

ISSUE OF
AUGUST 2020

REAL FOOD, REAL TALK, REAL GOOD READ

Nutrinews

August 2020

University of North Florida Department of Nutrition and
Dietetics



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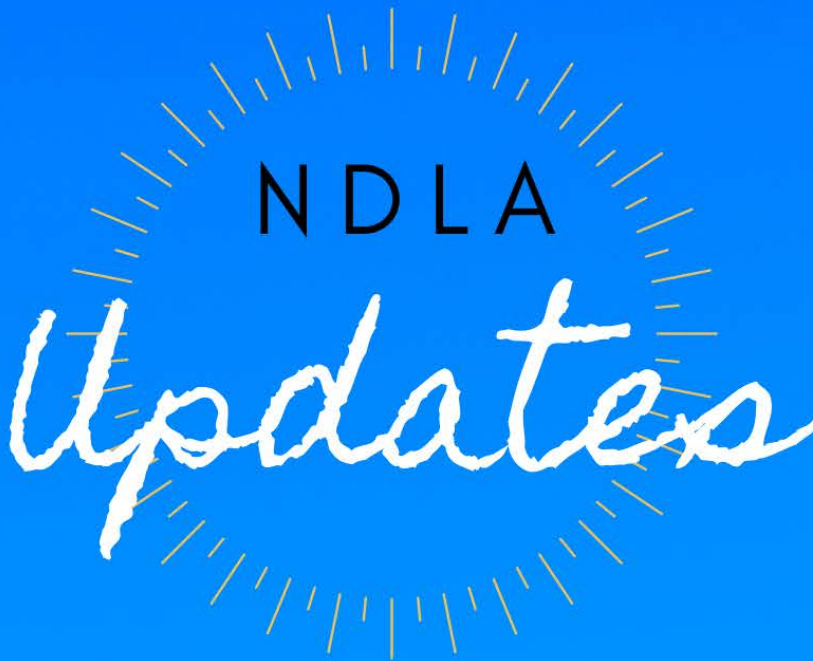
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NATIONAL BACK TO SCHOOL MONTH

FOR HEALTHY TIPS AND
RECIPES, PLEASE VISIT:

www.choosemyplate.gov.



The NDLA has been spreading the importance of the elections coming up. Since voting season is approaching, NDLA has been voicing the responsibility of voting. It is important that we have a say in what happens to our community. The NDLA Instagram account has a direct link to Florida's voting registration as well as the dates for the election...

Vote Florida Election Dates 2020

Election day:

- August 18: Primary Election**
- November: General Election**

Early voting:

- Aug. 8-15 primary election**
- Oct. 24-31 general election**

To request vote-by-mail:

10 days prior to election day. Ensure your ballot is received on time!

Request vote by

mail ballot with at least 5 business days for you to receive, and at least 5 business days for return.

**With all
this said, we also have new NDLA
officers and they are...**



President: Brittany Wood

Hi everyone! My name is Brittany Wood and I am grateful to have been chosen for President of NDLA for the 2020-2021 school year! Outside of being a wife, mom of two and full-time student, my passions include anything related to sharing experiences with loved ones, politics, and volunteering. Public policy pertaining to nutrition and autoimmune diseases sparked my drive to get my degree in nutrition. I hope to eventually become an RD and apply my knowledge in a political position of some sort. I love leadership and working as a team to accomplish things that bring enrichment and fulfillment and that is exactly what I hope to do with my position!

Vice President: Kristin Gonzalez

Hello Ospreys! My name is Kristin Gonzalez and I am so excited to be the Vice President for NDLA for the 2020-2021 school year! I was born and raised in South Florida and moved up to Jacksonville to pursue my nutrition goals. I am studying Nutrition and Dietetics with the goal of becoming a Registered Dietitian with a focus in food service management. One of my main passions is to cook and bake, so you can usually find me in the kitchen. Outside of studying, I enjoy practicing yoga and being active to keep my body as active as my mind. I am so excited to be working with my fellow officers throughout this upcoming school year!



Treasurer: Alexis Harp

My name is Alexis Harp and I'm really excited to be the NDLA Treasurer for the 2020-2021 school year! I am a mom of two wild children and they certainly keep me busy. I don't have many hobbies between entertaining my kids and keeping up with my classwork. #momlife I enjoy cooking with my daughter and teaching her things I learn in class. - As the months go on, I find myself more and more interested in nutrition and how it affects our bodies. I have a long-term goal of becoming certified in diabetes education (CDE) and maybe working with kids or the renal population. I can't wait to see what the next school year brings!

Secretary: Laura Hosch



Hello Everyone! My name is Laura Hosch and I am the upcoming Secretary for the 2020-2021 NDLA. I grew up as a military brat and spent most of my childhood moving across the globe. I chose Jacksonville as my home back in 2006 and have lived here on and off since then. I have two daughters, Audrey, 9, and Veda, 4, and they were the driving force behind my decision to go back to school for my degree in Dietetics at the age of 35. I also work as a coach for Orangetheory Fitness and when I am not at school, you can find me on the mic bringing the energy and the burn! I like to spend time with my friends and family when I'm not studying or working, and you can almost always find us outside. I look forward to working with my fellow officers and hope you will join us this upcoming school year.

Volunteer Chair: Christina Reyes

Hey everyone! My name is Cristina Reyes, and I am from Puerto Rico. After I graduate, I'm looking forward to completing a Dietetic Internship and a master's degree in nutrition. Other than my studies, I own a small business of cookies and coffee. I enjoy exploring new places and anything that has to do with being surrounded by nature.



Public Relations: Karla Guerra

Hi everyone! My name is Karla Guerra, I am the upcoming Public Relations Officer for NDLA. I was born and raised most of my life in Texas but have lived in Florida for almost six years. I am studying Nutrition and Dietetics with the goal of becoming a Registered Dietitian. I work at UNF's Ogier Gardens as the student engagement liaison, so I spend a lot of my time on campus. If you do not see me on campus you can find me at home with my six-year-old son. I am a huge fan of all things Disney. Some of my hobbies include photography, reading, and of course learning about health and nutrition.



How the “Smart Snacks” Law has Improved Student Diet Nationwide

BY: ELIZABETH PIAZZA



On average, students spend about 6 hours each day in school. Since so much of a student's day is spent outside of the home, it's easy to see how the school food environment can play a significant role in the dietary habits formed in a student's life. Since the health of each adult is built in the younger years of their life, encouraging higher intakes of fruits and vegetables is crucial to establishing a healthier future for this population. Initiation of policies restricting consumption of unhealthy food have been made at the city- and state-wide level.

Several studies have looked into the effectiveness of these policies, such as, one nationwide study that found higher availability of fruit and vegetables led to higher consumption in high school students. Another study found that students consumed greater amounts of fruits and vegetables when laws requiring minimum amounts of these for each meal were established.





Though strong enforcement of snack laws has shown to be beneficial in improving fruit and vegetable intake, policies on snack foods can differ between various states and schools, making it hard to see consistent results throughout the country.

In 2016, the U.S. Department of Agriculture initiated ‘Smart Snacks’ regulations, which restricted the sale of snacks high in added sugars, solid fats, and other unhealthy constituents in vending machines, cafeterias, and school stores nationwide. This tactic effectively raised the bar for states whose restrictions were less than adequate, and further encouraged those whose policies matched the program.

In enforcement of this tactic throughout the country, student consumption of salad, fruits, and other vegetables was seen to increase. Childhood obesity, as well as, adult chronic disease has become a nationwide problem that the U.S. has come to collectively due to lack of government encouragement and regulation.


Though research has shown that strong regulation of snack laws in school shows to be highly effective, federal standards for meals are proposed to be redacted, which would allow unhealthier choices such as pizza, tater tots, and other unhealthy foods back into the cafeteria for students to choose from. Allowing city and state governments to decide on initiation of laws for greater fruit and vegetable consumption has not shown success in collectively improving the health of the nation as a whole.

Where one state values student health and makes effort to initiate regulations, another pushes these issues to the side in light of other matters. As a result, the students in these states essentially reap the detriments of this neglect which could show in their health later in life.



Maintenance of the nationwide snack laws plays a crucial role in giving equal opportunity to students in every state to begin forming healthier eating habits. Since we have the opportunity to live in a country run by a democracy, we all can play a crucial part in protecting the positive changes that USDA Snack Laws have initiated for students all across the country. Changes only occur when we build enough courage to stand our ground on the issues we see as important in the country. A democracy is only maintained through exercising our rights of demanding change in issues that lie at the heart of our daily lives. By taking a stand and a voice to protect the laws, we are taking a stand for the health of our future and a better nation for our children

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AUGUST IS NATIONAL PEACH MONTH

**FOR MORE INFORMATION ON THE HEALTH
BENEFITS, NUTRITION, TIPS AND RECEIPES
PLEASE VISIT:**

**WWW.FRUITANDVEGGIES.ORG
WWW.GAPEACHES.ORG**

Shopping in season

By Cameron Glover



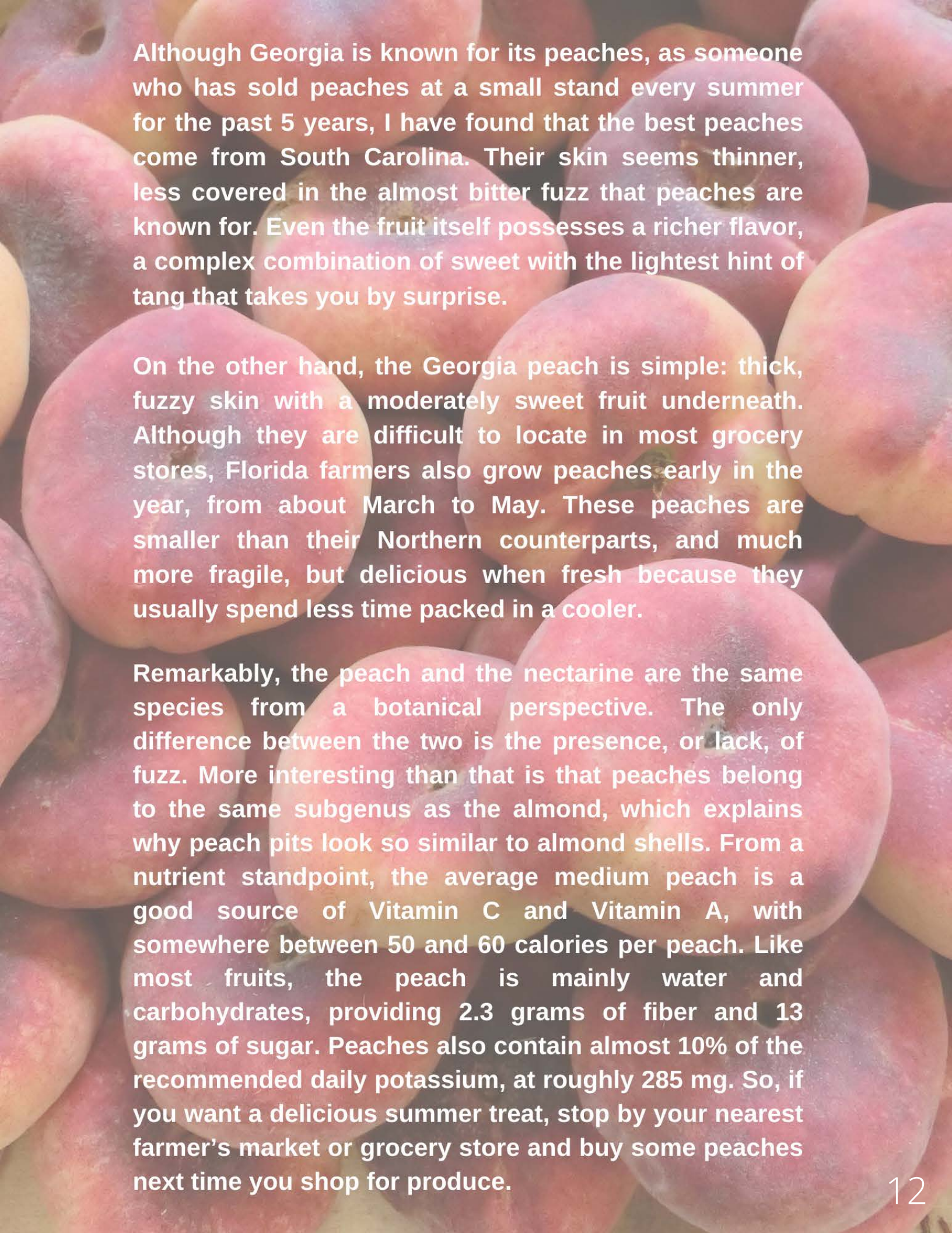
Peaches

Peaches are one of the fruits that always remind me of the summer heat. Peach cobbler with a scoop of vanilla ice cream is something my family has had at summer get togethers for as long as I can remember. Even if we are not able to meet in person, enjoying a fresh peach that's been chilled in the fridge still brings me the same warmth and happiness that I got from spending time with my family.

Recently, I purchased an entire case of peaches for just under \$20 and used it to make enough peach butter to last the rest of the year, assuming you don't get too addicted. The process of making peach butter is simple, provided you have a blender and slow cooker; there are also many recipes online for anyone who is interested in trying it out.

The peach is a distinctly southern fruit in the United States, but historians speculate that it actually originated in or near China. Peach trees need a certain amount of heat to survive, meaning that above South Carolina the fruit is difficult to grow for wide-scale operations. The best peaches you'll find will come from the South East, with our hot and rainy summers that keep the plants nourished all summer long.





Although Georgia is known for its peaches, as someone who has sold peaches at a small stand every summer for the past 5 years, I have found that the best peaches come from South Carolina. Their skin seems thinner, less covered in the almost bitter fuzz that peaches are known for. Even the fruit itself possesses a richer flavor, a complex combination of sweet with the lightest hint of tang that takes you by surprise.

On the other hand, the Georgia peach is simple: thick, fuzzy skin with a moderately sweet fruit underneath. Although they are difficult to locate in most grocery stores, Florida farmers also grow peaches early in the year, from about March to May. These peaches are smaller than their Northern counterparts, and much more fragile, but delicious when fresh because they usually spend less time packed in a cooler.

Remarkably, the peach and the nectarine are the same species from a botanical perspective. The only difference between the two is the presence, or lack, of fuzz. More interesting than that is that peaches belong to the same subgenus as the almond, which explains why peach pits look so similar to almond shells. From a nutrient standpoint, the average medium peach is a good source of Vitamin C and Vitamin A, with somewhere between 50 and 60 calories per peach. Like most fruits, the peach is mainly water and carbohydrates, providing 2.3 grams of fiber and 13 grams of sugar. Peaches also contain almost 10% of the recommended daily potassium, at roughly 285 mg. So, if you want a delicious summer treat, stop by your nearest farmer's market or grocery store and buy some peaches next time you shop for produce.

STUDENT SPOTLIGHT: MADI WALKER

WRITTEN BY: KARLA GUERRA



HEY EVERYONE! MEET KRYSTAL MADISON WALKER,

She goes by her middle name Madi. Madi is an upcoming Junior in the Nutrition and Dietetics Program at UNF. Madi is from Groveland, Florida and she has been working at UNF's Ogier Gardens for two years as a Student Farmer. She is also the President of Nutrition Journal Club, current President of UNF Cooking

Club, and President of Slow Food UNF. Madi has had the great opportunity to work on research with Dr. Hicks-Roof and has presented at conferences. Read along to find out more about Madi's journey as an undergrad and in her own words "I couldn't ask for a better program than what UNF has given me!"

KG: WHAT INSPIRED YOU TO PURSUE A DEGREE IN NUTRITION AND DIETETICS?

MW: I originally wanted to be a chef, but then I realized my passion for food went past just creating delicious food for people. I want to educate people on health at every size and that everyone can enjoy good food for the soul and our bodies, not just in the name of health.



KG: WHAT ACTIVITIES OR HOBBIES DO YOU ENJOY DOING OUTSIDE OF SCHOOL?

MW: I am a huge cook out of school. I love trying new recipes and finding new things to use in the kitchen. I also enjoy gardening, going to Disney, and the beach!



KG: WHAT CAN YOU TELL US ABOUT YOUR OFFICER POSITIONS IN NUTRITION JOURNAL CLUB AND UNF COOKING CLUB?

MW: I am currently the President of both Nutrition Journal Club and UNF Cooking Club. For Nutrition Journal Club, I will be following along with the Nutrition Research class topics and finding different research articles for us to talk about each month. It is a great opportunity not only for the juniors, but, the seniors are able to keep up with new research findings and even help explain to their peers the importance and start a discussion between class groups. For UNF Cooking Club, I pull together the recipes and ingredient list for the month that we will be using. We usually do one entrée type, a breakfast, lunch, or dinner type item, and a dessert or an extra side. At these club meetings, we do a technical skill, a small nutrition lesson, and then everyone gets a role as we

make our meal together. We are still looking for officers for UNF Cooking Club so if anyone is interested email me at:

UNFCookingClub@gmail.com

KG: WHAT ADVICE DO YOU HAVE FOR INCOMING STUDENTS ENTERING THE NUTRITION PROGRAM?

MW: Apply anyway, get involved, and show up! If you aren't qualified, sign-up, if you think they will say no, sign-up, if you think you need more experience, sign-up for something else and then sign-up to do what you wanted to! The only thing they can do is say no, which gives you more time to apply somewhere else. Get involved in clubs, in groups, and in things that have nothing to do with food and nutrition just because you can. Show up to random events, someone offers you a cookie on The Green and says they have a meeting for a group you have never heard of and you aren't

(CONTINUED)

MW: doing anything, go! There is so much that the Nutrition Program and UNF is offering, that if I hadn't started early, I have no idea if I would have been able to accomplish or do half the stuff that I have. If you have the time to do it, say yes even if it doesn't go on your resume your grandma will think you are really cool.

KG: CAN YOU TELL US ABOUT YOUR ROLE WORKING ON CAMPUS FOR OGIER GARDENS?

MW: Absolutely! I am a Student Farmer at the Ogier Gardens and I love my job! I meet so many people by working with volunteers or helping/hosting workshops and events with the Ogier Gardens. Getting people connected to the gardens and having them come back is one of my favorite things! I also help start seedlings in the greenhouse, and then transplant them into

an adopt-a-bed or one of the many garden rows. There is a lot of weeding and other tasks to be done and we are always looking for volunteers, so if anyone is interested you can learn more at:
<https://www.unf.edu/recwell/gardens/>

KG: WHAT PLANS AND GOALS DO YOU HAVE AFTER GRADUATION?

MW: I plan on going through an internship and then becoming a Registered Dietitian. The goal is to be able to go into Community Nutrition and help those who are in food desert related areas and educate them on meeting their nutrition needs in a way that is low-budget and high in flavor. Another goal is to take diet culture apart piece by piece.

KG: WHAT IS YOUR CURRENT FAVORITE SUMMER SNACK?

MW: Guacamole with a hint of lime tortilla chips, they hit the spot every time!

KG: DO YOU HAVE A FAVORITE INSPIRING QUOTE OR
MANTRA THAT YOU LIVE BY AND WOULD LIKE TO SHARE
WITH OTHERS?

MW: “ALWAYS PRESENT ON
WHITE” I WAS GIVEN
THIS QUOTE IN HIGH SCHOOL
FOR A CULINARY EVENT AND
HAVE TRIED TO USE IT FOR
EVERYTHING EVER SINCE. IT
IS SUPPOSED TO BE FOR THE
DISPLAY OF FOOD, THAT WAY
ALL THE COLORS FROM YOUR
DISH DON'T GET MUDDLED
AND EVERYTHING LOOKS
CLEAN AND CRISP. I WANT TO
LIVE MY LIFE WHERE
EVERYTHING I DO HAS A
MOMENT TO SHINE.



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The Lunch Box

By Mackenzie Tackett



Hey Ospreys! Happy August as we start the beginning of the fall semester. It has been a crazy summer with the progression of COVID-19 making everything completely unpredictable. When the semester starts, it will be the first time for many of us since early March that we will be back in a classroom on campus. This also most likely means that all the food places on campus will be packed during lunch time in the beginning of the term. I recommend you skip the lines and pack your lunch. Here are some recommendations for some foods you can pack your lunch with.

Nuts, like walnuts or almonds.

Nuts help with memory and cognitive functioning. Making it easier to focus during class and to prepare you for those long nights of studying. Another good thing to add to your lunch is fruit. Fruits are full of nutrients and can even help you stay awake because of the sugars. You could bring some cut up apples and even bring some peanut butter to add some protein to your lunch. Another great thing to bring is a spinach wrap. There are so many options of what to put inside of it. What I like to do for an easy spinach wrap is to layer sandwich meat with lettuce or spinach. I roll it up and it holds up great for lunch time.

Good luck for the fall semester Ospreys and stay safe. Swoop!

The Properties of Bread With the Addition of Quinoa Flour

written by Chloe Morgan



Bread is and always has been a key component of a typical diet for people throughout the world. The versatility and diversity available through different types of bread, as well as the array of dishes and recipes which utilize this essential ingredient, are some of the main reasons this staple continues to be one of the most commonly consumed foods. Despite its prevalence, one of the main criticisms against the frequent consumption of bread is the belief that, since it contains a high carbohydrate content but low nutritional content, eating bread regularly is contributing to the nutritional deficiencies and obesity problems that millions of people face in modern day society. Additionally, those with celiac disease and gluten intolerance are unable to eat most forms of bread, as even one slice of whole wheat bread “contains around 4.8 grams of gluten (10% gluten by weight)”.



“

To expect people to stop eating such a customary food would be unreasonable, so instead of abolishing it from the traditional diet, what if we tweaked the nutritional content?

Recent studies have examined the properties of bread when core ingredients are substituted with superfood components. The benefits are the most significant when wheat bread is made with 10% or higher quinoa flour substitution. Quinoa is a grain crop that can be classified as a pseudo-cereal. It is gluten free, making it suitable for consumption among those with celiac disease, and being one of the only plant foods to contain all nine essential amino acids, it has impressive health benefits. Most white and even many whole wheat breads are made with refined flour, which increases the shelf life of the product but removes

most of the nutritional value. One cup of quinoa flour contains 631mg of potassium, 16g protein, 72g total carbohydrates with 7.8g dietary fiber, and about 28% RDA of iron. In an article published by the International Journal of Food Science, “bread supplemented with different levels of quinoa flour (5%, 10%, 15%, 20%, 25%, and 30%) increased its levels of proteins, essential amino acids, crude fiber, and minerals that was nutritionally superior to wheat bread (as control)” and “flat bread



supplemented with quinoa flour had higher contents of all essential amino acids especially lysine which is very low in wheat flour”.

Additionally, the qualities about bread people know and love such as taste and texture remain mostly unchanged. The notable changes to texture, color, and flavor of the bread samples were mainly detected on the loaf made with a ratio of quinoa in wheat-quinoa flour mixture of 50%. Recorded changes included a darker coloration and slightly gummy texture.

In summary, replacing refined or enriched flour with even 10% quinoa flour is one way for people to add nutrients to a food they commonly enjoy without significantly changing the taste and texture they know and love. Bread containing concentrations of quinoa flour higher than 10% offers health benefits such as reduced gluten content, higher protein content, essential amino acids, higher fiber content, and minerals that would not otherwise be consumed when eating regular wheat or white bread.

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RESEARCH AROUND THE WORLD

The Effect of Zinc Supplementation on infection in the Elderly



By: Anna Waterman

It is no secret that as we age, our bodies slowly start to break down, Vision blurs, hearing diminishes, bones and muscles lose strength, and the immune system becomes weaker.

Research was conducted a few years ago on the impact of zinc supplementation on the incidence of infection in the elderly.

This study selected 50 healthy elderly adults aged 55-87 years old of both sexes to participate in a double-blind placebo driven study to test the efficacy of zinc on incidence of infections. These subjects were randomly placed in two groups of 25. The first group was given one oral capsule of zinc gluconate (equal to 45 mg elemental zinc) before breakfast every day for twelve months, while the other group received a placebo in the same way.

Each subject was given an oral glass thermometer and a calendar so they could document their temperature and symptoms as soon as they began to feel ill. If they sought medical attention, they all saw the same nurse practitioner who was blind to which subjects were receiving the zinc and which were not.

At the beginning of the study, most of the subjects showed deficient levels of zinc, but at the end of the 12 months the zinc supplemented group saw a rise in their plasma zinc concentrations while the placebo group saw their numbers drop even further.

Out of the zinc-supplemented group, 17 did not document any evidence of infection for the entire 12 months of the study while only three subjects in the placebo group had no evidence of infection. The total incidence of infection was seven In the zinc supplemented group, while the total in the placebo group was 35. Markers of oxidative stress and inflammation also declined in the zinc group. At the beginning of the study, most of the subjects showed deficient levels of zinc, but at the end of the 12 months the zinc supplemented group saw a rise in their plasma zinc concentrations while the placebo group saw their numbers drop even further.

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