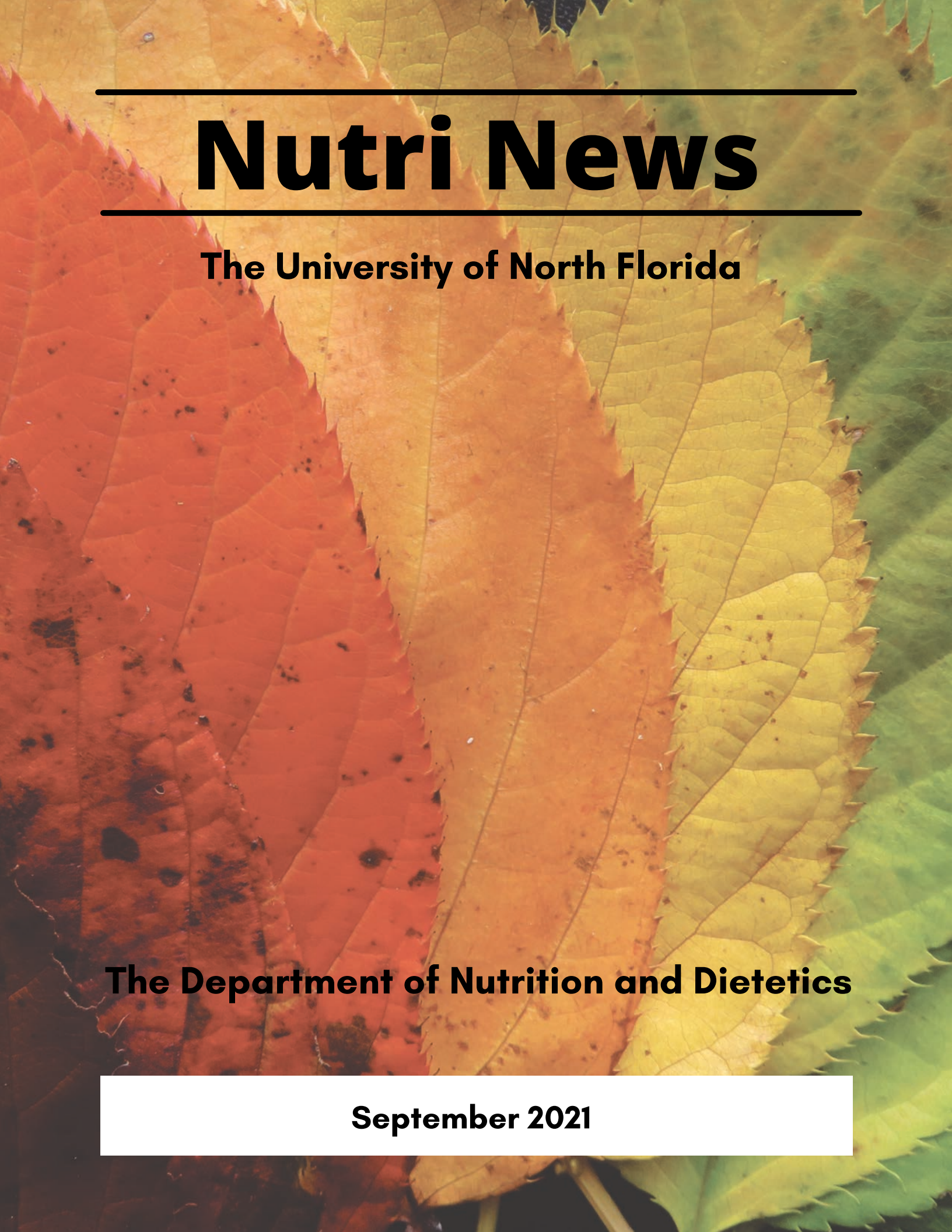




Nutri News

The University of North Florida

The Department of Nutrition and Dietetics

September 2021

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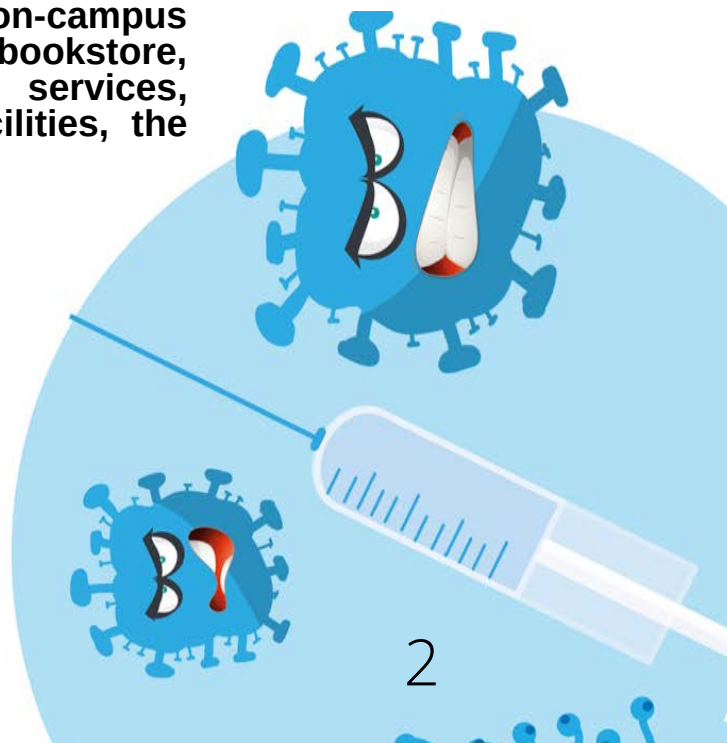
UNF COVID CORNER

Positive cases are once again on the rise, and the health and safety of all UNF students, faculty, and staff are a top priority as always. Therefore, the University's COVID-19 Task Force has released new campus updates:

- **Masks:** Even though it is not mandated, masks are expected to be worn in all campus spaces both indoor and outdoor. This is to prevent the spread of the newest COVID strain which can be transmitted to those who are vaccinated and unvaccinated.
- **Vaccine Incentive Program:** From the second week of September through the end of October, all currently enrolled UNF students who present a copy of their CDC vaccination card will be eligible to receive \$100 Ozzie Bucks. The student Health website has instructions for both electronic and in-person card submission.
- **Ozzie Bucks** can be used at most on-campus dining and vending machines, the bookstore, student wellness center, parking services, student health services, laundry facilities, the library for printing, and more.



BY LAURA ROGERS



WITH A RETURN TO CAMPUS, WE KNOW THAT IT HAS BEEN HIGHLY RECOMMENDED FOR ALL TO GET THE COVID-19 VACCINE. HOWEVER, THERE ARE MANY WHO ARE HESITANT TO GET THE VACCINE. HERE IS A SHORTLIST OF CONCERNS ASSOCIATED WITH THE VACCINE, WHICH THE CDC HAS ANSWERED:

• REPRODUCTION – WILL THE VACCINE PREVENT CONCEIVING FUTURE CHILDREN?

NO. THERE IS NOT ANY EVIDENCE OF THE VACCINE CAUSING INFERTILITY OR FETUS DEVELOPMENTAL ISSUES.¹

• WILL THE VACCINE ALTER MY DNA?

NO. THE VACCINE IS MEANT TO TEACH OUR CELLS HOW TO FIGHT THE VIRUS AND DOES NOT CHANGE OUR DNA. THE COMPONENTS THAT MAKE UP THE VACCINE DO NOT ENTER THE NUCLEUS OF OUR CELLS, WHICH IS WHERE DNA IS HOUSED. ¹

• CAN I CONTRACT THE COVID-19 VIRUS FROM THE VACCINE?
NO. THE VACCINE DOES NOT CONTAIN A LIVE VIRUS.¹

• WILL THE INJECTION SITE BECOME MAGNETIC?

NO. THE VACCINE DOES NOT CONTAIN ANY METALS.¹

• DOES THE EMERGENCY USE AUTHORIZATION (EUA) OF THE VACCINE MEAN THAT IT IS LESS SAFE?

NO. THE FDA DETERMINES IF A VACCINE EUA IS NECESSARY. IN THIS SITUATION, VACCINES ARE STILL THOROUGHLY TESTED AND REQUIRE THE SUBMISSION OF CHEMISTRY, MANUFACTURING, AND CONTROLS INFORMATION, AS WELL AS SAFETY DATA ACROSS 3 PHASES OF CLINICAL TRIALS.

THE FDA ASSURES THAT THE SPEED AT WHICH THE VACCINE WAS DEVELOPED HAS NOT SACRIFICED “SCIENTIFIC STANDARDS, INTEGRITY OF THE VACCINE REVIEW PROCESS, OR SAFETY.”²



SAFETY FIRTS!!



Social creatures as we are, myths and misconceptions quickly arise as we pass information to each other. Hopefully, shedding light on some of these concerns has eased the minds of some. Either way, even though the University cannot make the vaccination mandatory, it is strongly suggested to keep all on campus safer. We are able to enjoy experiencing campus this semester because of the hard work put forth by everyone coming together to follow COVID safety guidelines. Let's continue the same positive projection by continuing to practice proper hygiene, social distancing, getting vaccinated, and wearing face masks. We are all in this together. Stay safe, Ospreys

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Nutrition Clubs

By: Laura Rodgers



As Dietetics majors, getting involved in the field not only looks nice on paper, it is also a great way to build relationships with others who share the same passions. As the field of dietetics is relatively small, building relationships and becoming better acquainted with those in the field may prove to be valuable connections as you progress within your career. Most importantly for the present, joining and participating in a nutrition club is simply enjoyable.

Nutrition Clubs Joint Meeting September 1st at 10 am via Zoom

All of the nutrition clubs will be represented by their officers, introduce the club's values, and present their goals for the year.

Market Days Wednesdays at the Student Union, Osprey Plaza

Not only do many outside businesses and vendors appear at the market days, but a lot of student organizations have tables out as well. September 1st, 8th, 22nd, and 29th are the dates to mark on your calendar. Take a walk around the plaza to become better acquainted with the many clubs, including nutrition clubs. You may even score some swag or participate in a fun activity!

Monthly Meeting Schedules:

- SNDA – Student Nutrition and Dietetic Association
Meeting every 2nd Wednesday at 10 am
 @unf_snda
- NDLA – Nutrition and Dietetic Leadership Association
Meeting every 2nd Monday at 3 pm
 @unf_ndla
- NJC – Nutrition Journal Club
Meeting every 1st Wednesday at 10 am
 @unf_njc
- UNF Cooking Club
Meeting every 3rd Thursday at 6 pm
 @unfcookingclub
- Slow Food UNF
Meeting every last Friday
 @slowfoodunf

Celebrate
HISPANIC
HERITAGE
MONTH

September 15 to October 15

Diets Don't Work! Here's Why:



The U.S. weight loss and diet industry reached a record worth of \$78 billion in 2019 and the global weight-loss industry is expected to be worth \$278.95 billion by 2023.¹ Is the diet industry so profitable because diets work? Or because they don't?

Research shows that up to 95% of all diets fail—meaning that the individual may have gained all the weight lost back, and then some. In a meta-analysis of 29 long-term weight-loss studies, more than half of the weight lost was regained within two years, and by five years more than 80% of the lost weight was regained.² It's not losing the initial weight that's unsuccessful, but keeping the weight off. In part, we have our bodies to thank for that.

When we lose weight and body fat, our metabolisms can also drop and work less efficiently. Even if you regain the weight back, your metabolism may not catch back up. This means that the body at rest will burn fewer calories than it used to.³ This is best highlighted by the Biggest Loser study.

Participants that were on the show The Biggest Loser became much more efficient at utilizing calories by lowering the body's need for energy (decreasing metabolism), and this effect persisted for six years after dieting!³

Additionally, as an individual loses weight their body adapts through mechanisms that increase appetite and decrease satiety (fullness). One study even found that the body will prompt us to eat an extra 100 calories for every 2 pounds of weight that we lose!⁴ This means that the more weight you lose, the hungrier you become. Our bodies are almost conspiring against long-term weight maintenance!

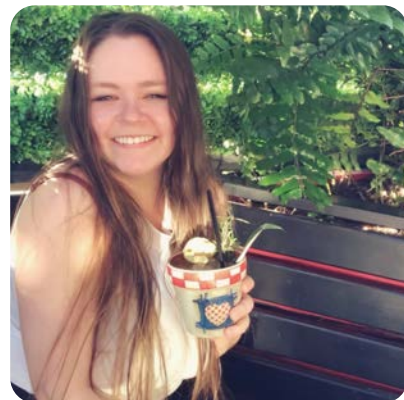
Not only are our bodies biologically wired to fight back against weight loss and diet restriction, but so are our minds. A diet is a period of food restriction that puts your body into a state of deprivation. Deprivation is not just from calories but from foods you love and even activities you may enjoy. Anyone with a child knows, when you tell them “no, you can't have that”, they want it even more! The same thing goes for a dieting body. This is why it's so hard for an individual to stick to a period of strict restriction.



The restriction period (weight loss) often leads to a binging period (weight gain) and the cycle is repeated constantly throughout the life of a dieter! Psychologists call this the “Dieter’s Dilemma”. The Dieter’s Dilemma starts with a desire to be thin, which leads to dieting, which leads to cravings and reduced self-control, which leads to loss of control and overeating, which leads to regaining of lost weight, and again back to the desire to be thin and starting the whole malicious cycle over!¹

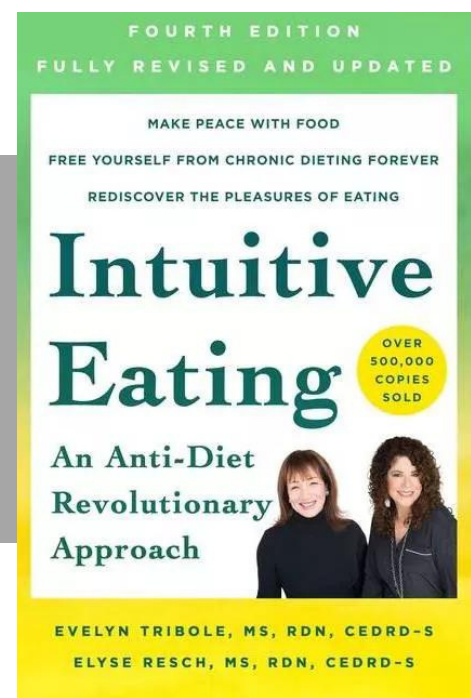
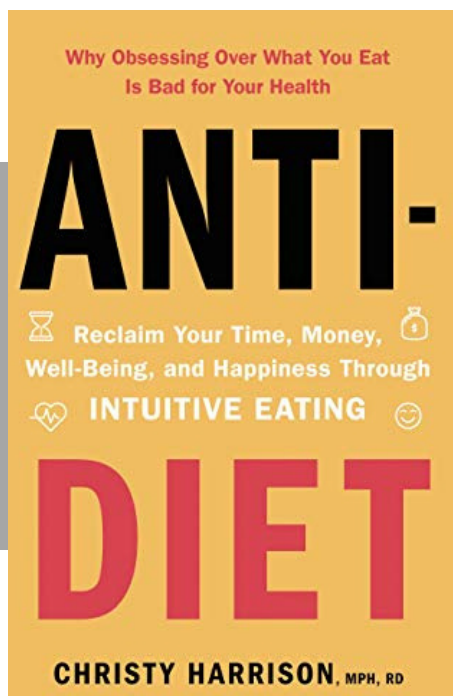
Instead of focusing on weight loss, many health professionals and researchers are calling for a paradigm shift towards a behavior change focus.⁵ Weight is not a behavior, and thus should not be the focus of behavior change strategies. Instead of focusing on how quickly the body can lose weight, focus on how to make the body feel its best.

Simple ways to step out of diet culture and into true health and wellness can include: engaging in movement you enjoy, focusing on adding beneficial foods to the diet instead of taking foods away, and shifting away from using the scale as your main measure of progress.



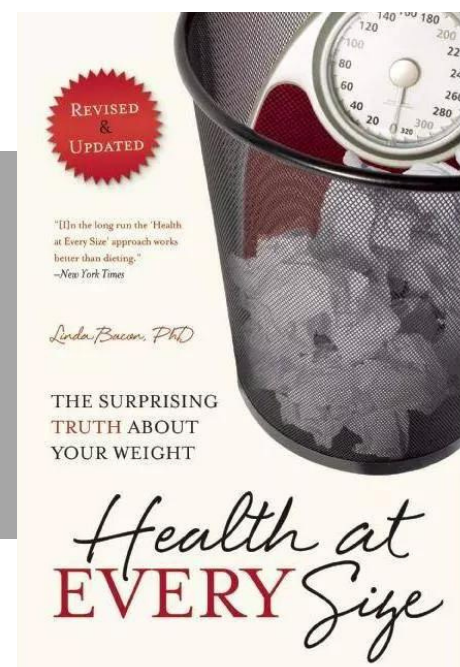
By: Haley Brock

RECOMMENDED NON-DIET BOOKS



For more science-based information about non-diet approaches, follow this link:

<https://haeshealthsheets.com>



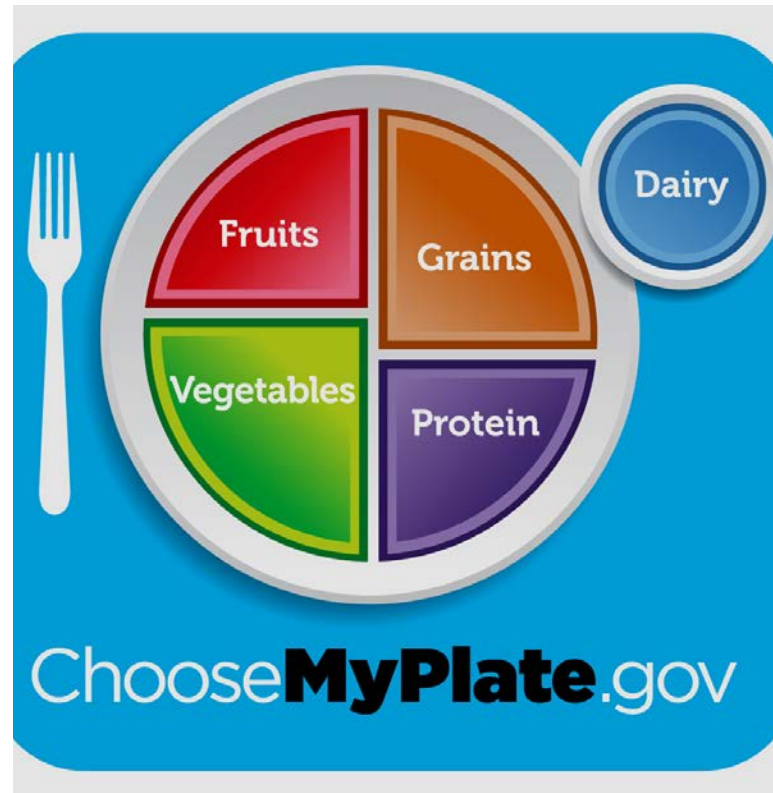
Lobbying for MyPlate

BY: SAMANTHA DILL



Although it may be obvious, a food retailer's success rate is based on how profitable their product is; an increase in profit margin or rate of inventory turnover increases the rate of return. In the food industry, the principle of mass merchandising encourages a high volume of sales with low net profit margins.¹ Four main types of companies run this market: producers, processors, distributors, and retailers. Lobbyists are the primary motivators of corporate political activity (CPA) behind the scenes; they usually act through means of persuasion such as monetary contributions.² The overall goal of a lobbyist is to influence politicians to pass the legislature in support of their company.

In 2018, the company Nestlé provided products such as infant formula for the USDA's Special Supplemental Nutrition Program for Women, Infants, & Children (WIC) recipients in almost every state. The main ingredient of infant formula, bovine (cow) milk, is inexpensive due to government subsidies.



WIC provides vouchers to its participants to purchase foods such as fortified infant formula and is responsible for over half of the infant formula sold in the US.² Nestlé offers a discounted price for the breastmilk substitute, so much so that WIC only pays 8% of the wholesale price tag.² Despite the discount, Nestlé's market share increased by 74%.

The USDA developed the MyPlate initiative in 2010, using the results of the White House Childhood Obesity Taskforce, as a simpler form of the food pyramid.³ This graphic shows that fruits and vegetables should make up at least half of a person's food intake. Regardless of this recommendation, only 3% of the United States' cropland is occupied by fruits and vegetables, and limited funding is allocated towards supporting specialty crop programs.¹



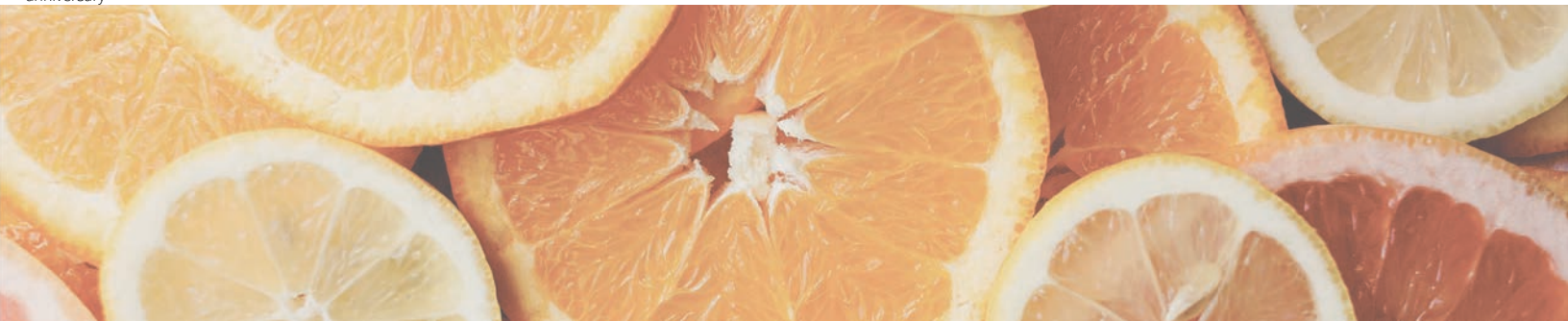
Fruit and vegetable farmers are ineligible for direct support via government subsidies if they plant commodity crops, such as corn, on land that receives those subsidies. Crop insurance is a form of “safety net program” offered by the government for specialty crops to limit the financial toll of agriculture and offers the lobbying companies a greater opportunity for marketing to farmers.

Congress has greatly expanded farmer subsidies to encourage the purchase of this insurance; the USDA pays around “62% of farmers’ premium subsidies and \$1.3 billion to insurance companies and agents that sell the policies”.¹

The Union of Concerned Scientists (UCS) advocates for the expanded production of healthy foods. They vouch for the elimination of certain subsidized agricultural operations, as they discourage farmers from planting MyPlate-friendly fruits and vegetables versus commodity crops. Since corn, milk, meat, and eggs receive the most government subsidies (and therefore lobbyist attention), this can skew the USDA’s MyPlate initiative.

Consumers and activists can join the efforts of groups like the UCS to pressure legislators into the implementation of policy change. Changes will have to start at the local level.

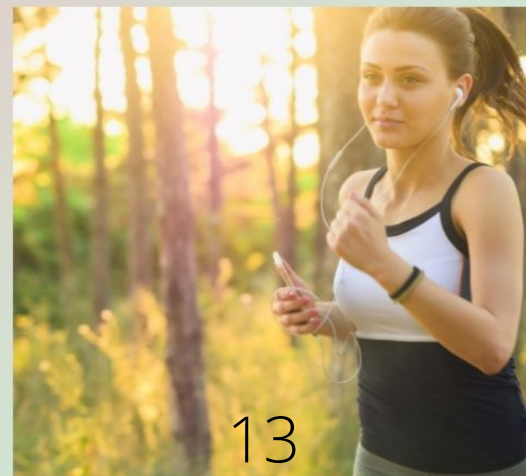
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SELF CARE

AWARENESS MONTH

Physical and mental wellbeing
needs to take priority





FOOD *Freedom*

STOP DIETING

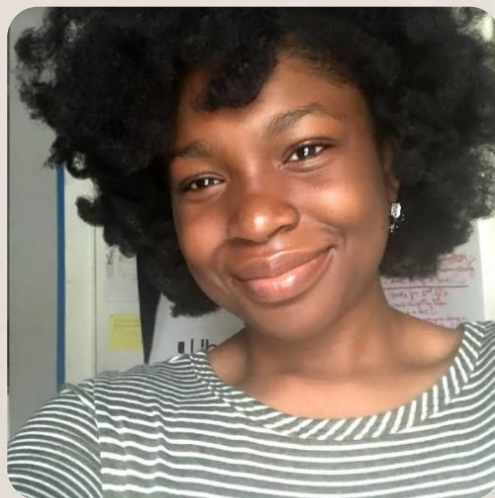
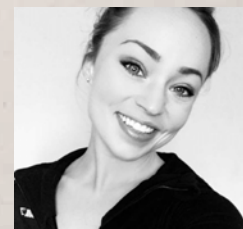
According to the Journal of Obesity, constant weight loss and weight gain can cause higher mortality, chronic diseases, inflammation, specific types of cancer, non-Hodgkin's lymphoma, gallstone attacks, and osteoporotic fractures.

THROW AWAY THE SCALE

The number on the scale does not determine your health.

DELETE FOOD TRACKING APPS

Don't let food control you!
Be free and eat intuitively



By: Carol Riggins

Student Spotlight: *Iyanu Saka*

Welcome to September! This month, our Student in the Spotlight is Iyanu Saka. Iyanu was born in Lagos, Nigeria and moved across the globe to Jacksonville with her family when she was seventeen months old. She and her family have been here since! Iyanu is a sophomore this year, and she donates much of her time as a volunteer for Meals on Wings, Feeding Northeast Florida, and the Jax Humane Society. She is also the secretary for the Student Nutrition and Dietetics Association and a facilitator for the Honors Program. Iyanu has always been a driven student. In high school, she sold brownies to raise money for sports and extracurricular activities. She earned more than \$1,000 dollars in three years to purchase her own uniforms and honor society dues. Talk about motivated! Read further to learn more about Iyanu and her school journey up to this point.

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

IS: My dad was diagnosed with pre-diabetes. At this time, I got into healthy eating, or what I thought that meant at the time. Counting calories, avoiding carbs, and throwing out anything with added sugar. At the end of a few months, I realized that I had created a monster. My dad wasn't eating anything because it was "too high in carbs" and he was miserable. He worked long hours doing laborious work, so it was especially taxing on his body without proper fuel. Since then, I've spent most of my time educating him about proper nutrition based on the principles I've learned in my nutrition courses and read from registered dietitians. I've also been applying this information to myself, and other members of my family. Nowadays, I've graduated to intuitive eating, gentle nutrition, and studying human behavior. Oh, and I've stopped giving nutritional advice outside of my immediate family. I recommend reaching out to a professional dietitian, like the ones on campus, and if they insist, I point to national guideline.

CR: What has been your favorite class or experience thus far since becoming a dietetics student at UNF?

IS: My favorite class has been Food Fundamentals taught by Professor Baron. I liked this class because it was easy to follow and interesting. I found out why dietitians and health experts pushed fruit, veggies, and whole grains so intensely. It's because they're so rich in nutrients and so amazing for us that we haven't even found out all the ways in which they benefit us. This class also pushed me to try more foods such as lentils and soy milk.

CR: What hobbies or activities do you most enjoy doing outside of the University?

IS: *I really enjoy watching TV. My brain gets to shut down and I love laughing while watching my favorite TV shows such as Cougar Town, The Mindy Project, and Friends. I also love hanging out with my friends. I don't have a favorite restaurant or activity because I think if you're with the right people, you could be watching paint dry and still have fun. Reading books is also a great way to get more information or enjoy a funny story. My favorite genres are self-help and young adult fiction*

CR: What goals or aspirations do you have for after graduation?

IS: *After graduation, my goal is to get a scholarship and attend an MSDI fully funded. After speaking with the interns, I think I might want to apply to UNF to continue my education. However, I'm not opposed to moving across the country or somewhere else in Florida. I've been told that I have a "business spirit" about me, so I might consider opening my own business.*

CR: Can you tell us about any volunteer work you have done, and what your favorite volunteer opportunity was?

IS: *I love volunteering at Meals on Wings on campus and the mobile food drives with Feeding Northeast FL. With Meals on Wings, we're diverting food waste and repurposing them into balanced and nutritious meals for food-insecure seniors. The smile alone that you get from a senior when you hand them a bag of meals keeps you coming back. I also love hearing their stories and compliments of the meals. With the mobile food drives, I like seeing a group of total strangers come together to make sure everyone in line gets something to eat. I love the cooperation and teamwork, and it just makes waking up before noon that much more fun.*

CR: Do you have any advice for new Dietetics students entering the program?

IS: *Get involved ASAP. I started with Meals on Wings in the Spring of my freshman year, and I've already met many of the spearheads of the program, including Dr. Ross, Dr. Wright, and a slew of seniors. I get tips about classes, textbooks, and available opportunities. It's like having a bunch of older sisters who are determined to not let you make the same mistakes. I've also met and talked to many of the UNF MSDI interns and got their take on the program. I plan on catching up with them after graduation and seeing what their careers look like in a few years.*

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

IS: *My senior quote was, "You regret more of the things that you don't do than the ones you do" and I still live by this quote. I don't think anyone remembers any of the super embarrassing stories I've told, and I've got too many awkward encounters to cringe about every single one. The only things I really remember are the chances I didn't take, the people I didn't start a conversation with, and the opportunities I missed out on because I was too afraid to even try. So, I urge others, to do more things just because you can. Talk to your crush, write your professor a thank-you note, apply for that job you're not 100% qualified for just because you can.*



Peanut Butter Chocolate Chip Cookies

Ingredients

- 2/3 cup sugar
- 1 large egg
- 2 tbs softened butter
- 1 tsp vanilla extract
- 1 cup peanut butter
- 1/3 cup white flour
- 1/2 tsp baking powder
- Pinch of salt
- Semisweet or dark chocolate chips (desired amount)

Instructions

1. Pre-heat oven to 350 F.
2. In a medium to large bowl, thoroughly combine the butter, sugar, egg, peanut butter, and vanilla.
3. In a small bowl, combine the flour, baking powder, and salt.
4. Add the dry ingredients to the wet ingredients and mix them together.
5. Add the desired amount of chocolate chips.
6. Thoroughly combine; then place dough in the fridge to cool for at least 10 minutes.
7. Line a baking sheet with parchment paper
8. Scoop dough small balls and place them onto the baking sheet.
9. Bake for 10-12 minutes, or until edges are golden.
10. Let cool and enjoy!



By: Paige Courtier

Recipe adapted from:

Grain free peanut butter cookies. Beachside Kitchen website. <https://beachsidekitchen.com/grain-free-peanut-butter-cookies/>. Published August 20, 2019. Accessed July 28, 2021.

Chocolate Cupcakes with Chocolate Ganache Frosting

Yield: 12 cupcakes

Prep Time: 20-30 minutes

Cook time: 15-18 minutes

Total Time: 35-48 minutes

INGREDIENTS

Chocolate Ganache Frosting

- 1 cup full-fat coconut milk
- 1 ½ cups dark or semisweet chocolate chips

- **Chocolate cupcakes**
- ½ cup full-fat coconut milk
- 1 tbs apple cider vinegar
- 2 eggs (may substitute with flax eggs)
- 2/3 cup coconut sugar (may substitute with brown or white sugar)
- ¼ cup coconut oil (melted and cooled)
- ½ tbs vanilla
- 1 ½ cup almond flour
- 2/3 cup tapioca flour
- almond and tapioca flour may be substituted with 2 cups of oat flour
- 2/3 cup cacao powder (cocoa powder may also work)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ cup warm coffee (or water)

INSTRUCTIONS:

Chocolate Ganache Frosting

- In a pot, heat full-fat coconut milk over medium heat until it begins to simmer. Turn off the burner and move the pot to a cool burner.
- Add in the chocolate chips and stir until the chocolate is completely melted and the mixture is smooth.
- Transfer the chocolate mixture to a cool bowl and place it in the fridge for at least 1 hour to thicken while you work on your cupcakes.

Chocolate Cupcakes

1. Preheat the oven to 350 degrees F.
2. Brew coffee, set aside to cool.

Wet mixture:

- Prepare dairy-free buttermilk by mixing the coconut milk and apple cider vinegar in a small bowl. Set aside.
- In a large mixing bowl, beat the eggs, coconut sugar, coconut oil, and vanilla together. The texture should be light and creamy. You may use an electric beater if you have one.
- Add the dairy-free buttermilk to the large mixing bowl and beat again to incorporate.

Dry mixture

- a. In a medium bowl, thoroughly combine the almond flour, tapioca flour, cacao powder, baking powder, and baking soda.
1. Fold the dry mixture into the wet mixture until there are no clumps. It is important to not over mix.
  2. Pour in warm coffee. Using a silicone spatula, fold the coffee into the mixture.
  3. Line a muffin pan with cupcake liners. Using an ice cream scoop, pour cupcake batter into the lined muffin pan. If any batter remains, go back and evenly distribute the remaining batter.
  4. Bake in the oven for 15-18 minutes. Allow cooling before icing.



BY: PAIGE COURTIER

Myth Busting

Intuitive Eating vs. Meal Tracking: Which Method Works Better?

Last month's myth busting article discussed intermittent fasting and the results various dieting habits can have on health. The conclusion of the discussion revealed that there is no all-encompassing solution for every person, and that dieting needs vary based on individual needs and goals. When it comes to choosing between intuitive eating, also referred to as mindful eating, or following a carefully tracked diet, it is equally important to consider individual needs and lifestyle factors to make the healthiest choice.

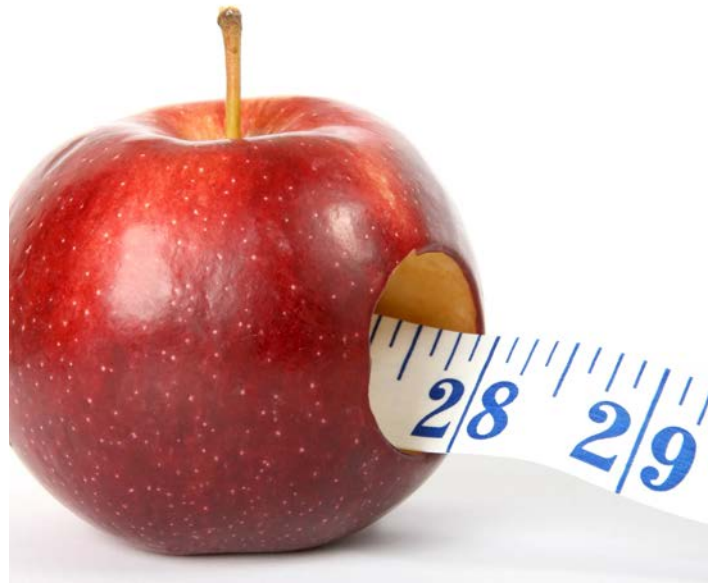
Tracking food consumption as a form of dieting can be beneficial for people with food allergies, people with chronic illnesses such as diabetes, and for those who have specific goals for weight management (athletes hoping to gain muscle mass for instance).



By: Chloe Morgan

Most of the studies conducted on food tracking have focused on whether the method results in significant weight loss because obesity is an epidemic and contributes to numerous chronic illnesses. While it has been shown that consistent trackers achieved more successful weight loss attempts than inconsistent trackers, one of the main benefits to tracking a diet is the ability to see instances of imbalance or malnutrition.¹ When a nutrition plan is written out, or a food diary accumulates consistent information, it becomes clear if a necessary food group is neglected or under-consumed and issues of this nature are easily addressed.² However, because diet and nutrition are about more than weight loss and restrictions, some people might benefit more from the positive impacts on mental health that mindful consumption can provide.

Intuitive or mindful eating is the practice of relying on the body's instinctual, internal cues for hunger rather than following societal or external guidelines of appropriate mealtimes and meal plans.³ Additionally, intuitive eating utilizes the same mindfulness principles practiced in meditation techniques. When eating intuitively, one should not only follow natural hunger cues but should be fully



present during the eating experience. Imagine sitting at a table and studying the small chip on the place setting, the steam rising off the plate, and the crunch of that mouthwatering first bite. Being present while eating involves choosing a meal carefully and engaging the senses by savoring the smells, textures, and tastes of the food. Eating in this manner typically leads to consuming smaller portions and eating at a slower pace.⁴ Due to the reduced consumption of food, those who engage in mindful eating practices can often improve health through better meal choices or lose weight without following a restrictive diet.⁴ Mindful eating practices have been shown to correct compulsive behaviors through reversal learning.⁵ Retraining these thought processes can transform other areas of life as well, making mindfulness a powerful tool.



In summary, restricting diets that put emphasis on weight loss without consideration to nutritional needs and mental health are never the best options. Tracking a diet can be a useful method to ensure proper guidelines are being followed to control a chronic illness or to avoid nutritional deficiencies. On the other hand, mindful eating allows the body to signal when it needs fuel and can also improve the gut-to-mind connection. Following natural hunger cues and then proceeding to journal what was consumed could be another alternative to utilize the advantages of both methods. As long the body is receiving healthy and balanced fuel, and mental health does not decline, either method is an acceptable choice.

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6 STEPS TO UTILIZE FOR A SUCCESSFUL SEMESTER



TOPIC

"Your personal growth is the only thing that matters. You own and write your story; no one else does. Believe in your unique steps up the mountain."

STEP 1-

Make sure you have gathered all school supplies, lab coats, parking passes and read over each syllabus twice to make sure you have all items needed at your fingertips.

STEP 2-

Meal prep! Grab some easy to make recipes for the week, make sure your kitchen is stocked with great snacks for on the go and plan ahead meals so you know you are set up for success.

STEP 3-

Take time throughout the week to read, meditate, listen to a podcast or sit in a dark room and pray. This time is needed for mental clarity.

STEP 4-

Do not be afraid to get your sweat on! Enjoy a workout at your favorite gym, play a sports game with your family or take a jog around the block to get a workout in at least 3 times per week.

STEP 5-

Take one task at a time and make sure you write down assignment due dates either in your planner or phone calendar for reminders. This is a great way to not feel overwhelmed.

STEP 6-

Before bedtime, put your phone or computer away 45 minutes prior to sleep. This will allow the brain to recoup and allow for as much deep sleep as possible.

A DAY IN THE LIFE OF A COLLEGE STUDENT

COLLEGE LIFE LOOKS DIFFERENT FOR EVERYONE, BUT HERE IN FLORIDA A TYPICAL DAY IS FILLED WITH STUDYING AND SUNSHINE:

- 7:00 AM Rise and shine! I try waking up at a set time during the week to stay on track. I start my morning refresh routine and then have some breakfast. I typically make an oatmeal or yo-gurt bowl with fruit and eggs or a bagel. Here's what my breakfast looked like today.



- 8:00 AM IT'S COFFEE TIME, AND I GO OVER MY PLANNER TO-DO LIST AND PRIORITIZE TASKS FOR THE DAY.
- 8:30 AM I START THE DAY WITH THE HARDEST ASSIGNMENT, PROJECT, OR SUBJECT TO STUDY TO GET IT OUT OF THE WAY. IN BETWEEN STUDYING AND COMPLETING ASSIGNMENTS, I LIKE TO GET UP EVERY 30 MINUTES TO COMPLETE A SMALL TASK AROUND THE HOUSE AND GET SOME MOVEMENT IN.
- 1:00 PM LUNCHTIME! I TRY TO CREATE A BALANCED MEAL FOR LUNCH TO KEEP ME ENERGIZED AND FOCUSED. THIS TYPICALLY INCLUDES A PROTEIN SOURCE, A VEGETABLE, AND A CARBOHYDRATE SOURCE. I WANTED TO HAVE MY LUNCH OUTSIDE TODAY, SO I PICKED UP A SMOOTHIE AND A SANDWICH AND ATE OUTSIDE.



- 2:00 PM BACK TO SCHOOLWORK AND COMPLETING ASSIGNMENTS. I LIKE TO FOLLOW THE 30-ON, 10-OFF METHOD WHERE SCHOOLWORK AND STUDYING IS DONE FOR 30 MINUTES OR SO FOLLOWED BY A 10-MINUTE BREAK. THIS KEEPS MY STUDYING AND ASSIGNMENT COMPLETION EFFICIENT WITHOUT GETTING BURNT OUT. I ALSO LIKE TO TAKE SOME TIME TO STUDY OUTSIDE IF I CAN, OR AT A COFFEE SHOP, DEPENDING ON HOW MUCH TIME I HAVE AND HOW THE WEATHER IS.
- 4:00 PM MID AFTERNOON WALK FOR SOME SUNSHINE OR STRETCH. I LIKE TO TAKE SOME TIME OUT OF MY DAY TO STRETCH OR GO FOR A SMALL WALK SO I'M NOT SITTING DOWN FOR LONG PERIODS. KEEPING ACTIVE THROUGHOUT THE DAY IS CRUCIAL.
- 4:30 PM BACK TO SCHOOLWORK! I LIKE TO FINISH OFF MY DAY STRONG AND GET ASSIGNMENTS AND STUDYING DONE. I HAVE A FLEXIBLE WORK SCHEDULE, SO I WORK FOR A FEW HOURS ONCE SCHOOLWORK IS DONE.
- 6:00 PM END OF SCHOOL, INTO DINNER. AROUND THIS TIME, I LIKE TO HEAT UP DINNER OR COOK A FRESH MEAL DEPENDING ON IF I HAVE A MEAL PREPPED OR NOT. I LIKE TO COOK DINNERS FOR MY BOYFRIEND AND I, SO I PUT ON SOME MUSIC AND COOK A MEAL. TODAY I RECREATED A RECIPE FROM AUGUST'S NUTRINEWS ISSUE.



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- 6:45 PM TIME TO EAT AND THEN REST AND DIGEST.
  - 8:00 PM JOYFUL MOVEMENT. I LIKE TO DO NIGHTLY YOGA OR WEIGHT TRAINING DEPENDING ON HOW I'M FEELING FROM MY DAY. SOMETIMES I HAVE PROJECTS THAT ARE DUE OR TESTS TO STUDY FOR, SO THIS IS MY FLEX TIME TO GET MORE DONE OR GET SOME JOYFUL ACTIVITY IN.
  - 9:30 PM WIND DOWNTIME. WHILE I DON'T GET TO SLEEP UNTIL AROUND MIDNIGHT EACH NIGHT, I DO START WINDING DOWN AND DOING MY NIGHTTIME ROUTINE AROUND 9:30. SOMETIMES THIS INCLUDES PRACTICING MINDFULNESS TO CALM MY MIND OR DOING GENTLE YOGA AT THIS TIME IF I WASN'T ABLE TO BEFORE.

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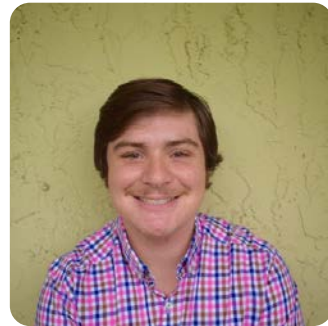
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MUSCADINE GRAPES: THE FORGOTTEN AMERICAN FRUIT



By: Cameron Glover

You may have never heard of muscadine grapes, yet they have played a role in American history since the founding of our country. Muscadine grape vines were first discovered in the Roanoke colony, and in that same area the oldest living muscadine vine still thrives today.¹ Muscadine grapes flourish in the Eastern United States, with plants all the way from Delaware to Florida, and as far west as Texas.² Muscadine grapes are probably less familiar because they have very thick skin and seeds inside, making it a little more difficult to consume than seedless varieties, thus limiting their popularity.



I make it a priority to buy them every time I find them at the farmer's market because I know they do not last long. These grapes come in two different types: purple ones (bullet grapes) and green/yellow ones (scuppernongs). Both are delicious, but I find the green varieties to be much sweeter when fully ripened. Muscadine grapes can also be used to create a wine that is very popular in this region. A popular local winery that specializes in muscadine wine is the San Sebastian Winery, which is worth checking out for those over twenty-one. Muscadine grapes are a part of Eastern American agricultural heritage that is often overlooked and underappreciated. Give this unusual fruit a try on a hot summer day, and you will be surprised at how refreshing and juicy these grapes can be.

However, the effort gives way to greater reward, as muscadine grapes tend to have a more complex and balanced sweetness, with a skin that treads the line between sour and sweet. The fruit explodes in your mouth as you bite it, especially when it is fully ripe. For the best flavor, wait until the fruit is so tender to the touch that you almost think it is rotten; that just means the flavor is better. If you bite into a firm one, you are likely to have a very sour grape. Avoid the seeds at all costs by spitting them out; biting them releases an overwhelmingly bitter flavor. Muscadines can be found in most supermarkets for surprisingly cheap. Expect to pay about five dollars for one container, which has more than enough to try out the fruit. If you are like me, you will become obsessed. Act quickly though, as these grapes are only available for a short period of time right at the peak of summer from July to August



MONTHLY HACKS:

BY MELISSA BRENNAN, M.S.



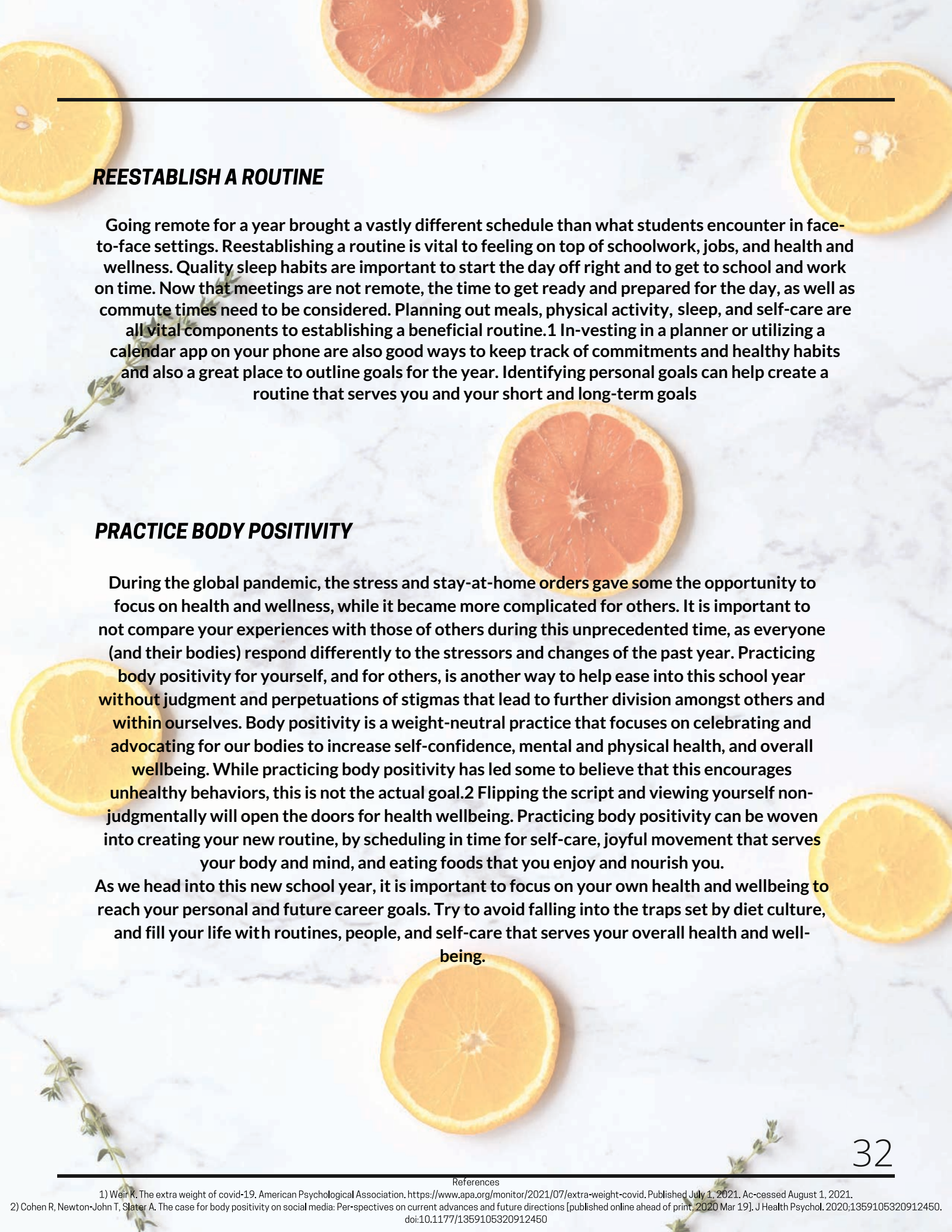
FOCUS ON GROWTH, DITCH DIET CULTURE:

Transitioning back to in-person classes after the COVID hiatus brings both exciting and nervous energy, as a lot has changed since last year. For some, the stay-at-home orders threw off schedules and routines and resulted in many changes ranging from stress and weight gain to economic fluctuations. While schools, and the state in general, is opening back up and life is getting back to normal," it is important to practice both mental and physical wellness to have a successful year. As you recreate routines, remember to engage in behaviors that serve you and do not fall prey to the diet culture mentality.

Diet culture is meant to feed off of insecurities and quick fixes in order to reel in more consumers. Think of diet culture as a business trying to make money off failures, whereas a lifestyle focused on eating and exercising out of joy and respect for your body actually serves you. Here are a few tips for navigating the health space as we return back to in-person classes:

FOCUS ON WHAT YOU CAN ADD INTO YOUR LIFE.

Diet culture stems from restrictive practices designed to cut out parts of your lifestyle in hopes you will see short-term results. When thinking about long-term health and wellness, it is important to focus on what you can add to your life instead of what you have to stay away from. For some, that might look like adding in more fruits and vegetables into meals and snacks in order to increase fiber and nutrient consumption. For others, that might look like adding in joyful movement like dancing or walks on the beach to increase activity. It's important to focus on how the activity is making you feel mentally and physically, instead of focusing on calories burned or compensating for meals. Thinking about health and wellness as behaviors you can adopt into your life to make it more balanced and fulfilled, will end up reaping more benefits than focusing on things to restrict and avoid.



REESTABLISH A ROUTINE

Going remote for a year brought a vastly different schedule than what students encounter in face-to-face settings. Reestablishing a routine is vital to feeling on top of schoolwork, jobs, and health and wellness. Quality sleep habits are important to start the day off right and to get to school and work on time. Now that meetings are not remote, the time to get ready and prepared for the day, as well as commute times need to be considered. Planning out meals, physical activity, sleep, and self-care are all vital components to establishing a beneficial routine.¹ Investing in a planner or utilizing a calendar app on your phone are also good ways to keep track of commitments and healthy habits and also a great place to outline goals for the year. Identifying personal goals can help create a routine that serves you and your short and long-term goals

PRACTICE BODY POSITIVITY

During the global pandemic, the stress and stay-at-home orders gave some the opportunity to focus on health and wellness, while it became more complicated for others. It is important to not compare your experiences with those of others during this unprecedented time, as everyone (and their bodies) respond differently to the stressors and changes of the past year. Practicing body positivity for yourself, and for others, is another way to help ease into this school year without judgment and perpetuations of stigmas that lead to further division amongst others and within ourselves. Body positivity is a weight-neutral practice that focuses on celebrating and advocating for our bodies to increase self-confidence, mental and physical health, and overall wellbeing. While practicing body positivity has led some to believe that this encourages unhealthy behaviors, this is not the actual goal.² Flipping the script and viewing yourself non-judgmentally will open the doors for health wellbeing. Practicing body positivity can be woven into creating your new routine, by scheduling in time for self-care, joyful movement that serves your body and mind, and eating foods that you enjoy and nourish you.

As we head into this new school year, it is important to focus on your own health and wellbeing to reach your personal and future career goals. Try to avoid falling into the traps set by diet culture, and fill your life with routines, people, and self-care that serves your overall health and wellbeing.

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FACULTY SPOTLIGHT

AN INTERVIEW WITH DR. BUTLER

1. Tell us about your background in nutrition from education to experience and how you came to be at UNF.

I am originally from Okeechobee, Florida. It's a very small town and I realized at a young age that if I wanted to leave that town, I had to do well in school. So that's exactly what I did.

I completed my undergraduate studies at FIU in nutrition and I wasn't sure what I wanted to do, but my grandmother sent me an article with different job descriptions, the one that piqued my interest was dietitian.

So, I decided that was my path and completed a dietetic internship at Bay Pines VA Medical Center where Dr. Wright was the internship director. By the time I entered the internship Dr. Wright was no longer there, but I interviewed with her, and she was just as amazing then as she is now.

After I completed my internship, I decided I wanted to do research and accepted a position as a research assistant in North Carolina.



Later, I received my doctoral degree from UNC Chapel Hill and did a postdoc with the health disparities research and intervention program at the University of Florida. At this point, I was ready to transition away from research and wanted to live closer to my family, so I decided to move to Jacksonville. I reached out to Dr Wright to see if there were any open teaching positions at UNF and there was!

I started teaching Community Nutrition as well as the Basic Principles of Nutrition in 2018. I still teach the Community course and have taken on Lifespan Nutrition.

It's always been a vision of mine to have a private practice and teach. I have always enjoyed public speaking and wanted to pass knowledge on to people. Sharing what I've learned with others is a passion of mine.

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2. What's your favorite part about being a professor?

Interacting with students. I love being able to mentor and offer students support and guidance and help them understand that life is going to happen. I like to be a buffer between the pressure that academia can put on folks. I hope to be somebody who provides a source of grounded support.

I love the student interaction in the classroom, having discussions, and hearing what students are thinking. And I love the one-on-one interactions with students, helping them come up with their own solutions to things they're dealing with. Whether that be an assignment or a personal interaction, I love helping people use their own inner resources to effect change in their lives because I think that's the most empowering way.

The other thing I love about teaching is being able to introduce potential new topics that folks have never heard of before and promote social justice and racial and ethnic inclusion in the field of dietetics. I feel like I have a responsibility to do that. I think it's great whenever folks are getting new information and they're thinking about new topics and forming new ideas, especially regarding social justice.

3. What is the name of your practice and what do you specialize in?

It is Combined Nutrition Solutions (LLC). I offer nutrition solutions that could be one on one nutrition counseling; I create presentations for healthcare organizations to be presented to healthcare providers, patients, and clients. I can also be an independent contractor.

However, I would like to focus more on the Dr. Lauren Butler part.

I see myself as an educator, whether that's in the education space where I'm providing nutrition counseling and therapy, working with a healthcare organization, an academic institution, or working on a presentation. As a nutrition educator, my focus is on social justice, health at every size, weight neutrality, and behavioral health nutrition that's going to support mental, physical, and spiritual health. With the one-on-one practice, I do have a focus on eating disorders, disordered eating, and nutrition to help support substance use disorder recovery. Basically, behavioral health nutrition, developing a healthy relationship with food and body. Also, part of my brand is ensuring that I am aligned with cultural sensitivity and cultural humility.

4. Because this issue is all about “slaying diet culture,” can you explain what diet culture is?

Diet culture is what we have been inundated with in the United States in terms of a billion dollar fitness and diet industry that is pushing and peddling products, ideas, and messages that if we follow these diets or do these exercise programs, and if we do it right and perfectly that we're going to get the body shape and size that we envision and the body shape and size that we're being sold as the “right” or “ideal” one.

This often leads to folks getting stuck in this loop of trying a diet and fitness routine whereby they lose weight, then are unable to sustain the diet and fitness routine, so they stop thereby gaining the lost weight back plus more. Then they end up feeling shame and stigma and other negative emotions that decrease their overall health. Then, they sit on that for a while and think “now I'm going to try this next diet and this time it's going to work,” but it doesn't work. The same cycle happens over and over again; I work with people who have done this three or four times in their lifespan. It's sad what folks put themselves through to try to meet this cultural ideal.

This whole process [which is called] weight cycling may be harmful and have negative impacts on cardio metabolic health and other health outcomes. But there are many other aspects of a person's health that are negatively impacted by this cycle such as social connection. Sometimes a person is so focused and obsessed with dieting that it takes up all this space in their brain, body, and spirit that could be used towards having a full and productive life in other ways.

So, what a weight neutral non-diet approach says and what I align with is if we can stop obsessing and spending so much mental, spiritual, and physical energy on dieting and put that energy towards living a full and productive life that includes joyful movement that's good for our bodies, that includes having a variety of foods that's going to include fruits, vegetables, whole grains, water, fiber, vitamins, and minerals. All those things that we know are wonderful for our bodies.

And include foods that are culturally appropriate, that are part of our familial traditions that are going to warm our hearts and our spirits.

Doesn't that sound amazing when compared to being stuck in this diet/weight loss and weight gain cycle?!

5. That does sound amazing and like getting your life back. Why do you think more people are not embracing this approach to health?

I think the problem is that when folks hear non-diet, anti-diet, or weight neutral it causes a lot of adverse reactions, particularly if you've devoted much of your life to dieting and trying to achieve this ideal. There's this personal level of feeling like “I'm just giving up.” Some people also think that anti-diet or non-diet means anti including nutrient dense high-quality foods. Or that fitness training can't be a part of a weight neutral approach to health.

Additionally, in our medical community, there is a huge focus on weight. Instead, we should focus on treating patients who are in larger bodies the same way we would treat someone in a thin body by encouraging those same healthful behaviors that we would encourage to everyone. But the medical community and all of us have been trained to focus on weight. So, we have a medical culture that gets threatened if we choose not to focus on weight and intentional weight loss as the cure to every single thing. However, there's science that says just engaging in healthful behaviors like exercise for 30 minutes will impart heart health benefits and reduce blood pressure without weight loss. So, there's a lot of misinformation and misunderstanding. Especially when you are asking someone to shift their paradigm, there is immediate aversion rather than thinking “let me investigate this.” And this happens anytime there's a paradigm shift or a new thought that our society and our culture are being asked to think about, there's a lot of push-back.

6. What are your thoughts on Health at Every Size?

I think it is needed for folks to have a platform and a name from which to go against the misinformation that's out there about diets to reduce the anxiety, fear, and guilt around food. Health at Every Size to me is based on ideals to which I have aligned my practice. These ideals are inclusion, weight neutrality, body diversity, social justice, cultural sensitivity, and going against ableism. Overall, it's challenging societal norms. If we are operating from the viewpoint that there is one ideal body shape, size, and ability level, then we are missing out and stigmatizing people, increasing anxiety, and reducing social connection. Health at Every Size also gets the same push-back as non-diet approaches. Some people think that it's an obesity promotion campaign. It is not that at all! It is saying there's a diversity of body shapes and sizes in this world and operating from a paradigm that telling people they have to change their natural body weight, shape, and size is harmful.

7. Let's talk a little about that push-back to these non-diet approaches, what does the science say?

Some would say that the science tells us that living in large body is unhealthy, that it raises your blood pressure and blood sugar. But many of these studies we're done from the lens that fat is bad, fat is unhealthy. And in science, we don't always have ways to measure, control, and identify variables. It doesn't mean anybody is right or wrong but it's a paradigm shift when we know how to examine, measure, quantify, and talk about weight stigma.

So now that we know how to measure weight stigma and we know how to do different analyses with weight stigma accounted for, then we get different results. There is new science and new information, but oftentimes it's hard to get to that place of where nobody is good or bad; it's just new information and we need to incorporate this new information into the work and into the interpretation of the work. But there is some systemic bias in terms of studies, whereby the prevailing thought is fat is bad and having a larger body is bad.

8. What advice do you have to those who are trying to decide what path to take as a dietitian?

I can only speak from my experience and in that, I have rolled with my interests and with my passion and have been okay with change and with movement. For me, there was this theme of working with underserved vulnerable populations from WIC to veterans, to racially and ethnically diverse populations, to alcohol and substance use disorders, and now focusing on larger bodies. There has always been this running theme that has kept my path consistent. So, I would encourage folks to think about what they are passionate about.

9. If there was one other thing that you would like to tell our readers, what would it be?

If I could tell everybody one thing through this newsletter, I would encourage you to allow yourself to think outside the box; to think of new ideas and be willing to be open minded. And lastly, I would say to develop more compassion, first for yourself and for others. Because we're all just doing the best we can, and it is not easy to be human.



By: Anna Waterman

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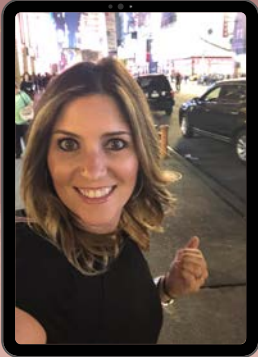


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