) was assessed in individuals by using the French version of the Intuitive Eating Scale-2, which is a valid model to assess IE status. At the start of the study, participants filled out a set of web-based questionnaires that assessed dietary intake, physical activity, anthropometric data, lifestyle, socioeconomic conditions, and health status. The follow up protocol consisted of the same set of web-based questionnaires administered every year for ten years. Participants reported food intake by filling out self-reported 24-hour dietary recalls. The IE Scale-2 gathered data on physical reasons to eat, reliance on hunger and satiety cues, and unconditioned permission to eat, which were all compiled with food intake data from the recalls to be assessed.

Camilleri et al. found that women who scored higher on the IE Scale-2 for eating based off of physical cues were associated with a lower energy intake overall. A higher “physical reasons” score was also associated with lower sweet and fatty food intake in both women and men, with women also consuming fewer dairy products, meat, fish, and eggs. There was also an association between a higher “cues” score (eating when you are psychically hungry, not emotionally hungry) and a lowered intake of dairy, meat, fish, and eggs in both sexes, and lowered whole grain intake in women. Additionally, it was found that higher permission scores were associated with higher energy intake and healthier food choices, including less fruit, vegetable, and whole-grain intake. From this data, Camilleri et al concluded that some dimensions of intuitive eating (like eating due to physical reasons and cues) are associated with healthier dietary intakes overall. They also found that the permission dimension was associated with healthier dietary intakes. They further concluded that it is important to develop strategies to foster eating in response to hunger and satiety signals, as they can be associated with healthier diets and greater health status from a public health perspective.



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EASY WAYS TO MOVE MORE AND SIT LESS

BY: TAMARA MARSH



A sedentary lifestyle increases risks of high blood pressure, diabetes, obesity, and heart disease, deep-vein thrombosis (i.e. blood clots within deep veins), and abnormal cholesterol levels. Sitting for long periods even if you are moderately active tightens the hamstring muscles and hip flexors and stiffens joints. Excessively tight hip flexors and hamstrings lead to walking and balancing difficulties, lower back pain, and knee stiffness.^{1,2}

In one study, researchers found high levels of the total amount of daily time of sitting are linked to increased chances of heart disease and diabetes outside of the physical activity. They concluded the total amount of sitting on a daily basis should be reduced.³

In another study, researchers found when sedentary type 2 diabetes subjects shortened their sitting time and replaced it with moderate physical activity and standing, they experienced a positive change in their post-meal metabolic levels. They concluded breaking up sitting time has a positive effect on metabolic levels. However, the physical activity type, intensity, and frequency to offset the harmful effects of prolonged sitting will vary from person to person. Further studies are needed to determine the physical activity procedure (type, volume, frequency, and intensity) to break prolonged time spent sitting in various populations.⁴

The best way to combat the risk of prolonged sitting is to reduce total sitting time and take standing or physical activity breaks. Here are some ways to sit less and move more.



1 REPLACE SITTING ACTIVITIES WITH WALKING

- Walk and talk when on the phone or when hanging out with friends
- Walk into a store instead of using a drive-thru
- Walk to your destination instead of using public transportation or a car

2 REPLACE SITTING ACTIVITIES WITH STANDING

- Stand when commuting on public transportation, while using a computer, during commercial breaks when watching a television show, while studying, reading, or using a phone

3 CHOOSE HOBBIES THAT ALLOW YOU TO BE PHYSICALLY ACTIVE

- Play a sport (eg. soccer, tennis,
- baseball, etc.,)
- Dance, garden, hike, bike
- Ski, Snowboard
- Swim, Scuba dive. rock climb

4 OPT FOR THE LESS CONVENIENT OPTIONS

- Take the stairs instead of using the elevators
- Park far away from your destination
- Get off one or two stops before your destination and walk the rest of the way!

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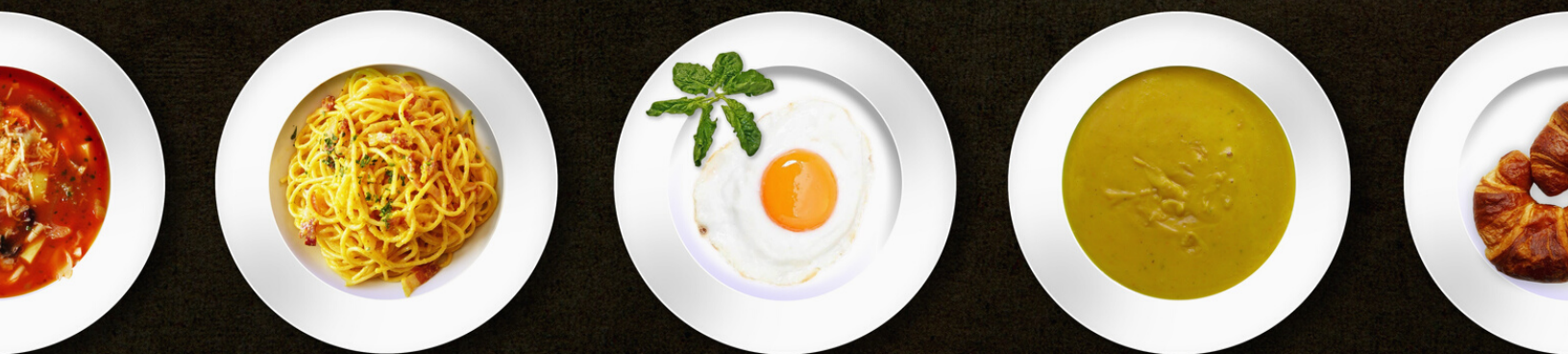
Program is 100 percent online, full or part time

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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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COOL IT DOWN: THE CORRECT WAY TO COOL FOOD FOR SAFE CONSUMPTION

WRITTEN BY CHLOE MORGAN

We all know the feeling of ordering or cooking a large meal that we just aren't able to finish. Thankfully we have appliances which allow us to store our food and enjoy leftovers the next time we feel hungry. Since some foods are intended to be served hot, eating those foods as leftovers involves cooling the food before inevitably reheating it. Just as there is a proper way to heat food to a certain temperature to prevent bacteria and food-borne illness, there is a proper method to cool food as well.



The World Health Organization has created a standardized set of guidelines which all restaurants in the United States are expected to follow. Restaurants are regularly evaluated to ensure food handling techniques are being followed so that patrons can consume the food safely. According to the Center for Disease Control and Prevention (CDC), “improper cooling practices contributed to more than 500 food-borne illness outbreaks associated with restaurants or delis in the United States between 1998 and 2008”.

To practice safe heating and cooling techniques it is critical to check the temperature of a potential meal using a food thermometer. The United States Department of Agriculture (USDA) states that “bacteria grow rapidly between the temperatures of 40 and 140 degrees F.”

To keep hot food safe for consumption, it needs to be kept at 140 degrees or higher. When it comes time to cool the food to store for later consumption, the cooling process needs to take place within a two hour window after cooking or within two hours of when it is no longer going to be maintained at a 140 degree temperature. It is imperative to note that hot food should not go directly into the refrigerator. The reason for this is because the hot food will not only lower the temperature of the entire refrigerating system, affecting the other foods, but it will not allow the hot meal to cool off fast enough. The more slowly food cools, the more likely it is to spend a duration of time in the dangerous window of 40 to 140 degrees increasing the chances of cultivating bacteria.

Instead of immediate refrigeration, food should be cooled to reach a maximum of 40 degrees. If it is necessary to speed the process along, food can be placed in a container or multiple containers depending on the size and quantity. Once sealed air tight, the

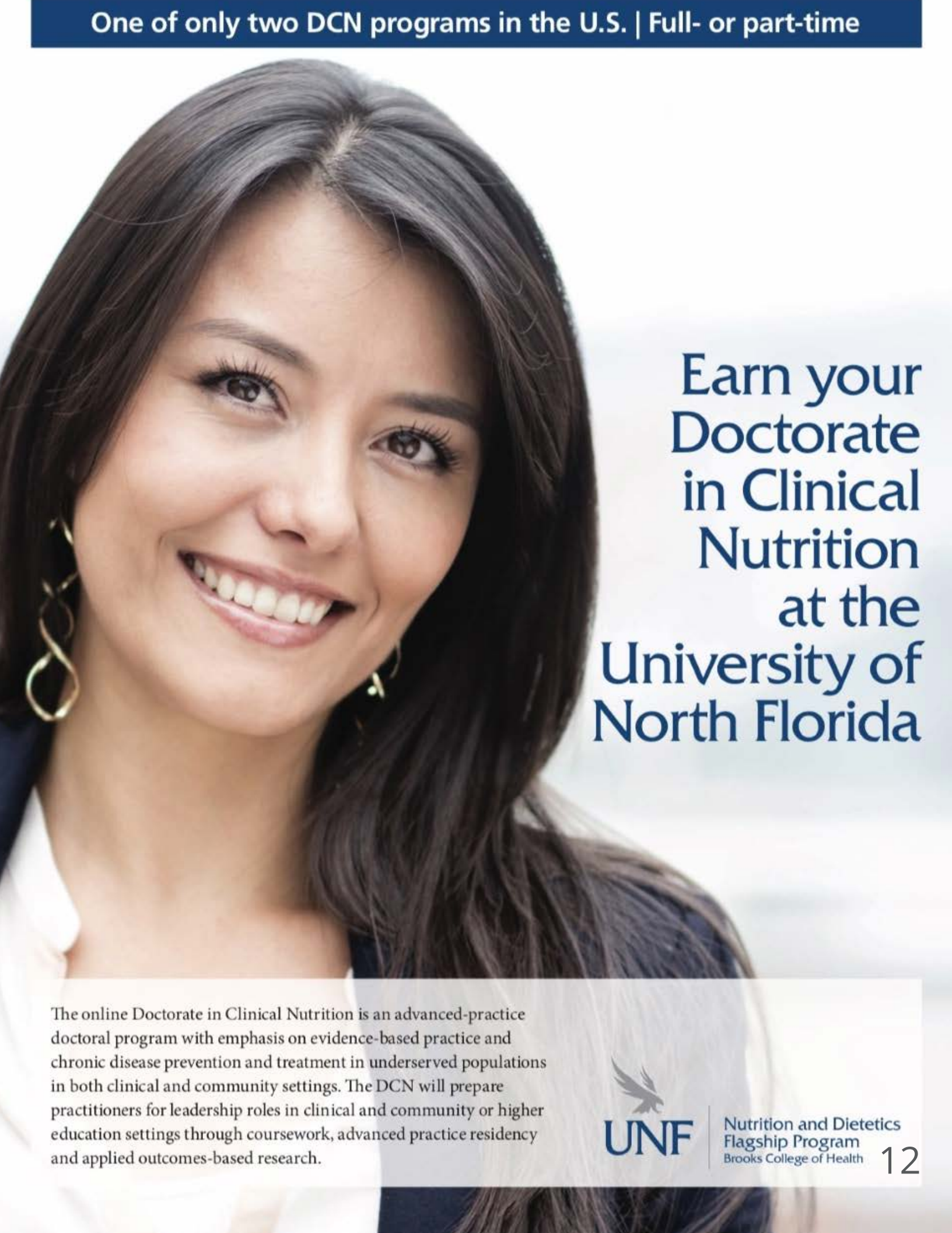


containers can be submerged in ice water or run under cool water. Cooled foods should be stored in air-tight, dry packaging or wrapping. The next time the food is heated, it should surpass 140 degrees F to reach a minimum of 165 degrees.

Whether meal prepping, preparing for a holiday gathering, or simply enjoying some leftovers, following proper food handling guidelines will ensure that any meal is safe to enjoy. Food that is eaten hot the first time should be served hot the next, but don't forget to cool it down before storing it for later!

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The Lunch Box

Watermelon Sugar

As the end of the semester approaches, it is time to cool off from the Florida heat with summer's favorite fruit: watermelon. Florida is one of the United States' top four watermelon-producing states; it accounted for 19% of the country's supply in 2012.¹ The refreshing fruit packs a punch with a high-water content and minimal carbohydrates. Regardless of if the fruit is the seedless variety or not, a serving of watermelon is a good source of vitamin C, potassium, vitamin B5, copper, and pantothenic acid. Health benefits of the sweet fruit include lowering blood pressure via citrulline, which is converted to arginine in the production of nitric oxide; this causes muscles near blood vessels to dilate and therefore lowers blood pressure.²

While watermelon is often served in the form of slices or cubes, it can also be enjoyed in the form of a smoothie. Cherries are another popular fruit in the beginning summer months, and they pair well with watermelon and provide the slushie texture needed to form a smoothie consistency. Lime, mint, and a sweetener of choice (such as agave) finish off the drink to provide the thirst-quenching capability necessary to conquer the Florida heat.



Watermelon-Cherry Smoothie

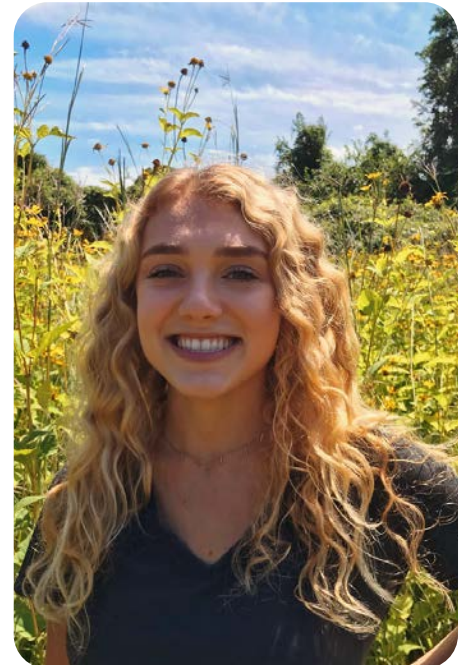
Ingredients

- ☼ Cubed watermelon (freeze if desired) – 3 cups
- ☼ Frozen cherries – 1 cup
- ☼ Lime juice – 3 tsp
- ☼ Fresh mint – 1 tsp
- ☼ Water – ½ cup
- ☼ Sweeten as desired



Recipe

1. Place the watermelon, cherries, and mint into a blender to incorporate. Gradually add water to smooth out the mixture.
2. Add the lime juice, and mint and continue to blend. If necessary, continue to splash in water.
3. Sweeten to taste and serve soon after blending with a wedge of lime to garnish. Enjoy!



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By: Samantha Dill

Student Spotlight: Mami Okada

Hey everyone! Our student spotlight for this month is Mami Okada. Mami was born in Japan and has lived in Florida for five years. She is a senior in the Nutrition and Dietetics program and works at UNF's Ogier Garden as a student farmer. Read along to learn more about Mami and her time as an undergrad at the University of North Florida.



KG: What inspired you to pursue a major in Nutrition and Dietetics?

MO: I was studying Sociology for two years before Nutrition. While I was studying Sociology, I got to learn about many food-related problems happening around the world such as hunger, food insecurity, and food waste. Since then, I have always wanted to contribute to solving those problems, therefore I decided to study nutrition. Besides my nutrition major, I have two minors: Food Systems & Sustainability and Environmental Studies. Sustainability is something I am really passionate about.

KG: What activities or hobbies do you enjoy doing outside of school?

MO: When I have free time I like to cook, exercise, and learn new languages (currently Spanish and French). I also love to travel both domestically and internationally and try new foods. Since I have not been able to travel for a long time because of the pandemic, I have been enjoying trying different cuisines within the Jacksonville area. The most recent one I tried was Portuguese cuisine.

KG: What advice do you have for upcoming students entering the nutrition program?

MO: If you are interested in food sustainability, I highly recommend minoring in Food Systems & Sustainability. Also, volunteering at the UNF Ogier gardens and Meals on Wings is a great way to get involved!

KG: What has been your favorite course so far since entering the nutrition program?

MO: There are many classes that I truly enjoyed, but my favorite course so far is HCS 3578: Food, Health, and Society. Because I love learning about different cultures, I really enjoyed analyzing the different eating habits of each culture and their impact on health.

KG: Can you tell us about your role working on campus for Ogier Gardens as a student farmer? What experiences have you gained from your role?

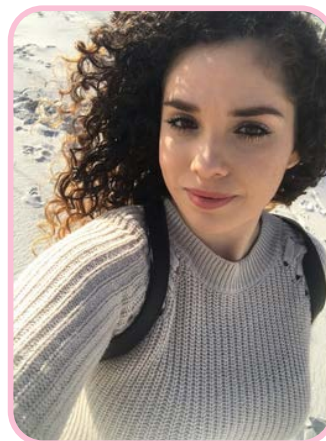
MO: As a student farmer, I am responsible for watering, planting, seeding, weeding, harvesting, delivering produce to the Lend-A-Wing pantry, and giving visitors a tour. One thing I have learned from this job is to appreciate what I eat. It is easy to take food for granted but growing food requires time, thought, and patience. Sometimes seeds do not germinate because of environmental conditions. My experience at the garden taught me to be more grateful for food.

KG: What plans and goals do you have after graduation?

MO: I am moving back to Japan after graduation. I would like to work for a company or an organization that is fighting to reduce food waste. After getting experience, I am not sure how or when exactly yet, but I would like to start my own business in food waste. I am also planning on backpacking along the west coast after graduation (if things go back to normal!).

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

MO: I do not have a favorite quote or mantra, but I would say I live up to the meaning of my name. My name Mami in Japanese is written 真深. 真 (ma) means truth, truly, and 深 (mi) means deep, deeply. My parents gave me this name because they wanted me to be faithful and always true to my value. And these are the qualities I strive to have.



By: Karla Guerra

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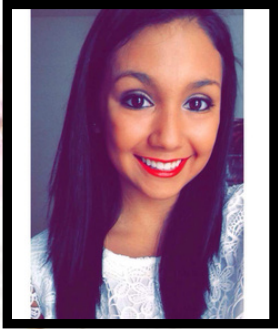
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