



# NutriNews

UNIVERSITY OF NORTH FLORIDA  
DEPARTMENT OF NUTRITION AND  
DIETETICS

November 2020

## Holiday Hacks

Life hacks, cooking tips, and  
left over ideas

## COVID Corner

Check out all the fun and safe  
events UNF will be hosting  
before the semester ends

## Intuitive Eating Research

The connection between  
intuitive eating and eating  
disorders



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# UNF COVID CORNER

BY: LAURA ROGERS



Here we all are, still figuring out this semester of COVID firsts, we have survived midterms unscathed, and COVID cases at UNF are low. Now that we are trudging through the second half of the semester, it is essential to remain positive and take care of ourselves. Thanksgiving break will be here in the blink of an eye, which, for most, means warm, cozy, fall feelings with families. However, this holiday also brings the first extended break of the semester, posing concern of traveling amidst a pandemic. Even though we have entered Phase 3 of returning to pre-COVID “normalcy,” the virus has not magically disappeared. The same precautions still need to be upheld to remain healthy and keep those around you safe. Mask wearing, social distancing, and proper cleanliness procedures are continuously important. There have been many hardworking men and women diligently working on preventing our UNF campus from succumbing to a COVID outbreak. In particular, a positive conversation with the Director of Student Health Services led to discovering all the options available for students on and off-campus.



# Health Services and Events



## Student Health Services:

- Having stayed open throughout this entire pandemic, the clinic is located in J. Brooks Brown Addition Building 39A, room 2098, hours of operation are Monday-Friday 8 am to 5 pm. The clinic offers in-person and Telehealth appointments to students on and off-campus, which can be made online or by phone: (904) 620-2900.
- For those who are unsure if an appointment is necessary, calling the clinic will allow a nurse to assess your condition and give guidance on what is needed.
- To keep track of cases, both on and off-campus students and employees who have tested positive or are showing COVID symptoms need to fill out the student self-reporting form, located on the Student Health Services website.
- With COVID continually looming in the background, UNF still strives to provide stress-free environments for students in the form of events.

## November Events:

- Get ready for everything fall, ya'll! Harvest Fest is **November 10th, 4 pm-7 pm**. Originally to be held at the Coxwell Amphitheater, but it looks like the festival will be moved to the **Arena Plaza**.
- COVID safety will be maintained as students mask up and take a socially distant walk through the various stations. Details are not entirely hammered out, but so far, there will be crafts, a photo booth, pumpkin activities, and of course, pumpkin spice.

- Advertised as a "HUGE party," Fall Escape will be held **November 12th, 6p-9pm, at Lot 18**. This drive-in style carnival will feature a main act yet to be booked; there is rumor of an illusionist or hypnotist. There will also be a carnival-style walkthrough area, limiting the number of masked students gathered.
- One of the positive outcomes of COVID is the resurrection of the Drive-In Movie. UNF will be presenting drive-in movies regularly. This month, movie viewing will take place at **Lot 18, November 13th from 8 pm – 11 pm**. However, the film has not been selected, so keep an eye on the Facebook event page for updates.
- With over half of UNF students partaking in virtual learning, this time of year may be harder than usual for some. These dreary, rainy, winter months paired with COVID isolation may impact mental health. Be mindful of your mood, reach out to others, take advantage of sunny days, and remember to take care of yourself. Stay safe Ospreys!



# REFUSE TO BE SILENCED

## **VOTE AND BE HEARD.**

There are just five days left until the FL voter registration deadline on Monday, 10/5. Florida PIRG Students is dedicated to ensuring every eligible Osprey has an opportunity to register to vote.

- Carter Glogowski

Need to register to vote: [StudentVote.org](https://StudentVote.org)







# *10 Easy Ways to be Healthy During the Holiday Season*

By: Tamara Marsh



Living a healthy lifestyle does not have to stop during the holiday season! Here are 10 ways to enjoy the holiday and be healthy.



1. Adjust your weight loss goals.

If you have trying to lose weight, switch your goals to weight maintenance around mid-November to allow yourself to enjoy the holiday and switch your goals back to weight loss when the holiday season is over.

2. Don't avoid eating.

Don't skip meals to save on calories because this can lead to overeating. Instead, eat as you usually would. When it's time to eat your holiday meal, eat it, and return to your usual diet.

3. Choose nutrient dense foods.

When choosing holiday meals, choose nutrient dense foods such fruits, vegetables, lean meats, whole grains, and low-fat dairy. Select foods low in calories, fat, sodium, and added sugar such as whole-grain crackers with low-fat cheese, vegetables with a low-fat yogurt dip, or fresh fruit skewers.

4. Find healthy alternatives for your favorite meals.

Make your holiday meals healthy by making simple swaps such as choosing: Simple peas or corn over creamed peas or corn. Low-fat yogurt over mayonnaise in devilled eggs. Unsweetened applesauce or mashed ripe bananas over butter. Spices such as cinnamon, nutmeg, and paprika to add flavor instead of salt

\*If you are looking for healthy recipes, [NutriNews](#), [MyPlate.gov](#), and [eatright.org](#) are great resources.

5. Drink low calorie beverages.

Water is the best way to stay hydrated; however, you can add flavor to your water with a slice of lemon or lime or opt for flavored seltzer water. You can also indulge in low-calorie alcohol such a vodka soda with lemon, mojito without the syrup, or a light beer.





**6. Buy frozen produce.**

Save money on produce by purchasing produce in season or frozen. Frozen produce is as nutritious as fresh produce because it is frozen at its peak ripeness. If you choose to buy canned foods, choose the option with no added salt or sugar.

**7. Take advantage of holiday sales and coupons.**

A great way to save money during the holidays is to buy items on sale or use coupons. Check your preferred grocery store website or weekly circular to learn about holiday sales and coupons. You can also check your favorite food brands website to see if they provide coupons as well.

**8. After dinner, take a walk.**

Walking is a great way stay active and socialize during the holiday season. It also helps digest your meal and de-stress.

**9. Save your leftover.**

You don't have to eat all of your holiday foods during the holidays. You can save it to eat another day. You can eat small portions of a dish daily until it is finished or create a new meal with it such as a turkey sandwich, chicken salad or vegetable stew.

**10. Enjoy your holiday!**

The holiday is about spending quality time with your loved ones over a shared meal. Eat the foods you love and enjoy. The holiday season is a small portion of the year. What counts is what you eat the majority of the time.



# November is National Diabetes Awareness Month

Diabetes can be controlled with proper nutrition, healthy lifestyle and support.



## Know your Diabetes ABC's

A – A1C Test  
B – Blood Pressure  
C – Cholesterol  
S – Stop Smoking

<https://www.cdc.gov/diabetes>



# The Role of Pancreatic B-cell Function as the Main Cause for the Development of Diabetes in the South Asian Population

by Melissa Brennan



It is commonly known that the prevalence of metabolic diseases stems from both genetic and environmental influences on health and wellness. Diabetes mellitus, specifically Type II Diabetes, is known to have many variables leading to its prevalence in individuals, including diet and genetic factors. In this study, Kanaya et al had set out to see what factors could explain the vast difference in prevalence of diabetes and insulin resistance in South Asians versus ethnic groups within America. The purpose of this study was to elucidate which



factors could explain the high rates of diabetes in South Asians, as compared to American ethnic groups, including: sociodemographic, lifestyle, and metabolic factors.





The investigators performed a cross-sectional analysis on two community-based cohorts. Participants in the cohorts were free of any known cardiovascular diseases and were between the ages of 44 and 84. In the cohort from South Asia, there were 799 participants that were compared to the American sample (2,611 Caucasians, 1,879 African Americans, 1,483 Latinos, and 801 Chinese participants). The criteria used to classify type II diabetes was a fasting plasma glucose level that was greater than or equal to 126 mg/dL or use of diabetes medication.

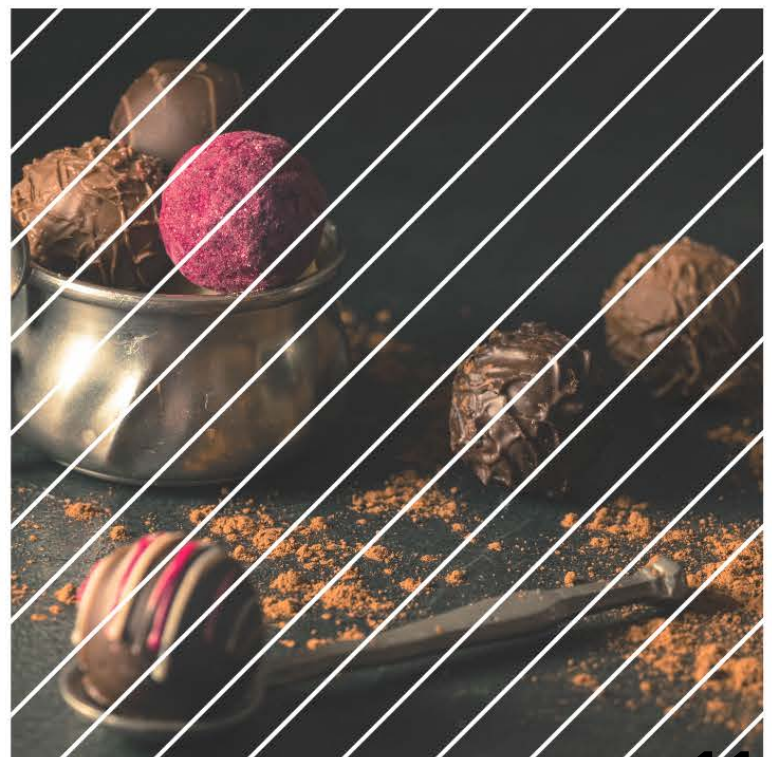




After adjusting for age, Kanyaya et al found that South Asians had a significantly higher prevalence of Type II Diabetes, at 23%, compared to the American ethnic groups. In America, the prevalence of diabetes amongst the different ethnic groups are, as followed: 6% in Caucasians, 18% in African Americans, 17% in Latinos, and 13% in Chinese participants. Markers of insulin resistance were also significantly higher in South Asians, even after adjusting for age and adiposity. These findings suggested that South Asians may have a lowered pancreatic-beta cell function and are not able to metabolically handle the higher glucose levels due to insulin resistance. The high prevalence of insulin resistance ultimately contributes to the higher rates of Type II Diabetes. Interestingly, when sociodemographic, lifestyle, and metabolic factors were controlled South Asians still had a significantly higher prevalence of insulin resistance and diabetes. Additionally, middle-aged South Asian men of higher socioeconomic status living in America still showed a greater prevalence of Type II diabetes and insulin resistance.



Meanwhile, controlling for these other factors shows an underlying predisposition, a “higher genetic burden,” in South Asians drives the significant prevalence of diabetes and insulin resistance.





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## The Connection Between Intuitive Eating and Disordered Eating

By: Paige Courtier



When it comes to the topic of disordered eating patterns, intuitive eating (IE) often comes up as a healthy and inclusive approach to mealtime. “Intuitive eating” is a term invented by two registered dietitians, Elyse Resch and Evelyn Tribole. Resch and Tribole refer to intuitive eating as a “self-care eating framework rooted in science and supported by clinical experience”. The goal of intuitive eating is to help you “get back in tune with your body’s signals for hunger, fullness, and satisfaction”, as well as to detach from food rules and lower anxiety around mealtime.

According to a literature review looking at the links between intuitive eating and health measures, “the clearest positive association between intuitive eating and health outcomes is with psychological health.” Studies have observed IE “to be negatively associated with attachment anxiety, restrictive or critical eating messages from a carer when growing up, and attachment avoidance in university women”. Registered Dietitian, Alyssa Pike, breaks down research regarding the connections between eating disorders and intuitive eating.





Within another study, Type 1 diabetes mellitus (T1DM) patients were studied to observe the potential positive effects of intuitive eating on management of T1DM and the patient's relationship with food. T1DM is defined as a “lifelong, metabolic disorder, typically arising in childhood and adolescence”. Due to their condition, T1DM patients are required to be more conscious and in control of what they are consuming.

They are required to consider important health markers such as blood glucose values, insulin/exercise sensitivity, and/or carbohydrate intake and to eat in a manner that helps respond to or prevent hypoglycemia. Considering all the factors T1DM patients are required to acknowledge when making food choices; eating intuitively feels daunting and unattainable. While IE may be a greater challenge for T1DM patients; they may experience great benefit from IE once they get a grasp on what intuitive eating truly means and become more in tune with their bodies. “Thus, it is both sensible that IE would be disrupted, but also that it might be important to include IE skills in nutrition counselling for T1DM, if poorer IE was associated with unhealthier glycaemic control.”



The results of this study revealed that T1DM patients had a significantly lower intuitive eating survey (IES) score in comparison to, individuals without T1DM. A correlation was also made between higher IES values when eating for bodily rather than emotional intentions; this was also related with lower HbA1c levels; indicating healthier blood glucose (BG) levels and improved T1DM management.

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# THE *Lunch Box*



BY Samantha Dill

## Thanksgiving Leftovers

### Thanksgiving Holiday

Though Thanksgiving will more than likely be different this year due to the ongoing pandemic, two things that will stay consistent are leftovers and lack of awareness of Native American bloodshed associated with the American holiday. While the focus of this article will be primarily on food, it is important to note that European colonizers and Native Americans did not have as peaceful of interaction as depicted in grade school. They massacred Native tribes, robbed Wampanoag graves, conquered their land, and stole their food to get by as new settlers.<sup>1</sup> However, the idea behind the meal is very well-intentioned. Native Americans do value food, family, and land. As family members sitting around the dinner table share what they are thankful for, it is important to acknowledge Native culture and remember the lives lost.

### Classic Thanksgiving Dishes

The types of foods served at the dinner table vary from household to household. Common dishes include turkey, mashed potatoes, sweet potatoes, casseroles, rice, cranberry sauce, green beans, cornbread, stuffing, and pumpkin or pecan pie. The multitude of options on the table usually leaves plenty of leftovers to pop in the microwave the following day. What else can be done with them other than reheating them? While you can always make them into a sandwich, here are some alternatives.





# Leftover Makeover

## Sandwich

Spread cranberry sauce on toasted sourdough and fill with turkey and other suitable leftovers.



## Grain Bowl

Partially fill a bowl with a grain of your choice and put sweet potatoes, green beans, squash, and whatever else in it. Drizzle it with cranberry sauce to complete the dish.



## Crescent Rolls

My brother's favorite thing to do with Thanksgiving leftovers is to stuff food into crescent roll dough. Roll up, cook, and enjoy!



## Sweet Potato Latke Waffles

Press leftover sweet potatoes in a waffle maker to make a warm and toasty sweet potato latke. Top with cinnamon and enjoy!





Turn one dessert into another!

# Pumpkin Overnight Oats

## Ingredients

½ cup rolled oats  
¼ cup pumpkin pie filling  
(or leftover pumpkin  
puree)  
¼ cup plant milk  
2 tsp chia seeds  
Dash of salt



## Recipe

1. First, combine wet ingredients in a mason jar or container of choice.
2. Next, gradually mix in oats. If pumpkin puree is used instead of pumpkin pie filling, add 1 tsp of maple syrup, 1 tsp vanilla extract, and ½ tsp pumpkin pie spice (cinnamon, ginger, cloves, nutmeg, & allspice).
3. Let the mixture sit in the fridge overnight.
4. Top with pecans and/or pumpkin seeds if desired and enjoy!

Resources:

What does Thanksgiving mean to Native Americans. NativeHope.org.  
<https://blog.nativehope.org/what-does-thanksgiving-mean-to-native-americans>



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# STUDENT SPOTLIGHT:

## CRISTINA REYES



HEY EVERYONE! OUR STUDENT SPOTLIGHT FOR THIS MONTH'S ISSUE IS CRISTINA REYES! CRISTINA IS FROM PUERTO RICO AND CURRENTLY A SENIOR IN THE NUTRITION AND DIETETICS PROGRAM WITH A MINOR IN FOOD SYSTEMS AND SUSTAINABILITY.

SHE IS CURRENTLY A RESEARCH ASSISTANT FOR DR. ROOF, THE VOLUNTEER CHAIR FOR NDLA, AND A PUBLISHER FOR NUTRINEWS. REYES OWNS A SMALL BUSINESS OF ARTISAN COOKIES AND COFFEE AND SHE HOPES TO BE OPENING A COFFEE SHOP IN HER HOMETOWN THIS UPCOMING MONTH. READ ALONG TO LEARN MORE ABOUT CRISTINA'S JOURNEY AS AN UNDERGRAD AT UNF.

### **KG: Why did you decide to pursue a degree in Nutrition and Dietetics?**

**CR:** I have always known that I wanted to pursue a career focused on human health. However, by the time I had to apply to the university, I was unsure of what I wanted. I decided to apply Nutrition and Dietetics because of its focus on human health and the effect that diet has on it. Instantly, I fell in love with the profession, and I knew that I wanted to be a dietitian. I found it fascinating how everything we eat can influence the human body. Furthermore, the fact that food nutrients can enhance someone's quality of life.

One more reason why I decided to pursue a degree in this profession is because of the satisfaction I feel when teaching people about how to take care of themselves through nutritional education.

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

**CR:** Outside of school, my favorite thing to do is spending time with family and friends. I also enjoy discovering new places in my hometown by visiting its beaches, rivers, waterfalls and appreciating the sunsets views.

**KG: I have tasted and seen your delicious cookies! Can you tell us more about your cookie business? How did it start and what can we look forward to in the future for your business?**

**CR:** I love that I had the opportunity of sharing my cookies with you and other classmates! I started my cookie business in 2012. I was 15 years old when I started baking cookies for fun in the summer of that year and my sister would take them as a snack for the university. Her friends, as well as mine, started asking if I would sell the cookies to them. After that, I had the opportunity of being part of many Puerto Rican festivals, and little by little people got to know my products. Later, with help of my mom, other products were added such as bread, chocolate truffles, and coffee. You can find my cookie business Instagram at @cookedkiss.

Regarding the future of my business, after I open the coffee shop, I am looking forward to having a second coffee shop location. Also, I plan on applying my nutrition-related knowledge to create some delicious, nutritious recipes.

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

**CR:** Some advice I would give to incoming students is to get involved and take advantage of the different nutrition-related student organizations. These organizations have a lot to offer! They are an incredible resource to get to know classmates, as well as faculty, and to get diverse experience in the nutrition field

**KG: What has been your favorite course so far since entering the Nutrition Program?**

**CR:** My favorite course in the Nutrition Program so far has been Food Science. I love cooking and baking, so, I love applying everything I learned while being in the kitchen..





**KG: Can you tell us about ways you have been involved at UNF while also being out of state this semester due to the pandemic?**

**CR:** Even though I am out of state, I've been trying to get involved at UNF by being part of its different programs/associations. Currently, I am the volunteer chair for NDLA, one of the research assistants for Dr. Roof, and a publisher for NutriNews. Also, I am part of the Apples to Apples Mentorship Program of SNDA.

**KG: What plans and goals do you want to pursue after graduation?**

**CR:** After graduation, I aspire to apply to a dietetic internship and become a registered dietitian. In the future, I would like to continue my graduate studies and get my Ph.D.

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

**CR:** I do not have a specific favorite quote, but there are two things that I learned throughout the years and that I always keep in mind to inspire myself to keep going. One is that, "there is no change without action", and the second one is that, "everything happens for a reason and it is better to learn from experiences and enjoy the journey".

BY:  
KARLA GUERRA







# HAPPY *Thanksgiving Day*

For Thanksgiving food preparation and safety tips please visit:

<https://food.unl.edu/free-resources/newsletters/thanksgiving-food-preparation-and-food-safety-tips>

or

[www. Foodsafety.gov/thanksgiving](http://www.Foodsafety.gov/thanksgiving)







# Tips to Make Cooking Your Thanksgiving Turkey Just as Easy as Eating It



**BY CHLOE MORGAN**

When envisioning the main courses for a Thanksgiving dinner, turkey is usually the first thing to come to mind. Thanksgiving was declared a national holiday by Abraham Lincoln in 1863. Around the time the holiday was first established, turkey drovers would physically herd



flocks of turkeys to populated regions of antebellum America where they would eventually end up on the plates of hungry citizens, thus beginning the traditional custom of turkey dinner which is still followed today.

owed today. While hunting a wild turkey is certainly still an option, most families opt to purchase from a local supermarket. If you choose to purchase your turkey, you will find there are several options available to you: frozen, organic, heritage, or classic non-frozen. Heritage turkeys are more closely related to the traditional wild and gamey turkeys eaten in the 19th century than the classic turkeys, which are selectively bred to offer more white breast meat at a lower cost. Once you select the type of turkey that is the best option for you, it is important to consider size. Food experts suggest choosing a turkey that will allow each person at your table to consume 1-1.5 lbs.







When it comes time to cook the perfect turkey, it is imperative to follow proper food-handling hygiene to avoid cross contamination and food-borne illness. The practice of washing a turkey is actually unnecessary. Lauren Allen from [tastesbetterfromscratch.com](https://tastesbetterfromscratch.com) says, "If you wash your turkey in your sink you will just contaminate your sink. Remove the turkey from its packaging, dry it off with some paper towels, and then prepare it for the oven. Any bacteria on the turkey will be killed in the hot oven while it bakes."<sup>4</sup> Any surfaces that come in contact with uncooked meat will need to be sanitized before they can be used to prepare any other foods. In addition, you should wash your hands thoroughly with soap and warm water for 20 seconds after handling raw poultry and between each food item you handle as well.

If you are cooking a heritage or wild turkey, it will likely be drier in nature than its store-bought counterparts. In this case, brining the turkey is beneficial because it can help the poultry retain moisture. "Brining means making a saltwater solution and submerging the turkey for about 24 hours before roasting," says Emma Christiansen with [simplyrecipes.com](https://simplyrecipes.com). If you are cooking with store-bought poultry, brining is unnecessary. For both options, basting is unnecessary as well. Basting requires opening the oven door several times to coat the roasting turkey in the juices it releases while cooking. Opening the oven door repeatedly can lead to a longer cooking time and result in dried out meat. Cooking turkey already stuffed can lead to the same result. Instead, cooking the stuffing separately and preparing the turkey by smothering it in a combination of herbs and butter or oil before placing it in the oven will eliminate the need to re-coat while it cooks, and will still result in tender meat with crispy golden skin.

Checking your turkey with a proper meat thermometer is the safest and easiest way to ensure it has been cooked thoroughly. For your golden main course to be



considered “done”, it must reach at least 165 degrees Fahrenheit before you remove it from the oven. As it sits to cool off after being removed from the oven, it will continue to cook itself over the next several minutes without requiring any additional heat.

Cooking the perfect turkey isn’t as difficult as it sounds. If you follow these simple tips, you can be sure to end up safely cooking a delicious and beautiful centerpiece for your table. The last step is the easiest of them all: enjoy your holiday and feast on the delicious foods you have prepared!

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*Happy*  
COOKING



# SHOPPING IN SEASON

The Jicama is a unique ingredient important to Mexican and some Southeast Asian cuisine that you've most likely never used before. The Jicama is a root vegetable with a light brown shade that is often round and slightly disc-shaped and will usually be found near beets, rutabagas, or other roots. The jicama is also known for a very starchy texture with a subtle sweet taste. Biting the jicama gives a delightful crunch that is best described as being akin to a water chestnut.

by **Cameron Glover**



## THE FORGOTTEN ROOT VEGETABLE: JICAMA

This unusual combination might intimidate home cooks but, with all of its nutrition benefits, is worth experimenting with. For example, Jicama is very low in calories but high in fiber. There are less than 50 calories in one cup but that feels like a lot with the vegetable's thick, starchy texture.





In addition, the jicama is also a great source for Vitamin C, with one cup providing just under half the recommended daily value; as well as small amounts of potassium, iron, folate, magnesium, and more. More so, the jicama's high water and fiber content help regulate your digestion and promote gut health.

The best way to eat Jicama would be to serve it fresh and cold, cut into small spears. If you want some added flavor, putting lime juice and a little chili powder will take the jicama to another level. However, with a vegetable as interesting as this there are tons of unusual recipes out there that might surprise you, like using small slices of jicama in spring rolls.

Despite its lack of visibility in traditional American culture, the jicama can be found in most supermarkets. I took a trip to a few grocery stores near campus to find out which store had the best quality and price on jicama and the conclusion was shocking. First, I went to the Publix in the Town Center and the Jicama here was easy to find in the cold section near the other roots, yet the selection of jicama was pitiful. There were only a couple left and they all had wrinkly skin; one even had mold growing on the bottom. To make matters worse, these sore looking veggies were 2.49/lb. Next, I went to the Sprouts in the Town Center and, although it took a while to find them, these jicama were much larger than the ones in Publix and looked fresh, although they were coated in a thick layer of wax. These only cost 1.49/lb which was much better than the Publix only a few blocks away.



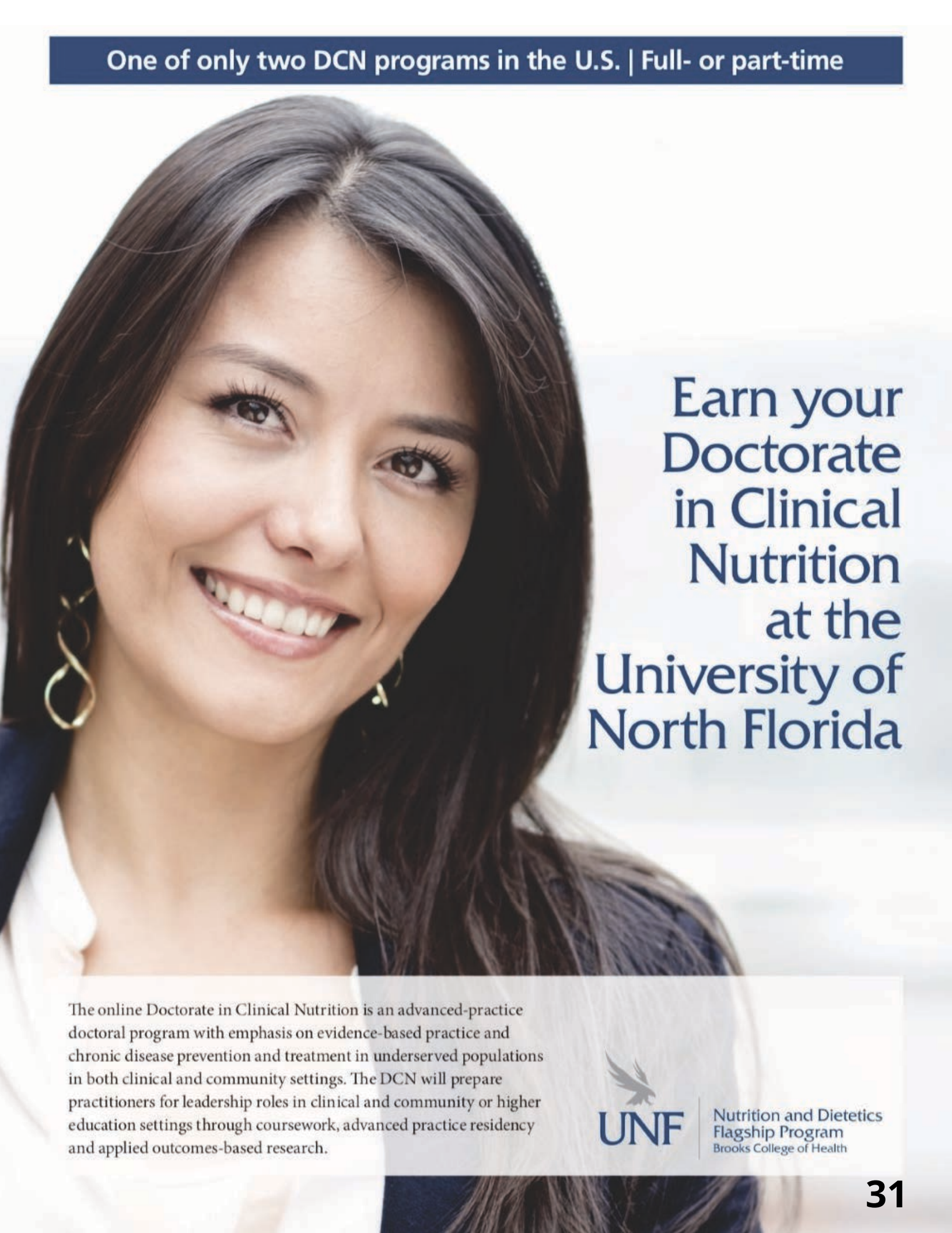
The next two stores, Trader Joe's and Target, had no fresh jicama that I could find (You can find it precut at Trader Joe's if in stock).

My final stop, Walmart on Beach Boulevard, surprised me because the jicama were easy to find and medium in size. More so, they were the freshest looking and had no wax on their skin. However, the only flaw was a couple had some indentations from the way they had been packed together. Yet, these had the best price of all, at only 1.48/lb. Sometimes, going to the more expensive grocery stores is not worth the trouble, even for fresh produce. You will be surprised at the quality that affordable groceries stores provide.





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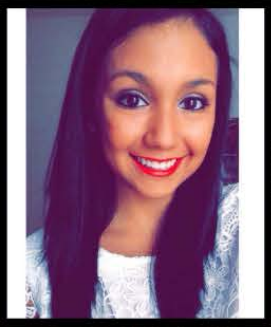


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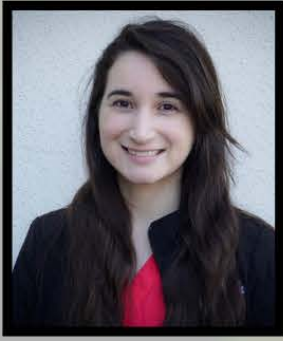
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