

# NUTR *IN* NEWS



UNIVERSITY OF NORTH FLORIDA  
DEPARTMENT OF NUTRITION AND DIETETICS  
FEBRUARY 2020





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# SNDA Updates

## Emerald Casto



Hey Ospreys!

We hope everyone had an excellent first month back to school! For any of you first-timers in the Nutrition Program, please feel free to reach out to any SNDA Officer for advice or tips to get ahead. We have an eventful semester ahead of us, especially for those of us submitting our DICAS applications this month! We hope any of you who attended our January meeting were able to cross off last minute questions about this very important application!

Our monthly Market Day is February 5th where we will be out promoting the Legislative Workshop and our state licensure. We will also have a wellness activity and of course free snacks and prizes! There will be a Signup Genius available for volunteers on our canvas page. Please contact Emerald or Amanda in regards to Market Day volunteering!



Our second Meeting is February 26th where we will be preparing for National Nutrition Month! There will be plenty of opportunities to volunteer on campus with the wellness dietitians and the Nutrition clubs as we approach this fun time for all of us in the Dietetics realm. Keep an eye out for the sign up for National Nutrition Month! We will have multiple shifts available and if there aren't any more shifts available, contact one of us and we would be happy to have you come help out. As always, the SNDA is looking for volunteers to help us tend to our Nutrition plots at the Ogier Gardens on campus. Our garden hours are 9 to 12 every Friday. Please contact Emerald for any questions regarding the adopted nutrition beds. Here's to a happy and healthy semester Ospreys! Don't forget to get out and volunteer with one of our student organizations here on campus.

I look forward to growing with you,  
*Emerald Casto*  
SNDA President

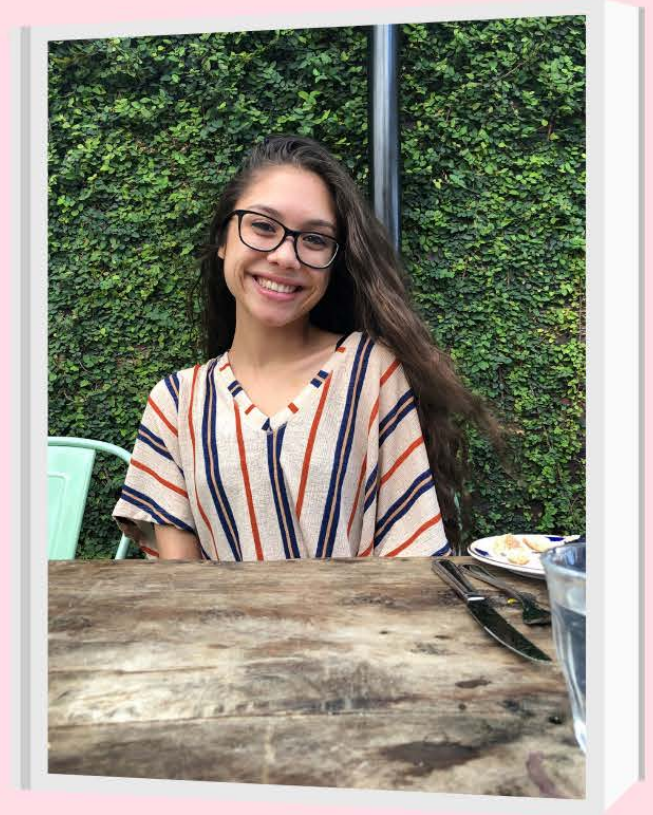




# The Lunch Box

## Vegan Valentine's Day

Kristin Gonzalez



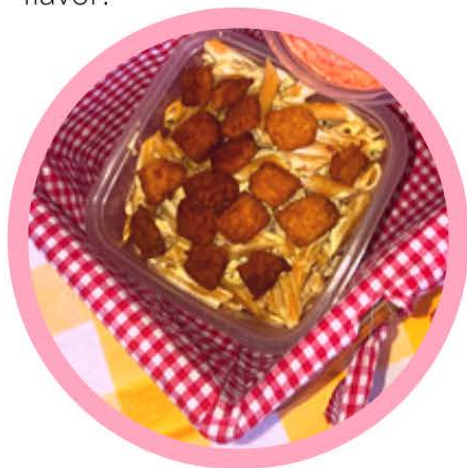
**Hey there Ospreys, Happy Valentine's Month! Now that we've all started to settle into the new year, it is time to celebrate our loved ones this month. This month, I've put together a bunch of recipes that are perfect for a romantic picnic to take your significant other on.**

**I have prepared these recipes to be dairy-free, egg-free, and also happen to be vegan. These are perfect if you or your significant other has any of the 8 common food allergies or if you are still sticking to your new year's resolution of cutting out meat and dairy. I hope you enjoy this healthy and fun vegan picnic ideas with your loved ones this month.**



# Vegan Ranch Pasta Recipe

This savory vegan ranch pasta salad is a good meal that travels well and is easy to share with a loved one. The ranch dressing can be used for an actual salad or as a dipping sauce, as well. You can customize the vegetables that you throw into the pasta salad to make sure it is catered to your wants. Although the ranch dressing is high in fat, it is not as high in fat as ranch that is made with mayonnaise and sour cream. In fact, this recipe is high in monounsaturated and polyunsaturated fats which are healthy fats that are beneficial to your heart. This recipe is also high in vitamin A, calcium and iron. This is a fun meal to make and while it lacks dairy and meat, it is not lacking in flavor.



## Ingredients / 2 serving

### Pasta

- 12 oz whole grain pasta shells
- 1/2 cup red onion, diced
- 1 small carrot, shredded

### Tempeh Bacon Bits

- 1 tbsp olive oil
- 1 package tempeh
- 2 tsp soy sauce, or tamari
- 1 tbsp apple cider vinegar
- 1/4 tsp cumin
- 1/2 tsp garlic powder
- few drops of liquid smoke

### Ranch

- 3/4 cup vegan mayo
- 1 tbsp almond milk
- 1 tbsp apple cider vinegar
- 1 tbsp nutritional yeast
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 2 tbsp fresh chives, or double if using dried
- 1 tsp fresh dill, or double if using dried.

## Directions:

1. Cook pasta according to package directions.
2. While cooking pasta, put the tempeh block into a large bowl and mash it with a fork until crumbly.
3. Add soy sauce, apple cider vinegar, cumin, garlic powder, salt, and pepper and then pour the mixture over the tempeh.
4. Add oil to large pan. Once heated, add tempeh crumbles and cook for about 5 minutes until heated and browned.
5. Make vegan ranch sauce.
6. When the pasta is done, drain and then add the red onion and carrots to the pasta and stir to combine.
7. Stir ranch sauce into pasta.
8. Mix in as much tempeh as you want, and save the rest for sandwiches or salads.

## Nutrition Facts / 2 servings

Calories: 372

Total Fat: 31g

Protein: 11g

Total Carbohydrates: 12g

Dietary Fiber: 6g

# Beet Hummus



This hummus recipe is great for Valentine's Day because of the beautiful shade of pink. Beet hummus is an extremely simple and easy recipe that can be made in under 5 minutes and can also be customized to whatever flavor you like. I used beets to add color and garlic as the flavor. Yet, you can add any herb you want to change the flavor, including cilantro, dill, rosemary, or parsley. You can even roast the beet or roast garlic to add a different dimension of flavor. This dish is low in calories and can be a great addition to any salad, sandwich, or even served with chips or vegetables.

## Ingredients / 2 serving

- 1 can chickpeas, drained and rinsed
- 3 tbsp extra-virgin olive oil
- 1 small/medium beet - cooked, peeled and chopped
- 2 tbsp lemon juice
- 1 ½ tbsp tahini
- 1 garlic clove, smashed
- Sprinkle of salt and pepper



## Directions:

- Boil a pot of water and cook beets until a knife can easily cut through the middle, approximately 20 minutes.
- In a food processor, or a bowl, combine the chickpeas, olive oil, beet, lemon juice, tahini and garlic. Puree until smooth and season with salt and pepper.
- Serve with chips, crackers, or veggies.

## Nutrition

### Facts / 2 Servings

Calories: 140  
Total Fat: 14g  
Protein: 1g  
Total Carbohydrates: 4g  
Dietary Fiber: 1g



# Vegan Strawberry Muffins

These vegan strawberry muffins are a great and delicious dessert that can be traveled with. The base of these muffins is just a simple vanilla recipe, so the main flavor can be changed out for anything you want. Such as using blueberries or chocolate chips instead of strawberries. This is one of my favorite recipes because I enjoy the science behind making vegan buttermilk. Watching the apple cider vinegar curdle the almond milk seems disturbing at first, but when used in any baking recipes it proves to be just as effective as buttermilk. Enjoy these yummy muffins!

## Ingredients / 12 servings

- 1 cup almond milk
- 1 tsp apple cider vinegar
- 2 cups all-purpose flour
- 2 ½ tsp of baking powder
- ¼ tsp of baking soda
- ½ tsp salt
- ½ cup + 2 tbsp granulated sugar
- ½ cup + 2 tbsp vegetable oil
- 1 tsp vanilla extract
- 1 - 1 ½ cup fresh strawberries, sliced thin
- (optional) zest of 1 lemon

## Nutrition Facts/ 12 servings

Calories: 189

Total Fat: 10g

Protein: 2g

Total Carbohydrates: 24g

Dietary Fiber: 1g

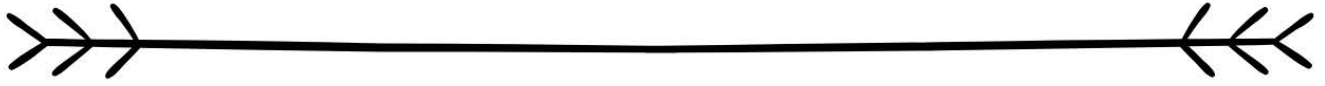


## Directions:

- Preheat oven to 375 °F.
- Spray muffin tin with nonstick spray and set aside.
- In a small bowl, combine almond milk with apple cider vinegar and set aside to allow the milk to curdle.
- In a larger bowl, combine flour, baking powder, baking soda, and salt. Set aside.
- In another bowl, mix together sugar, vegetable oil, vanilla extract, and lemon zest. Add almond milk/vinegar mixture and stir to combine. Stir in the dry ingredients until well incorporated. Be careful not to over-mix, it is okay to leave a few lumps. Next, fold in the strawberries.
- Spoon mixture into muffin tins, filling each cup about  $\frac{3}{4}$  full.
- Bake for about 20-25 minutes or until a toothpick that gets inserted in the middle comes out clean.
- Remove from heat and allow muffins to cool before removing from pan.



# Avocado Brownies



Saving the best for last, here are vegan avocado brownies. It seems odd to put avocado in a dessert, but the avocado actually acts as an egg replacement and when combined with the other ingredients has a very minimal and discreet taste. These brownies are going to be a hit wherever you take them and it is always fun to see peoples' reaction when you explain that there is avocado in the mix. This recipe is a great recipe to make when you are craving chocolate and want to bring a special dessert to your loved one.

## Nutrition Facts / 12 servings

Calories: 187

Total Fat: 9g

Protein: 3g

Total Carbohydrates: 29g

Dietary Fiber: 4g

## Ingredients / 12 serving

- ¼ cup mashed avocado
- ¼ cup vegetable oil
- 1 cup whole wheat flour
- ½ cup unsweetened cocoa powder
- ¾ cup granulated sugar
- 1 tsp of baking soda
- ½ tsp salt
- ¾ cup water
- 1 ½ cup vegan chocolate chips

## Directions:

- Preheat oven to 350 °F and grease an 8-inch square pan with cooking spray.
- In a large mixing bowl, whisk together the pureed avocado and oil until smooth. Add in the flour, cocoa powder, sugar, baking soda, salt, and water. Stir until smooth.
- Fold in 1 cup of chocolate chips. Pour into prepared pan and spread the batter evenly throughout the pan. Sprinkle the additional ½ cup of chocolate chips on top.
- Bake for 15-20 minutes, or until a toothpick inserted into the center comes out mostly clean. If you over bake the brownies they will have a cake-like texture. Remove from oven and let the brownies sit out for at least 20 minutes before serving.





# Nutrition Department Updates

LEGISLATIVE WORKSHOP



INTERVIEWERS: EMILY HENLEY AND  
GABE MEDINA



# Savannah Fahey, President of NDCLA

**We interviewed Savannah Fahey, the president of the Nutrition and Dietetics Leadership Association to understand the purpose of attending the 2020 legislative Workshop. This is an exciting opportunity for Dietetic student or any student of UNF to engage in policy discussion and development firsthand.**



## **What is the Legislative Workshop?**

The Legislative Workshop is hosted by the Florida Academy of Nutrition and Dietetics every year to offer a space for healthcare professionals to come together to defend pressing dietetics issues in the healthcare field. This workshop helps educate dietitians, health care practitioners, students, and legislators on the licensure behind Florida's Nutrition and Dietetics Practice Act. This isn't to say this is the only focus, other pressing dietetics issues within the healthcare field will be addressed. The Florida Academy hosts a meeting the night before visiting the capital where they discuss policy issues within the profession and offer pointers on how to speak effectively to legislators.



## **Why is NDLA going to the workshop?**

**NDLA was created with the belief that everyone can be a leader and everyone offers different skills and attributes; NDLA's goal is to apply these skills at the Legislative Workshop. Dietetics is hugely related to politics and policy, NDLA hopes to encourage students to get involved and to show how easy it really is to speak with legislators. Teaching students about this will help protect Florida consumers and the integrity of the nutrition and dietetics profession because legislators may not be educated on what a dietitian does or the importance of dietetics licensure and other regulations, in protecting the public from physical, financial, and other harm.**

**To sign up to attend or to read more information about the event please visit <https://eatrightflorida.org/index.php/meetings/calendar/158-fand-events/4-fand-legislative-workshop> and feel free to email me if you're interested in attending with NDLA [s.fahey@unf.edu]!**

## **Are you representing the nutrition students at UNF/ the department of nutrition?**

**NDLA will be representing UNF, however we aren't going alone! This year SNDA and NJC are coming to represent UNF as well. Several of our amazing professors are also attending the event! When NDLA attended last year we were the only undergraduate students who attended. Hopefully this year we can meet some other undergraduates or inspire other colleges to get involved in the political side of dietetics! You don't have to be a dietitian to defend the practice, so any UNF student who is interested in attending can attend with us.**





# Protecting your heart to protect your Future

BY ELIZABETH PIAZZA



In the United States and worldwide, it is known that cardiovascular disease is the leading cause for death. However, cardiovascular disease, or CVD, can often go unnoticed, as many may not recognize the symptoms until their health is adversely affected. Our heart is one of the most valuable organs we have, so it is important that we treat it as such. Our bodies are not garbage disposals but delicate works of art that require a combination of tough love to prevent the development of diseases. If CVD is left untreated or even unnoticed, this disease can lead to fatal events, such as stroke, heart attack, or even death due to CVD itself. Though we may not be able to change certain factors, such as a genetic history of CVD, taking our fate into our hands through the manipulation of personal habits, such as diet and exercise, can make a significant difference in our chances for developing the disease later in life.



Incorporating more exercise into our routine can not only benefit our mood and make us feel happier but have a positive impact on CVD as well. Incorporating 150 minutes of moderate exercise or 75 minutes of vigorous exercise in your favorite activity can provide a CVD risk reduction. Activities such as jogging/running, biking, climbing, water aerobics, tennis, and jumping rope, are a few examples of exercises that may be enjoyable. Since our bodies love exercise, the greatest benefit can be seen at the beginning of an exercise routine, however, maintaining this routine long term is imperative to see continual results.



Lastly, maintaining a healthy weight and eliminating a smoking habit is also recommended. It has been shown that smoking increases your risk for CVD by damaging the heart and blood vessels and increasing deposits of plaque. Replacing this habit with a healthier one can lift an immense burden off of your body and benefit to help you live a longer healthier life. Our heart and cardiovascular system are one of our bodies most prized possessions. Establishing a proper give and take relationship with our bodies propels us forward to live long and healthy lives.

1. What are the leading causes of death in the United States? Medical News Today Web site. <https://www.medicalnewstoday.com/articles/282929.php> (Links to an external site.). Accessed December 27, 2019.  
2. Stewart J. Primary Prevention of cardiovascular disease: A review of contemporary guidance and Literature. JRSJ Cardiovasc Dis. 2017;6.  
3. How smoking affects heart health. U.S. Food and Drug Administration Web site. <https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health> (Links to an external site.) Accessed December 27, 2019.



# *Research Around the World:*



## *The French Paradox*

**By Anna Waterman**

With cardiovascular disease being the leading cause of death in many countries, research is continually being conducted around the globe to understand causation and to map out a plan of prevention. A compelling article was published in the early 2000's in the U.S. National Library of Medicine Institutes of Health titled, "The French Paradox: Lessons for Other Countries". This article goes on to unravel the mystery behind the high consumption of cholesterol and saturated fat paired with the low incidence of coronary heart disease throughout France.

In an effort to decrease the incidence of cardiovascular disease, the World Health Organization recommends a diet consisting of less than 10% total energy to come from saturated fat. In two different studies, the French population consumed a diet much higher in saturated fat than was recommended, with 15% of total energy coming from saturated fat in one study and 16% in another.

Researchers in France began piecing the puzzle together by first



## *Research Around the World*



looking at the habits of most French residents. The first common denominator seen was alcohol consumption. It is common in French households to consume alcohol on an almost daily basis. However, the type of alcohol consumed, the frequency, and the amount are all important factors in whether the consumption could have potential benefits on the incidence of coronary heart disease or the complete opposite effect. For example, alcohol consumption in France is consistent throughout the week whereas in Northern Ireland where binge drinking on weekends is common, the rate of heart disease is much higher. In addition, red wine was singled out to have a positive impact on HDL levels of cholesterol which would in turn impact the rate of cardiovascular disease. Flavonoids and polyphenols present in red wine are hypothesized to be the beneficial components to the beverage. Since these compounds are not present in beer and other spirits, the benefits do not apply to all alcohol consumption.

Other aspects of French livelihood were studied, including nutrition and physical activity. Regarding nutrition, it was noted that much of the French population follows a Mediterranean diet, which consists of a high consumption of linoleic acid that is linked



# Research Around the World



to low platelet aggregation. In addition, fruits and vegetables are eaten in high quantities in France. Of course, these are rich in many vitamins and minerals, namely folate which is linked to lower incidence of heart disease. A small study was also done that noted increased moderate physical activity among the adult male French population. This leads researchers to believe that consistent moderate exercise also decreases risk of heart disease.

While the French Paradox is quite interesting, the studies conducted didn't find any earth-shattering evidence regarding the prevention of coronary heart disease. Overall, and in general, the key to long term prevention of disease comes down to lifestyle. Proper nutrition, daily physical activity, and the occasional glass of red wine can go a long way in maintaining a healthy lifestyle that lowers the incidence of coronary heart disease.

Ferrieres J. The french paradox: Lessons for other countries. HEART -LONDON- BMJ PUBLISHING GROUP-. 2004(1):107. 10.1136/2heart.90.1.107





# FROM BEAN TO BAR

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Cynthia Whitmer

It's that time of year where our beloved candy aisles are overstocked with assorted chocolates for our choosing. But have you ever thought about where your favorite candy bar came from or how it was made? You may be surprised to hear that chocolate does in fact grow on trees in the form of a cacao bean. These trees thrive in areas such as South and Central America, Africa, and Brazil. These beans are delicately picked and extracted into cacao nibs then further grounded into a liquid, raw chocolate form. Depending on where the bean is picked geographically, the first step to enhance the bean's natural aroma and flavors is fermentation. Without fermentation, there will be no chocolate flavor that we all crave and love.



The bean's fermentation stage can be broken into an anaerobic and aerobic phase lasting over a span of 48 hours. The first 48 hours, or the anaerobic phase, is when yeast and sugar in the pulp surrounding the beans are transformed into alcohol and carbon dioxide. Insects such as vinegar flies are most likely responsible for the transfer of microorganisms that makes this happen. The aerobic phase that now requires oxygen turns acetic acid to alcohol through air exposure. The bud (or germ) within the cacao bean dies from the heat, alcohol, and acetic acid. When the bud dies, important chemical changes begin as enzymes within the bean itself are released. These are important for the development of the chocolate flavor. Banana leaves are big helpers in this process to further develop that tasty chocolate flavor. They act as "bags" and are wrapped around the bean's top layer. As an added bonus, the portion of the banana leaves use also contain microorganisms that help further develop and enhance the bean's chocolate flavor. Next, the now fermented beans are spread out and dried by hand and turned over by hand or foot.



This process is a rather attentive one as it can take up to 1-2 weeks and the chocolate changes from a red to that brown color we all love to indulge on. Farmers pay close attention to make sure the beans are not exposed to high heat for too long, as they do not want the nibs to crack. After all of this is done, there are still some final touches to be done in the process of winnowing, a process of removing the outer layer of the bean exposing the roasted nib, the key ingredient to chocolate making. Powerful fans blow away the shells, leaving us with the pure cocoa nib. The nib is grinding to give the smooth "mouthfeel" we experience when taking that first bite into our favorite candy bar. Additional ingredients are added to chocolate such as sugar and milk by manufacturers in the process of conching and blending before the chocolate is ready to hit the shelves.







# Shopping in Season

## *Corn and Cilantro*

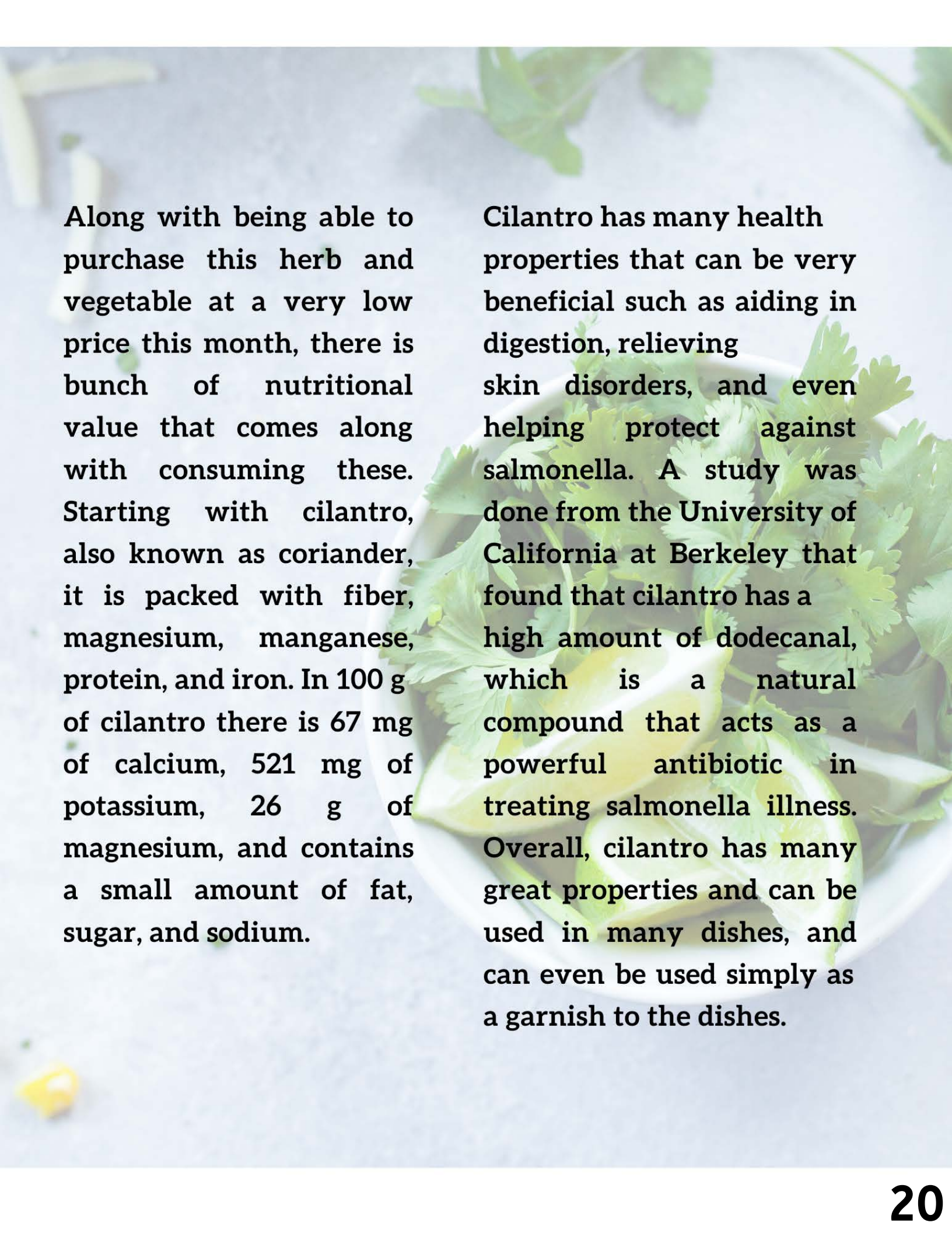


*Kristin Gonzalez*

Hey there Ospreys! The month of February is a month filled with an abundance of fruits and vegetables that are in season in Florida. Some include blueberries, broccoli, brussels sprouts, cabbage, carrots, cauliflower, cilantro, corn, kale, lettuce, peas, potatoes, zucchini, etc. However, the focus of this month is going to be on corn and cilantro.

This month you can find corn and cilantro for the lowest price out of the year. For one large bunch of cilantro you are able to find it for as low as \$0.78. Each ear of corn on the cob can be found at \$0.50 each, while frozen corn will usually stay at the same price of as low as \$0.84 for a package.



A bowl of fresh cilantro leaves and lemon wedges on a light blue surface. The cilantro is vibrant green and the lemon wedges are bright yellow. The background is a soft, out-of-focus light blue.

Along with being able to purchase this herb and vegetable at a very low price this month, there is bunch of nutritional value that comes along with consuming these. Starting with cilantro, also known as coriander, it is packed with fiber, magnesium, manganese, protein, and iron. In 100 g of cilantro there is 67 mg of calcium, 521 mg of potassium, 26 g of magnesium, and contains a small amount of fat, sugar, and sodium.

Cilantro has many health properties that can be very beneficial such as aiding in digestion, relieving skin disorders, and even helping protect against salmonella. A study was done from the University of California at Berkeley that found that cilantro has a high amount of dodecanal, which is a natural compound that acts as a powerful antibiotic in treating salmonella illness. Overall, cilantro has many great properties and can be used in many dishes, and can even be used simply as a garnish to the dishes.





Regarding corn, there is a big myth surrounding this vegetable that it is a bad source of nutrients. As a matter of fact, corn actually has a high fiber content, and also has many essential minerals such as zinc, magnesium, copper, iron and manganese. Along with minerals, corn also has a good source of antioxidants such as carotenoids, lutein and

Tzeaxanthin, which all promote eye health. There are also many varieties of corn that have different health benefits such as sweet corn, blue corn, Indian corn, field corn and baby corn. This allows for a variety of recipes and different flavors to be incorporated.





The recipe I prepared showcases the flavors of cilantro and corn that are combined with lime juice and a charred flavor from the cast iron skillet. This recipe can be served as a side dish next to a main course and it will provide a diverse amount of flavor next to the main course. If it is going to be served as a side dish, it can be split into 6 serving sizes with less than 100 calories per serving. This recipe can be altered to whatever vegetables are preferred, including swapping out bell pepper to tomatoes or adding garlic and other seasonings to the flavor that you prefer. I hope you enjoy this recipe!



## Ingredients / 6 servings

- 2 tbsp olive oil
- 3 ears of fresh corn, or  
2 cups of frozen corn (thawed)
- ½ cup diced red bell pepper
- 1 - 2 jalapenos, minced  
(if you prefer spicy, leave the seeds in)
- ½ medium red onion, diced
- ½ tsp salt
- ¼ tsp black pepper
- 3 tbsp fresh cilantro, minced
- 1 tbsp lime juice

## Nutrition Facts

(6 servings)

Calories: 98

Total Fat: 5g

Protein: 2g

Total Carbohydrates: 12g

Dietary Fiber: 3g

## Directions

1. If using fresh corn, use a sharp knife and cut downward in a gentle sawing motion to remove all of the corn kernels.
2. Chop corn, bell pepper, jalapeno, and onion.
3. Heat a large pan, or preferably a cast iron skillet over medium-high heat.
4. Add olive oil and heat through.
5. Add corn, bell pepper, jalapeno, and onion.
6. Stir frequently and cook for about 8 minutes, or until lightly browned.
7. Pour cooked vegetables into heat-safe dish and season with salt, pepper, cilantro and lime juice.

1. Nagdeve M. 12 amazing benefits of cilantro or coriander. 2008. <https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-coriander.html>. Accessed Jan 4, 2020.

2. Robbins O. Is corn healthy?. 2019. <https://foodrevolution.org/blog/corn-health-benefits/>. Accessed Jan 4, 2020.



# Campus Cuisine

## A DAY IN THE TOWN CENTER

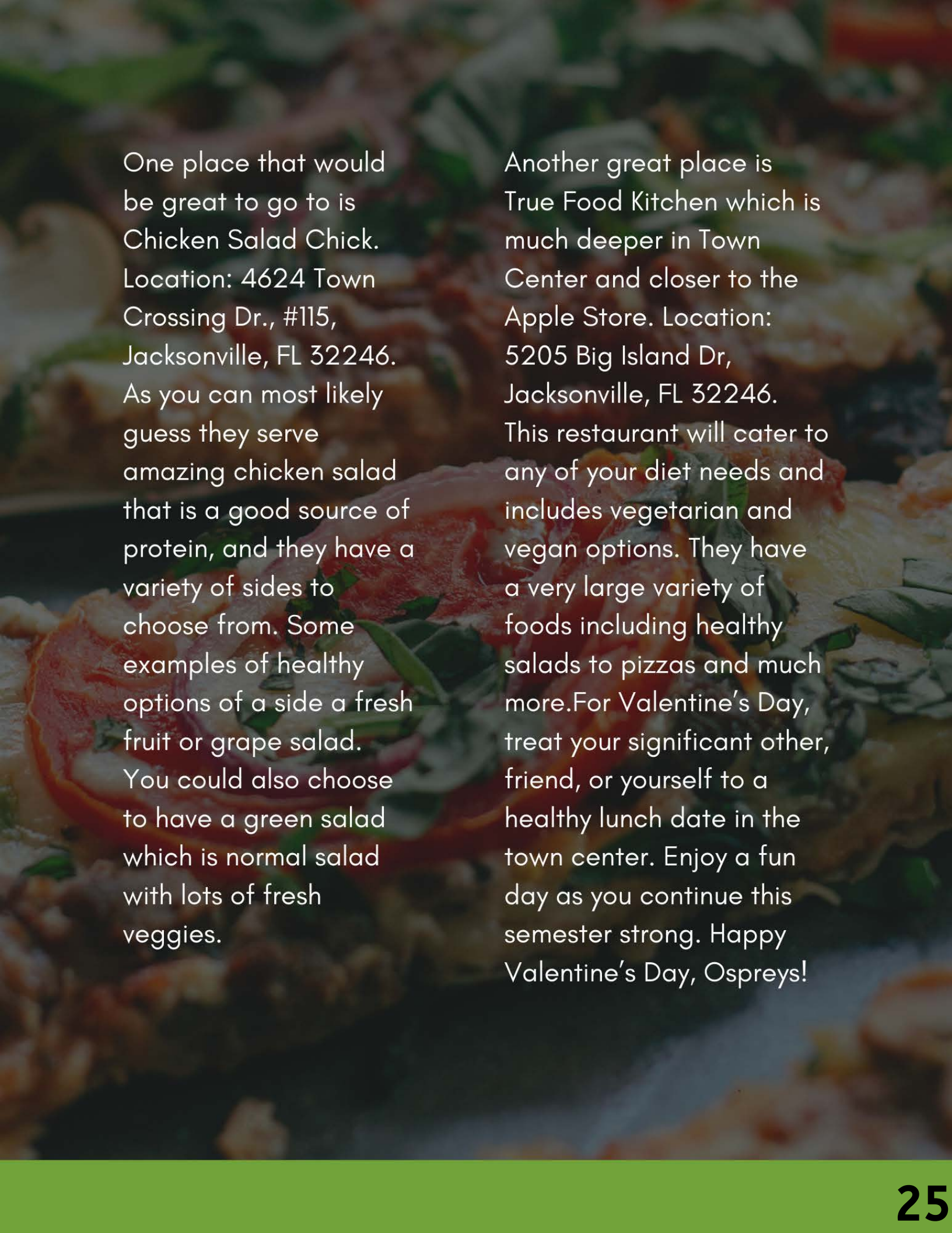


### **MACKENZIE TACKETT**

Hello, Ospreys!  
Welcome to Heart Month, also known as February. February 14th is Valentine's day. It is difficult to find a place for a date on campus.

It can also be difficult to go anywhere off campus when you don't have your own vehicle to get around in. Lyft and Uber are an option, but did you know that there is a UNF shuttle that travels off campus that can take you to the Town Center. The shuttle runs 10-4pm Monday-Thursday and 11-3pm Friday-Saturday. You can find out more info at <https://www.unf.edu/shuttle/> Once you are in the Town Center there are so many great places to eat that are healthy and well within the budget of a college student.





One place that would be great to go to is Chicken Salad Chick. Location: 4624 Town Crossing Dr., #115, Jacksonville, FL 32246. As you can most likely guess they serve amazing chicken salad that is a good source of protein, and they have a variety of sides to choose from. Some examples of healthy options of a side a fresh fruit or grape salad. You could also choose to have a green salad which is normal salad with lots of fresh veggies.

Another great place is True Food Kitchen which is much deeper in Town Center and closer to the Apple Store. Location: 5205 Big Island Dr, Jacksonville, FL 32246. This restaurant will cater to any of your diet needs and includes vegetarian and vegan options. They have a very large variety of foods including healthy salads to pizzas and much more. For Valentine's Day, treat your significant other, friend, or yourself to a healthy lunch date in the town center. Enjoy a fun day as you continue this semester strong. Happy Valentine's Day, Ospreys!

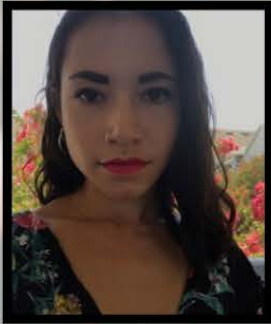


# Meet The Staff



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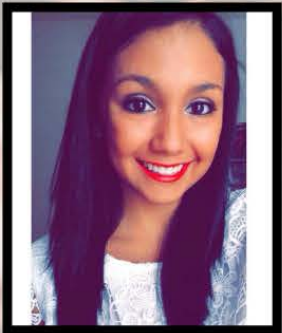
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