

SNDA UPDATES

See whats going on within the Student Nutrition and Dietetics Assooiations .

SHOPPING IN SEASON: CITRUS

Figure out your favorite fruit or vegetable by trying our featured in season produce each month.

WORKSITE WELLNESS AND FAMILY SUPPORT

Learn about a research study that tested the effect that our environment plays in our wellbeing.

Sep 2020

NUTRINEWS

UNIVERSITY OF NORTH FLORIDA DEPARTMENT
OF NUTRITION AND DIETETICS





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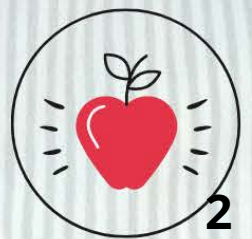
SNDA Updates

SEPTEMBER 2020

Hello Ospreys,

With the Fall semester underway, it can be overwhelming trying to get back into the flow of things. It's important to take a few moments throughout the day to help ease all the nerves that may be fluttering. This semester could be a challenging one with all the changes that we are facing. It's a great time to get involved on campus and meet other people that are trying to adjust to the new changes as well. SNDA, NDLA and NJC will be hosting virtual meeting each month. The next SNDA meeting will be on September 9th at 10am. Email SNDA at N01046486@unf.edu to be added to our Canvas page so you can get all Zoom meeting links and club updates as they come.

We are also continuing the Apples to Apples mentoring program where we will pair the seniors with other students to help them in their journey in the Nutrition program. There will be various activities to give everyone a chance to get together and gain valuable knowledge. If anyone is interested, please send an email to n01422703@unf.edu.



September is National Cholesterol Education Month



**PREVENT
HIGH
CHOLESTEROL**

**EAT MORE FRESH
FRUITS, VEGGIES
AND
WHOLE GRAINS**

**KNOW THE
RISK
FACTORS** 3



THE ROLE OF FAMILY SUPPORT IN WORKSITE WELLNESS

by Elizabeth Piazza



Maintaining a healthy diet in today's society has grown to be a struggle not previously seen before. Working towards a healthier diet can often feel like an upward battle when our home and work environments are not conducive of these positive changes. In recent years, worksite wellness programs have grown in popularity to help support the working population in their goals towards a healthier way of life. These programs have benefited the working population by educating them on the different facets of healthy living and helping them to examine what could change in their work environment to create an atmosphere that is supportive of healthy living.



"SINCE WE SPEND A LARGE MAJORITY OF OUR LIVES AT WORK AND AT HOME, WE COULD SEE HOW THESE ENVIRONMENTS CAN MAKE OR BREAK OUR GOALS TO ACHIEVE A HEALTHIER LIFESTYLE."

When those we are around often support us on these journeys, it is not only an encouragement to continue forward, but it can also spark an interest to change in those that show support as well. Through these tactics, we could easily make large improvements in the health of the nation, if only we work together to do so.

When analyzing the contribution and involvement of support from coworkers and family, this study has shown larger increases in fruit and vegetable consumption. Supportive actions such as complimenting attempts to eat a healthy diet, encouraging fruit and vegetable consumption, and bringing healthy foods for others to try have shown to positively influence the healthy habits of respondents participating in the study.

Furthermore, although coworker support has shown benefit in supporting a healthier lifestyle; providing avenues to involve the families of workers in the work wellness programs has shown significant benefit in increasing consumption of fruits and veggies. By sending families home with a learn-at-home program, sending an annual family newsletter, encouraging participation in an annual family festival, and periodically mailing materials - goals were reached in creating a home environment conducive of the workers healthy changes as well as encouraging their family members to begin making positive changes as well. As a result, those that involved their family in the program saw a 19% increase in fruit and vegetable consumption.

STUDENT SPOTLIGHT: KRISTIN GONZALEZ



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

KG: I have always known that I wanted to help better people's lives, I just did not know where to begin! My family has always shared their passion for food with me, so it was only a matter of time before I figured out that the way I want to help heal people is through food!

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

KG: Baking is one of my favorite activities to do outside of school! I always tell my friends and family to tell me their dream dessert and I try to recreate it.

HEY EVERYONE, MEET KRISTIN GONZALEZ FROM WESTON, FLORIDA. SHE IS A SENIOR MAJORING IN NUTRITION AND DIETETICS AND IS GRADUATING IN SPRING 2021. KRISTIN IS THE VICE PRESIDENT OF THE NUTRITION DIETETICS AND LEADERSHIP ASSOCIATION AND SHE'S ALWAYS STRIVING TO BE ACTIVELY INVOLVED IN OTHER NUTRITION-RELATED CLUBS AS MUCH AS POSSIBLE! READ ALONG TO GET TO KNOW MORE ABOUT KRISTIN AND HER JOURNEY AS AN UNDERGRAD IN THE NUTRITION AND DIETETICS PROGRAM.

KG: I love your inspiring health and food Instagram page, the food you always display looks delicious, can you tell us more about your page and where can we find you to follow you?

KG: @nutrition.bykris I recently started an Instagram page where I post yummy recipes and educational information! My goal is to share recipes that are staples in my house as well as to offer pieces of knowledge that some people may not have known before.

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

KG: The biggest piece of advice I can give incoming students is to find some people that you click with. I found this to be so crucial to this nutrition program because once I connected with a few people, we all helped each other every step of the way. To study, to vent, to double check assignments before turning them in, and most importantly to count on during the tough times in the program.

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

KG: My favorite course so far has been Food Science! This course offered so much knowledge on what goes on when cooking or baking foods. I felt that this course paved the way for how I create and test recipes!

KG: Can you tell us about ways you have been involved in volunteering and how that is helping you with your dietetics internship?

KG: When I first started this program, I became involved with Meals on Wings/Food Fighters on campus.

Being involved with this program allowed me to engage with my community and help those in need. Volunteering with MOW has been so beneficial throughout this program by offering leadership roles, problem solving skills, and communication skills!

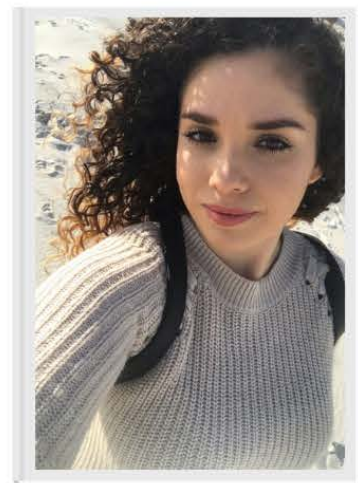
KG: What plans and goals do you have after graduation?

KG: After graduation I hope to begin working in the food service industry until I have saved enough money to attend culinary school.

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

KG: "One cannot think well, love well, sleep well if one has not dined well."

BY: KARLA GUERRA



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

Citrus fruits are often considered a summertime fruit. Bright yellow lemons bring thoughts of freshly squeezed lemonade to help you cool off from the brutal heat and summertime salads include mandarin orange segments that burst with flavor among other warm-weather fruits like strawberries and blueberries.

However, in a state as sweltering as Florida, citrus season extends well into some of our coldest months. There are a variety of ways to enjoy the versatile food group all year long.



One very simple way to enjoy citrus when the weather cools down is roasting chicken with lemon. The zing of acidity from the lemon will brighten your meal and keep your spirits high as the year goes on. Or, if you have a sweet tooth, you can make a delicious cake with grapefruit, or lemon bars with a generous coating of powdered sugar. These recipes are perfect year round, and as the weather cools down, stores will begin to fill with more local citrus, thus, lowering the prices. My personal tradition is to make my family fresh squeezed orange juice by hand every year as soon as I can buy a large bag of juicy Florida navel oranges for under \$5. Making your own orange juice changes the flavor completely, and it is well worth the effort. Currently, Valencia oranges from California are in season, and even if they are not local they are divine if chosen properly. A 4-pound bag can cost as little as \$3 in some markets.



Citrus fruits are mainly prized for their vitamin C content. Many people are familiar with the story of pirates contracting scurvy due to a lack of vitamin C on the water and solving the problem by eating plenty of citrus to protect themselves. However, with the modern American diet, contracting scurvy is the least of our concerns when it comes to eating healthy. Citrus fruits pack loads of fiber, with just over 3 grams of fiber in the average navel orange which is about 10% of the daily recommended intake for fiber in just a single orange. Citrus, especially grapefruit, typically has a low glycemic index, meaning that it won't spike your blood sugar as soon as you consume it. To top it all off, citrus fruits typically contain potassium, folate, magnesium, vitamin A, and a variety of other valuable nutrients. Citrus fruits are a great way to stay hydrated and meet some of your daily dietary goals.



the lunch box - the grain explorer

BY EMILY HENLEY



Meet Amaranth:

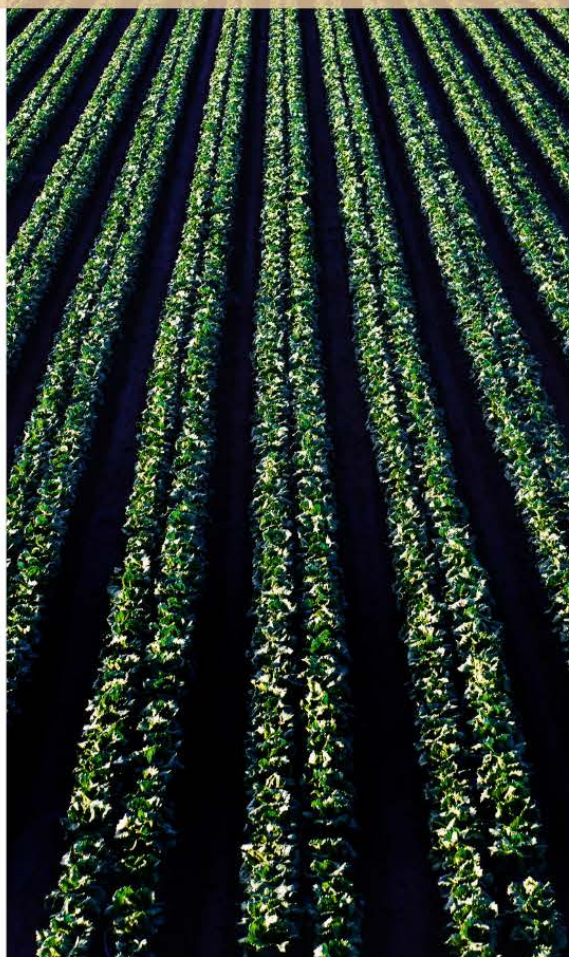
Are you looking to change up your oatmeal breakfast routine, just don't like oatmeal, or would like a quick warm lunch?

If you said yes to any of these questions, then get ready for your wishes to be granted! This amaranth porridge is a super easy one pot dish that can be made fresh in a pinch or prepared ahead of time to be heated up later.



There are a lot of whole grains, some of which I hadn't even touched until I had the motivation two months ago to rethink my grain choices. I realized that a lot of my grain consumption was coming from refined grain and this was mostly because I did not know about all of the whole grain options that were out there. The overall taste of whole grains is very much dependent on the cooking method, sweeteners, and spices. Some of my new favorites include amaranth, farro, millet, cornmeal, quinoa, wild rice, and sorghum.

nutrition: Amaranth is a pseudocereal so it is technically not a grain, but it shares many similarities. It is also a gluten-free complete protein which means that it contains all 9 essential amino acids and is safe for people with celiac disease to consume. Like all other whole grains, amaranth contains a multitude of nutrients. For example, it is a good source (10% or more of Daily Value) of fiber, iron, selenium, and vitamin B6. It is also an excellent source (20% or more of DV) of magnesium, phosphorus, and protein.



Sustainability:

Amaranth has gotten more attention as interests in plant-based nutrition and sustainable agriculture has increased over the past few years.

Amaranth is a great crop to grow in regions where drought, climate, and adaptability is a major concern.



INGREDIENTS: 1 CUP AMARANTH SEEDS, 2½ CUPS PLANT OR 2% COW'S MILK, 1 TBS HONEY, AGAVE, OR MAPLE SYRUP, ½-1 TSP SPICE (E.G. CINNAMON, NUTMEG, CLOVES, GINGER, OR PUMPKIN PIE SPICE)

THE GAME PLAN

Combine amaranth, milk, salt, and spices in medium sized saucepan. Then bring to a boil.

COOKING TIME

Reduce the heat and cover. Simmer for about 25 minutes, stirring frequently until the amaranth is tender and creamy.

MAKING A BEAUTY

- i. Choose your fruit (e.g. mango)
- ii. Choose your fat which includes nuts, seeds, or nut butter (e.g. tahini)
- iii. Sweeten it up with honey, agave, maple syrup, or brown sugar

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NATIONAL FRUIT AND VEGGIES MONTH

FRUITS



VEGGIES

EAT THE RAINBOW
Choose a variety of colorful
fruits and vegetables

Research Around the World


ANNA WATERMAN



Combined effect of blood pressure and total cholesterol levels on long-term risks of subtypes of cardiovascular death

Recently, it is known that cardiovascular disease has been the leading cause of death around the world for quite a few years now. More so, it is a disease that many scientists and doctors have rigorously studied to ascertain the causes and, subsequently, be able to set up a plan for intervention and prevention. Studies in the United States have been conducted on the premise that either high cholesterol levels or high blood pressure are contributing factors to the development of cardiovascular disease and death. However, Japanese scientists have decided it would be best to test these hypotheses in tandem to verify any correlation between the combined effects of blood pressure and total cholesterol as risk factors for the development of cardiovascular disease amongst the Asian, specifically Japanese, population.



A woman with long brown hair, wearing a grey sweater, is holding a pink heart-shaped object in her hands. The background is a soft-focus image of her face and hands.

First, a large-scale study was conducted in Japan that included 73,916 Japanese men with a mean age of 57.7. For the most accurate reading, the blood pressure of each participant was measured using a mercury sphygmomanometer while they were in a seated position. Meanwhile, serum cholesterol levels were measured enzymatically. Next, the participants were then classified into four categories based on their systolic blood pressure levels of less than 120, 120 to 139, 140 to 159, and greater than 160. In addition, other factors such as former or current smokers, current drinkers, and body mass index were included to assess present data.

Afterwards, a follow-up was conducted 15 years after the above results were recorded. Data from these results found that deaths from cardiovascular disease occurred in 3,696 participants with 770 of these deaths deriving from coronary heart disease and 1,587 from stroke. In addition, the group with a systolic blood pressure of greater than 160 mmHg and a total cholesterol of greater than 5.7 mmol/L were at the highest risk for death from coronary heart disease.

Yet, while the group with a higher blood pressure still saw a positive correlation to death by stroke, higher serum cholesterol had an inverse relationship to the risk of stroke. Nevertheless, overall results showed that high blood pressure and cholesterol indicated an increased risk for any type of cardiovascular disease. Furthermore, each one standard deviation increase in blood pressure was significantly associated with increased risk for coronary heart disease and death.

This study is important because it is one of the largest epidemiological studies with a long term follow-up that assessed the combination of risk factors of high blood pressure relative to high serum cholesterol in the development of cardiovascular disease. Since it was found that high blood pressure in the presence of high serum cholesterol was seen to increase the rate of death from coronary heart disease, scientists and doctors should, therefore, be aware of this correlation and develop a plan to combat both issues.

Source:

Michihiro S, Takayoshi O, Kei A, et al. Combined effect of blood pressure and total cholesterol levels on long-term risks of subtypes of cardiovascular death: evidence for cardiovascular prevention from cohorts in Japan. *Hypertension*. 2015; 65: 517-524. doi: <https://doi.org/10.1161/hypertensionaha.114.04639>

PHYTOSTEROLS, PHYTOSTANOLS, AND LIPOPROTEIN METABOLISM

By: Chloe Morgan



**WHAT IS THE FIRST THOUGHT
THAT COMES TO MIND AFTER
HEARING THE WORD
"CHOLESTEROL"?**

Typically, there is a negative connotation and people associate cholesterol with poor health. While it's true that having high levels of low-density lipoprotein (LDL cholesterol) can be bad for one's health, there is actually another type, high density lipoprotein (HDL cholesterol), which is beneficial to the human body. Lipoproteins are special particles made up of droplets of fats surrounded by a single layer of phospholipid molecules. They serve as a means of transport for fat molecules within the body, providing cholesterol a way to travel throughout the bloodstream.



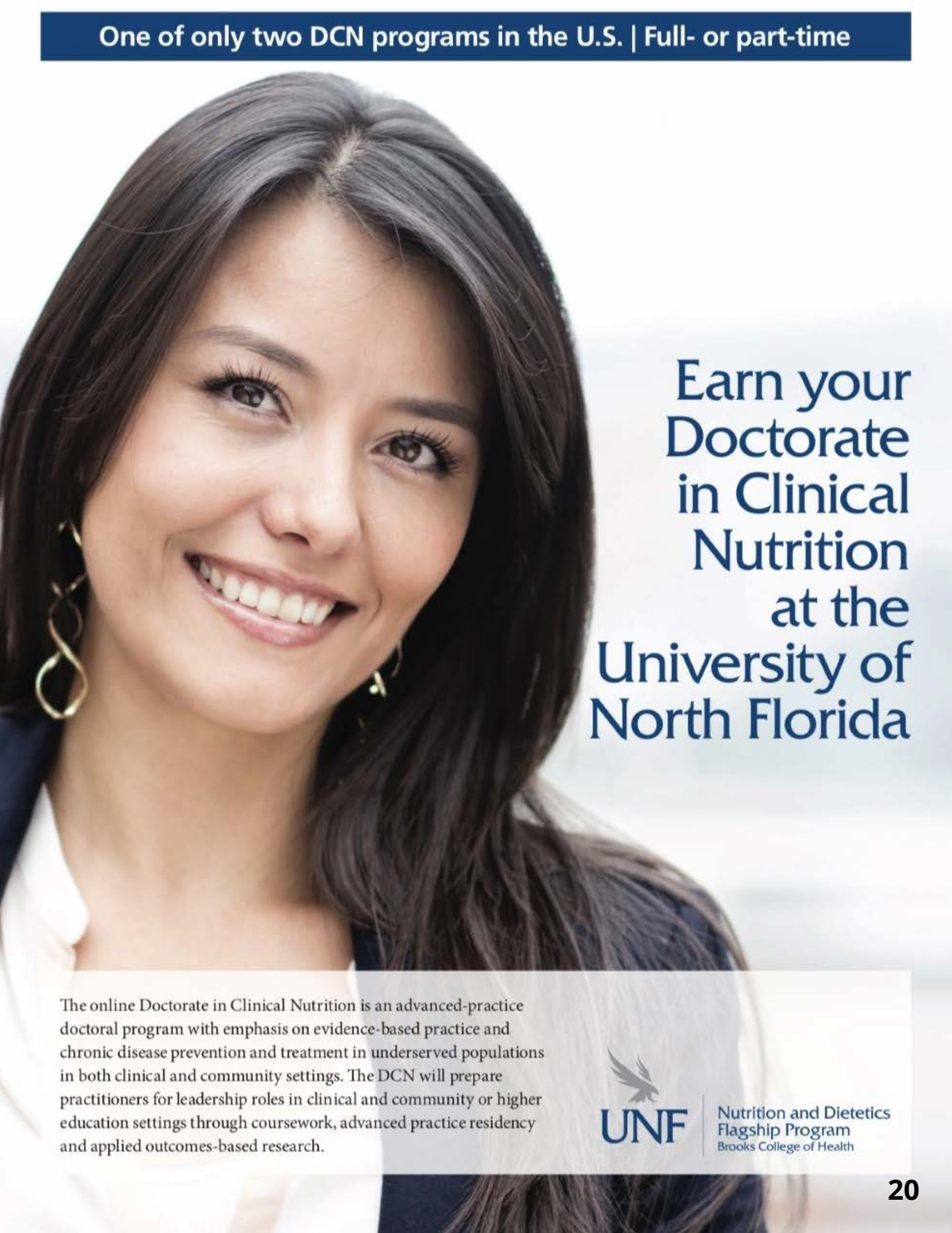


Similar in function to lipoproteins are phytosterols and phytostanols. Phytosterols (plant sterols) are triterpenes that are important structural components of plant membranes, and free phytosterols serve to stabilize phospholipid bilayers in plant cell membranes just as cholesterol does in animal cell membranes. They are structurally related to cholesterol, but differ from cholesterol in the structure of the side chain. What does this mean for human health? Research has concluded that sterols and stanols, both free and esterified, lower LDL cholesterol without impacting levels of HDL.

Consumption is shown to reduce absorption of cholesterol in the gut therefore reducing levels in the blood. When esterified, sterols and stanols can be found in common household food items such as vegetables and nuts, as well as most types of oils. Canola oil and sunflower oil are two well-known examples. Studies have shown that “phytosterols and phytostanols at 2 g/day significantly lower LDL cholesterol concentration by 8%–10%”.



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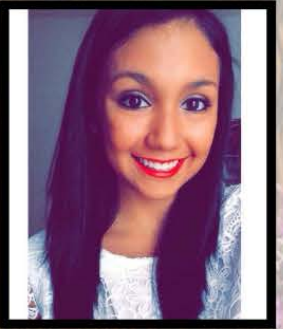
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