

ISSUE OF OCTOBER 2020

NutriNews

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IMPACT ON KIDS

The University of
North Florida
Department of
Nutrition and
Dietetics

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HELLO OSPREYS,

I hope the semester is still going well for everyone. With midterms right around the corner, it's important to remember to take little breaks from looking at screens. It is easy to strain our eyes from looking at screens too long due to classes being remote now. Taking a 15-minute break from looking at any screen goes a long way to giving your eyes a chance to relax. Especially if you are putting a lot of time in studying for exams.

This month SNDA will be putting on a **Dietetic Internship Symposium**. It will be on October 14 at 10:00 via zoom. We will have different directors come speak about their internship and what types of things they look for when reviewing DICAS applications. We will be having a questions and answers session afterwards.

**ALL THE BEST,
TY**



UNF COVID CORNER

BY: LAURA ROGERS



HEALTH IS WEALTH AND THERE IS NO
BETTER TO START THAN NOW

This fall semester has brought many new rules and modifications to our UNF campus related to the COVID crisis. Changes include those we have all been, hopefully, implementing over the past six months:

- Masks are required to be worn at all times. This includes all outdoor areas.
- The 6 foot social distancing requirement has impacted on our ability to return to the classroom. Most of us do not have a single class on campus this semester.
- Daily Self-Screening is required for everyone going to campus. This tool can be found on the Safe Ospreys app or in person at the many health checkpoints located on campus.
- Covid testing is available for students/faculty from 9 am - 2pm, Monday-Thursday in Osprey Landing, Building W, room 100.
- Facilities workers have been equipped with the necessary resources to keep our campus clean and sanitized. As they do not get much recognition, make sure to say thank you to those working hard to keep us safe.
- Dining areas and the Library are open with modified hours and seating arrangements.

If you want to actively participate in the UNF community and regain a sense of normalcy, the following are answers to some commonly asked questions:

Is the wellness center open?

Yes, but with modified hours and limitations during the reopening phases. Currently, the wellness center is operating at limited capacity, masks must be worn during workouts, and machines have been moved apart to promote social distancing. The 3rd floor is not open, and the free weights are out of order as well. Additionally,

UNF wellness dietitians are offering virtual wellness counseling by appointment and walk ins every Wednesday 2-4pm, via Zoom at <https://unf.zoom.us/j/95844705880>



The nutrition clubs have moved all of their meetings to Zoom. To keep us all social with one another, Dr. Roof is hosting a “Popcorn Meetup” every second Wednesday of the month. For those interested, register at http://unf.co1.qualtrics.com/jfe/form/SV_0ujHhUiiJFakV81

Will events still be hosted on Campus?
Yes. There won't be as many events as pre-COVID, however, the events hosted on campus will follow the mask and social distancing guidelines. This month, The Healthy Osprey Kitchen is hosting a Cooking Demonstration with our UNF dietitians on Wednesday, October 21 from 12 pm to 1 pm.

Are in-person volunteer opportunities still available?
Yes. COVID has not kicked our nutrition department into submission. There are still volunteer opportunities available that follow COVID safety guidelines. One worthwhile opportunity looking for volunteers is our Meals on Wings program. Many more seniors have found themselves homebound due to the pandemic. This vulnerable population needs our help in providing nutritious meals. Also, a great way to socially distance outdoors would be tending the Ogier gardens. We are all trying to navigate these rules and modifications as we adjust to our new normal in the best way we can. A positive attitude, self-care, and plenty of human contact (safely distanced and/or on Zoom) will make these times easier to get through. Stay Safe Ospreys!

10 NUTRITION HACKS TO HAVE A FUN HEALTHY HALLOWEEN



BY: TAMARA MARSH

Living a healthy lifestyle does not have to stop on Halloween. Below are 10 easy nutrition hacks to have a fun healthy Halloween.



1. Eat before you trick or treat.

Eat a healthy meal before trick or treating to reduce the amount of sweets and calories consumed or to prevent overindulgence.



2. Choose a small bag or container.

Select a small bag or container to carry the candies in to limit the amount of candy you can store in your home and consume.



3. Stay active.

When trick or treating, walk instead of driving door to door. If you are attending a gathering or staying indoor with loved ones participate in an activity that requires physical activity such as dancing or Halloween theme exercises.



4. Set a limit.

Before celebrating Halloween, decide how many homes you will visit when trick or treating and how much candy you would like to collect.



5. Come prepared.

Bring water, a flashlight, and comfortable shoes to feel comfortable while trick or treating.



6. Give away extra candies.

If you have extra candy on hand, donate it to homeless shelters, food pantries, or give it away to friends. Another option is to save it to use for dessert for upcoming holidays or events.

7. Double check the candies are safe to consume.

Inspect the candies to ensure the candies are safe to consume. Check the expiration date, ingredient list for food allergies and intolerances, and that the candies' factory seal is intact.

8. Avoid Temptation.

Buy the exact amount of candies you would like to eat and give away to avoid having leftovers. Purchase candies on Halloween day to avoid eating candies before Halloween. If you want to avoid eating candy altogether, but still want to participate in trick or treating, buy candy you do not like or hand out non-edible items such as pencils or toys.

9. Choose low calories candies.

Choose low calorie candies preferably under 100 calories per serving. Select fun size candies with the option of dark chocolate, nuts or raisins over pretzels and marshmallows for portion control and more nutrients. Hershey's Miniatures: Special Dark, Raisinets Snack Pack, 3 Musketeers Minis, and Skittles Original Fun Size Mini are great examples of low-calorie candies.

10. Enjoy Halloween. Halloween is one day of the year. Forget the rules, enjoy the holiday, and return to your normal eating patterns when the holiday is over.

Reference:

1. How to have a healthy halloween. Heart website. Accessed August 14, 2020.
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-have-a-healthy-halloween>
2. The best healthy candy options, according to dietitians. Shape website. Accessed August 14, 2020.
<https://www.shape.com/healthy-eating/diet-tips/best-and-worst-halloween-candies>





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



Program is 100 percent online, full or part time

Earn your Master of Science in Nutrition and Dietetics online.

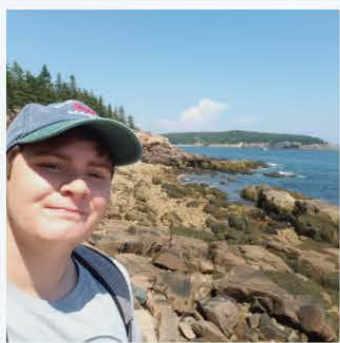
The online MS in Nutrition and Dietetics Non-Internship Program is a distance learning degree for those students who wish to emphasize the application of advanced nutrition knowledge in clinical or community-based health programs. This is a 35-semester hour program with four concentrations: Professional 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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Shopping in Season

By: Cameron Glover



Pumpkins might be the most iconic fall produce of all, despite how little we actually use them in our food. Everyone knows about pumpkin pies and pumpkin flavored lattes, but when it comes to the many uses for pumpkin, that is just the tip of the iceberg. By the botanical definition, the pumpkin is a fruit because we consume the part of the plant that contains the seeds, but for culinary purposes many would consider it a vegetable because of the similar taste to that of some varieties of squash. In fact, pumpkins belong to the same genus, cucurbita, as some of our favorite squash: yellow summer squash, acorn squash, butternut squash, and zucchini.

Yet unlike these, the pumpkin has been relegated to fall decorations or a flavoring for your coffee. It is about time that pumpkins get some use in the kitchen. Of course, it is important to note that a lot of pumpkins you find in the store are not meant to be consumed and serve only as decoration. These are the smallest pumpkins in the store that are typically as hard as stone. The ideal cooking pumpkin will be much more difficult to locate, but check out specialty produce stores for varieties like the Jarrahdale pumpkin, the Peanut pumpkin, or any of the ones labelled "pie pumpkins" or "sugar pumpkins".

The background of the page is a light cream color. It is decorated with several small, realistic-looking pumpkins in shades of orange and red, some with dark green stems. Scattered around these are pieces of candy corn, which are yellow with orange and red tips. There are also a few small, dried, yellow-orange leaves scattered across the surface. The overall aesthetic is autumnal and festive.

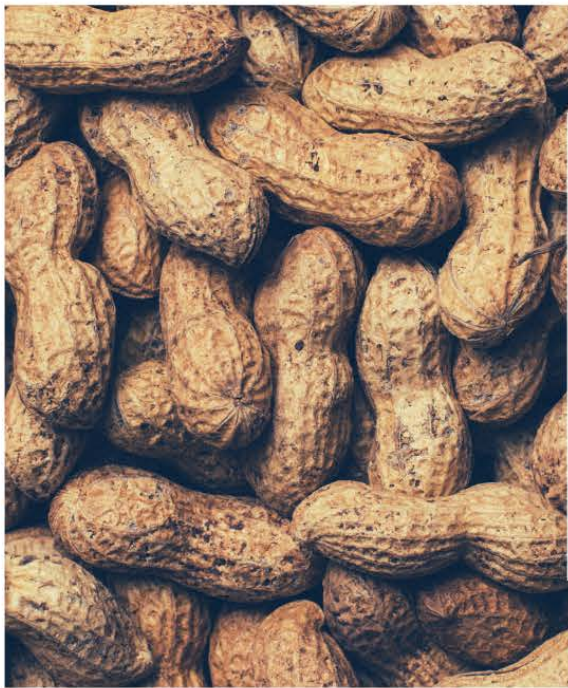
Those giant carving pumpkins commonly found in stores may seem ideal, but their stringy texture and hollow interior give little to work with and will leave you disappointed. To get a strong flavor you'll have to do some hunting. My favorite part of making jack o' lanterns growing up was scooping out the goopy insides of the pumpkin to get every last seed. We would wash the seeds off and let them dry, before roasting them in the oven as a reward for our hard work carving pumpkins. Roasting pumpkin seeds is something I still enjoy today, but I keep things fresh by experimenting with spices and flavors to make every batch unique.

Try sweet flavors like cinnamon and sugar, or a savory concoction of garlic, onion, salt, butter, and a splash of Worcestershire. You can roast more than just the seeds as well. If you manage to find any of the cooking varieties I mentioned earlier, you can roast them in a way very similar to the butternut squash. Like butternut, pumpkins work well in both sweet and savory dishes. One of the best ways to enjoy pumpkin has to be in a creamy, sweet soup, garnished with some of those seeds you roasted yourself.



CHILDREN AS THEY GROW: THE EVOLUTION OF ALLERGIES

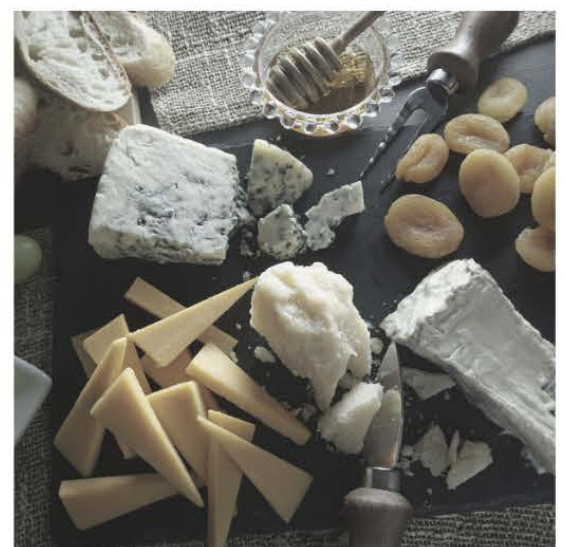
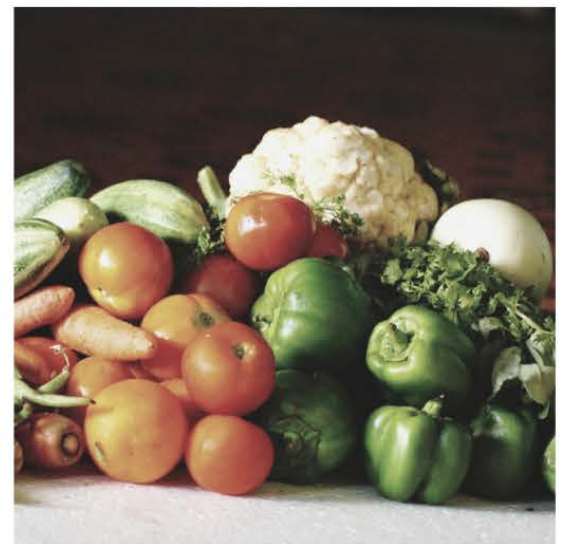
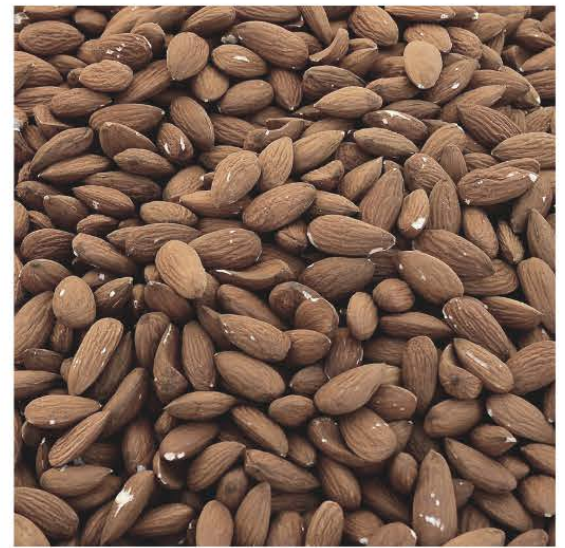
by Melissa Brennan



With children going back to school, there is increased awareness about the prevalence of food allergies. Some schools have become peanut-free in an effort to ensure a safer environment for all children. However, food allergies are dynamic and can emerge or disappear at different stages in children and adolescents. In 2018, researchers set out to find the time trends of prevalent allergies during childhood and adolescents in the Isle of Wight Birth Cohort Study. This study was established in 1989 and followed all children born in the Isle of Wight (IOW) between January 1st, 1989 and February 28th, 1990. Of the 1,536 children born in that time period, 1,456 children were given periodic checkups to document the occurrence of any food allergies at ages one, two, four, ten, and eighteen.

Researchers diagnosed those with food allergies based on clinical criteria including: any IgE responses seen on the skin, abdominal responses (like nausea), respiratory symptoms (wheezing, red nose), skin irritation, and systemic reaction (anaphylaxis). In those with a diagnosed food allergy, researchers utilized a Skin Prick Test in consenting patients, which would indicate IgE responses to common allergens like dust mites, pollen, and a food panel. SPSS software was utilized to analyze the frequency of food allergies and sensitization over the 18-year period, to see allergy trends over time. Researchers found significant changes in rates of food allergies over time at one, four, ten, and 18 years of age.

The data suggests that food allergy rates remain constant in early childhood, at 5.3% at one year old, 4.4% at two years old, and 5.0% at four years old. Between four years old and ten years old, researchers found a significant decrease in the rate of preexisting food allergies, at 2.3%. However, at 18 years old, there was significant increase in the prevalence of new food allergies between ten and 18 years old at 4%. When looking at what specific food groups posed the largest number of allergies in children up to age ten, cow's milk and egg allergies were the most prevalent, but then significantly dropped off at 18 years old. New allergies picked up at 18 years of age were predominately from peanuts, fruits, tree nuts, and wheat, vegetables, mushrooms, and mustard.



THE TEAL PUMPKIN PROJECT

Traditional halloween treats are not safe for children with food allergies.

A teal pumpkin placed in front of the home indicates that you have allergy friendly or non-food treats available for trick-or-treators.

The teal pumpkin promotes safety and respect for individuals with food allergies.

The CDC ranks this type of trick or treat method as moderate risk:

Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard).



#StopTheSpread

6 High Risk Activities to Avoid on Halloween

- 01** Participating in traditional trick-or-treating where treats are handed to children who go door to door
- 02** Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- 03** Attending crowded costume parties held indoors
Going to an indoor haunted house where people may be crowded together and screaming
- 04** Going on hayrides or tractor rides with people who are not in your household
- 05** Traveling to a rural fall festival that is not in your community if you live in an area with community spread of COVID-19
- 06** Using alcohol or drugs, which can cloud judgement and increase risky behaviors

Source: Center for Disease Control and Prevention
Visit the CDC website for ideas on how to celebrate safely

A LOOK INTO THE IMPACT OF FARM TO SCHOOL PROGRAMS IN FLORIDA

BY: PAIGE COURTIER



The U.S. Department of Agriculture (USDA) developed a Farm to School (FTS) program in elementary schools across Alachua County Public Schools (ACPS) in Florida to encourage students of grades 1-5 to consume more produce. The FTS Program was developed to help schools add in more of the amounts of locally grown and produced foods that are served in school cafeterias. The FTS programs have multiple activities: they obtain local



products that will be served in school cafeterias, they have active-participation activities which includes gardens on school grounds, and education on nutrition. This study used pre-intervention and post-intervention plate waste data collected at control and treatment schools. Researchers predicted that consuming fruits and vegetables would increase at treatment schools post-implementation of the FTS program.

In October 2015, researchers collected three weeks' worth of pre-intervention data at six local elementary schools; three schools acted as treatment groups while the other three acted as controls. The schools involved within this study were Title 1 schools; meaning an increased percentage of students come from low-income households. Therefore, they were more predisposed to having limited access to produce. Data was collected at one control and one treatment school each week, with a set menu at each school.

For approximately 50 days, fresh and raw produce was offered at all treatment schools and participating schools offered the five major food groups (meat or meat alternatives, grains, fruit, vegetables, as well as low-fat milk). The students had to select at least three of the five offered food groups. Data was collected on Tuesdays, Wednesdays, and Thursdays. This was done in order to prevent skewed data, as students may differ in their behaviors in food consumption on the days of Friday and Monday due to food insecurities at home.



Table 1. Free and Reduced-Price Eligibility and Demographic Information of Students Enrolled in the Study Schools

School	Number of Students	Free/Reduced-Price Eligible	White	Black	Hispanic	Asian	Other
Control 1	501	47%	58%	26%	8%	2%	6%
Control 2	452	58%	50%	33%	9%	1%	7%
Control 3	717	31%	52%	19%	11%	11%	7%
Treatment 1	742	71%	20%	53%	12%	6%	9%
Treatment 2	714	75%	52%	23%	12%	2%	11%
Treatment 3	636	42%	49%	29%	8%	5%	9%

Note: School-level demographic information was obtained from the Florida Department of Education and hence these values reflect the demographics of the enrollment. Since not all enrolled students participate in the *National School Lunch Program*, the demographics of the study participants may be different. Control 3 is the only non-Title I school.

After implementing the FTS program, post-intervention data was then collected. Schools recorded plate wasting using the “quarter waste” method, in which waste is rated post consumption on a quarterly serving basis. For every serving of each food item, portions of a standard servings that are not eaten on a quarter basis were recorded using a 0 to 4 scale; 0 implying no waste, and 4 implying that the whole portion was wasted. Overall, there were 11,262 student meal observations evaluated.

The study results illustrate that during both the pre-intervention and post-intervention study phases, consumption of produce was necessarily higher at the treatment schools compared to the control schools. At treatment and control schools, consumption of produce was significantly greater during the post-intervention phase as opposed to the pre-intervention phase of the study. The results overall conclude that implementing FTS program activities in ACPS lead to an increase in the overall consumption of produce in elementary students from grades 1-5.

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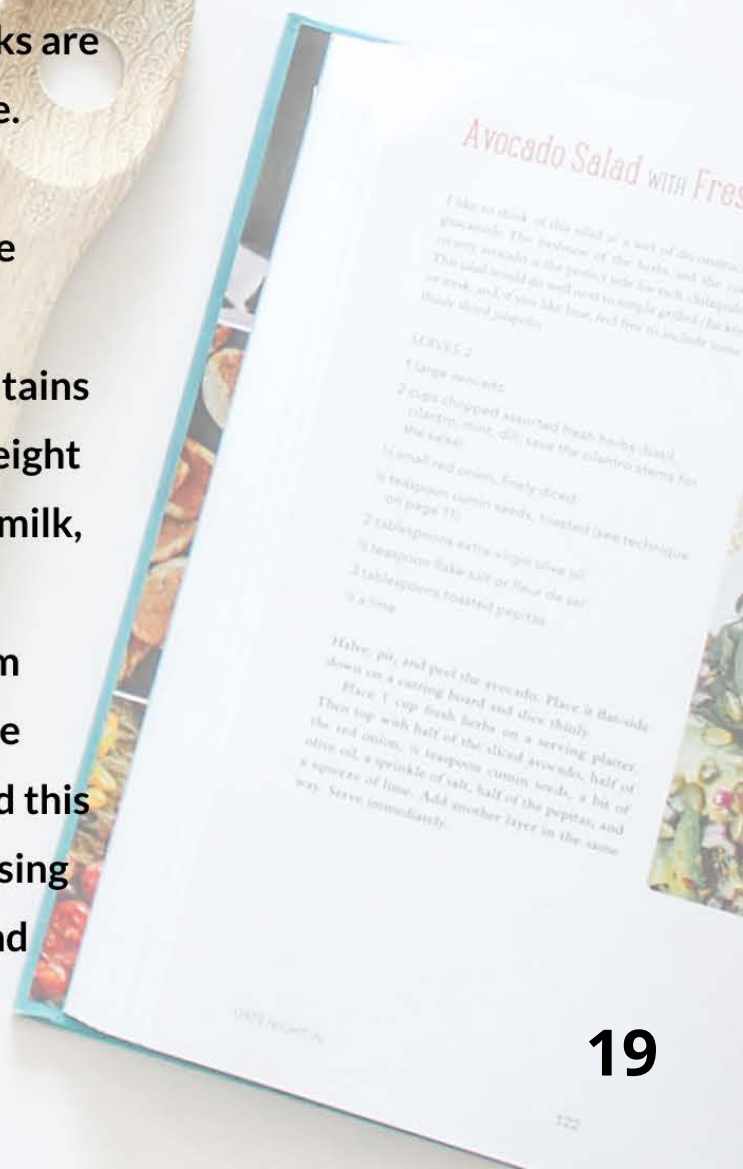
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THE LUNCH BOX

ALLERGY-FRIENDLY SNACKS

Allergens lurk everywhere. While it can be somewhat easier to avoid allergens in main courses (breakfast, lunch, dinner), on the other hand, snacks and side dishes are often left on the side burner. While it is easiest to dodge cross-contact by preparing snacks, sides, and any other food in your kitchen, it is not always guaranteed. Classic allergy-friendly snacks are fruits or vegetables, but pre-prepared snacks are available for convenience and satiety's sake. Cross-contact can be rampant in the snack industry, but is usually mentioned under the nutrition label. In the United States, it is mandatory to disclose if a food product contains any of the top 8 allergens on the label. The eight main food allergens are tree nuts, peanuts, milk, soy, eggs shellfish, fish, and wheat. Cross-contact can occur on the assembly line, from neighboring surfaces, or even from the same facility. Allergy-friendly products that avoid this contamination are on the rise due to increasing demand and include an army of delicious and convenient options.



"ENERGY BALLS"



Ingredients

- 1 cup of oats
- ½ cup sunflower butter
- ½ cup dried cranberries and/or mini-chocolate chips (the brand Enjoy Life is dairy-free)
- ¼ cup maple syrup
- 1 ½ tsp of vanilla extract
- 1 tsp cinnamon
- A pinch of sea salt

Recipe

1. Combine the wet ingredients (sunflower butter, maple syrup, and vanilla extract) in a small bowl and mix until smooth and even.
2. In another bowl, combine the dry ingredients (oats, dried cranberries/mini chocolate chips, cinnamon, & salt).
3. Gradually mix the dry ingredients into bowl of wet ingredients with a spatula.
4. Roll into balls & refrigerate.
5. Enjoy!

This recipe was influenced by Martin Ali's recipe on Gimme Some Oven

BRANDS I TRUST

- SIGGI'S PLANT-BASED, NONDAIRY YOGURT IS GREAT TOPPED WITH GLUTEN-FREE GRANOLA AND FRUIT
- "THAT'S IT" DRIED FRUIT BARS ONLY CONTAIN THE FRUITS ON THE PACKAGING OF THE BAR WITH NO ADDITIONAL INGREDIENTS
- HOPE OFFERS A LARGE VARIETY OF HUMMUS FLAVORS THAT ARE GREAT TO DIP CHIPS AND VEGETABLES IN
- BOOM CHICKA POP POPCORN
- BOB'S RED MILLS BREAKFAST BARS
- GLUTINO PROVIDES GLUTEN-FREE VERSIONS OF CLASSIC GLUTEN-FILLED SNACKS SUCH AS PRETZELS, COOKIES, AND CRACKERS

References:

Martin Ali. No bake energy bites. Gimme Some Oven website. Published March 29, 2020. Accessed September 2020.
<https://www.gimmesomeoven.com/no-bake-energy-bites/>.

Student Spotlight:

Tyson Smoot



Greetings, everyone! This month's featured student is Tyson Smoot. Tyson is President of the Student Nutrition and Dietetic Association (SNDA) club and a member of the Brooks College of Health Interprofessional Student Council. Tyson is a senior in the Nutrition and Dietetics program. He is from Columbia, SC, and currently works at St. Vincent's Southside Hospital as a Nutrition Operator. Tyson is an avid golfer and in his free time plays every two or three times a week. He is currently completing his research study on Hydration and Body Composition. Tyson has also worked as a Research Coordinator on a study involving the effectiveness of supplements with exercise. Read along and learn more about Tyson's journey as an undergrad at the University of North Florida

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

TS: I have always enjoyed helping people and knew that is what I wanted to do but was unsure how. The thought of being a doctor never sat well with me since it is entirely too much school for me and that you are so limited to the people you can help. I did not want to be stuck in a specialty that was so limited. That is what brought me to the Dietetics field. The amount of people I can help is endless, and I can help people with all sorts of health concerns. I won't be trapped by a specialty, rather I would focusing on who else can I help.

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

TS: Outside of school, I really enjoy taking my dog out on trails and long hikes. Luckily, Florida has a lot of them to offer. When I feel like being a slight daredevil, hopping on my motorcycle and going on group rides always does the trick. Also I like playing golf with friends. I do enjoy volunteering at different food pantries even though it has been limited lately due to the COVID-19 pandemic.

KG: What can you tell us about your officer position for the Student Nutrition and Dietetic Association Club and the opportunities of becoming a member of the club?

TS: Being President of SNDA has been great so far. It has really allowed me to stop thinking only about myself, and with my position, I focus on how I can help the members in the club by seeking out new volunteer opportunities and looking for ways to help the club grow. It can be a bit overwhelming at times, but I have a great team that makes things a lot easier. My team allows me to help them with the various projects they would like to pursue by using the connections I have developed since entering this major. Anyone in the major can become a member all they have to do is search our club on Perch Portal and submit the request or just contact us on Canvas.

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

TS: The best advice I could give to upcoming students is to not to get overwhelmed with all the work they have to do. Thousands of students are doing it just like we are now. And even more have already gone through it. The best thing to do is to take on one task at a time. Before you know it, you will be finished and thinking why on earth did I ever think that was hard.

KG: I am sure as a Senior, you are preparing for graduation. What plans and goals have you set after earning your degree?

TS: I want to enter a combined Masters and Dietetic Internship program. I want to work in the community to help spread the importance of preventive care and nutrition education. Having a Master's degree will go a long way with assisting with that. I am looking to apply to the USF's Public Health program and UNF's Clinical Nutrition program.



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

TS: I have honestly enjoyed all my classes. I think it is because I'm finally learning about something I have passion for. Each day I am just amazed that our bodies are doing all these things constantly and not in an organized manner that we learn it in. Rather it is closer to a chaotic mess but it somehow keeps everything under control.

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

TS: The one thing I can think about when things get hard, is that life is for the living, in a blink of an eye everything can be changed and altered for a lifetime. Rather than complaining about what you do not have or cannot do, instead, appreciate and enjoy all the many amazing things that you do have and can do.

KG: What have you gained from being involved in activities and experiences such as clubs, volunteer work, research, etc. during your time so far at UNF?

TS: Being involved in different clubs and doing research has allowed me to see the many different sides of nutrition. It has helped me to be more comfortable in uncomfortable situations. For example, I am getting comfortable in learning how to talk about my research when having to speak in front of 70 people. The clubs have shown me the importance of being involved in the community and helping the people that can't help themselves, and how it is important to keep pressing forward and pushing boundaries.

KG: Right when Covid-19 hit and we had to turn to virtual learning, you were getting ready to present your research on body composition devices that you had been working hard on. Can you tell us a little bit about your experience and what that research was all about?

The research I was working on was to establish the accuracy of the three-body measurement devices available on campus based on recent water intake. I was attempting to identify if it is necessary to be completely fasted and no intake of food or liquids, prior to a person getting their body composition measured or if they could just withhold food. The data that was compiled suggested that for certain devices it is needed to be completely fasted. When using the Bod Pod recent water intake had little or no effect. Whereas body impedance devices were highly susceptible to recent water intake.



By: Karla Guerra

How It's Made: Candy Corn

BY CHLOE MORGAN

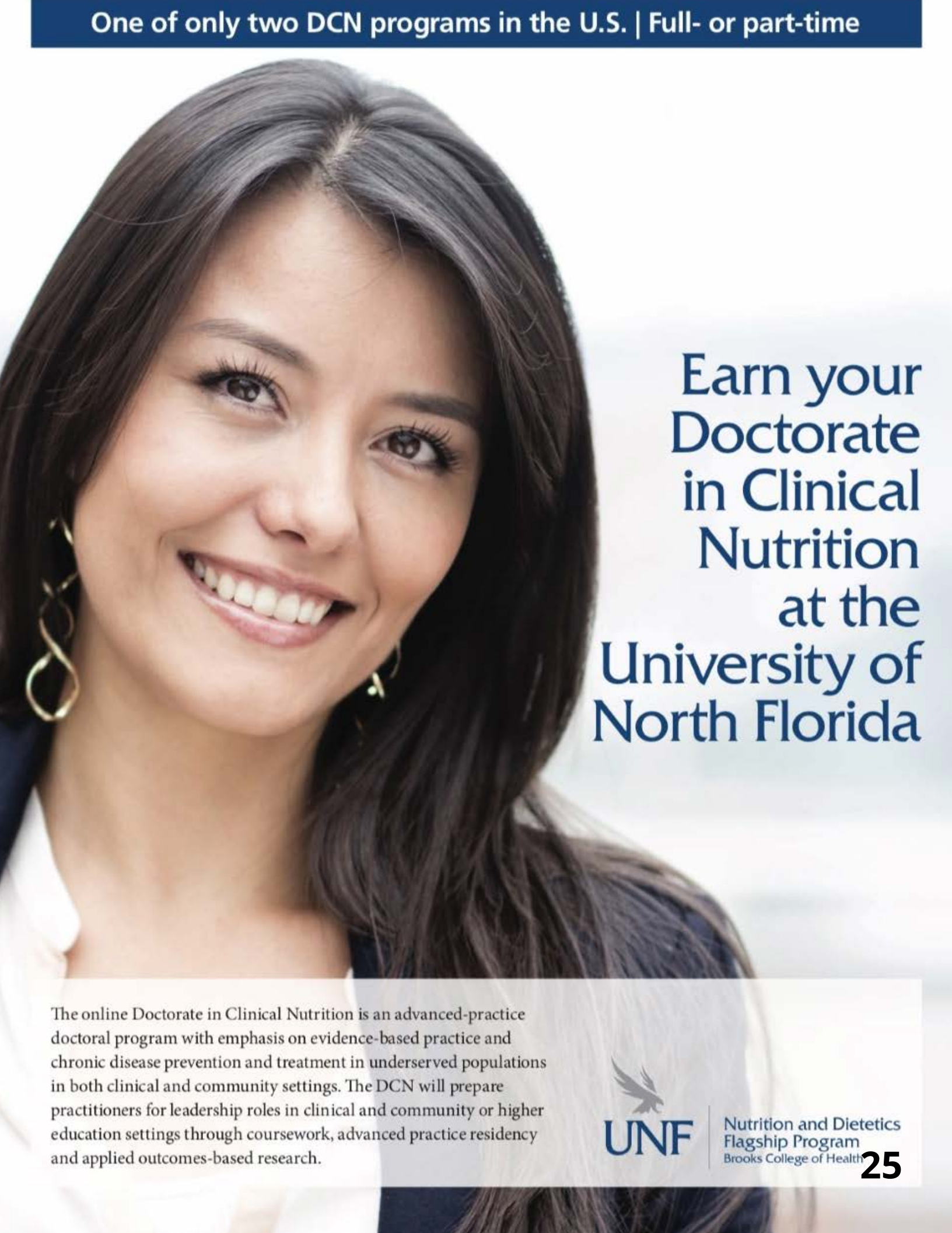


“Trick-or-treat!” Each year Halloween fills the bags of eager children everywhere with candy of all kinds. Candy corn is one such hallmark seasonal treat, well known for its triangular shape and prominent colored stripes. Whether you love it or hate it, chances are you’ve tried it at least once. This classic candy has been around since the 1800’s and will likely continue its legacy for years to come. This poses the question: how is candy corn made?

When it first originated, candy corn was made by hand, and manufacturing was a slow process. In the early days of the 20th century, workers cooked sugar, corn syrup, marshmallow and other ingredients into a slurry in large kettles and then poured the warm mixture by hand into cornstarch trays imprinted with the kernel shape. Because the work was so tedious, candy corn was only available from August to November. While the recipe remains mainly the same today, the process has evolved.

Brach’s, a popular brand which is well known for making candy, lists its candy corn ingredients as “sugar, corn syrup, confectioner’s glaze (shellac), salt, cocoa powder, hydrogenated palm kernel oil, gelatin, dextrose, honey, artificial flavor, sesame oil, yellow 6, yellow 5, red 3, soy lecithin, blue 1, and red 40”. A serving size is considered 15 pieces, and one serving contains 22g of sugar. Thanks to technological advances and machinery, the process of actually making these autumn treats has been expedited. When candy corn is made today, kernel-shaped trays are filled first with corn starch, and then with syrups layered carefully to produce the white, orange, and yellow stripes. The mixture must then cool and settle for up to 24 hours. When the candies have solidified, they are glazed and sent for packaging. This process has become so efficient that more than 35 million pounds of the tri-colored candy is produced each year!

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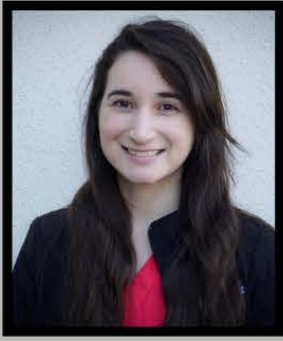


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