

NutriNews

University of North Florida Department of Nutrition and
Dietetics

LEND A-WING UPDATE

Get info on how Lend-A-Wing
is running their operations

VACATION, FUN, AND PHYSICALLY DISTANCING

Read about safe vacation
activities to do over this
summer

BLUE BERRY FRENZY

Unique and delicious twist on
the old fshion blueberry
muffin

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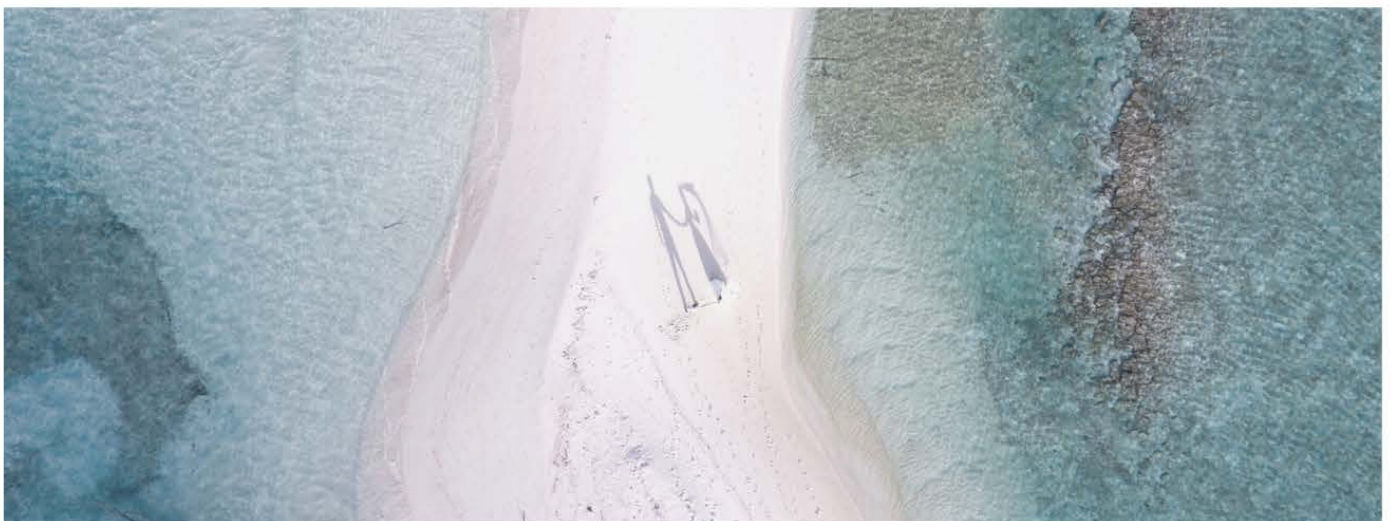
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SNDA UPDATES

BY EMERALD CASTRO

Hey Ospreys! I want to start by congratulating all of the dietetic students who matched to their internship programs! This is such an exciting time for all of us and we look forward to what the future holds for each and every one of you. We also want to remind students who did not match that ISPP is just around the corner! If you have any questions about second round matching or ISPP, do not hesitate to ask an officer or your program director for more information on the June matching process.

Congrats to all of the 2020 graduates! It is at the end of our undergraduate journey that we realize how far we have

come! It seems like just yesterday that we were starting our DPD program, excited and a little nervous about what the future held for us. I want to give a big shout out to all of the incoming officers for the 2020-2021 school year and those about to embark on their final year in the program. Graduating seniors will be transitioning to our internships and master's programs or seeking out jobs in the field. We want to say farewell to our Osprey community and state how honored we were to represent UNF Nutrition and Dietetics!

Sincerely,
Emerald Casto
SNDA President



Vacation, Fun, and Physically Distancing

By: Mackenzie
Tackett



Hey Ospreys, happy May! The spring semester is finally over, and we have successfully made it through our first month of social distancing. It can be hard this month with coronavirus going around to get out of the house. Hopefully we are able to safely get out and enjoy our vacation from school.

As of right now, restaurants are opening slowly starting with outdoor seating and minimum indoor seating. If you happen to stay in Jacksonville, there is no better place to spend your vacation than at the beach, while remembering to keep distance between you and others. There are tons of great restaurants at the beach, or you can just enjoy the sun. A great summer activity is to go watch the sunrise! You can then stop by home-spun kitchen for a healthy take out breakfast. Enjoy the beginning of your summer, Stay safe and healthy through this difficult time. Swoop!





Research Around the World

BY ANNA WATERMAN



It is no secret that food has much more of an impact on peoples' lives than just nourishment. Award winning author Norman Kolpas stated, "Food, like a loving torch or a glimpse of divine power has that ability to comfort." Food also has the ability to heal, to elicit joy, and to bring people together. For some who choose a career in the field of nutrition and dietetics, food may be the considered the epicenter of his or her life. Researchers in Canada designed a study to delve deeper into this topic. They wanted to understand the role that food played in the lives of students of nutrition and dietetics as well as registered dietitians across Canada.

To conduct this study, students were recruited from universities in Atlantic Canada and the dietitians of Canada student network. Registered dietitians were selected for this study through a closed Facebook group: "Dietitians Support Group." In addition, participants were encouraged to recruit other dietitians to join. What is quite interesting about this study is that researchers used a technique called Photovoice®. This technique allows the participants to create images, in this case images of food, and narrate them according to how the image makes the participant feel. Critical discourse analysis, a type of analysis used to understand the meaning behind a sentence, was used to interpret the data. Thematic analysis was also vital to see emerging themes throughout.

The data only varied slightly from the students to the registered dietitians. The themes that emerged from the students were how food played a role in social situations and how food is tied to emotions such as pride, guilt, pleasure, and comfort. When data was analyzed from the registered dietitian group, other major themes emerged. The role of food in culture and tradition, how food is acquired, and its preparation. It was also seen as an educational tool and asset. Just as with students, social interactions and emotional ties were seen as well.

This study may help dietetic students and registered dietitians in Canada and around the world better understand how food impacts not just themselves, but also their culture, surroundings, and clients. The themes found through this study could also be used to shape nutrition and dietetic education at the collegiate level.



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STUDENT SPOTLIGHT

KALI MASSA



EC: What made you want to start studying Nutrition?

KM: I decided to go into the Nutrition program at UNF after being diagnosed with a gluten allergy and had to alter my diet extensively. As I went through these changes I became very aware of food and nutrition. I became very interested in the topic and decided to enter the nutrition program.

EC: Do you have any hobbies outside of school?

KM: In the small amount of time I have outside of school, I like to travel, go on trails with my dog Kona, and pretty much go on any adventures outdoors.

EC: Are you involved in any extra-curricular activities on campus?

KM: Some extracurricular activities I am involved with on campus is the SNDA club, which I have the privilege of being the Public Relations Officer, and I also help run the UNF Food Fighters Program.

EC: What is your favorite go-to superfood snack?

KM: My favorite go to superfood snack would probably be avocado, tomato, and cashew cream cheese toast with a banana, peanut butter, chia seed, vanilla Greek yogurt, almond milk and date smoothie.

EC: What do you plan to do after graduation?

KM: After graduation, I either plan to go into the Peace Corps Nutrition and Health branch or complete an internship.

EC: If you have any advice for incoming Nutrition majors, what would it be?

KM: Some extracurricular activities I am involved with on campus is the SNDA club, which I have the privilege of being the Public Relations Officer, and I also help run the UNF Food Fighters Program.

BY EMERALD CASTO





Shopping in Season

BY: CAMERON GLOVER

When temperatures begin to soar into the 90s at the beginning of summer there is no better way to cool off than with a fresh cucumber. Cucumbers are almost entirely made of water, so when you're feeling dehydrated, they are a great source of it. Cucumbers are also full of health benefits, like helping

prevent constipation by keeping you hydrated and regulating bowel movements due to fiber in the skin. Cucumbers are even known to help lower blood sugar in animal studies. A 2010 study by Dixit and Kar induced diabetes mellitus in male mice and discovered that administering extract from the peels of cucumber reversed most of the effects of diabetes. The peel is where the majority of the nutrients are found, so make sure you leave them on when you have cucumber.

Another great vegetable you'll find in stores and markets are peppers of all shapes and sizes. My personal favorite pepper is the mini sweet pepper, which you find in red, yellow, and orange. These peppers are sweeter, crisper snack-size versions of the bell pepper. During the early summer months, you can find all sorts of peppers: hot ones like jalapeno and habanero, to the mild cubanelle which is great for stuffing. Peppers are cheap because they grow so easily in the hot Florida sun, making them a fun addition to your garden. Interestingly, red bell peppers have more vitamin C than oranges so keep that in mind during seasons where you are prone to getting sick.

While peppers and cucumber taste great on their own, dipping them into hummus can make them irresistible. Making your own hummus is simple if you have a food processor, all you need is a can of chickpeas, a tablespoon of lemon juice, a tablespoon of olive oil, a clove of garlic, and salt to taste. Drain the can of chickpeas, but save the liquid, then put all of the ingredients except the leftover liquid from the can into the food processor. Slowly add the liquid as the hummus blends until it reaches the consistency you desire. This recipe has a ton of room for customizing as you can make it spicy by adding a chili pepper, or spices like cumin and sesame oil to give it a richer flavor.



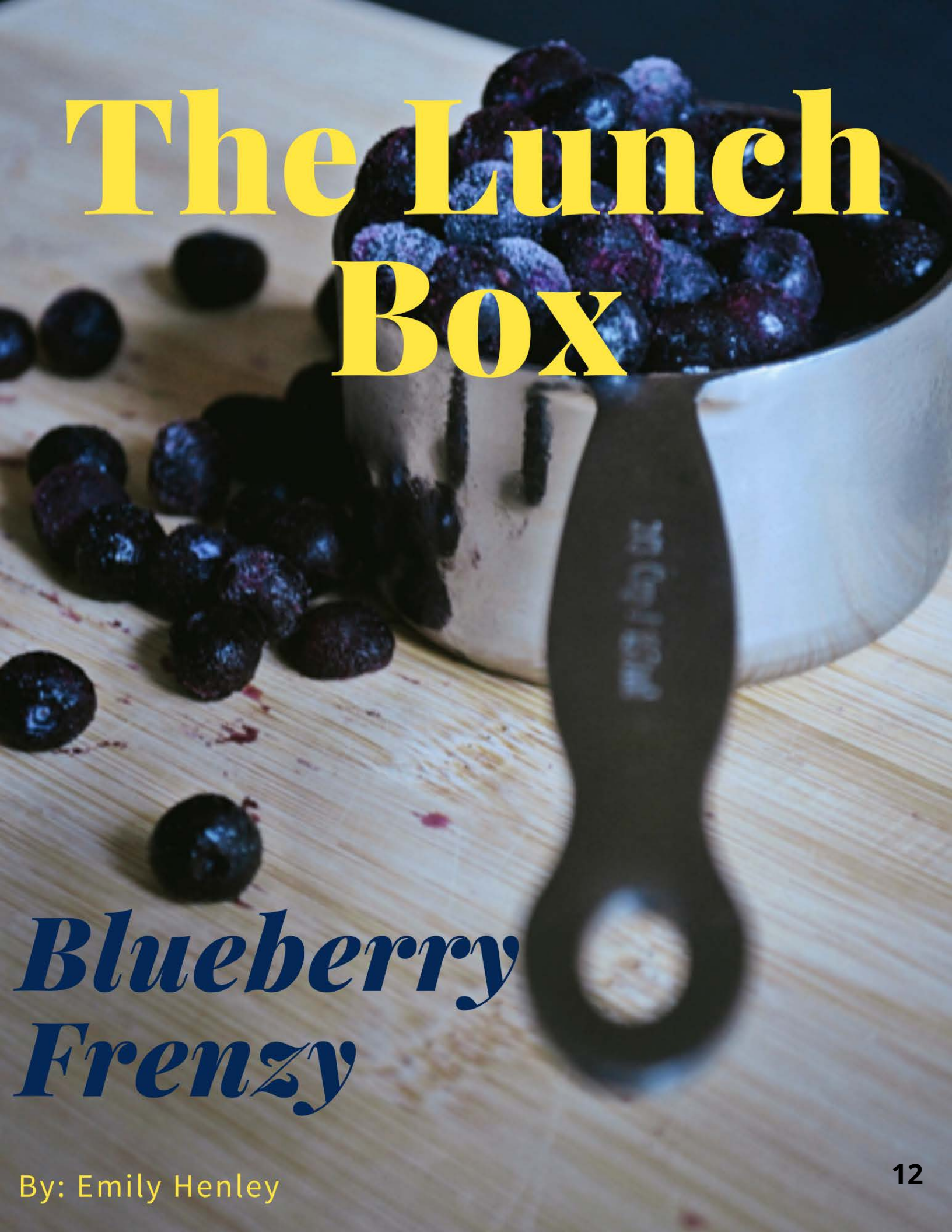
Program is 100 percent online, full or part time

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 Lunch Box

Blueberry Frenzy

By: Emily Henley



This month's lunch box was inspired by one of my favorite dessert bloggers Katie. The muffins are originally paleo but I made them with half almond flour and half regular flour to see what I would come up with. The muffins held their fluffy texture and shape more than the full almond flour. She is the creator of Chocolate Covered Katie and influenced me to do all the baking experimenting I have done through the past couple of years. Which is pretty funny because I found out I have an intolerance to sucrose just last year.

This recipe uses powdered erythritol as an alternative sweetener. One thing I like about her recipes is that she has alternative options for almost every ingredient . She gives different flour, milk, sweetener, and egg options; plus most of her recipes are originally vegan. This is a perfect time to scavenge through google and make a list or add to your preexisting "go to cooking recipe/blog " , expand your baking knowledge, and bake some things you have been wanting to try that seem interesting. Stay Safe inside Ospreys.

Blueberry muffins

INGREDIENTS

- ½ cup spelt, or all-purpose flour
- ½ cup almond flour (do not sub with coconut flour)
- ½ tbs baking powder
- ¼ tsp salt
- 2 tbs milk
- ¼ c milk of choice
- 1 egg
- ¼ c Mini chocolate chips to put on top or mixed in

DIRECTIONS

Prep Time: 5 minutes

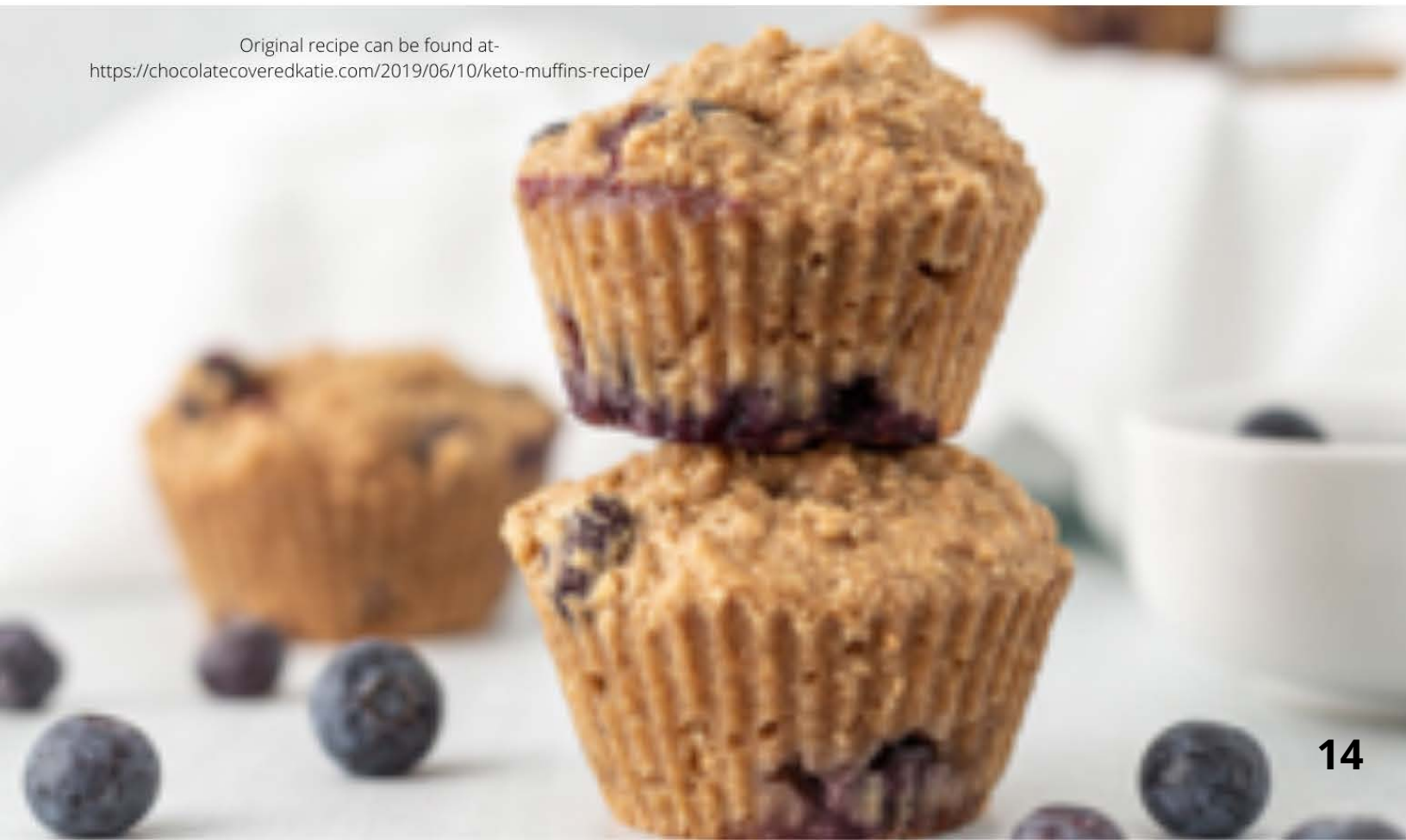
Cook Time: 15 minutes

Ready In: 20 minutes

Yields: 6 muffins

- 1 Preheat oven to 350 degrees and prepare a muffin dish by spraying with cooking spray or lining with muffin cups.
2. Mix dry ingredients in medium sized mixing bowl.
3. Add in wet one at a time then mix again.
4. Fold in blueberries (add anything else you like or replace the blueberries all together)
5. Bake for 15min

Original recipe can be found at-
<https://chocolatecoveredkatie.com/2019/06/10/keto-muffins-recipe/>



LEND - A - WING

BY GABE MEDINA



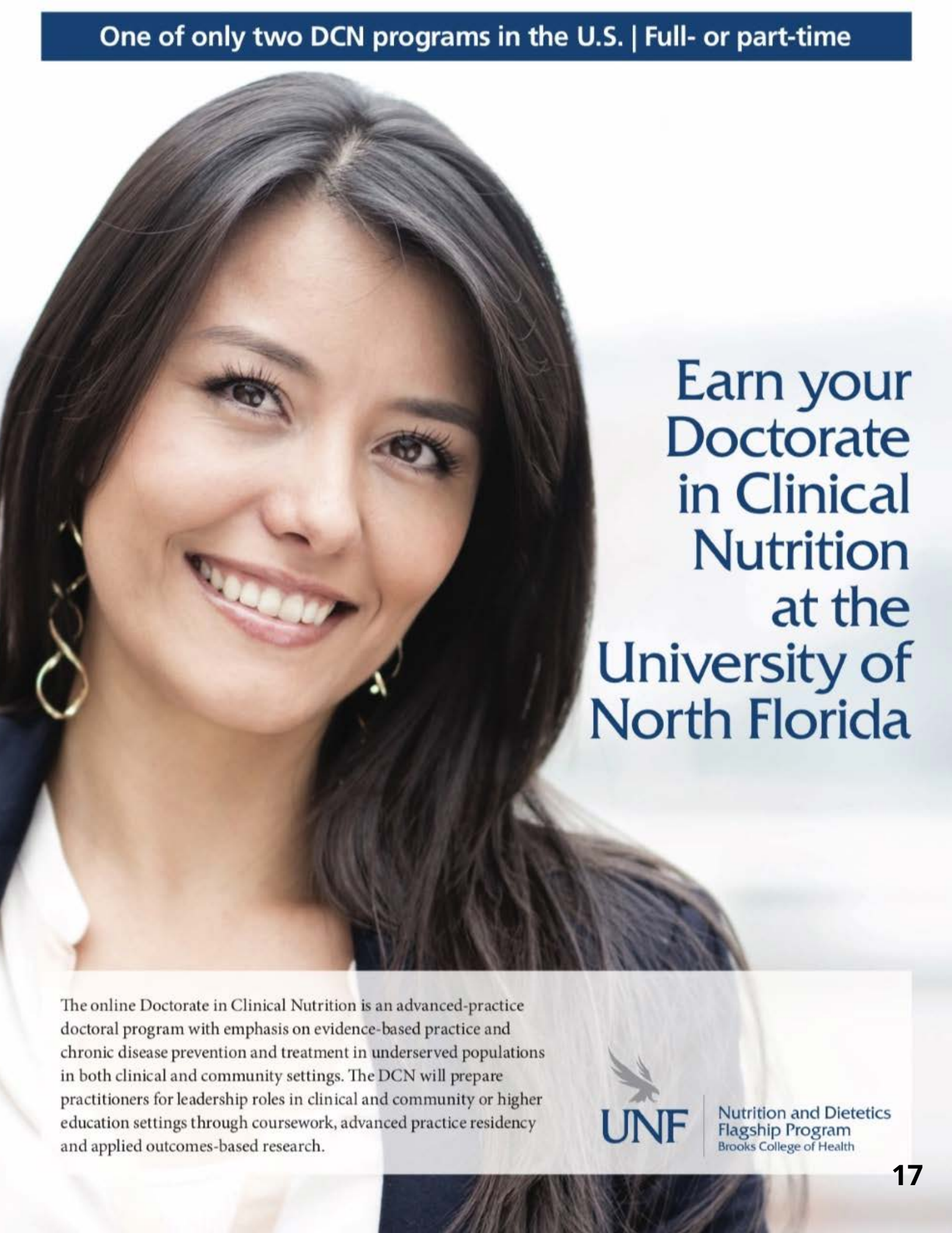
Lend-A-Wing (LAW) Pantry is a student government executive agency prepared to fight food insecurity on our campus. Some students rely on LAW to eat or provide daily food relief. Over 50% of college students struggle with food security, and LAW helps alleviate that. Due to the recent Covid-19 pandemic, LAW normal operations have currently changed. One of the resources that LAW is providing for students is a pantry grab. Due to the recent safer-at-home order, students will get a pantry grab at the student union loop. This resource will be available M-F from 12:00 pm to 3:00 pm. Once at the student union, the student will see a blue



LEND - A - WING

line across from the campus bookstore, then they will have to call the number 904-620-2750. Once on the phone, the student will speak with the operator and provide their N #. Once that is completed, one of the staff members will go outside and put the pantry bag in a box outside. When the staff member leaves, the student can grab the bag. Make sure to have your N #. Another way to get help is by direct messaging/ emailing LAW or emailing other resources such as BEAM, Feeding Northeast Florida, Jewish Family and Community Services. Remember that the pantry is always anonymous and free.





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Why Communication is Key in Nutrition

BY:
ELIZABETH PIAZZA



"Communication is the bridge between confusion and clarity." This quote by Nat Turner describes one of the many benefits of sharpening your communication skills. As a dietetics professional, talking to patients and clients composes a good portion of our job. In effectively communicating to our clients, we are able to achieve greater success in each session and have a deeper impact in resolving root issues. Dietitians are heavily trained in the clinical aspect of the field, finding themselves confident in the knowledge they have learned and their capability to apply those skills. However, studies have shown that dietitians have reduced feelings of confidence in their capability to apply their communication skills to

"Communication is the bridge between confusion and clarity."

effectively counsel patients. Therefore, a study was conducted to test the effectiveness of a workplace education program on improving the communication and counseling skills of dietitians. The education program taught these professionals on the concepts of motivational interviewing, patient-centered therapy, solution-focused therapy and narrative therapy. In assessing pre- and post- surveys of the program, dietitians reported significant improvement in communication and nutrition counseling skills, as well as knowledge of a greater variety of techniques to use with their patients.

When we begin to more effectively communicate with each other, the relationship between the dietitian and client begins to flourish and can lead to greater overall success for the client. Another study analyzing the correlation between patient-practitioner relationship and adherence to treatment found that clients exhibit greater trust in practitioners where a solid relationship has been established. Subsequently, they were found to have greater adherence to recommendations made by practitioners and greater overall outcomes in their treatments. These relationships, however, are built only through the hard work put forth to understand our client, communicate openly, and apply the appropriate techniques to expand our clients trust and aid in self discovery. Providing our practitioners with opportunities to remind them of the importance of

effective communication and counseling and the means to improve in areas they feel they may be lacking can benefit dietitians immensely in their ability to help those they are working with. In turn, with greater successes for our clients, and further growth for our practitioners, we establish strength in the dietetics field and why we are named as the nutrition professionals.



Notaras S, Mak M, Wilson N. Advancing practice in dietitians' communication and nutrition counselling skills: A workplace education program. *Journal of Human Nutrition & Dietetics*. 2018;31(6):725-733. <http://search.ebscohost.com.dax.lib.unf.edu/login.aspx?direct=true&db=s3h&AN=133048235&site=eds-live&scope=site>. Accessed March 14, 2020.

Cheung K, Hicks J, McEwen B, Cianfarani G. Strong healthcare provider patient relationship improves patient adherence and lowers healthcare costs: A meta analysis. 2012.; 1-14. https://mycred.com/libs/pdf/healthcare_portfolios_patient_adherence.pdf fbclid=IwAR3hjOD4N1xZ-JvVhaDu2KIN8WDYUZFr6jwBtfnfQKICoYNKdYa5b7gCGB-4. Accessed April 15, 2020.



TIPS IN MAINTAINING HEALTH DURING A CRISIS

CYNTHIA WHITMER



Although safety is always important in the food industry, we are in a special situation where food access is more limited and trips to the store to get our favorite health foods are not as flexible. As tempting as it may be to throw out our diets, sit on the couch and eat endless amounts of Cosmic Brownies and Twinkies, we can still be nutritious and mindful during this quarantine (with some twinkies still in the mix).

There may be uncertainty around which of your regular food choices will be available. This situation requires us to have an open mind and be aware of all the different fresh, canned, dried, and powdered foods items available to choose from. The Academy of Nutrition and Dietetics recommends that when purchasing canned foods, look for key phrases such as “packed in its own juices” “packed in 100% juice” “unsweetened” “no added sugars” “no salt added” or “reduced sodium.” If you already have some canned items collecting dust in the pantry, it is okay to cook with them as long as there are no dents, bulges, cracks, or leaks, as it may have bacteria growing in it.

Draining items such as rice, beans, and vegetables can also help reduce sodium. To make the most of some fresh produce or items that you may want to last, freezing items such as butter, meats, and fruits is a viable option.

Equally as important as food consumption, make sure there is enough water to go around! It is recommended to have 1 gallon of water per day for each person and pet in the house to go around. This may not be an issue to those with a water filtering system such as a Britta, but for those who buy their waters at the grocery store, supplies can be scarce and limited due to the increase of stock up. If available, buy gallon jugs or bigger and reuse them by using filling stations available at select markets.

Although situations are not ideal and it is easy to "fall off-track" with eating, staying consistent with food intake will keep us energized and ready to go back to our daily routine!

1. FoodSafety.Gov. Food Safety in a Disaster or Emergency. <https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency#stay-safe>.

Accessed April 2020

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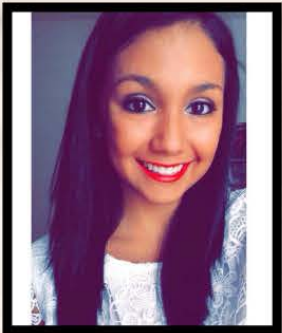
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