

DEC 2020

NUTRI NEWS

OH Holy Night

THE STARS ARE

BRIGHTLY SHINING



University of North Florida
Department of Nutrition and Dietetics

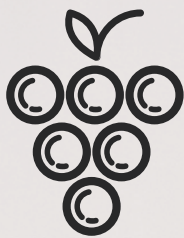
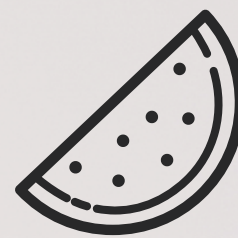


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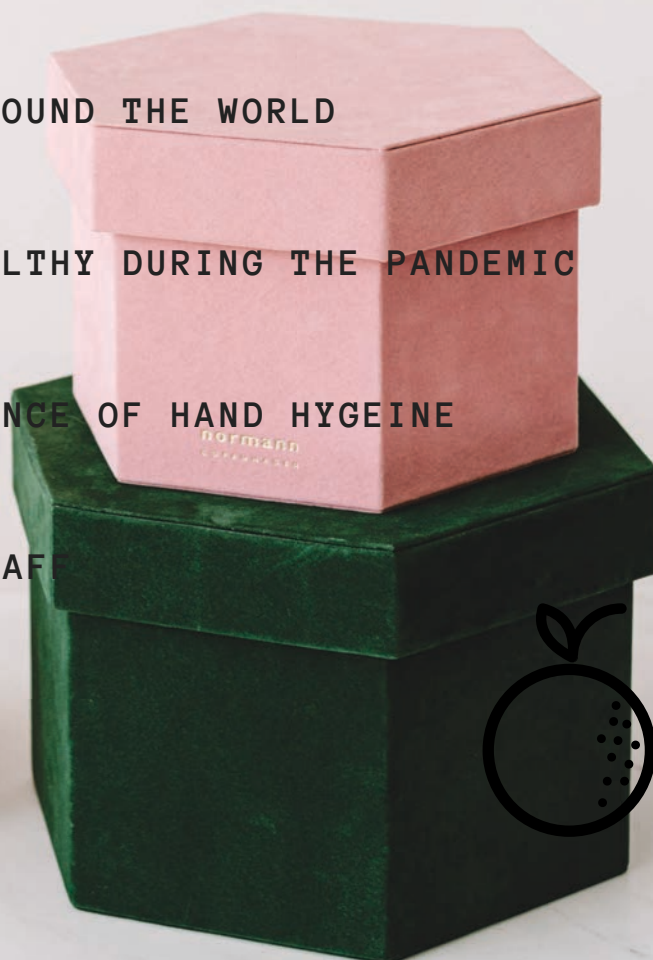
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UNF COVID Corner

By: Laura Rogers



The moment has come that we all have been waiting for: December is finally here! That means two weeks before we can rest our tired brains and enjoy winter break. However, with finals December 5th – 11th, these two weeks will probably feel like the longest of the whole semester.

Those of you feeling extra stress or pressure because of finals, check out the Counseling Center's Mental Health Canvas page. Many helpful resources can be found, including a virtual relaxation room offering various tools to manage stress.

Since this month is going to be cut short, there are only two notable nutrition-related events:

Graduate student seminars: UNF is partnering with the First Coast Academy for event registration for the live zoom event lasting November 30 at 11:30 am through December 4 at 8 pm. These sessions will be interesting and worth 1 CEU credit; various topics can be found on the eatrightjax.org website. For more information, contact Dr. Hicks-Roof or eatrightjax@yahoo.com.

Cooking Demonstration: Our fantastic UNF dieticians will be hosting another cooking demo at the Healthy Osprey Kitchen on December 9, from 12-1 pm. This would be an excellent opportunity to take a midweek finals break.

On winter break and COVID, I spoke with Dr. Doreen Perez, the UNF COVID Health Coordinator. She emphasized that the holidays are a time of loving and caring and that culturally, we enjoy gathering and sharing food and laughter during this season. Dr. Perez is full of information and useful tips to follow when interacting over the break.

“

Super spreader events are those in which people gather together and let their guard down. These types of gatherings are the reason we did not return to campus after Thanksgiving break.

Keep your guard up when interacting with people. Wear your mask, practice good hygiene, don't hug and kiss your relatives and loved ones during the holidays, and make sure not to huddle up together in small spaces.

“All it takes is one good sneeze.” This one sneeze by your unmasked relative who came in from out of town can cause a ripple effect, spreading the virus.

Wear your mask correctly. COVID does not just enter our bodies through our mouths. We all breathe in through our noses, so let's make sure that we cover those up too.

50% of positively tested people were within 5 days of exposure.

15 minutes of cumulative contact is all it takes to contract the virus. Unknowingly interacting with a COVID positive person a few minutes here and a few minutes there, adding up to 15 minutes of exposure time will substantially increase the risk of transmitting the virus.

Returning to campus: The goal is for everyone to return to campus this spring as COVID-free. This means getting tested about 3 days before the start of the semester. Free COVID testing will be available on campus. However, for those who forget or didn't know about getting tested, the university is currently looking to obtaining the means for rapid antigen testing on campus.

”

Dr. Perez did mention that “Our students have done an excellent job mitigating the spread” of COVID. So, let's all continue with our efforts by practicing our COVID precautions and make the best of our winter break while preparing for the next semester. Rest easy and stay safe, Ospreys!

STUDENT SPOTLIGHT

Hey everyone! Meet Dalila Memic, a part-time senior in the Nutrition and Dietetics program graduating in Spring 2022. Dalila was born in Bosnia and lives in, Jacksonville, Florida. Dalila is the Public Relations Chair and Garden Coordinator for the Student Nutrition and Dietetics Association (SNDA), an editor for NutriNews, a mentee in the RD Mentorship program, and a mentor in the SNDA Apples to Apples Mentorship program. Dalila also volunteers at Ogier Gardens and with Food Fighters/Meals on Wings. Read along to find out more about Dalila and her journey as a Nutrition Major student.



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

DM: I have always known I wanted to help people and make changes to the world somehow. It wasn't until after I transitioned to a vegan diet and lifestyle almost five years ago that I became really interested in health and nutrition. Learning about the interrelated systems of food, health, and the environment led to my interests in dietetics and public health. From there, I decided I wanted to become a Registered Dietitian to reach my original goals. I'm lucky that my future career will be one that I'm passionate about and in a field that I can venture into many areas.

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

DM: Outside of academics and nutrition, I like to travel or explore new places, go thrifting, cook and bake, buy a lot of plants, and skateboard. And some of my main interests are photography and writing/blogging.

KG: What can you tell us about your officer position for the Student Nutrition and Dietetic Association Club?

DM: I love being part of SNDA because my fellow officers are very supportive and enjoy getting involved in the program. As the PR Chair, I have realized using different forms of media to connect students to opportunities and updates in nutrition and on campus is even more important now, as the world is becoming more virtual, I feel I'm learning with each new change and coming up with ways to evolve SNDA. And as the Garden Coordinator for SNDA, you can find me at UNF Ogier Gardens on Friday mornings maintaining the nutrition garden beds. It is a great way for students to gain experience and get volunteer hours while learning new skills. Growing your own food is the most rewarding thing you can learn.

KG: What advice would you give to incoming students entering the nutrition program?

DM: My advice would be to find a mentor. It could be a senior, a graduate student, a volunteer manager, a professor, or someone in the career field of your interest. And you can have multiple mentors too. The importance of a mentorship is that you will gain important skills that will help you succeed and reach your goals in both career and life. Because later on they could be the person who will get you accepted into grad school or in the job position you really want.

KG: What has been your favorite class in the Nutrition and Dietetics Program?

DM: My favorite classes so far are Community Nutrition and Food Service Management. The Community class pushed me to get involved in many volunteering opportunities. Getting exposed to different organizations and populations in the community helped me gain better understanding of the area of nutrition I am most interested in. From Food Management, I have learned the importance of leadership and how much it really sets apart nutrition students, interns, and RD's from others. Even people who do not think they are natural born leaders can become skilled managers of companies or positive influences in society.

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

DM: After graduation, I plan on moving to New York to complete a Dietetic Internship program focused on public health nutrition. I do still plan on completing a MS/MPH global public health program later because my goals are to work abroad as a Registered Dietitian.

KG: Do you have a traditional meal or snack you like to make during the holiday season?

DM: One of two of my favorite dishes to make for Thanksgiving every year is a baked mac n' cheese that my family still doesn't believe is vegan. I also like making the classic pumpkin pie but with a homemade baked pie crust. One of the most popular foods at Thanksgiving dinner, besides the turkey, is a traditional Bosnian dish called sarma, which is rolled cabbage filled with meat and rice or veggies and rice and can include fresh herbs and flavorful seasonings like parsley, garlic, dill, and smoked paprika.

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

DM:

"You must be the
change you wish to see in
the world." —
Mahatma Gandhi



CARMELIZATION AND COOKING!

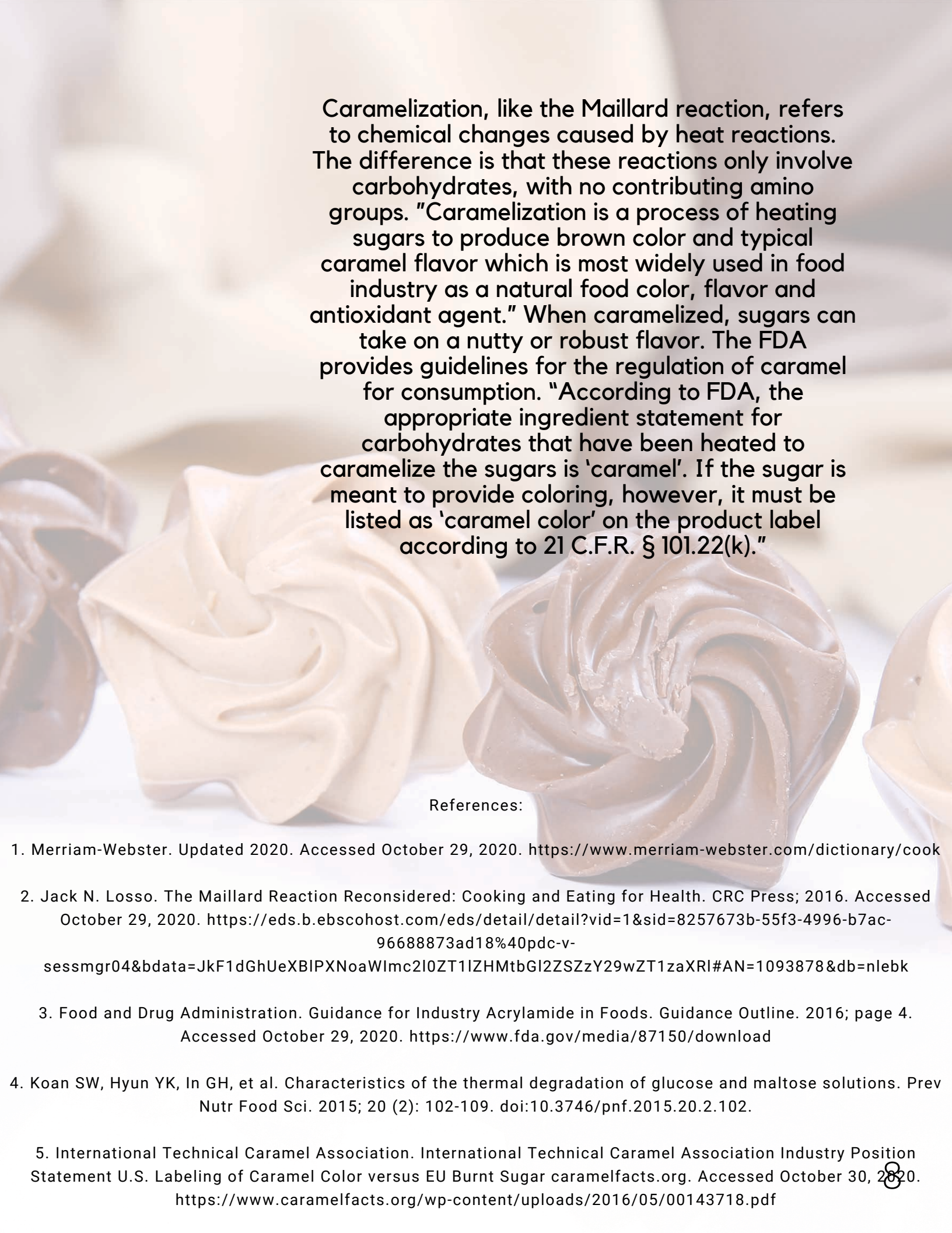
By definition, cooking means to, “prepare food for eating especially by means of heat”. Many times, recipes and the practice of cooking call for food to be prepared until it becomes golden brown in color. How does the use of heat change the color and composition of the food we eat? The credit belongs to two essential processes; one is called the Maillard reaction, and the other is caramelization.

by Chloe Morgan



The Maillard reaction is named after French chemist called Louis Camille Maillard. It's the term for the chemical reaction that takes place when browning food by cooking with dry heat at a high temperature. "The reaction occurs between a reactive aldehyde usually a reducing sugar and an amine group and is flavored by heat." The new compounds which are formed through this reaction are what give much of the food we eat the flavors and aromas we are accustomed to. "The MR affects the aroma, appearance, and flavor of several types of foods including bread crust, pizza, peanut butter, cheese, condensed sweetened milk, roasted coffee, roasted chicory, grilled poultry or red meat, dry soups, biscuits, protein and cereal bars, breakfast cereals, beer, and cola."



The background of the page features a close-up, slightly blurred image of several chocolate swirls, likely from a chocolate fountain or a similar confectionery. The swirls are a rich, dark brown color and are arranged in a row, with the one in the center being the most prominent. The lighting is soft, highlighting the texture of the chocolate.

Caramelization, like the Maillard reaction, refers to chemical changes caused by heat reactions. The difference is that these reactions only involve carbohydrates, with no contributing amino groups. "Caramelization is a process of heating sugars to produce brown color and typical caramel flavor which is most widely used in food industry as a natural food color, flavor and antioxidant agent." When caramelized, sugars can take on a nutty or robust flavor. The FDA provides guidelines for the regulation of caramel for consumption. "According to FDA, the appropriate ingredient statement for carbohydrates that have been heated to caramelize the sugars is 'caramel'. If the sugar is meant to provide coloring, however, it must be listed as 'caramel color' on the product label according to 21 C.F.R. § 101.22(k)."

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SHOPPING IN SEASON

BY CAEMRON G.



December is National Pear Month, so it's the perfect opportunity to examine the different types of pears available in the grocery store. Pears are one of the oldest cultivated fruits, meaning there has been a lot of time to develop individual characteristics that separate the varieties. Like most fruits, the different pear varieties have unique textures, flavors, and colors. In general, pears are somewhere between 85 and 105 calories, and have 5 or 6 grams of fiber. Pears are a good source of Potassium, vitamin C, and Copper. Pears are also a good source of antioxidants, particularly flavonoids. The best way to get these benefits is to consume the skin of the pear. Luckily, unlike apples, the skin on pears is thin and easier to chew.

The two most common types of pears you will come across are the D'Anjou and Bartlett pears. At first glance, the two types are almost identical, but as they start to ripen the differences become more apparent. The Bartlett pear turns from the familiar lime-green shade to a light yellow as it ripens, whereas the D'Anjou stays the same lime-green as it softens. Once a Bartlett pear turns yellow, you can expect a juicy, mouthwatering bite of sweetness. The D'Anjou pear is sweet as well, but I find that it never quite reaches the potent flavor of a perfectly ripened Bartlett.

Other pears you'll find in the grocery store include the brown Bosc pear, red pears, and the apple-shaped Asian pear. The Asian pear is growing in popularity from what I've noticed, but it costs more than any of the other varieties. Asian pears are crisper than other pears, and pair well with savory flavors due to their almost neutral level of sweetness. A great way to enjoy pears this holiday season is try them poached with wine and spices. Another fun and tasty way to use pears is to slice one up and add it to a salad, along with cranberries and blue cheese. The pungent flavor of the blue cheese enhances the sweetness of the pear which creates a delicious combination.

COVID HOLIDAY FOOD SAFETY TIPS



- **Wash hands 20 seconds before preparing meals.**
- **Limit people going in and out of the kitchen area.**
- **Wear mask while preparing foods.**
- **Use single use plates, utensils and condiments.**
- **Avoid self-serve food or drink options.**
- **Avoid multiple handling of utensils.**
- **Wash and disinfect reusable items after the event.**
- **Stay home if you are sick.**



SERVE HEALTHY FOODS SUCH AS FRUITS, VEGETABLES, WHOLE GRAINS, LEAN PROTEINS AND NO-CALORIE BEVERAGES AT GATHERINGS TO MAINTAIN GOOD HEALTH

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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.



Nutrition and Dietetics
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Finals Food



By: Samantha Dill

Brain Fuel:

Exam season is among us! The first two weeks of December are when most Ospreys have their finals. To keep our brains working hard during finals week, it is imperative to eat balanced, healthy meals. It is important to have snacks and pre-make base elements of meals. Vegetables can be roasted and refrigerated, and rice can be cooked and put in a container. Well-rounded and colorful foods are key to keeping the wheels in the brain turning and maintaining energy levels in this relatively dim time of year. Cheers to socially distanced date nights with Thomas G. Carpenter!





Apple Nachos

Though it may be December, it is the start of fall to most Floridians. Apples are a frequently found commodity in most grocery stores and most varieties peak later in the year. These apple nachos put a spin on the classic apples and peanut butter to make a more filling snack/meal. Toppings are variable person-to-person.

INGREDIENTS

- Apples
- Nut butter of choice
- Granola
- Nuts and/or seeds of choice
- Cinnamon
- Sea salt

RECIPE

1. Wash, dry, and slice an apple somewhat thinly.
2. Place the apple slices on a plate and drizzle nut butter over the dish.
3. Sprinkle granola bits plus nuts/seeds on the apples.
4. Dust the platter with cinnamon and a dash of salt.
5. Warm if desired and enjoy!


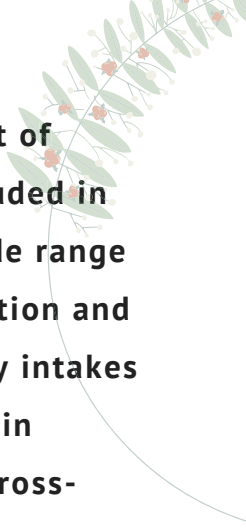
RESEARCH AROUND THE WORLD

by Melissa Brennan




We have all heard the saying, “an apple a day keeps the doctor away.”. But why are apples so nutritionally beneficial? The 1st of December marks Eat A Red Apple Day, which couldn’t be a more fitting time to discuss flavonoids, a compound found in apples that has been shown to benefit the heart, endothelial (blood vessel) function, and cognition.¹ Flavonoids are found in many plant foods, including the aforementioned apples, along with tea, cocoa, and red wine. Flavonoids are a large group of compounds (polyphenols) and can be grouped into different classes, including: flavanols, isoflavones, and anthocyanidins. Flavonoids act as anti-inflammatory and antioxidant compounds, which is why they are so beneficial to add into the diet regularly. Including flavonoids in the diet can reduce LDL oxidation, hypertension, stroke, and blood cholesterol, while improving vascular function and helping to prevent cognitive decline. A diet rich in a variety of flavonoids has been shown in epidemiologic studies to reduce risk of mortality from cardiovascular disease, cancer, and Alzheimer’s.





As established, flavonoid consumption offers a host of benefits to health and wellness and should be included in the diet regularly. Unfortunately, there is not a wide range of data looking at international flavonoid consumption and sources. Murphy, et al. set out to estimate the daily intakes of flavonoids and major food sources of flavonoids in middle-aged Australian males and females.¹ This cross-sectional study of 1,183 Australians aged 39-65 years set out to establish the intake of flavonoids (including the classes and subclasses most consumed). Utilizing a 215-item Food Frequency Questionnaire (FFQ), data was collected and analyzed in a one-way analysis of variance to see the distinctions between intake in women and men. The study found that flavonoid intake in participants was about 626 mg/d. On average, men consumed less total flavonoids per day than women at 566 mg vs. 660 mg a day, respectively.



Of the different classes and subclasses of flavonoids, women consumed more thearubigin, anthocyanidins, flavan-3-ols, flavones, and flavanols. Men consumed more flavanones than women. Apples contributed to the intake of flavonoids for both men and women, and they contain many different subclasses of flavonoids: anthocyanidins, flavanols, cyanidin, epicatechin, quercetin, and luteolin. Thearubigin found in tea was consumed the most out of any other flavonoid (at 58%), which indicates that this is the main source of flavonoids consumed by men and women in Australia.

Resources: Murphy KJ, Walker KM, Dyer KA, Bryan J. Estimation of daily intake of flavonoids and major food sources in middle-aged Australian men and women. *Nutr Res.* 2019; 61: 64-81. doi:0.1016/j.nutres.2018.10.006.

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How to Stay Healthy During the Pandemic as a College Student



By: Tamara Marsh



Dealing with classwork, extracurricular activities, the pandemic, and even work for some college students can be a lot to handle. Below are 7 ways to stay healthy during the pandemic while trying to juggle it all.

1. Move your body

Exercise is a great way to maintain a healthy weight, reduce your risk of heart disease, manage your blood sugar and insulin levels, strengthen your bones and muscles, and improve your mental health. Exercising at home is an easy way to a social distance and get a good workout. There are plenty of options to workout at home. You can workout for free with apps and YouTube videos or pay for premium apps and online memberships.

If you choose to workout indoors or in a gym, social distance by being at least 6 feet apart from each other and open a window to increase air flow (if available). Wear a mask for low intensity exercises such as stretching and yoga or for other workouts if it does not hinder your workout.

Wash your hands before adjusting your mask. Use disinfecting wipes to clean exercise machines before and after each use. Do not use shared equipment that cannot be cleaned between each use such as resistance bands and weightlifting belts.

2. Eat when you are hungry

Emotions and feelings such as stress, sadness, or boredom cause people to emotionally eat. Instead of eating, find healthy ways to cope with your feelings such as video chatting with loved ones, taking a walk outside, journaling, meditating, or trying a new hobby such as drawing, video making, and photography.

FREE YOUTUBE WORKOUTS:

- SYDNEY CUMMINGS
- YOGINIMELBOURNE
- POPSUGAR FITNESS
- ARIANNA ELIZABETH
- FITNESS UNF

PREMIUM ONLINE MEMBERSHIPS:

- ALOMOVES
- YOGAWORKS
- DOYOUYOGA
- SWEAT
- DAILYBURN

FREE WORKOUT APPS:

- NIKE TRAINING CLUB
- FITON
- DAILY WORKOUTS FITNESS TRAINER



3. Eat nourishing foods

A healthy diet protects against malnutrition, diabetes, heart disease, stroke, and cancer. A healthy diet consists of fruits, vegetables, whole grains, dairy, and protein (lean meats and legumes). If you are interested in learning more about healthy eating, MyPlate and the World Health Organization are good places to start. If you are looking for personalized nutrition recommendations, you can get free nutrition advice from UNF's dietitians. This is a great time to learn how to cook healthy meals or to try new healthy meals since you are home often.

RECIPES:

- NUTRINews
- WHIT'S KITCH
- ABBEY'S HEALTHY RECIPES
- FOOD + RECIPES: HEALTHY GROCERY GIRL® COOKING SHOW
- NYPBeHEALTHY RECIPES



4. Manage your mental health

With the pandemic affecting every aspect of our society or lives including our income, work, education, social interactions, and health, it is completely normal to feel down or even stress. During these stressful times, it is important to manage our mental health for peace and clarity. Methods to reduce stress include mental health counseling, exercising, eating healthy, relaxing to music, journaling, mediating, and deep breathing exercises.

MENTAL HEALTH COUNSELING:

- UNF INDIVIDUAL COUNSELING
- PSYCHOLOGY TODAY
- ASK YOUR DOCTOR OR INSURANCE COMPANY FOR REFERRALS TO MENTAL HEALTH PROFESSIONALS

MENTAL HEALTH APPS:

- MINDSHIFT
- PTSD COACH
- GRATITUDE JOURNAL 365 - DIARY FOR YOUR HAPPINESS
- HEADSPACE: MEDITATION
- STOP, BREATHE & THINK

HEALTH HOTLINES AND CHATROOM:

- SAMHSA'S NATIONAL HELPLINE:
1-800-662-HELP (4357)
- LIFELINE CHAT
- NATIONAL SUICIDE PREVENTION LIFELINE:
1-800-273-8255

5. Socialize

Socializing has many potential benefits like helping you live longer, boost your immune system, improve your mental health, and lower your risk of dementia. You can socialize online via Zoom, or another video chatting service, or meeting in person while following the CDC social distance recommendations.

SOCIAL ACTIVITIES:

- UNF STUDENT CLUBS
- UNF CUB SPORTS
- GARDEN WITH FRIENDS IN THE OGIER GARDENS
- UNF VIRTUAL BOOK CLUB
- EVENTBRITE
- MEETUP

6. Sleep well

Normally, it is recommended to get 7 to 8 hours of sleep nightly. Inadequate sleep increases the risk for obesity, heart disease, and infections. Sleep affects most tissues in our body, hormones (e.g. growth and stress hormones), immune system, hunger, breathing, blood pressure, and heart health. To rest well, you can do the following:

- WAKE UP AND GO TO BED AT THE SAME TIME DAILY
- MAKE YOUR BEDROOM DARK, QUIET, AND COMFORTABLE
- EXERCISE REGULARLY EXCEPT BEFORE BEDTIME
- AVOID THE USE OF ELECTRONICS (E.G. PHONES, TABLETS, AND COMPUTERS) BEFORE BED.
- CHOOSE A RELAXING ACTIVITY BEFORE BEDTIME SUCH AS TAKING WARM BATH, READING, OR MEDITATING
- AVOID USING NICOTINE, ALCOHOL, AND STIMULANTS SUCH AS CAFFEINE IN THE EVENING OR CLOSE TO BEDTIME

7. Ask for help

If you are struggling academically, please reach out for help. Contact your professors to ask for an extension or clarification on assignments or referrals to resources to assist you with your assignments. UNF has plenty of resources to help students deal with challenging academic semesters such as tutors and mental health professionals. If you cannot complete the semester, reach out to your academic advisor to learn about what options you have such as incomplete grades and medical withdrawals.

STUDENT RESOURCES:

- RESEARCH CONSULTATION
- UNF SASS TUTORING
- WRITING CENTER

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HANDWASHING AWARENESS MONTH

Handwashing is one of the best ways to protect yourself and your family from getting sick

FIVE STEPS TO WASH YOUR HANDS CORRECTLY

1. WET YOUR HANDS WITH CLEAN RUNNING WATER.
2. LATHER YOUR HANDS BY RUBBING THEM TOGETHER.
3. SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS
4. RINSE YOUR HANDS WELL UNDER CLEAN WATER
5. DRY YOUR HANDS USING A CLEAN TOWEL OR AIR DRY.



**CLEAN HANDS
KEEPS
YOU HEALTHY**

LIFE IS BETTER WITH CLEAN HANDS

For more handwashing tips please visit:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>



The Importance of Proper Hand-hygiene Practices in Disease Prevention



By: Paige Courtier

Following proper hand-hygiene practices is something many individuals do not put much time or attention to. Handwashing is done multiple times throughout each day and is therefore a very habitual practice. However, many people do not perform proper handwashing practices due to a lack of education on the topic. While it is a simple act, appropriate hand-hygiene can have an incredible impact on preventing the spread of disease. In Hong Kong in 2003, there was an outbreak of severe acute respiratory syndrome (SARS) which resulted in the death of 286 citizens. This sparked several studies looking at the health benefits of proper hand-hygiene practices. Through research, it has been found that a great number of individuals do not wash their hands for the appropriate amount of time, with the proper technique, or in the proper instances.

Many studies have been done on the importance of proper hand hygiene in relation to preventing disease, all of which share the common focuses of time spent, missed areas, and instances in which handwashing is advised. It is advised that individuals wash their hands in at least 8 different instances. These include: "(1) after handling vomitus or faecal matter, (2) after using the toilet, (3) before and after visiting hospitals or residential care homes or caring for the sick, (4) after contact with animals or pets, (5) before eating or handling food, (6) after coughing or sneezing, (7) after touching public installations or equipment, and (8) before touching eyes, nose, and mouth."





It was then found that only 52.6% of the 190 participants washed their hands in 5 of the 8 instances. With only 1.6% of participants washing their hands in all the previous instances. Participants hand-hygiene was also measured by areas missed; the results showed that the most frequently missed areas were the fingertips, back of the hand, and the medial area of the hand.

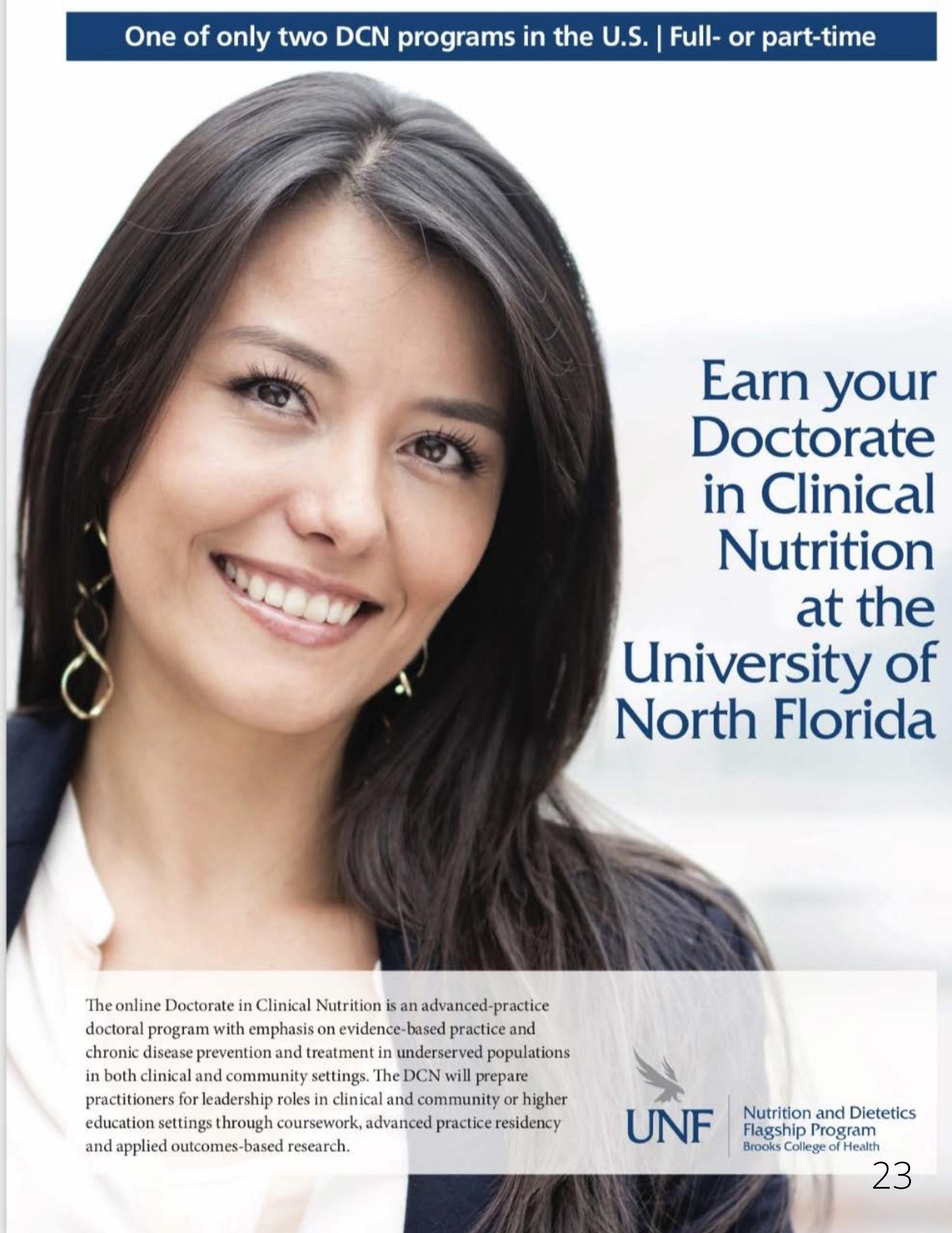
An interesting finding was that there were distinctions between demographic data and missed areas. Results showed that participants out of work and blue-collar workers had significantly more missed areas. It was also concluded that individuals with a third level education washed their hands more frequently than those who solely had a primary and/or secondary level education. Out of the 190 participants within the study, 84 (44.2%) had not been informed on proper hand hygiene. Poor hand hygiene may be related to individuals with lower education levels due to a more limited understanding of bacteria and the mechanisms behind the spread of disease.

The importance of disease prevention through practices such as appropriate handwashing is clearly demonstrated through the research. However, it appears a significant number of individuals do not wash their hands for the appropriate length of time or in the correct instances. It's important that proper hand-hygiene education becomes more prevalent in the early education and the workplace. With more studies being done on the topic, there will be greater awareness of the importance of hand-hygiene for our health and safety.

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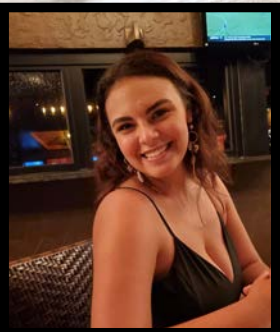
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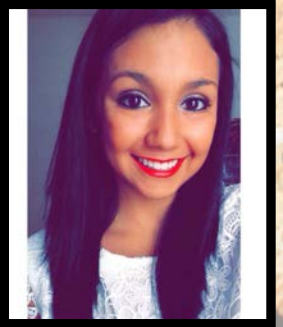
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