

# UNF NUTRINEWS

*The Department of Nutrition and Dietetics*



**MARCH 2021**

**COVER PHOTO DESIGNED AND TAKEN BY PAYTON TURNER**

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# COVID Corner

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By Laura Rogers

Here we all are, ready to rock out for National Nutrition Month, then the party-ruiner sneaks up: COVID. March has usually filled with an array of campus-wide, nutrition-based events from the dietetics department. However, there will not be any in-person events this year. Luckily, our fantastic UNF dieticians have plenty of virtual festivities planned this month via their Instagram @unfnutrition.

## *March 3rd Virtual Cooking Demo:*

March 1, 8, 15, 22, 29th Intuitive Eating 5-part series: Both of our UNF dietitians, Kelly and Chelsea, are in the process of becoming Certified Intuitive Eating Counselors.

## *March 10th RD Day:*

There will be a particular post providing information on what an RD is.

## *Other posts:*

Other posts will focus on food insecurity and social justice. Make sure to check the Instagram page regularly to get fired up and inspired!

## *March 5, 12, 19, 26th Cooking with OLP:*

Osprey Life & Production will be hosting budget-friendly cooking events via Instagram @OspreyLife.

In addition to creating virtual experiences for National Nutrition Month, our UNF dieticians have a few words to offer during this time of social distancing and quarantine.

**“Students are dealing with an unprecedented amount of stress and worry. We do not want eating to be an additional stressor in the midst of this social media era where there is so much misinformation about nutrition and overall wellbeing. We will be completing our certification in Intuitive Eating Counselors to help people make peace with food and create a healthy relationship with eating, mind, and body.”**

**Even though COVID has interrupted our daily lives, our university has done well to adapt quickly. Hopefully, we are on a path that leads to human interactions. In the meantime, we will all have to visit each other in the virtual world. Be mindful of participating in mental health and self-care practices. **Stay safe, Ospreys!****





# Research Around The World

By Melissa Brennan

March 16th is National Artichoke Day. It is quite fitting for this vegetable to have its own day as it is packed with nutrients and antioxidants.

Artichokes are a good source of nutrients, such as vitamin C, folate, magnesium, fiber, and phytonutrients.<sup>1</sup> In celebration of National Artichoke Day, here is some interesting research regarding the beneficial effects of artichoke leaf extract (ALE) through supplementation.

Rondanelli, et al. set out to evaluate the effects of two months of supplementation of ALE (250 mg twice a day) on cytokine levels (inflammation response), natural killer cell response (immune response), and metabolic profiles (looking at blood lipids and insulin resistance).<sup>2</sup> In this single group, pretest-posttest quasi-experimental design all participants received the supplementation with no control group. The study had 9 male and 11 female participants with an average age of 49 years. All subjects followed a personalized isocaloric energy diet that was set up by a registered dietitian. This means each caloric goal was set per individual with the goal of maintaining weight. The supplement was given before lunch and before dinner throughout the 60-day period of the study. After supplementation, a significant increase in HDL cholesterol and total cholesterol/HDL ratio was found, as well as a decrease in natural killer cell response. Therefore, it was concluded that ALE supplementation can have a favorable effect on blood lipids and an overall metabolic profile, specifically in individuals with low HDL and hypercholesterolemia.

#### References:

1. Health and nutrition. Artichokes.org. <http://artichokes.org/recipes-and-such/health-and-nutrition>. Accessed February 2, 2021.
2. Rondanelli M, Castellazzi AM, Riva A, et al. Natural killer response and lipometabolic profile in adults with low HDL-cholesterol and mild hypercholesterolemia: beneficial effects of artichoke leaf extract supplementation. Evid Based Complement Alternat Med. 2019;2019:9. doi:10.1155/2019/2069701





# Shopping in Season: Arugula

BY: CAMERON GLOVER



Arugula is a leafy green that packs a big flavor. Unlike popular salad greens like romaine lettuce or iceberg lettuce that have a subtle, watery flavor, arugula's taste is best described as peppery, spicy, and sometimes even bitter. One way to avoid too much bitterness is by using baby arugula rather than the larger, more mature leaves. Many people interpret peppery and bitter flavors as negative characteristics, but adding arugula to a fresh salad gives it a brighter taste than you would find in a plain salad mix. Since arugula was first cultivated in the Mediterranean, it is most often paired with Italian dishes, like pasta or, my personal favorite, pizza. The flavor works well with cheeses like parmesan or feta, making it easy to incorporate into any of your favorite pasta dishes. It is worth adding especially because of the many nutrients it contains with very little added calorie arugula is a particularly great source of Vitamin K, Folate, and Vitamin C. One 3.5 oz serving provides a whopping 103% of the DV for Vitamin K, which helps prevent blood from clotting and strengthen bones.

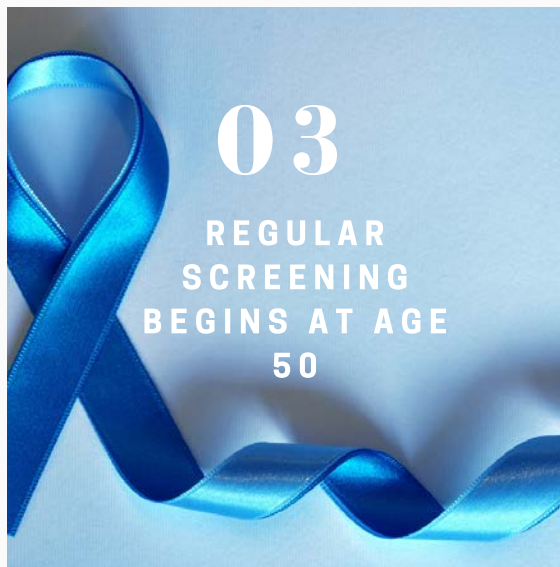
Like most leafy greens, arugula is almost entirely composed of water with very little carbohydrates and fats, as well as little calories. A low-calorie, nutritious, and flavorful green that pairs well with almost any pasta dish is a miracle for people who love "unhealthy" Italian food.

As far as grocery shopping goes, arugula is easy to find and affordable. Almost any grocery store will have arugula, either by itself or in many different salad mixes, such as the most common Spring Mix. A container with 5 oz of baby arugula from Walmart will cost about \$2.50, and the same size container from Target is \$3.99. At Publix, the mature arugula is only \$2.19, but the baby arugula is a little pricier at \$3.43. Luckily, a little can go a long way with arugula because it is often mixed with other types of lettuce when used in salad. As for hot dishes with arugula, it does cook down quite a bit, but the strong flavor it has means that you likely won't need much to taste it. Arugula's bright green color will help make your dishes pop, and it is worth experimenting with while it is the



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# SUSTAINABLE CONSUMPTION: EATING FOR YOUR BODY AND THE PLANET

BY CHLOE MORGAN

Of all the current global issues, climate change, and the epidemic of rising mortality rates associated with illnesses such as obesity and cancer, among others, remain on the forefront. There is a strong correlation between both crises and researchers have been working to discover how making dietary changes can not only have a positive impact on human health, but also on the planet. One way to make a positive difference is through consuming a



sustainable diet. "The Food and Agriculture Organization defines sustainable diets as nutritionally adequate, safe, healthy, culturally acceptable, economically affordable diets that have little environmental impact."

Attempting to create the ideal sustainable diet

requires consideration of cost, nutrition, sources, cultural barriers, and greenhouse gas emissions of the food consumed. Since sustainability is multifaceted, it can be difficult to find the appropriate balance. In order to measure the impact of various diets, researchers operationalize their studies by observing greenhouse gas emissions, or GHGs, land use, and water footprint. In addition, nutritional components are observed by monitoring macronutrients, primarily proteins.





Nutrition Reviews medical journal reviewed studies based on self-selected diets identified through surveys and 10 epidemiological studies which tested the sustainability of the self-selected diets. Nutrition Reviews synopsis of examined studies included information from Tackling Climate Change through Livestock. The information provided through this book includes an overview of average GHGEs by species, with cattle being at the top of the list. Statistics from the book state that cattle are responsible for 65% of the livestock sector emissions. The book also specifies that production of milk from cattle is responsible for a lower percentage of greenhouse gas than the cattle raised for beef consumption. Studies validated this finding by suggesting that even vegetarian diets which include consumption of dairy are a step in the right direction for sustainability. Additionally, this book provides information on mitigation policies for managing livestock in a manner that will reduce environmental impact. This is an important consideration because from a socioeconomic standpoint, it is not feasible for some cultures to adopt a primarily meat-free diet.

Another source of information for Nutrition Reviews article is from a study conducted in the United Kingdom by the European Prospective Investigation into Cancer and Nutrition (EPIC). This study implemented a diet referred to as the Dietary Approaches to Stop Hypertension, or DASH. The results of this cross sectional study indicated that a diet indicating plant based foods such as vegetables and whole grains significantly reduces both GHGE's and risk of hypertension. The downside to the DASH implementation is that it was proven to be more costly than alternative diets.







While this synopsis of Nutrition Reviews article only provides a brief overview of what is involved in determining a sustainable diet, the unanimous conclusion of the reviewed studies indicates that production of crops required to feed livestock and the consumption of meat itself are both responsible for significant GHGEs. Reducing production and consumption of meat products can benefit the environment by lowering the amount of GHGEs and can aid in lowering the average mortality rate as well. While there is a strong correlation between vegetarian diets and improved health, it is critical to choose the correct substitutions for meat replacement to ensure adequate nutrition standards are being met. In addition, it is possible to receive the same sustainable benefits by reducing meat consumption without removing it entirely from a diet, which can be the most cost efficient method in some cases.

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2. Gerber PJ, Steinfeld H, Henderson B, et al. *Tackling Climate Change Through Livestock.* Rome, Italy: Food and Agriculture Organization of the United Nations; 2013.
3. Monsivais P, Scarborough P, Lloyd T, Mizdrak A, Luben R, Mulligan AA, Wareham NJ, Woodcock J. Greater accordance with the Dietary Approaches to Stop Hypertension dietary pattern is associated with lower diet-related greenhouse gas production but higher dietary costs in the United Kingdom. *Am J Clin Nutr.* 2015 Jul;102(1):138-45. doi: 10.3945/ajcn.114.090639. Epub 2015 Apr 29. PMID: 25926505; PMCID: PMC4480663.



# Student Spotlight



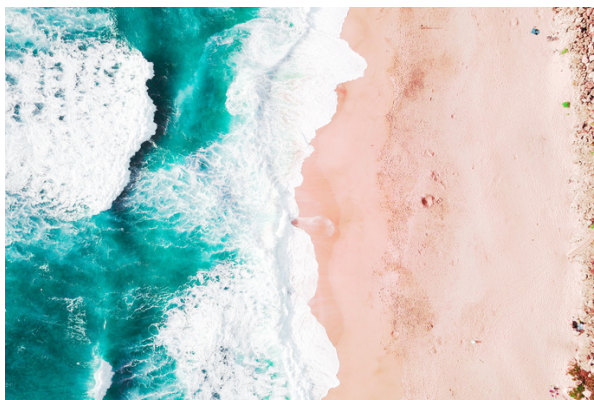
**INTERVIEW BY KARLA GUERRA**

Hey everyone, meet Emily Carlile, a Senior in the nutrition and dietetics program. Born and raised in Jacksonville, Florida, Emily works for a functional medicine clinic in Ponte Vedra Beach as an office assistant. She is the Vice President for the Student Nutrition and Dietetics Association, a volunteer for a registered dietitian at a private practice where she makes social media posts, handouts for clients, and blog articles. Emily played various sports such as tennis, volleyball, soccer, competitive cheerleading, and took dance classes. Emily loves going to Disney World and Disneyland, and she is a Tea enthusiast with love for plants and flowers. Read along to learn more about Emily and her journey as a nutrition and dietetics student at UNF.



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

EC: A few hobbies that I enjoy doing outside of school are hiking, gardening, trying new recipes, going to the beach in the summertime, practicing yoga, playing the piano, watching Netflix (Gilmore Girls is my all-time favorite show), exploring new places, and learning new things.



**KG: What has been a memorable moment for you as a student in the nutrition program?**

EC: A memorable moment for me as a student in the nutrition program was going to legislative day last February. It felt so invigorating and powerful to walk in with other nutrition students and our professors to speak to senators and congressmen who were unaware of the nutrition and dietetics profession. It felt good to know that I was helping make a difference not just for myself but for others in our field and for anyone who needs nutrition services.

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

EC: A piece of advice I would give to incoming students entering the nutrition program is to get involved on campus. Whether that be volunteering, joining a club, or partaking in research opportunities. This is a great way to build relationships with your peers and professors.

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

EC: My favorite class in the nutrition and dietetics program has been Advanced Nutrition Science. I really enjoyed learning how we digest and absorb our food through our bodies' various processes. Even though it was a challenging class, I learned so much that I will take with me throughout my career.



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

EC: After graduation, I plan to start a master's program in the fall with a functional nutrition concentration. Then complete the required internship and sit for the RD exam to become a registered dietitian. My long term goal is to have my own private practice one day that caters to womens' health conditions and pregnancy.



**KG: Do you have a study tip or hack that you must follow to help you succeed during school?**

EC: A hack that I must follow to help me succeed during school is getting a planner to stay organized. With a full class schedule and extracurriculars, it's so easy to forget due dates or times of events. During the first week of every semester, I write out all the dates of assignments, exams, and projects. It's a simple hack but makes a world of difference.

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

EC: A quote that I live by is,

*"Fill your cup up  
first before you  
fill others"*

This quote reminds me that I can't pour from an empty cup, so I need to take care of my mind and body first before I can overflow into the lives of others.



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# 5 WAYS TO HANDLE A CHALLENGING ACADEMIC SEMESTER

By: Tamara Marsh



Sometimes, college can be stressful. Luckily, there are many ways to deal with how you're feeling. Below are 5 ways to handle a challenging academic semester.

1

## **Take a break.**

Take a day off or a few hours away from doing any academic work. This will give you time to rest, relax, and clear your mind. Engage in a relaxing activity or a fun hobby such as meditating, listening to music, painting, drawing, watching a funny show or movie, or catching up with a friend or loved one.

Incorporate rest and relaxation into your daily schedule to avoid feeling overwhelmed, burnt out, and stressed.

If necessary, consider taking a semester or a year break from school if your health is interfering with grades, you are dealing with a financial or family crisis, you're unsure why you are in college, or need take break to focus on something else.

Consult your academic advisor on how a break will affect your graduation date. If you are unsure if taking a break from school is the best decision for you, you can talk to a UNF counselor.

2

## **Established and maintain a healthy lifestyle.**

Healthy habits are usually set aside when dealing with stress. Stress can trigger unhealthy behaviors such as emotional eating, skipping meals and workouts, sleeping less or too much, alcohol or drug use, and social isolation. Regularly exercising, eating balanced meals, sleeping, and socializing are great ways to combat stress and important to maintain your health.



### **Utilize campus resources.**

Write down what you are struggling with this semester and create a plan to overcome these challenges. You can also make an appointment with a persistent advocate to help you create a plan. Other campus resources to utilize include office hours offered by your professors and tutors for academic support. An academic coaching session is available for students to learn how to succeed in college by learning about various topics such as time management, note-taking, study skills, and public speaking. If you would like to attend or learn more about UNF's tutoring or coaching services, visit your MyWings page, click "Academic Support", and then click the service you are interested in.



### **Reduce non-academic commitments.**

Non-academic activities can interfere with your academic commitments. If possible, reduce your non-academic commitments for the semester or until you can balance both academic and non-academic activities.

You can reduce the amount of time you participate in your non-academic activities or take a break. This will allow you to allocate more time to the class or classes you are struggling in. You will have more time to complete your assignments, attend tutoring sessions, and study for exams and quizzes.



### **Withdraw from a course.**

As a last resort, you can withdraw from your course if the withdrawal deadline has not passed. There may be financial and academic consequences. The best way to know what the consequences are is to speak to your academic advisor and a financial aid representative. If you have completed most of your coursework, you could ask your professor for an incomplete grade.





THE LUNCH BOX

# ARAGULA PESTO PASTA



By Samantha Dill

As St. Patrick's Day approaches, it is the perfect time to get your greens in with this arugula pesto recipe. Arugula season starts in March and continues throughout the spring and. Like Floridians, arugula can endure light frosts but enjoys the sun. A serving of arugula (included in this pesto recipe) is only 25 calories, yet contains 160 mg of calcium and 369 mg of potassium.\* As our course load increases, it is the perfect time to cook with items like the "garden rocket" for easy preparation throughout the week. The pesto sauce can be stored in the fridge but must be stirred before use to reincorporate the olive oil that rises to the top. This leafy green vegetable contains chlorophyll, which deteriorates in the heat and becomes more vibrant under colder conditions. Nonetheless, the sauce pairs well with rotini, as it nuzzles itself into the crevices of the pasta. This recipe is a filling meal to help you power up for the rest of your day.





## Ingredients

- § Garlic - 2 cloves
- § Shelled walnuts - 2 tablespoons
- § Arugula - ½ cup
- § Basil - ½ cup
- § Salt - ¼ teaspoons
- § Pepper - to taste
- § Olive oil - 1/3 cup
- § Parmesan cheese - 1/3 cup
- § Rotini pasta - 2 ½ cups

## Steps

1. In either a food processor or a mortar and pestle, grind down the cloves of garlic into a paste.
2. Incorporate the walnuts and continue to blend.
3. Once combined, add arugula, salt, and pepper.
4. Pour olive oil into the mix and continue to blend.
5. Mash the parmesan into the mixture.
6. Once the pesto is complete, set aside.
7. Boil water for the rotini, adding salt if desired. Once it starts to bubble, add the pasta, and cook until al dente (5-7 minutes).
8. Set aside a scoopful of pasta water and strain the rest.
9. Integrate the reserved pasta water with the pesto and cooked pasta.
10. Top with extra parmesan and enjoy!



# National Nutrition Month



## EAT YOUR FRUITS

Strawberries, blueberries, apples, pears, melons and oranges

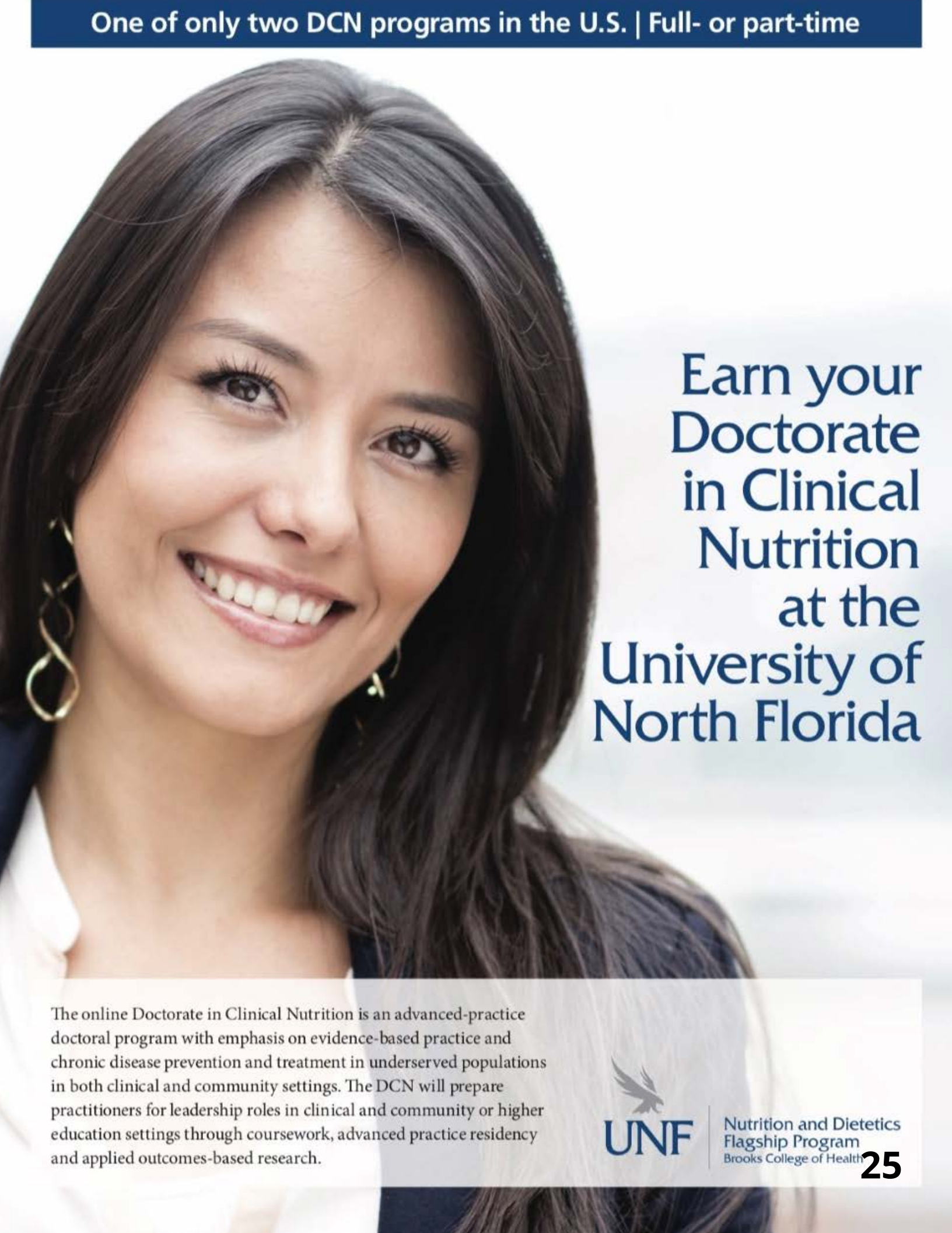
## FILL HALF YOUR PLATE WITH VEGGIES

Carrots, kale, brussel sprouts, squash, califlower, beets and corn

## EAT A VARIETY OF WHOLE GRAINS

Brown rice, oatmeal, quinoa, buckwheat, whole grain pasta and corn





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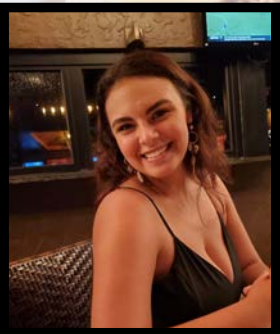
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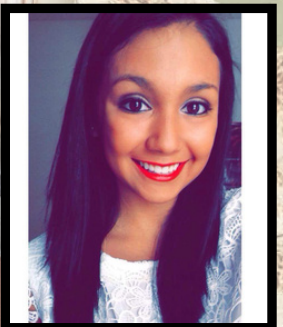
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