

# NUTRI*NEWS*

*Happy National  
Nutrition Month!*



UNIVERSITY OF NORTH FLORIDA  
DEPARTMENT OF NUTRITION AND DIETETICS  
MARCH 2020



# *Contents*

|   |           |
|---|-----------|
| <b>SNDA Updates</b>   | <b>2</b>  |
| <b>Shopping in Season</b>                                     | <b>4</b>  |
| <b>Why Reading the Jar Matters</b>                            | <b>9</b>  |
| <b>Nutrition Department<br/>Updates</b>                       | <b>11</b> |
| <b>Campus Cuisine</b>   | <b>13</b> |
| <b>The Lunch Box</b>  | <b>16</b> |
| <b>Research Around the<br/>World</b>                          | <b>19</b> |
| <b>Does Intuitive Eating<br/>Really Help With Weight Loss</b> | <b>22</b> |
| <b>Meet The Staff</b>   | <b>25</b> |



# **SNDA Updates:**

## **March 2020**

**Hi Ospreys and Happy National Nutrition Month! What an exciting time for all of us in the Dietetics realm! This next month is full of on-campus activities and for many of you Juniors it is the perfect time to find your niche here with UNF Nutrition. We had an excellent time at the Legislative Workshop in the end of February and had the pleasure of traveling with a large group from UNF. We found out we were actually the largest student group to travel to the workshop and it makes us proud to represent our school and future profession! We are involved with several National Nutrition month events here on campus and wanted to share the opportunity with you all as we are looking for volunteers! There will be a sign-up genius posted to our canvas page with more detailed information for volunteers.**

**The first event is being held on March 3rd, the Picnic on the Green. The next event that the SNDA will be taking part in is the Pick Your Own Salad event on March 6th at 11 am until 12:30 pm. We will be picking greens and salad toppings from the garden and collaborating with UNF Dining Services to put on a special event for you all. March 11th is RD Day and the Brooks College of Health Fair. Twisted Tuesday will be on March 24th around 6pm in the evening and we are going to have a healthy snack hack for everyone! Whole Grain Day is on March 25th where we will be working with UNF Dining Services to educate everyone on the importance of whole grains. And March 27th is Camping on Campus so don't forget to bring your sleeping bags and a snack!**

# **SNDA Updates: March 2020**

**To conclude, we are looking for officers for the 2020-2021 school year! We are accepting applications for the following positions: President, Vice President, Treasurer, Secretary, Volunteer Chair, Public Relations Chair, and Garden Bed Coordinator. Applications are due on March 22nd at 11:59 pm and we ask that each applicant include a resume and cover letter where they discuss why they would be a great candidate for an officer position with the SNDA. More information regarding officer positions will be available on our canvas page or feel free to reach out to any SNDA officer if you have questions.**

**I look forward to growing with all of you,**

**Emerald Casto  
SNDA President**





# SHOPPING IN SEASON

## PEANUTS AND BOK CHOY

BY KRISTEN GONZALEZ



Hey there Ospreys! This month is the official start of spring, which means that vegetation has begun to appear throughout the U.S. again after this winter. Springtime brings a lot of seasonal produce including apples, asparagus, broccoli, bok choy, carrots, celery, kale, lemons, onions, mushrooms, radishes, spinach, swiss chard and turnips. The spotlight of this month is going to be on peanuts and bok choy. During this month, you can find bok choy for as low as \$2.19 a pound, and peanuts can be found for less than \$3 a pound.



Bok choy is a type of Chinese cabbage that is rich in vitamins and minerals. In 100g of bok choy, there are only 13 calories! Bok choy has large amounts of vitamins C, A, K and B6. Because of its high levels of vitamin K, this vegetable boosts bone strength, which can help prevent osteoporosis. It also contains adequate amounts of iron which allow for proper circulation and oxygenation of key organ extremities in the body. There are many uses for bok choy, including in soups and stir fries. It can also be shredded and added to salads, or grilled to add a new texture and flavor to it. When you buy bok choy, it is important to wait until you are going to prepare it to wash it. When you are ready to prepare it, rinse under cold water and pat dry to prepare for use.

Peanuts are a commonly misunderstood nut because of the misconception that there is a high fat content. Because of this, people often miss out on this all-natural health food with great benefits to your body. Peanuts are filled with vitamins, minerals, and loads of mono- and poly-unsaturated fats. In 100 grams of peanuts there are over 25 grams of protein, 8.5 grams of fiber, and less than 5 grams of sugar. Regarding the fat content, there is a total of 49.2 grams of fat, but only 6.3 grams of that comes from saturated fat, while the other is 24.4 grams of monounsaturated fat and 15.6 grams of polyunsaturated fat. There are many different ways to incorporate peanuts into your diet including roasted peanuts, as peanut butter in a sandwich, incorporated into salad dressing, or as part of trail mix.



The recipe I prepared for this month is a Peanut Tofu and Bok Choy Rice Bowl that is filled with protein, fiber and lots of healthy fats. This recipe can also be interchanged to incorporate any vegetables you have handy or even to replace the grain for a grain of your choice. The sauce can be used for dipping vegetables, inside wraps, and even as a salad dressing. I hope you guys enjoy!

## Peanut Tofu and Bok Choy Rice Bowl

### Ingredients / 4 servings:

Bok Choy  
 -  
 6 baby bok choy, sliced in half  
 lengthwise  
 -  
 1 tbsp olive oil  
 -  
 Salt and pepper to taste

### Tofu Bowl

-  
 14 oz. extra-firm tofu,  
 pressed and cut into 8 slices  
 -  
 4 cups brown rice  
 -  
 ¼ cup dry roasted peanuts,  
 chopped  
 -  
 ¼ cup scallions

### Thai Peanut Sauce

-  
 4 tbsp natural creamy peanut  
 butter  
 -  
 4 tbsp reduced sodium soy sauce,  
 or Bragg liquid aminos  
 -  
 4 tbsp water  
 -  
 The juice of 2 limes  
 -  
 1" ginger root, minced  
 -  
 3 cloves garlic, minced  
 -  
 1 tbsp sriracha, or more to taste

### Nutrition Facts (4 servings)

Calories: 438  
 Total Fat: 15g  
 Protein: 36g  
 Total Carbohydrates: 30g  
 Dietary Fiber: 8

**Directions:**

**Preheat oven to 400 degrees.**

**In a bowl, whisk together peanut butter, soy sauce, water, lime juice, ginger, garlic, and sriracha until combined.**

**Split the sauce in half; save half for dipping and use the other half to coat the tofu.**

**Once tofu is coated in sauce, place on parchment lined baking sheet and bake for 35 minutes, flipping halfway through.**

**While the tofu is cooking, cook brown rice according to the package directions.**

**In a large non-stick sauté pan, heat the olive oil over medium high heat.**

**Sear the bok choy, cut side down until they start to brown.**

**Flip them over and cook for just 1 minute more. The key is for the bok choy to be kept al dente.**

**Remove from heat. Season the cooked bok choy lightly with salt and pepper.**

**Place 1 cup brown rice, 2 slices tofu, and 3 pieces of bok choy on each plate.**

**Drizzle with the sauce and sprinkle with peanuts and scallions.**



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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# Why Reading the Jar Matters

BY CYNTHIA WHITMER



Picking out a new jar of peanut butter seems like an easy task until you reach the peanut butter aisle and discover a never-ending line of options you never thought existed. Why would you care if your peanut butter was made unblanched, unsalted, or creamy? Aren't all peanut butters the same? To help navigate the tricky waters of picking out the perfect textured and tasting peanut butter to go with whatever snack you're eating, here are a few general guidelines to follow when reading the back of the label. First, would you prefer your peanut butter blanched or unblanched? Blanched is a simple term describing how the peanut is extracted when making nut butter. If the jar says blanched, it means that the peanut skin was extracted. If unblanched, remnants of the skin are still intact which is an added health bonus because peanut skin has phenolic compounds such as flavonoids and phenolic acids on top of antioxidant properties for a cheap price.





**To get the most of these positive effects, try a peanut butter that was made from roasted extracted peanuts as these contain the most compounds. When reading the label, calorie content varies slightly from each serving size, but content such as grams of fiber per serving may vary on the type of peanut butter you buy. The University of Georgia’s Food and Nutrition Department conducted a study on fiber content variations in peanut butters with varying levels of peanut skin present while it was being processed. Results indicated that adding 5% of peanut skins can permit a “good source of fiber” claim to be put on labels, which means more proanthocyanins and antioxidant capacity!**

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# NUTRITION DEPARTMENT UPDATES

## COMMUNITY NUTRITION FEATURE



by emily  
henley and  
gabriel  
medina

Community nutrition, as defined by The Academy of Nutrition and Dietetics, “encompasses individual and interpersonal-level interventions that create changes in knowledge, attitudes, behavior, and health outcomes among individuals, families or small, targeted groups within a community setting”. This course is important for future dietitians in order to understand the different areas of need in the community where they could potentially make an impact. Community Nutrition is instructed by Dr. Lauren Butler (RDN/LDN), who takes pride in helping students succeed and does not flinch to help out students when they might need it. So far, Dr. Butler has educated her class about cultural competence, community needs

assessments, global food insecurity, and the impact of nutrition in different communities. She has also set up volunteer work for students through programs such as Meal on Wings, American Heart Associations, GYO Greens, Ogier Garden’s and much more. Currently, one of the main class topics is about determining the nutritional needs of a community while also identifying places where needs are not being met. To go along with this topic, Dr. Butler has assigned a group project where four students will conduct a community health assessment of distinct zip codes in Northeast Florida. As a junior, my favorite



part of the class is the opportunity to volunteer; as graduation is quickly approaching, I think volunteering is a great way to make connections with good organizations and helps to acquire well rounded work experience in different areas I might not have had prior to this experience. The community nutrition course is a great experience to not only learn about the different nutritional aspects of a community, but also to acquire real world experience, build team work, make a difference in the community, and make connections before transitioning into the work force.





# CAMPUS CUISINE

## BECOMING GREEN

Hey Ospreys! Congratulations at making it halfway through the semester. The first day of spring is Thursday March 19th. March is the time of year where foods start to grow best in the garden so you can get plenty of fresh greens. As the weather warms up, it becomes a nice time to venture out into the Town Center. There is an Osprey Connector that stops at the library and takes you to the Town Center, the drop off point is behind the Men's Warehouse. The shuttle runs Monday through Thursday from 10am-4pm and Friday through Sunday from 11am-3pm.



**MACKENZIE  
TACKETT**





**The** shuttle circulates though the stops every 20 minutes. Once you venture into the Town Center, a great place to visit in the springtime is Tossgreen. Tossgreen is a great restaurant to get a salad or wrap. There are many different salads, wraps, warm bowls, and burritos to choose from. I got a Greek Goddess Spinach Wrap; it was full of veggies and other healthy ingredients. It is a great nutritious place and depending on what you get, you can get a nice filling meal for approximately \$10. Enjoy the beginning of your spring as well as the second half of the spring semester.



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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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# *The Lunch Box*

**BY KRISTEN  
GONZALEZ**

Hey there Ospreys!



It is officially Springtime and it is time to welcome back perfect temperatures, heaps of sunshine, and especially flowers everywhere. After the gloomy winter season, spring has officially sprung and is bringing lots of pollen with it. This semester will be coming to an end before you know it, which will soon bring summer. It is important to enjoy the spring and all that it brings while we still can. This includes all the vegetables and fruits that come with the season. I have created two delicious and refreshing recipes that are enjoyable year-round, but especially in the spring when these vegetables are at their peak freshness.



# All the Green Things Salad



## Ingredients / 2 serving:

-  
Salad:

-  
Handful spinach

-  
Handful romaine lettuce, chopped

-  
Handful arugula

-  
¼ cup red onion, diced

-  
¼ cup cucumber, diced

-  
¼ cup yellow or orange bell pepper,  
diced

-  
Dressing:

-  
3 tbsp olive oil

-  
1 ½ tsp grated lemon rind

-  
2 tbsp lemon juice

-  
1 tbsp Dijon mustard

## Directions:

-  
Combine salad ingredients in a large  
bowl.

-  
Combine dressing ingredients in  
small mason jar.

-  
Toss salad until combined. Shake jar  
until combined.

-  
Top salad with dressing as desired  
and refrigerate leftovers.

## Nutrition Facts: (2 servings)

Calories: 188

Total Fat: 20g

Protein: 0g

Dietary Fiber: 5g

.....

This quick and easy recipe is one of the most diverse recipes you can find. During this spring season, choose any greens and vegetables you want to throw in a bowl and prepare this zesty dressing to pour on top. The dressing can be put on any salad to brighten all the flavors and bring out the fresh flavors of the greens. This recipe only takes 5 minutes to put everything together and can be prepared ahead of time to take to school or work. Enjoy!



# Spring Mediterranean Farro Salad

**Directions:**

**Prepare farro on stovetop according to box instructions.**

**Chop and dice red onion,  
red pepper,  
cucumber, and garlic.**

**Drain and rinse chickpeas and place into large bowl.**

**When farro is finished,  
place farro  
and vegetables in  
chickpea bowl.**

**Coat the Mediterranean salad in red wine vinegar, oregano, basil, and salt.**

### Ingredients / 4 servings:

**1 cup farro, or other grain**

**¼ cup red onion, diced**

**½ cup red pepper, diced**

**½ cup cucumber, diced**

**2 cloves garlic, minced**

**½ cup chickpeas**

**¼ cup red wine vinegar**

**½ tsp dried oregano**

**½ tsp dried basil**

**½ tsp salt**

**Add olives, or feta if you want**

### Nutrition Facts (4 servings):

**Calories: 269**

**Total Fat: 2g**

**Protein: 11g**

**Dietary Fiber: 8g**

**This spring Mediterranean farro salad can be prepared at the beginning of the week and split up into smaller portions for lunch throughout the week. Farro is a great grain that is rich in fiber and full of antioxidants, and is a much healthier alternative to refined grains. The vinaigrette that gets poured over this salad combines tasty flavors and allows for a very versatile dressing. It can be used for leftovers, other salads, and even on top of vegetables when being roasted. I hope you guys enjoy!**



# Research Around the World

## Perceptions of Fruit and Vegetables Dietary Guidelines Among Australian Young Adults

ANNA WATERMAN

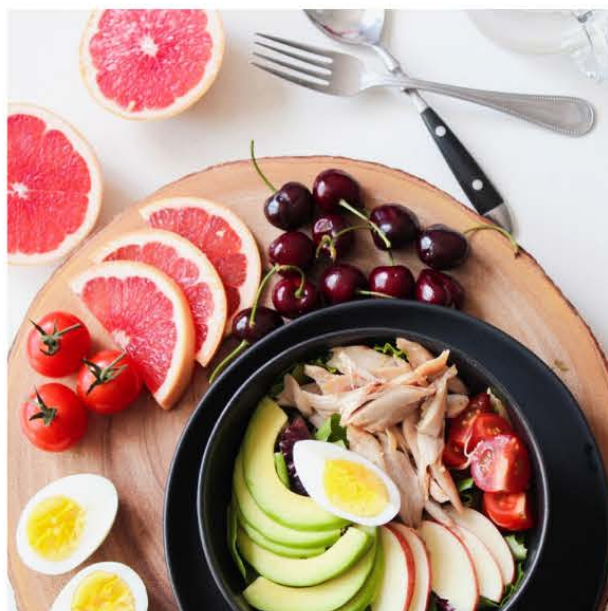
Over the years, much research has been conducted to determine the effects of daily consumption of fruits and vegetables on overall health. Through such research, it has been evident that adequate intake of fruits and vegetables decrease the risk of chronic diseases such as heart attack, stroke, diabetes, and even cancer. This has prompted many countries to implement national initiatives to promote their citizens to include more fruits and vegetables in their diets. Australia is one such country that, in 2005, sprang into action with the social marketing campaign Go for 2&5, which encouraged Australians to consume two servings of fruit and five servings of vegetables daily. After the program was implemented, research suggested young adults, 19-24-year-olds, were the least likely of all adults to meet the minimum requirements for fruit and vegetable consumption. This deficit presented a puzzle that needed further research to solve.





It was suspected that Australian young adults were not aware of the fruit and vegetable recommendations of their home country. There was also speculation that confusion about serving size per fruit or vegetable was a contributing factor to lack of adequate intake. Therefore, a web-based questionnaire was developed to test students from an Australian university between the ages of 18-24 on their knowledge of the Australian guidelines for fruit and vegetable intake as well as proper serving size for each. Questions based on the Gofor2&5 initiative were asked first. To follow these, students were prompted to choose the correct serving size for four items: apples, grapes, lettuce, and cooked carrots. The final section prompted students to decide which ingredients in a beef and vegetable soup recipe would count toward a person's daily vegetable needs.

The study included a total of 106 participants, mostly female, who showed a lack of knowledge in most areas of the study. Only 9% of the students could correctly determine the recommended daily consumption for both fruits and vegetables with only 6 participants mentioning variety being an important (unprompted) factor. In reference to serving size, most students could not correctly identify the serving size for grapes, cooked carrots, or lettuce at only 41%, 30%, and 30% respectively. However, the serving size of apples was well known at 60%. Regarding the soup ingredients, participants easily identified carrots, onions, and celery as contributing toward daily fruit and vegetable intake. However, only 23% classified tomato paste as a vegetable while 10% incorrectly classified beef.



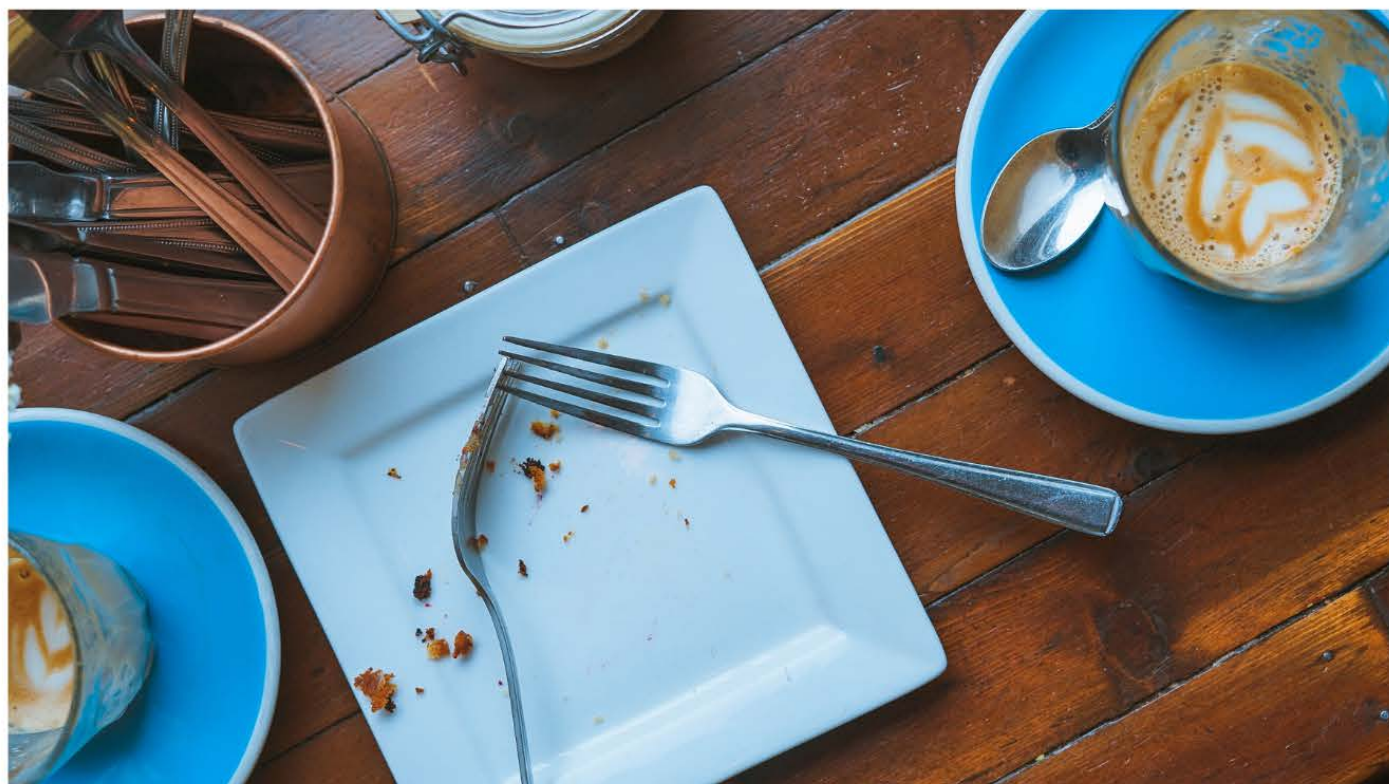


This study shows that it may be highly beneficial to educate the Australian young adult community about the recommended standards for fruit and vegetable consumption in Australia. Further education initiatives may include context in reference to serving size as well as what foods contribute to daily fruit and vegetable intake. Although this study is a good start, more research should be conducted to determine if it is indicative of the entire young adult population's knowledge.



# DOES INTUITIVE EATING REALLY HELP WITH WEIGHT LOSS?

ELIZABETH PIAZZA



Imagine ditching the diet mentality and eating whatever your body tells you it needs. Sounds too good to be true, right? This is essentially the concept of intuitive eating in a nutshell. Now don't go crazy with this idea, this doesn't mean that if your body is saying you should eat an entire box of Krispy Kreme doughnuts that you actually should go do that. Essentially, this concept makes you the expert of your eating habits and demands that you really pay attention to what your

body is communicating to you concerning hunger level and intake. Not only does your body understand the benefits of this concept but research also supports intuitive eating as well. One study analyzed the relationship between intuitive eating and weight status in adults. This cross-sectional study included 11,774 men and 40,389 women who self-reported weight and height, as well as intuitive eating levels using a scale.



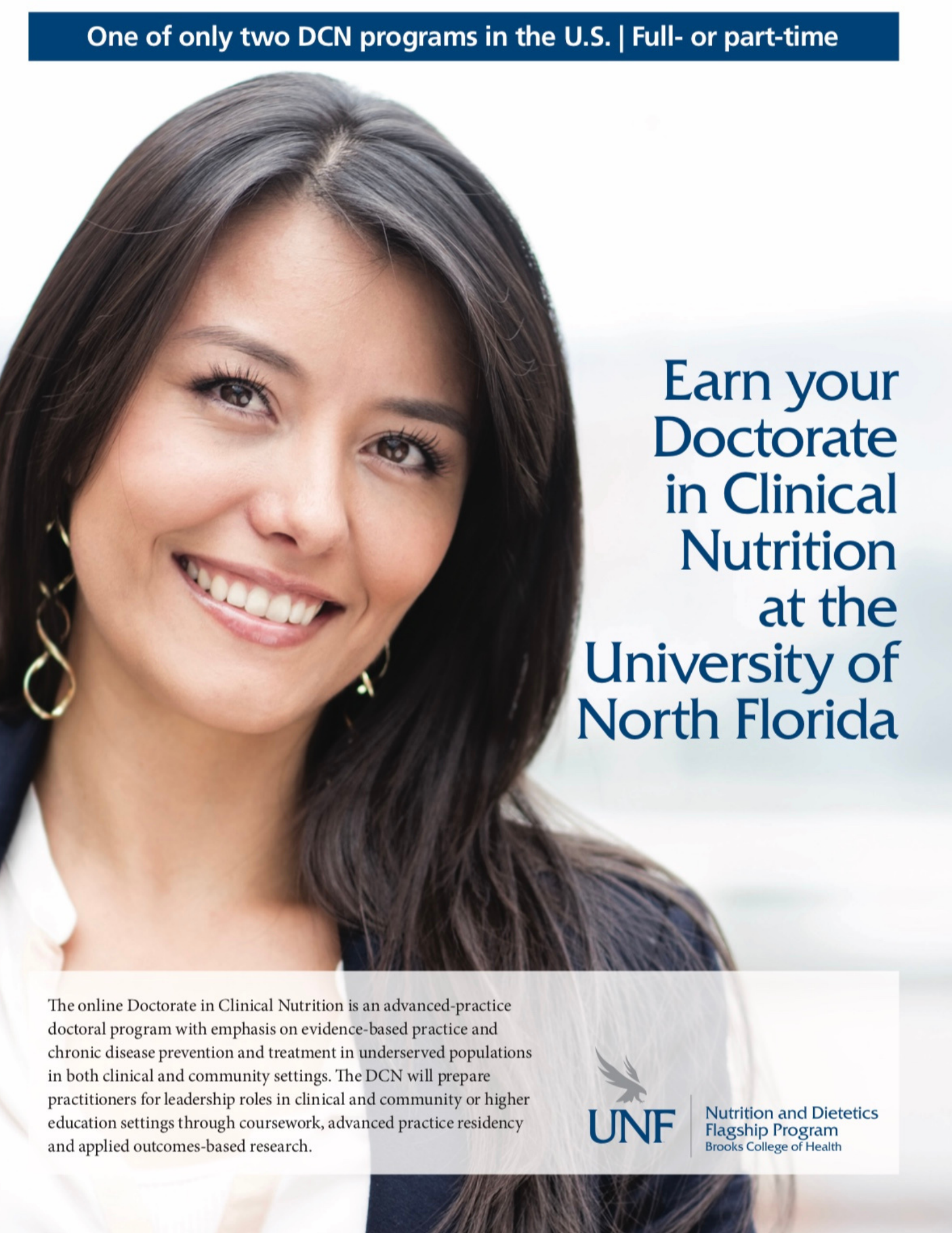
Researchers found a strong inverse association between high intuitive eating scores and low odds of overweight and obesity in both men and women. On the other hand, another study looked at the weight status of military service members. An interesting concept found as a result of this study was that participants categorized as “currently dieting” and “trying to lose weight” had higher BMIs. Additionally, “trying to lose” weight scored lower on the intuitive eating scale and higher on the environmental, social, and emotional eating scale. This information shows positive evidence in support of incorporation of intuitive eating for weight loss. Setting a goal to incorporate one intuitive eating (IE) concept a week into one’s lifestyle is one way to begin this journey. Intuitive eating encompasses the idea that you eat when you’re physically hungry and stop eating when you’re physically full. You can start incorporating these concepts by, first, beginning to take notice of how your body feels throughout the day.

When you feel you are hungry, take a minute to pause and feel the sensations of your body. Do you feel a hollow, empty feeling in your stomach? Perhaps your stomach is growling, and you feel a sense of weakness. Drinking a glass of water and waiting 20 minutes is a good tactic to use when the answer to these is unclear. If your truly hungry, the water will not have helped much. Noting your hunger on a scale of 1 through 10 and keeping a record of your hunger and feelings each day can help you to learn your body and its needs. Intuitive eating encompasses concepts that help us to learn what our body is communicating and what it needs. When we learn to listen to these needs, our relationship with food may drastically change for the better and lead to better health and quality of life.

1. Camillari G, Mejean C, Bellisle F, et. al. Intuitive Eating is Inversely Associated with Body Weight Status in the General Population-Based NutriNet-Sante Study. *Obesity*. 2016; 24 5, p1154-p1161.
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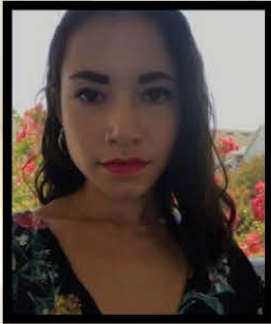


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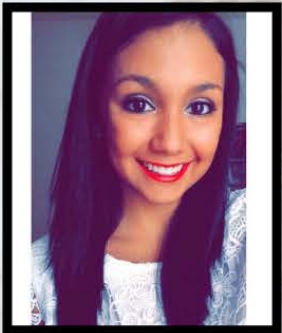
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