

# NUTRI NEWS

UNIVERSITY OF NORTH FLORIDA DEPARTMENT  
OF NUTRITION AND DIETETICS

JULY 2020

*Fall Term Updates, In Season Produce, Recipes,  
Research and More*



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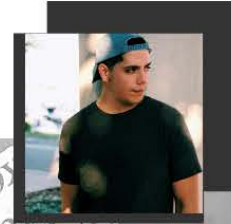
Meet the Staff





# COVID-19 FALL UPDATES

by gabe medina



*Quarantine regulations have finally subsided and with nationwide reopening U.N.F. is also looking to reopen its school hallways in Fall 2020. U.N.F. president, David M. Szymanski, wants student to know that the university's number one priority is the health and wellness of returning students, faculty, and staff. Some of the draft plans that they have in place for the reopening of the school are to:*

- Implement new policies, procedures, and oversight designed to promote a safer and healthier environment for teaching, learning, and working, including strategies to protect individuals at higher risk for developing adverse outcomes of COVID-19.
- Follow CDC guidelines when the school reopens.
- Use face coverings and hand sanitizers.
- Education and training on the requirements and expectations for the new health and safety procedures and the consequences for non-compliance of these university policies.



- **Provide specific protections and protocols for participation in athletic competition by their students, staff, and spectators that comply with CDC guidelines and state policies regarding COVID-19.**
- The university plans for the gradual and measured approval of student extracurricular activities, including Greek organization operations and functions, student organizations, clubs, intramural sports, and social gatherings.
- **Emphasize that the health and safety of its campus is a shared responsibility among students, employees, vendors, volunteers, visitors, and surrounding community members.**
- Commit to adhering to and endorsing national and state guidelines and university policies that are in place to promote health and safety.
- **The university will continue to explore new and creative ways to use technology to deliver classes in a variety of delivery modes using alternative instructional formats and hybrid combinations of face-to-face and online delivery modes.**
- Reasonable alternatives will be made available for faculty and students who are unable to participate in available class delivery formats, including individuals with serious illness, older adults, and individuals of any age with serious underlying conditions who may be at higher risk for severe illness from COVID-19.



“

Class sizes and classroom densities, as well as outdoor and non-traditional spaces, will be evaluated in consideration of the current CDC, state, and local social distancing guidelines.



**Program is 100 percent online, full or part time**

## Earn your Master of Science in Nutrition and Dietetics online.

The online MS in Nutrition and Dietetics Non-Internship Program is a distance learning degree for those students who wish to emphasize the application of advanced nutrition knowledge in clinical or community-based health programs. This is a 35-semester hour program with four concentrations: Professional Studies in Dietetics, Nutritional Sciences, Global Health and Healthcare Informatics. Applicants interested in Professional Studies in Dietetics must have a baccalaureate degree in nutrition or a verification statement from an ACEND-accredited program. Applicants interested in the Nutritional Science, Global Health or Healthcare Informatics concentrations must have a baccalaureate degree in nutrition or a related area from a regionally accredited U.S. institution or its equivalent from a foreign institution.



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- **The university will consider varied course scheduling and calendar options to accommodate alternative instructional delivery formats.**
- **Faculty training and professional development will continue to provide enhanced training and support for new online technologies and non-traditional modes of delivery of instruction.**
- **Follow prevention and mitigation strategies developed by the Florida Department of Health for other infectious diseases that may worsen or are similar to COVID-19, such as influenza.**





# TESTING AND POSITIVE CASES:

- COVID-19 testing plan to determine who in the campus community should be tested, when and how often they should be tested, to enable employees and students to return to campus in a controlled, phased-in approach.
- A survey or screening methodology should be incorporated to identify and prioritize individuals who warrant testing, and include reporting of travel to/from geographic areas with significant community transmission.
- Established protocols with local hospitals and health care systems and the capacity of the local hospitals and health care systems clarified prior to reopening the campus.
- For students in on-campus housing, facilities (rooms, building sections, or temporary housing, on or off campus) must be identified that will be suitable for isolating positive virus cases until they are no longer infectious. Resources should be made available to provide care, counseling, and other services to these individuals and include the ability for quarantined students to continue their studies.
- Work with the Department of Health and the local county health departments to determine if the university can assist the Department in contact tracing efforts for individuals testing positive.
- **All policies will be evaluated and subject to change depending on the evolving health conditions on each campus and in each campus community.**



**Although this information might be a lot, it is important to know that the staff of U.N.F is doing everything they can to ensure your safety when the school choses to reopen. To the upcoming fall students, be sure to stay updated and to check your school email for more information.**



# UNF Update: July



Hello Ospreys,



Last month President Szymanski sent out a letter regarding the discrimination and injustice that has been ongoing in this country. We always hope to move past things and for a fair system free of bias, discrimination, and injustice. However, some people are tired of hoping; standing up for yourself and others, addressing these inequalities, and having support is crucial during this time. There are many services available to students and faculty on UNF's campus. Even though campus is not fully opening back up till next month, do not be afraid to email or call the different departments/organizations to see how they can help, or how you could actively get involved. The Department of Diversity Initiatives may include more than you think or have heard about, so I wanted to share all of them with you. The Department of Diversity Initiatives includes the Student Alliance for Inclusion and Diversity (Black Student Union, Latin American Student Organization, and the Asian Students in Alliance), the Women's Center, Intercultural Center for Peace, Victim Advocacy Program, and the Interfaith Center. I have personally been able to gain a lot from the Women's Center and Interfaith Center. My time at UNF so far would not have been the same without all these organizations and departments. There are many ways on campus to get support and to get involved in diversity and anti-discrimination initiatives.





# STUDENT SPOTLIGHT:

## Andrea Quiroga



Hey everyone! I would like to introduce you to Andrea! She is a senior in the Nutrition and Dietetics program who loves to inspire others to live their best healthy life through social media and as a Health Educator on campus. Read more about Andrea's journey as a nutrition student and what it takes to be part of the program.

**By Karla Guerra**

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

**AQ:** After completing my Bachelors in Health Science at USF, I discovered my passion for health and wellness. I knew that I loved trying new foods and recipes and nutrition was a major part of my life. I found out the requirements to become an RD and enrolled at UNF! One of the best decisions I've made since I am so passionate about it.

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

**AQ:** I love to stay active! I enjoy bike riding, running, walking, and HIIT workouts. I also love to go to the beach and hike outdoors.

**KG: You have an inspiring health and fitness page on Instagram, can you tell us more about your page and where we can find you?**

**AQ:** I started @simplyhealthandrea because I had a huge lifestyle change and thought that my story might impact others as well.



Within the last two years, I've made healthier changes in my life that have impacted me in both mental and physical ways. I believe we need to be moving towards a long-term health rather than a short term fix. This is why I love the phrase "healthy lifestyle". I used to lack self-confidence, felt weak, and just didn't love myself. I was tired of feeling this way, so, I started valuing myself more both mentally and physically by going to the gym. I share things, such as recipes, grocery hauls, and workouts that have helped me. I love connecting with others who are making similar changes or maybe wanting to start making some changes but need some ideas. I want my page to be a place where people feel welcomed and motivated to make a healthy lifestyle. Follow me at @simplyhealthandrea for more!

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

**AQ:** My advice would be to hit the ground running your first semester. It is never too early to go 100% in. The sooner you are able to read the material and understand, then, you'll have a better foundation for what is to come next in the program.

**KG: What has been your favorite course so far since entering the Nutrition Program?**

**AQ:** My favorite course would have to be Food Science. I learned so much about food safety and science with Mrs. Baron. We also learned about the origin and how different foods are made. For example, we had an entire lecture on Coffee and I absolutely loved it!

**KG: Can you tell us about your role working on campus for Healthy Ospreys as a Health Educator?**

**AG:** Being a health educator, I work alongside other students to promote overall physical and mental health, something that I am very passionate about. We educate students on keeping good mental health, staying active, alcohol education, safe sex education, and so much more. I love being able to lead and show other students the path to a healthy lifestyle.

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

**AQ:** After graduation I plan on either going right into an internship or pursuing the MS/DI program here at UNF. I would love to become an RD as fast as I can.



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

AG: This quote might be a bit simple but it has applied to everything in my life

*"Everything will work out".*

I think it is easy to get wrapped up in the crazy day to day stressors but I find myself repeating this phrase quite often. It gives me a sense of calmness and knowing that everything will workout the way it is supposed to be!





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

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



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# Shopping in Season

By: Cameron Glover



The hot months of June and July are times when you can find fresh, locally grown watermelon at nearly every intersection in the rural parts of Florida. If you're in the city, grocery stores, farmer's markets, and roadside stands galore carry the fruit in vast quantities, many costing from around \$5 to \$8 a piece. Watermelons are one of the most popular fruits to grow for Floridian farmers, earning them a spot among the biggest watermelon producers in the United States. The wide-reaching popularity of watermelon is well deserved. With its juicy, refreshing texture and sugary sweet taste, it doesn't get any better when biting into a fresh watermelon on a hot summer day. Fourth of July get-togethers wouldn't be the same without watermelon eating contests, or fruit salads bursting with berries and watermelon. At just 46 calories per cup, the fruit can be enjoyed in vast quantities without leaving you stuffed, since it is mainly water. Watermelon provides some vitamin C and vitamin A, along with 0.6 grams of fiber per cup, but primarily consists of sugars and water. This fruit will help you stay hydrated on days spent in the summer sun.



Something many people don't normally associate with summer is lavender, an herb in the same family as mint. This herb is famous for its relaxing qualities, making it a common scent in lotion, body wash, shampoo, hand soap, deodorant, multi-purpose cleaners, and almost anything else you can think of. For centuries, humans have relied on lavender to cure their ailments, from using it to help fall asleep and for treating burns. Studies have proven that the homeopathic usage of lavender to treat anxiety and stress are more than just pseudo-scientific nonsense. A Japanese study from 2018 exposed mice to linalool odor, which is one of the alcohols found in lavender extract.<sup>1</sup> After their exposure, the mice experienced an anxiolytic response, meaning that their level of anxiety was reduced. If you are having trouble sleeping, perhaps you can try diffusing some lavender oil or brewing a cup of lavender tea. Lavender tea can be found in most grocery stores or you can easily make it yourself if you can find fresh lavender. This tea is delicious on its own or with the addition of honey, sugar, or even milk.



# RESEARCH AROUND THE WORLD

## Meal Patterns and Cooking Practices in Southern France and Central England

By: Anna Waterman



Why do we eat? The short answer would be to fuel our bodies, but we all know it isn't that simple. Humans need food to survive, but what we choose to eat is influenced by culture, current societal trends, and convenience. Winona LaDuke, an American author and environmentalist, claims, "Food has a culture. It has a history. It has a story. It has relationships." Scholars in England and France made this observation as well and decided to compare certain dietary trends in each country. They set out to discover the eating and cooking practices in southern France and central England.

To conduct this study, questionnaires were mailed out to randomly selected males and females, 1,000 of each, in Montpellier, France and Nottingham, England. These questionnaires were validated by nine experts of various backgrounds such as psychology, anthropology, epidemiology, and public professionals. In total, 826 subjects responded in England and 766 in France. Questions included: eating together as a household, food purchasing patterns, cooking habits and food preparation, eating out, mealtime structure, snacking habits, as well as some demographic questions such as age, gender, body mass index, education level, and employment status.





The French sample outscored the English sample in eating together as a household because in both countries young adults were less likely to follow this trend. In England and France, females were more likely than males to decide which foods to purchase and do the food shopping. In France, on a daily basis, females were also more likely to cook meals from raw ingredients over males. While there was no difference in gender on this subject in England, the subjects were much less likely than the French to prepare meals from raw ingredients. Instead, more English respondents were likely to use ready-prepared meals.

Around 3 times as many English subjects were likely to purchase a take-away meal at least once a week. However, both countries' respondents were just as likely to go out for a sit-down meal. The French were less likely to skip meals at all, while younger respondents in both countries were more likely to skip breakfast. On snacking, English subjects outscored the French on the likelihood of consuming fried snacks, nuts, and biscuits at least once a week. These results aligned with previous studies that indicated that one the motivations to eat in France is the idea of getting together.



This indicates that the pleasures of eating and socializing are important in France. The fact that the French are more likely to prepare meals from scratch points to pride in their culture and national cuisine. English women were less likely than French women to cook meal from scratch which points to the fact that more female respondents in England were in paid employment and may rely more on convenience foods. The reliance on convenient foods coupled with the likelihood of snacking in the English respondents could be related to the higher BMI of these subjects. Overall, this study shows more of a shift in traditional eating patterns in England over France.

# THE LUNCH BOX

WRITTEN BY MACKENZIE  
TACKETT



Hey Ospreys! The start of July starts the half point mark of the summer. In the summer, many fruits and berries are in season. It's the perfect time to relax outside with a fun lunch. Some easy to pack foods are fresh fruits. Fruits like watermelon, blueberries, strawberries, and bananas are great for you, full of nutrients, gives you energy, and helps your metabolism.

An easy thing you can pack in your lunch is a peanut butter and banana sandwich. It's super fast and all you need is two pieces of bread, peanut butter, and sliced bananas.



Another great thing you can do that's so easy is to bring a water pitcher and add some cut up cucumbers. Cucumbers are rich in antioxidants and help with digestion. Adding cucumbers to water adds nutrients and helps flush out toxins from your body.



# Strawberry Pasta Salad

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## Ingredients

1/2 pound uncooked mini farfalle or other bow tie pasta  
1/2 cup lemon yogurt  
1/4 cup canola oil  
2 tablespoons lemon juice  
1/2 teaspoon sea salt  
1/8 teaspoon cayenne pepper  
1 green onion, thinly sliced  
2 tablespoons crystallized ginger, finely chopped  
1 tablespoon pickled jalapeno slices, finely chopped  
1 pound fresh strawberries, quartered  
1/4 cup slivered almonds, toasted  
Toasted sweetened shredded coconut and small fresh mint leaves, (optional)



## Directions

1. **Cook pasta according to package directions. Drain pasta; rinse with cold water and drain well.**
2. **In a large bowl, whisk yogurt, oil, lemon juice, salt and cayenne until blended; stir in green onion, ginger and jalapeno. Add pasta and toss to coat.**
3. **Refrigerate, covered, until serving. Stir in strawberries and sprinkle with almonds just before serving. If desired, sprinkle with coconut and mint.**



# Roast Vegetable Option

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## Ingredients:

Vegetables of your choice

2-3 Tablespoons olive oil

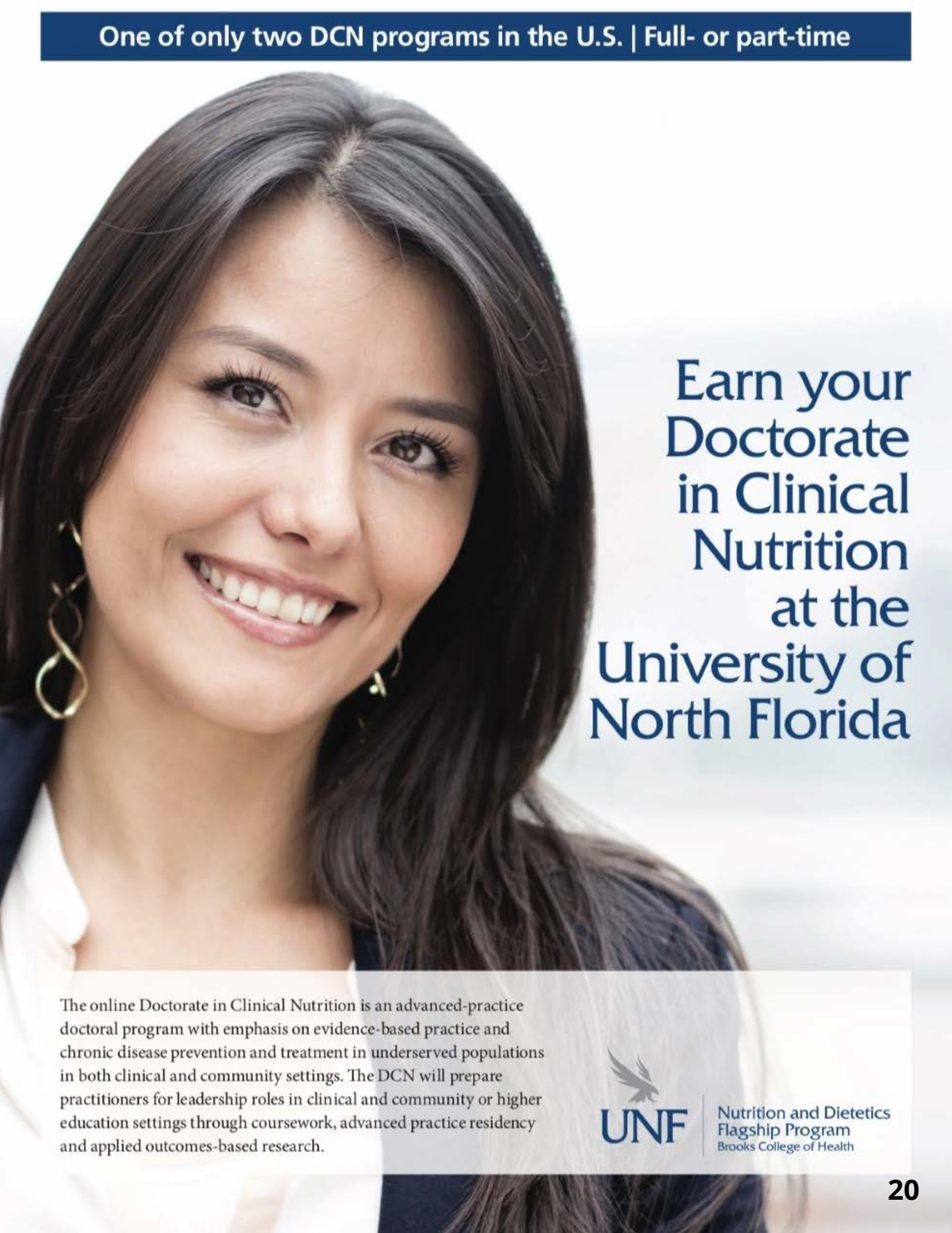
Salt and pepper to taste



## Instructions:

1. **Preheat the oven to 400° F.**
2. **Cut vegetables into large bite-size pieces.**
3. **Place on a large rimmed baking sheet.**
4. **Pour olive oil over vegetables. Sprinkle in salt and pepper. Combine well with your hands.**
5. **Bake for about 30 minutes, shaking and stirring a few times.**





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# THE GROWING ROLE OF NUTRITION IN RECOVERY THERAPY

By Elizabeth Piazza



In 2015, 1 in 20 adolescents, 1 in 6 young adults, and 1 in 14 adults, aged 26 or older, sought treatment for substance abuse disorder during that year. Specifically, substance abuse among college students takes on detrimental roles in interfering with their many responsibilities and leading down a dangerous path for their future. In addition to having its own effects on the body, substance abuse can impact nutritional health leading to malnutrition and preventable long-term health problems. Without proper nutrition education and counseling, malnutrition and metabolic dysregulation, as a result of substance abuse, can lead users to turn to unhealthy eating habits or even relapse to prior drug use to aid symptoms.<sup>1</sup>

To conquer these complications, Collegiate Recovery Programs, or CRPs, have been introduced to college campuses to assist students in drug recovery.<sup>2</sup> Even though these programs incorporate a variety of components to support students recovery, nutrition education and counseling is rarely a part of these programs. In knowing the importance of nutrition in substance recovery, the Mountaineers for Recovery and Resilience study implemented a nutrition and culinary education program to test effectiveness in improving outcomes of substance recovery.





Two dietitians and a nutritionist lead the program discussing topics such as Foods to Aid Recovery, Metabolism and Portion Sizes, Fad Diets vs. Evidenced Based diets, and the Dangers of Sugar in Recovery. At each meeting, after a 30 minute presentation on the chosen topic, participants would practice their knowledge in a culinary lab learning recipes from the discussed topic as well as receive a handout to support learning upon leaving. An analysis of data at the end of the program showed that participants who engaged in

the program the most, showed higher ratings of good health, absence of depression symptoms, and 10 out of 10 ratings overall for the program - showing that participants found incorporation of a nutrition program to be highly helpful in recovery.

Weaning from drug use in recovery leads to many metabolic changes that stimulate complex physical symptoms that can be overwhelming for those in recovery and can often lead to relapse or other unhealthy habits, if not addressed.





Though nutritional therapy is shown effective at assisting recovery, very little nutrition education is shown to play a role in many recovery programs. Heavy implementation of nutrition therapy not only aids in physical recovery of drug abuse, but, also allows these individuals a new avenue to care for themselves in a positive way. In shifting their mode of self care from drug use to healthy living, we provide these individuals a different obsession shifting from mindset of bodily destruction to body positivity and wellness. The health of our youth greatly impacts the health of our future, including nutrition into substance recovery can create a healthier future for our nation and a happier one for our youth.



1. Jeynes K, Gibson L. The importance of nutrition in aiding recovery from substance use disorders: A review. Elsevier. 2017; 179: 229 - 239.
2. Wattick RA, Hagedorn RL, Olfert MD. Enhancing college student recovery outcomes through nutrition and culinary therapy: Mountaineers for recovery and resilience. J Nutr Educ Behav. 2020;52(3):326-329. doi: <https://doi-dax.lib.unf.edu/10.1016/j.jneb.2019.11.006>.



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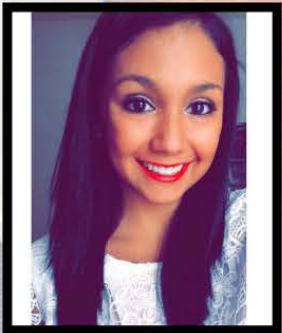


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