

NUTRI NEWS

UNIVERSITY OF NORTH FLORIDA
DEPARTMENT OF NUTRITION AND DIETETICS



JUNE 2020

Summer is Approaching

YOU ARE STONG

GET THE LATEST UNF
NUTRITION DEPARTMENT
UPDATES

RECIPES, RESEARCH, AND
ALEXIS HARP IN THE
SPOTLIGHT

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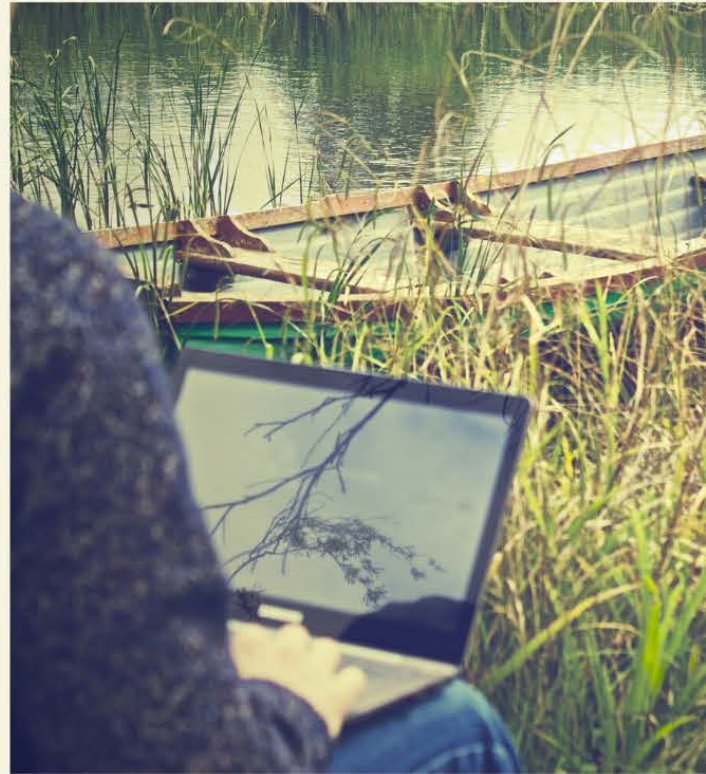
MEET THE STAFF



SNDA UPDATES BY TY SMOOT



Hello Ospreys,
With the summer semester underway, I hope you are enjoying your summer vacation. If you are still taking classes, I hope they are going well. We all must make adjustments during this COVID-19 pandemic. Operating remotely can be difficult for many of us, limiting the amount of resources we have available. It is important that we continue to stay strong and protect ourselves and our families. The UNF Nutrition Services Instagram is showing you great ways to remain productive this summer and offering help to any students that are in need. This summer we will be looking into having some virtual events and to have some exciting opportunities this fall. We will be getting the community involved both on and off campus. We will be continuing working in the UNF Ogier Gardens and working with a couple organizations in the community. If you are interested in getting involved, contact any officer on the Canvas page for more information.



I would like to take the time to congratulate the senior officers that got matched this previous semester:

**Emerald Casto- President:
UNF MSDI**

**Stephenie Dilts- Vice President:
UNF MSDI**

**Anna Gyland- Treasurer: Morrison
Healthcare in North Carolina**

Congratulations to you all and we wish you nothing but the best! Good luck in this new chapter of your lives. You all have been a huge help to everyone in the club and to the other students on campus. Our team will continue all the amazing improvements you brought to the club. We hope to continue making the club grow even further.

Sincerely,
Tyson Smoot
SNDA President



▼Vitamin B12

is an essential nutrient that is required in the metabolism of odd chain fatty acids. It is also vital for the growth and development of a fetus in utero. Suboptimal B12 levels in a mother have been associated with increased congenital abnormalities, preterm birth, and childhood insulin resistance. Congenital abnormalities are of increased concern in Canada because they occur in 1 of 25 babies. Women of South Asian and European ethnicity seem to be more vulnerable than other populations to vitamin B12 deficiency. Therefore, a study was conducted to ascertain the reason for this increased vulnerability.

▼The Study

Women of South Asian and European descent in the Metro Vancouver area were recruited for this study using numerous passive and active methods, including internet and paper advertising as well as community outreach. The 207 participants were asked to complete a questionnaire on demographic and lifestyle. Women included in the study were aged 19-35 and had to have been otherwise healthy individuals taking no medications other than oral contraceptives. Participants consented to a blood test to ascertain Serum B12, holoTC, and methylmalonic acid (MMA) concentrations as well as RBC and plasma folate concentrations. These multiple blood analyses are better able to detect a true B12 deficiency than a simple B12 serum test.



▼The study reported..

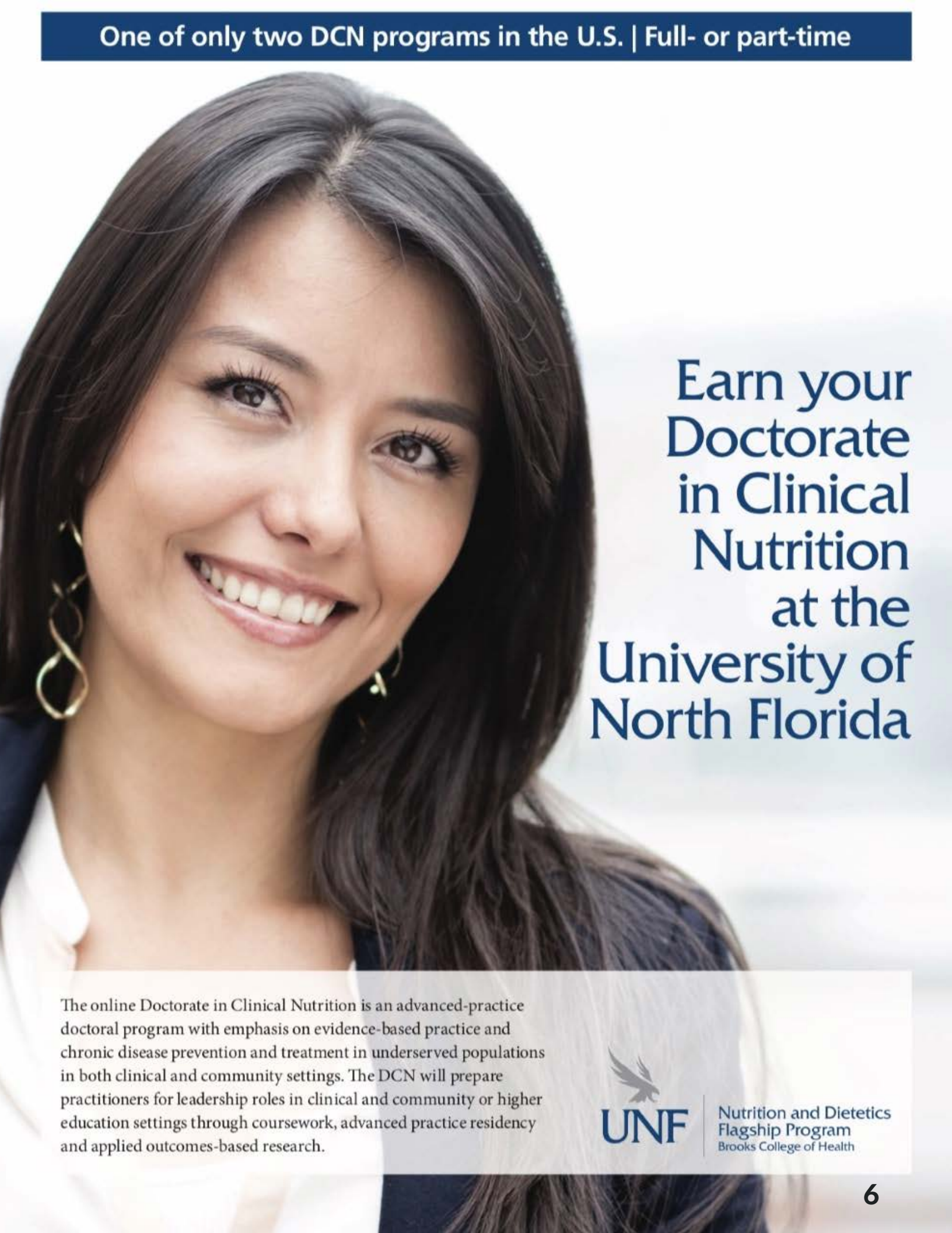
A deficiency in B12 serum concentrations in 34% of all participants, MMA concentrations indicating B12 deficiency in 20%, and low serum holoTC concentrations in 8%. These numbers reflect the entire sample population as there was not much difference between South Asian women and those of European decent. In addition, 20% of these women had suboptimal RBC folate concentrations. Positive correlations were found between dietary intake of B12, animal sourced foods, as well as B12 supplementation and B12 serum concentrations. However, these concentrations were negatively correlated with oral contraceptive use and first-generation immigrant status. In addition, an association between decreased holoTC concentrations and obesity and oral contraceptive use was also found.



▼Final Results

Because these women were of reproductive age and there was a high percentage of B12 deficiency found, it would be prudent to conduct further research to see if these numbers reflect the entire population. It would also be recommended that screenings be conducted to assess B12 levels of women looking to carry children. These screenings could help identify at-risk individuals and therefore plan to remedy low B12 levels through dietary interventions and/or supplementation regimens to prevent congenital abnormalities.





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

June marks the beginning of avocado season in Florida, which lasts all the way until January. The avocado is a fruit that has been a central part of South American and Mexican cuisine for centuries, which continues to amaze people across the world. Avocados are full of fiber, healthy fats, vitamin K, folate, vitamin C, and antioxidants. Despite being high in calories, the avocado is a nutritious and tasty addition to any diet when consumed in moderation. Whether you love it or hate it, avocados are an interesting fruit with many benefits. With its rich creamy texture, the culinary possibilities of the fruit are nearly endless.



Believe it or not, the unique flavor of the avocado pairs well with chocolate, giving rise to avocado chocolate milkshakes or avocado and fudge popsicles. A healthier alternative is to add avocado to your fruit smoothie to give it a creamier consistency. More than just food, avocado can be used in skincare products to moisturize or nourish the skin. Avocado oil is also an alternative to other cooking oils that you can find in most grocery stores; it's useful for its high smoke point of 520° F. However, most of us know of avocados because of their key role in delicious guacamole.

Guacamole was invented centuries ago by the Aztecs, yet the dip is still enjoyed in cultures across the world today. At its core, guacamole is made by mashing ripe avocado with salt, yet over time many different ingredients have been added, such as red onions, tomatoes, cilantro, lime juice, cayenne pepper, cumin, and any other seasoning our heart desires. The beauty of guacamole is that almost anything you add to it enhances the flavor more, so feel free to experiment. It is important to note that there are two main types of avocado: the small, dark Haas and the bright large green Fuerte.



When it comes to guacamole, I prefer using the Fuerte because you get more avocado with less work, as Fuerte avocados are easily double the size of the Haas. Haas avocados have a better taste on their own, so I prefer using those as a topping with a spritz of lime juice and salt. Haas are usually cheaper, costing anywhere from \$0.50 to \$1 in most stores, with Fuerte costing around \$2-\$3 but these are more likely to be grown in Florida.



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Do Alternative Milks Compare Nutritionally to Cow's Milk?

by Elizabeth Piazza



Throughout history, cow's milk has been a popular staple in many diets as a good source of calcium and vitamins, as well as, providing a good balance of fat, protein, and carbs. However, as the era of milk alternatives is taking the world by storm, many are ditching cow's milk for plant based sources. A multitude of reasons exist as to why many are choosing plant milk alternatives over cow's milk. Some people reason that plant alternatives to milk hold greater health benefits than cow's milk but do they compare nutritionally?

In many aspects, alternative milks can hold greater nutritional benefit over cow's milk. For example, almond milk is seen to have the highest content of monounsaturated fatty acids in comparison to coconut, soy, rice, and cow's milk.¹ Furthermore, soy, rice, and almond milk are good sources of the antioxidant vitamin E, whereas cow's milk only has trace amounts. On the other hand, cow's milk does gain leverage when looking at the protein content in comparison to other milks.

Cow's milk contains 8 grams of quality protein per cup compared to rice, almond, and coconut milk which contain only about 1 - 4 grams. Though soy milk is known as second best in regards to protein quality, the protein in soy milk is nutritionally beneficial enough to be considered an adequate protein alternative to cow's milk. Of all alternative milks available, soy is the most nutritionally balanced in regards to protein, carbohydrate, and fat content in comparison to cow's milk.

However, when looking at calcium, cow's milk does receive a win for being the most nutritionally dense. For context, cow's milk contains 1.9mg calcium per kcal in comparison to almond (0.46 mg calcium/kcal) and soybean (0.62 mg calcium/kcal). More so, rice milk can be a good alternative for those with an allergy to lactose, soy, and almond. However, rice milk appears to have a lower nutritional value in comparison to other milks and can result in malnutrition if depended on as a primary source



Home-made rice milk lacks calcium and vitamin B-12, unless fortified, and consists primarily of carbohydrates, making it a low source of protein and healthy fats. Finally, researchers have found evidence that coconut milk may benefit to increase the good HDL cholesterol in the bloodstream due to a compound called lauric acid found in the fats of coconuts (which helps lower LDL cholesterol) - a nutritional factor that would not be found in cow's milk. However, coconut milk is a low source of protein and carbohydrates and consists primarily of saturated fats.

Overall, it appears soy milk is the most nutritionally similar alternative to cow's milk. Yet, cow's milk is dense in a variety of nutrients needed to maintain health. In the event of many wanting to replace cow's milk, alternatives such as soy, almond, rice, and coconut can be used, however dependency should not be placed on these replacements and supplementation with other dietary components should be provided to ensure a nutritionally adequate diet in essential nutrients that may be missing in these alternative drinks. In understanding the nutritional impact of each of these drinks, we broaden our choices of healthy options available that fit our personal enjoyment while maintaining optimal health and wellness.

t. Vanga, S.K., Raghavan, V. How well do plant based alternatives fare nutritionally compared to cow's milk?. J Food Sci Technol. 2018; Volume: 55, 10-20.



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Student Spotlight: Alexis Harp



Meet Alexis! A bright and upcoming senior in the Nutrition and Dietetics Program. Alexis is a mother to two young children and military spouse. She is also the 2020-2021 Treasurer for the Nutrition and Dietetics Leadership Association. Read more to learn about Alexis' journey so far as an undergrad at UNF and what it takes to be a mom while maintaining a 4.0 GPA.



KG: What inspired you to pursue a Nutrition Major?

AH: I've always known I wanted to do be in the healthcare field, but unsure of how. I thought for a while I wanted to be a nurse working in endocrinology with kids with diabetes, but after having my own children, I realized I didn't want to work those long shifts away from them. During my time as a stay at home mom, I became interested in exercising regularly but found myself overwhelmed with the conflicting, not evidence-based nutrition advice I found online. I needed to know more, and when my husband got stationed to Jacksonville, it just so happened UNF is one of four Florida universities to be ACEND accredited for dietetics. Going back to school here was the best impulse decision I've ever made.

KG: How is life as a mom, spouse and student? What advice to do you have for mother's looking into going back to school or wanting to enter the Nutrition Program?

AH: I've been a student without kids and now as a student with kids, honestly both are hard, but in different ways. I feel like now that I'm a little bit older, I have a lot more motivation to do well in school. I have two tiny humans looking up to me, and whether that's pressure or motivation, I don't know, but it's working. Some advice I would give to a mother wanting to go back to school is to take that first leap. Reach out to the academic advisor and sign up for classes. I actually almost walked out of the advising office while I was waiting for my first appointment because I nearly let my fear get the better of me, but I'm so glad I stayed. It's terrifying sitting in a General Chemistry classroom with 100 other people who are likely 10+ years younger than you, but do it anyway. The timing will never be absolutely perfect, but it will turn out okay. The kids will get sick and things will come up, but chances are you'll have amazing, understanding professors like I do that will help you in every way possible. You can do it. It feels really good to do something for yourself. You're not being selfish, do something that makes you proud.

KG: What do you enjoy doing outside of school?

AH: To be honest, I don't have much of a life outside of school. My free time is devoted to my family and spending time with them. I love taking my kids to the zoo and I cannot wait until we can go back.

KG: What are takeaways from sophomore and junior year at UNF?

AH: During these semesters, I honed in on my time management skills and they served me well from having to manage my daughter's school schedule, finding care for my son, and my own school schedule. Thankfully, I had a lot of help from family. As junior year began, I met the classmates in my cohort and a lot of us have grown really close throughout the year. The support and solidarity I've found through them is invaluable. I'm looking forward to our senior year together.

KG: What has been your favorite course so far since enrolling at UNF and entering the Nutrition Program?

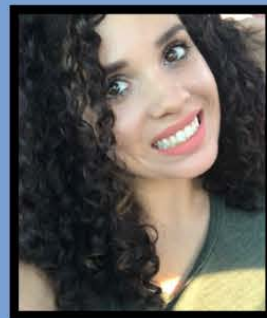
AH: It's hard to choose. I really enjoyed ANS and Bioorganic Chemistry (surprisingly). Chemistry was a challenge for me in the past, so understanding the material and doing well was exciting. I also enjoyed our lab classes, especially Food Fundamentals and Food Science; they were a lot of fun.

KG: What do you look forward in this coming senior year?

AH: I am really looking forward to taking MNT. Being able to take the foundational knowledge we learned in ANS and apply it to real-world dietetic situations is exciting. I'm really looking forward to volunteering again with our food recovery programs, Food Fighters and Meals on Wings, if we're back on campus this Fall. I am also looking forward to being a part of NDLA and continuing the important, progressive work of this club.

KG: What goals do you have after graduation?

AH: I hope to be accepted into an internship and sit for the CDR exam afterwards. A goal of mine is to be certified in diabetes education (CDE), so I'll have to start accumulating diabetes education hours. I would love to work in the renal world, but I'm trying to keep my options open since dietetics is such a broad field.



By: Karla Guerra

Nutrition Department Updates

Interview conducted by:
Gabe Medina



Cynthia Whitmer (Mayo Clinic employee) COVID-19

Question #1: How has COVID-19 affected your ability to perform in school?

Switching to remote classes has demotivated me since I'm not in a classroom setting. I tend to dislike remote learning normally and the pandemic hasn't changed that. Learning at home is more difficult than in class; I tend to not retain information as well just by reading. I think it helps to have someone teach me the material in person rather than having to take on that responsibility.

Question #2: Have your diet choices changed since the pandemic? If so, have they been positive or negative changes and how have they affected you?

Since the quarantine I have been able to plan my meals better, and this has helped me track my macronutrients and be more mindful of what I eat. I also have been able to do new workout routines and I just feel that the quarantine itself has had a positive impact on my diet choices and physical health overall.

Question #3: How has COVID-19 affected your family?

My family hasn't been severely financially affected. All my family works in the healthcare field so we have all retained our jobs. My mom does work at home now but other than that we've all been okay.

Question #4: How has COVID-19 affected your mental health?

The pandemic has made me more reflective. The interactions I have are appreciated more and I think I've become more creative with my time. I painted 3 jeans just to pass time and it was fun!

Question #5: How has your job reacted to the outbreak and what measures have they taken to keep you safe?

Mayo has made checkpoints for the monitoring of employees and those who come in the building. We wear masks and do practice social distancing. Mayo's call out policy has changed. I'm not completely supportive of it; on one hand, we don't get penalized for calling out for a fever or if we have symptoms of the virus, but if we call out with a sickness unrelated to COVID-19, we get penalized.



THE LUNCH BOX

BY MACKENZIE TACKETT



JUNE PICNIC

Hey Ospreys, happy summer! I know it has been a difficult time with COVID-19 going around. It has been difficult getting out of the house and everything has just started opening up now. Whether you are taking summer classes or taking the summer off, it would be good for you to take a few hours off and enjoy the fresh air.

It's a great time to go to a quiet park or just sit out on the lawn for an old fashion picnic. A fun thing to pack in your picnic basket is a fresh cut fruit salad. The sweet and refreshing taste would be great for the start of summer! You can look for various summer fruits on sale or discounted precut fruit bowls.

One of the best things about a fruit salad is that you can put whatever you'd like in it. I usually put watermelon, strawberries, grapes, kiwi, and pineapple.

A fun thing to do for larger groups is to cut a watermelon in half and hollow out one side. You can then put the cut fruit in the watermelon using it as a bowl. You can put any variety of fruit in a fruit salad customized to your taste. It's a great way to enjoy the fresh summer air.

Happy June and stay safe, Swoop!

"ONE OF THE BEST THINGS ABOUT A FRUIT SALAD IS THAT YOU CAN PUT WHATEVER YOU'D LIKE IN IT."



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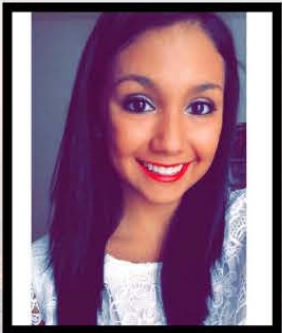
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