



Nutri News

The Department of Nutrition and Dietetics

May/June 2021

TABLE OF CONTENTS

COVID CORNER	2
FOOD INSECURITY	4
SHOPPING IN SEASON	6
THE LUNCH BOX	8
STUDENT SPOTLIGHT	10
MEET THE STAFF	13

UNF COVID CORNER

BY: LAURA RODGERS



Ospreys, Summer is finally here! Hopefully, many are taking a well-deserved break after the fast-paced Spring semester. Our most recent graduates will receive evidence of their hard work soon enough, as their diplomas will be mailed on May 28th. For those of you who are hard at it, continuing with summer classes, they will be held remotely as a precaution to protect from the spread of COVID.

- Session A runs from May 10th through June 18th
- Session B begins June 21st



Even though the world seems to be edging closer to a return to what we once knew as normal, there are still precautions to be taken. As much as we'd like it to be so, COVID has not disappeared during our beautiful summer months; it is still a threat to our communities. Continuing to take the precautions we have become accustomed to over the past year will help keep the numbers low. Regular hand washing and hygiene, wearing a mask in public interactions, avoiding large social gatherings, and remaining vigilant during any travel situations will keep us all protected. Many mask mandates have been lifted all over the country due to a dramatic drop in cases thanks to the COVID vaccines received by many. UNF Student Health Services has been hosting COVID vaccine clinics. More information on vaccination days, making appointments, which forms need to be filled out, and general information about the vaccines can be found on the Student Health Services website or found by searching "COVID vaccine" in the UNF search bar. Returning to campus in the fall is going to be a first for many, a welcomed joy for some, and a sense of excitement and fear in others. We have worked together to navigate these odd times so far and we can regain a sense of normalcy together. For now, enjoy the summer, don't work too hard, and stay safe, Ospreys.



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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FOOD INSECURITY

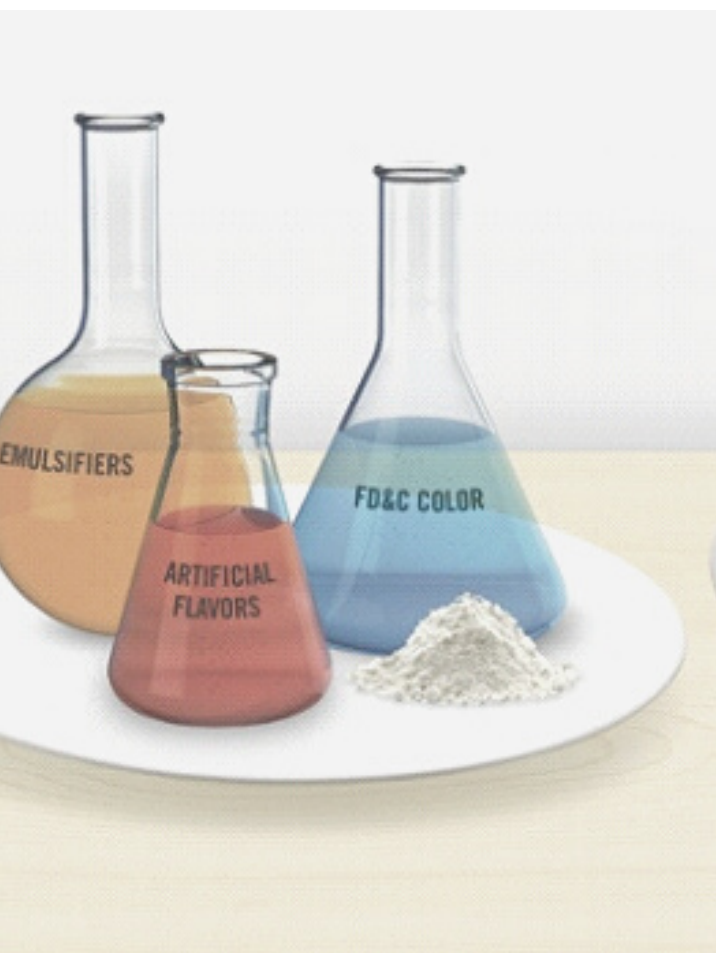
BY: MELISSA BRENNAN



Food insecurity is a topic of nutrition that is applicable to every region around the world. In a 2018 study, Panghal et al. set out to define all the ways in which fresh fruits and vegetables are mishandled in the supply chain, which can increase food insecurity or lead to a worse product.¹ In India, around 20-40% of perishable produce gets thrown out post-harvest due to inefficient processing and harvesting. Once produce is harvested, it goes through a quality evaluation to determine if the product meets market standards for maturity, size, shape, color, flavor, appearance, texture, and absence of damage.

Some manufactures choose to adulterate food products in order to receive better ratings for their quality evaluation. Adulteration of food products can include: increasing weight or volume, changing the color post-harvest, substituting cheaper alternatives, altering the physical appearance, and mislabeling the product pertaining to its quality. Post-harvest chemical treatments are also concerning, as unapproved mineral oils, waxes, and colorants can be harmful to the consumer.





Food colorants and additives like chlorophyll, caramel, annatto, and some synthetic colors have been used for years. More recently, synthetic colorants made from coal tar and petrochemicals have been used to adulterate produce products. For example, vegetables like chilies and green peas have been dipped in malachite green to enhance the color and provide a shiny appearance, but the World Health Organization has found this colorant to be carcinogenic to humans. Mishandling of produce has also been seen in chemical treatments post-harvest to modify freshness, ripening, and sweetness.

Times of India reported that cabbage from China entered their market that had been treated with formaldehyde to prolong its freshness. This is of major concern, as formaldehyde can be carcinogenic in humans, causing pulmonary and digestive problems. Also of concern, calcium carbide is another carcinogenic substance added to produce to ripen the outside of the food. The use of calcium carbide as a ripening agent has been banned by the Food Safety and Standards Act of 2006, but still has been found on produce in recent years. Additionally, attempts have been made to adulterate produce by injecting fruits with sweeteners like saccharine to enhance sweetness artificially. Growth hormones and waxes are also used to increase the market value of produce by improving appearance, reducing moisture loss, reducing post-harvest decay, and prolonging the life of the produce.

SHOPPING IN SEASON

The Papaya: A Fruit from Paradise

By: Cameron Glover



One of the many benefits of living in Florida is the affordable, close access to tropical fruits. States further inland or in the North require tropical fruits to be shipped long distances, which means they are picked long before they've reached their peak of ripeness. In many cases, stores away from the tropical weather will simply not carry fruits that us Floridians can find in nearly any grocery store. One such fruit that we take for granted is papaya. Usually, the papaya can be found in two forms: green and yellow; these colors are not different types, but rather due to the stage of ripeness. If you prefer firm, crunchy fruit, then the green papaya is your best bet. However, if you enjoy a soft, sweet, and creamy fruit, then wait until the papaya turns a yellow/orange color and is soft to the touch.

This fruit is notable for having a plethora of black, spherical seeds in the center when you cut it in half. Next time you cut open a papaya, consider saving some of the seeds to plant. The warm weather in Florida is perfect to grow your own papaya tree. Papayas are more than just sweet tasting; they also pack powerful nutrients. For example, papayas are amazing for digestion. One cup of papaya will provide you with a little over three grams of dietary fiber, as well as small amounts of a unique enzyme called papain. Papain is useful for digestion because it breaks down proteins. A cup of papaya also provides nearly two times the daily value for Vitamin C, making it a great fruit to consume to boost your immune system. Papayas even contain small amounts of iron, calcium, and protein.

Overall, the papaya is a well-rounded fruit with regards to nutrition, making it a great addition to your diet. Papayas are great alone, but you can prepare them with other tropical fruits like pineapple and mango for a fresh take on a fruit salad. Green papayas are popular in certain Asian cuisines, and can be used in a stir-fry or curry to add sweetness. Another great way to use papayas is by chopping them up for smoothies. Their creamy texture makes them perfect for a smoothie, and their flavor would pair well with banana and a handful of spinach. I can't suggest trying a papaya enough because they are unlike any other fruit I've tried, and worth consuming for health benefits alone, if not for their great taste.

One of only two DCN programs in the U.S. | Full- or part-time

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

The start of May means two things: the end of the spring semester and the start of cherry season. Either is an excuse to celebrate and a cherry tart is the best of both worlds. Tarts originate from another world, aka Europe in the 1300s. They were the noble's version of a pie that served as canvases to decorate with vibrant fruits. The transition to bar form is a 21st-century American twist and the "sandwiching" allows for a better grasp for consumption and is less time consuming.

Serve this delicious goodie as a breakfast treat or a savory dessert. Substitute with another seasonal fruit as desired.



Cherry Tart Bars

Ingredients

Crust:

- 1 ½ cups of oat or wheat flour
- 1 cup of rolled oats
- ½ cup of coconut or brown sugar
- ½ teaspoon of cinnamon
- ¼ teaspoon of baking soda
- ¼ teaspoon of salt
- ½ cup of butter
- 2 teaspoons of vanilla extract
- ¼ teaspoon of almond extract

Filling:

- 2 ½ cups of tart cherries
- 3 tablespoons of maple syrup
- 1 tablespoon of cornstarch
- ⅛ teaspoons of almond extract
- A pinch of salt

Directions

1. Preheat the oven to 350°F. Line an 8x8 inch pan with parchment paper.
2. To make the crust, first mix the dry ingredients (flour, oats, brown sugar, cinnamon, baking soda, & salt) together. Stir in the melted butter, vanilla, and almond extract until the dough clumps together.
3. Spread 1 ½ cups of the dough into the pan. Set aside the remainders of the mixture to use as the top crumble. Put the pan and the remainders into the fridge until the filling is complete,
4. To make the filling, add cherries, maple syrup, almond extract, cornstarch, and salt to a pot over medium heat. Once the pot heats up, press down on the cherries to break their skin.

5. Boil the cherry mixture and cook for 5 minutes until the mixture is thickened.
6. Remove the pan from the fridge and pour the mixture over the crust. Spread it out evenly with a spoon.
7. Sprinkle the leftover crust crumbles on top of the cherry mixture to act as the topping.
8. Bake for 30 minutes. Once the tart is done cooking, let cool on a wire rack. Cut into bars and serve. Refrigerate if desired.



By: Samantha Dill

STUDENT SPOTLIGHT

Hey everyone! Meet Daniel Geovanny Zelaya, he was born in California and moved to Florida at the age of ten. Daniel works at a hospital as a dietary assistant. Some of his responsibilities are taking the patients orders, dropping off and picking up trays, and constructing their meals. Learn more about Daniel's journey as he completed his last semester as an undergrad in the Nutrition at Dietetics program at UNF.

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

DZ: The activity I enjoy most is rock climbing. Since there are no mountains in Florida, I climb at a gym here in Jacksonville. If you enjoy a full-body workout that will challenge your problem-solving skills as well as your mental strength, then try rock climbing.

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

DZ: The biggest inspiration for choosing a degree in nutrition is my faith. Deciding what you want to do as a career is a challenging decision. I had always prayed for the answer, but it never came. Then, I read a verse that said, "Ask, seek, knock". I realized had I asked, but never did much else. It was after seeking that I became aware of what a Dietitian is. I chose to pursue a path that would lead me to become a Dietitian and have never regretted it.





KG: What are you most looking forward to in the summer?

DZ: What I am looking forward to most in the summer is hiking. I plan to go up to Helen, Georgia, and hike on a few trails as a celebration of graduating.

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

DZ: One piece of advice is to be okay with taking a free day. There are days where you may not feel like doing homework or studying. When this happens, do not beat yourself up about it. There were days when I felt guilty for taking these free days, but this was an unhealthy emotion. Taking a little time off is good for your mental and physical health. One other thing I would advise is trying to get 7-9 hours of sleep daily. I know it isn't easy, but it really does make a difference in your physical and mental health.

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

DZ: After graduation, I plan to continue my path to becoming a Dietitian. This means completing a dietetic internship, and I also plan to go to graduate school. The internship program I am interested in partners with the University of Alabama as an MS/DI program.

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

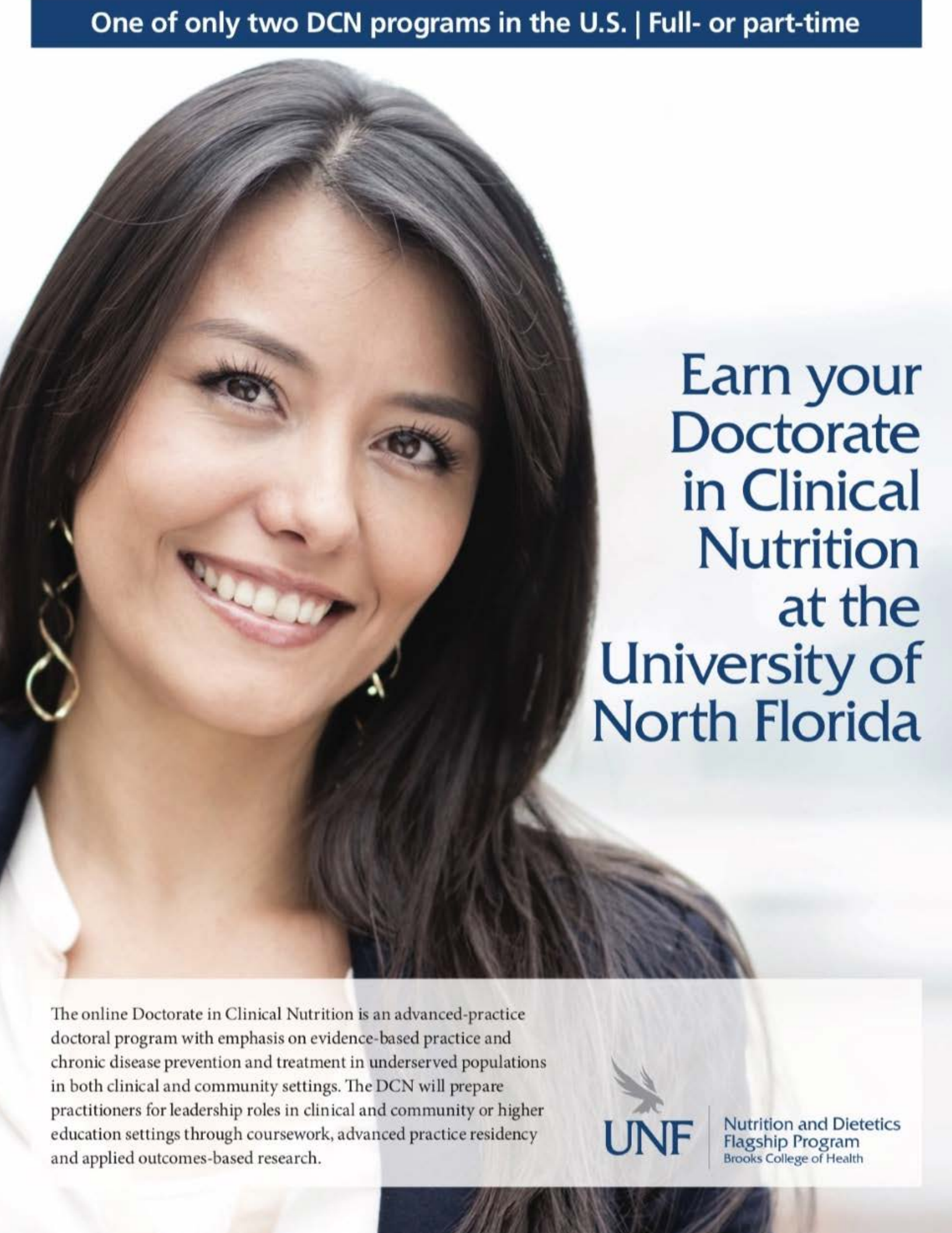
DZ: A mantra I would share would be to take it one step at a time. There were days where all I could do was one step, but now we are here, we are at the finish line.



BY: KARLA GUERRA



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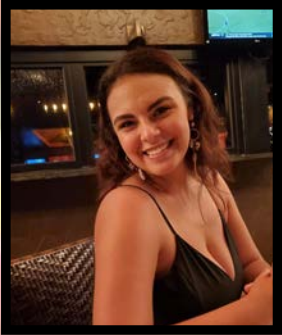


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