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NutriNews & NutriRecipes

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Looking for incoming Juniors and Seniors!

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If interested: contact Sara Boyd at UNFNutriNews@gmail.com
We hope everyone is having a fantastic summer!

As the break is coming to an end, SNDA is gearing up for the 2017-2018 school year. We have so many exciting things happening so stay tuned for the announcement of our very first meeting, which will be announced on all our news outlets including Facebook, Canvas, and email! Not to mention, starting in the Fall semester, you will find a month-to-month updated SNDA Board in the 3rd floor of the UNF Brooks College of Health Building! We’ll have our meeting information there to help remind you as you’re going to classes. We’ll also leave updated officer information in case you want to reach any of us, along with volunteer information! You won’t want to miss one of the first opportunities to make this a successful, rewarding, and FUN year. We really hope to see you there!

Until then, continue volunteering and seeking meaningful experiences! Making the most of your time and have a safe and happy rest of your summer!

Sincerely,

Brittany Mock
SNDA President
Many people assume all chocolate is unhealthy and should be considered an indulgence when really unprocessed dark chocolate actually boosts many benefits. Dark chocolate contains antioxidants, which help to neutralize free radicals in our bodies. Specifically, dark chocolate contains flavonols which protect us from the damage caused by aging as well as environmental toxins. Additionally, flavonols have been shown to help lower blood pressure, improve blood flow to the brain and heart, and reduce cholesterol levels. Many food companies process the chocolate so much that it loses these valuable properties, but fortunately many health companies are changing the game and making healthy dark chocolate products. The dark chocolate is unprocessed, low in sugar, and low in ingredients which makes it popular among those who are health conscious or those who just want to enjoy chocolate every day.

Alternative baking flours have been on the rise with almond and coconut flour in the lead, but there’s a new flour making its way. Cassava flour is a gluten and grain free flour made by grating dried cassava root. The texture is workable for most recipes and it has a very mild taste that won’t overpower sweets. It does not rise as well as all-purpose flour, but can still be substituted for up to half the recipes flour. In baked goods that don’t require rising, cassava flour can completely replace all the flour. Cassava flour is relatively low in calories, and contains a high amount of vitamin C. This is a great alternative to use if one is gluten intolerant, or just to avoid all the processed and refined carbs found in other flours. Cassava flour can be purchased at health food stores, as well as cassava containing products such tortillas and chips.
From the same family as Spirulina, chlorella is a bright blue-green algae that gets its color from its high concentration of chlorophyll. It is shown to have many effects on the entire body such as, but not limited to, supporting hormonal health, promoting cardiovascular health, and aiding in detoxification. Chlorella is extremely nutrient dense with one serving (1 oz) boosting 16g protein, 200% iron, 133% zinc, 287% vitamin A and respectable amounts of vitamin B2, vitamin B3, and magnesium. With a nutrition profile this good it actually ranks above spinach and kale in terms of nutrient density per gram. Some of the most notable things chlorella does is detox heavy metals, detox radiation and chemotherapy, support immunity, promote weight loss, lower blood sugar and cholesterol, and even fight against cancer. Chlorella can be consumed either by tablet or in a powder form which is best added to a smoothie or something that's heavy due to its very strong taste.

“MCTs” are medium chained triglycerides which are a form of a saturated fatty acid. These MCTs come in a couple forms including caprioc, caprylic, capric, and lauric acids. Currently, it has been shown that we are lacking “MCTs” in our diet, most likely due to the recommendation to avoid saturated fat. With that being said, MCT oil is actually has numerous benefits and can be consumed daily. MCTs are much easier to digest than LCTs (long chain triglycerides) and are sent directly to one’s liver where they have a thermogenic effect and have the ability to boost one’s metabolism. So, in turn, MCTs are thought to be used directly for fuel, rather than stored as fat. Other benefits of consuming these triglycerides include helping to maintain a healthy weight, giving more energy, aids in digestion, balances hormone levels, fights bacterial infections and viruses, and helps with the absorption of fat soluble vitamins from food sources. MCTs can be consumed in the form of an MCT oil which is purely concentrated MCTs or from sources that contain MCTs. The most popular source would be coconut oil which contains about 65% MCTs.
Cupping dates back to B.C years, but did not become common in the West until now. Cupping uses suction cups on the surface of the skin on one's back which creates a vacuum-like effect. This targets the deep tissue within the back which helps to break up scar tissue, relax the muscles, and improve blood flow. There are different types including dry cupping, wet cupping, fire cupping, and moving cupping which all involve slightly different techniques. Cupping has been shown to reduce pain, create relaxation, treat respiratory issues and colds, and even improve digestion. A great advantage of this alternative method of healing compared to other traditional methods is there are no side effects such as with pharmaceutical drugs. Although the aftermath of cupping may look painful, the process usually is not painful, but rather a soothing and relaxing process.

References
Summer is all about kicking back, grilling out, and complaining about how humid it is despite knowing in 6 months you’ll complain about how cold it is and how you wish it were summer. No judgment, we all do it. Memorial Day, Labor Day, and the 4th are all “grill and chill” days. Food is a huge social factor in our society, and sparking up the charcoal grill is one way to enjoy the summer with friends and family. This charcoal that makes the day happen is essentially a jump of carbon. Suddenly, something that was best left for grilling seems to be the latest, greatest health fad. But, is it safe to take an activated charcoal supplement daily like you would a multivitamin?

“There would be minimal risk. Overall, it is pretty safe,” said Dr. Michael Lynch, the medical director for Pittsburgh Poison Center and assistant professor in the department of emergency medicine at the University of Pittsburgh School of Medicine, during an interview for Today.¹ The lump charcoal, that is used during cookouts among many other uses, and the activated charcoal that is medically used are both derived from carbon. The difference lies within the porosity and surface area. “Activated" means the charcoal — made from wood, peat, or coconut shells — was heated, then oxidized, expanding its surface area. The preparation process gives the charcoal the ability to absorb various chemicals to its surface. This is why you’ll see charcoal as a filtering agent in commercial and household use, ranging from gas masks to water filters.

The fad is mostly centered about the claim of its ability to clean your body of dangerous toxins. Many college students rely on it to cleanse them of the last nights’ leftover alcohol or drink it along with their alcoholic beverage. Or people worry that toxins and metals build up in their system and drinking activated charcoal will cleanse everything out. However, this isn’t the case.
Activated charcoal does not get absorbed into the bloodstream. So while it could help trap toxins and drugs from entering into the bloodstream, by absorption in the digestive tract, it has very little ability to absorb alcohol. So if you had a shot of activated charcoal along with your drink of choice, would it be even a little beneficial to take anyways? A study published in Human Toxicology found that after having a couple drinks, blood alcohol levels in study subjects were the same whether they took activated charcoal or not.

This supplement cannot distinguish between medications, the toxins, and the nutrients that they can absorb. While it can remove certain “toxins” that haven’t made it into the bloodstream yet, they will equally likely absorb vitamins and minerals that are essential for many biological and physiological responses. When AC is added to a superfood smoothie or a juice, the activated charcoal may bind nutrients and phytochemicals from fruit and vegetables and prevent their absorption by your body. Since activated charcoal can bind drugs in the digestive tract, taking it along with oral medications can lower the effect of medication.

Activated charcoal, because of the same absorption properties that allow it to trap poisons, also can absorb water. This can lead to dehydration and intestinal problems.

There are many other claims about the benefits from activated charcoal like lowering risk of cancer, weight loss, and lowering cholesterol. The research results are split down the middle of concluding that there are or are not benefits of activated charcoal and that is in ineffective. Over the past 30 years there have been 316 published studies on PUBMED where “Activated Charcoal” appears in both the title and abstract of the journal article. However, only 159 are human studies – others are animal, plant, and laboratory studies. With very little research of activated charcoal and human studies, there is not enough research to conclude that claims are true. If someone overdoses on Aspirin, antidepressants, antiarrhythmic medications, or Theophylline, it’s sound to assume that taking activated charcoal quickly afterward will help while the poisons are still in the digestive track. But really, that is a lot riskier than going to the hospital where there are people who studied medicine and know what they are doing. Other than that, the simple fact is, due to the lack of definitive studies showing any benefit, Activated Charcoal should not be used routinely as part of your daily health plan to eliminate trace toxins, help prevent hangovers, assist in weight loss, lower cancer risk, or to help lower cholesterol.

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A premature birth is a birth that takes place more than three weeks before the baby is due. This means that a premature birth occurs before the start of the 37th week of pregnancy. A normal pregnancy usually lasts about 40 weeks. Premature birth does not allow for proper growth of the baby when inside the womb, which often leads to complicated medical problems. There are four different categories of preterm births but for the sake of this article, we will group them all together and label them as simply preterm infants.

Inadequate nutrient stores at birth are another consequence of being a preterm infant (along with medical problems). Preterm infants also have high nutrient requirements already, which increase with earlier gestational ages. As a result, early nutrition intervention is required to prevent further deficits that, if not corrected, can affect growth and long-term outcomes. Preterm infants often require several weeks of parenteral nutrition (PN) support, which includes trace mineral supplementation. This parenteral nutrition is simply feeding the infant intravenously, because it is deemed more beneficial and/or a safer means of feeding. Trace minerals are considered essential nutrients, unable to be synthesized in the human body. Deficiencies of trace minerals have been reported, yet evidence-based guidelines for assessment and supplementation have not been clearly defined. Infants and preterm infants have guidelines to follow, which are given to the parents by doctors. Food and Drug Administration-approved parenteral trace mineral intake guidelines are more than 30 years old and are up for question. Review of literature supports that trace mineral depletion can lead to clinical compromise in preterm infants; therefore, suggesting that every effort be made to ensure adequate provision of trace minerals is given to preterm infants.2

The recommendation for preterm infants for parenteral iodine intake is 1 μg/kg per day. Without this recommendation, it is thought that preterm infants are vulnerable to iodide insufficiency and thyroid dysfunction.3 Studies have been conducted to challenge this recommendation and challenge the so-called, “dysfunctions” associated with not administering iodine supplementation to preterm infants.

For preterm infants, iodide supplementation is not associated with neurodevelopmental benefit at age 2 years, according to a study published online April 14 in Pediatrics. Overall iodide supplementation provided no benefit to neurodevelopment measured at 2 years of age.4 There are many studies that conclude the same.

Another study states that there is insufficient data present to determine whether providing preterm infants with supplemental iodine (to match fetal accretion rates) prevents morbidity and mortality in preterm infants.5 Studies like these may need to be recreated and looked at thoroughly, along with the 30 year old recommendations of iodine consumption for preterm infants. It seems that these more recent studies are challenging the current recommendations and doctors may be administering iodine supplementation to preterm infants when it is not needed.

References
A popular combination among college students and young adults could lead to devastating effects: alcohol mixed and energy drinks. Vodka and Red Bull is what many people may order on a night out, but are they aware of the possible consequences?

Let's begin by stating that in most energy drinks caffeine levels per serving were found to range from about 6 milligrams to 242 milligrams per serving. Keep in mind that some contain more than one serving! In comparison, one 8-ounce cup of coffee contains about 100 milligrams. Some think that by consuming caffeine while drinking alcohol, it will make them less drowsy or impaired. In fact, it will not make you feel sober. Consuming caffeine while under the influence can alter your judgement severely and could lead to serious health complications such as coma, respiratory depression, impaired mental/physical coordination, dehydration, seizures, overdose, and death. This is a matter that should be taken seriously as we educate about the risks and consequences of alcohol and caffeine consumption.

A systematic review was conducted in Canada to examine the relationship between alcohol mixed with energy drinks and injury. The study found support of the association between alcohol mixed with energy drinks and caffeine consumption. However, due to the wide variability of the injuries provided in the various studies analyzed, more examination of this association should be encouraged.

Thankfully, prepackaged alcohol mixed with caffeine is a thing of the past in America. According to the CDC, “in November 2010, the US Food and Drug Administration (FDA) told the manufacturers of seven CABs (caffeinated alcoholic beverages) that their drinks could no longer stay on the market in their current form, stating that “FDA does not find support for the claim that the addition of caffeine to these alcoholic beverages is ‘generally recognized as safe,’ which is the legal standard.”” CABs used to be market with bright colors and certain flavors making them more attractive to youth, so thankfully these are off the market now. Unfortunately, the ingredients can still be bought separately and then mixed, so more preventative measures should be taken to prevent any other serious injuries from this dangerous combination! Until then, if you’re ever thinking of having a Vodka Red Bull, just don’t do it!

References:
http://www.consumerreports.org/cro/magazine/2012/12/the-buzz-on-energy-drink-caffeine/index.htm
Celiac Disease, found in about 1% of the American population, is an autoimmune disease in which the body responds incorrectly when gluten is consumed. One of the largest side effects of the disease is damage to the small intestine, which leads to a malabsorption of nutrients. The Celiac Disease diet includes avoiding wheat, barley, and rye due to the prolamins found within these grains. Originally, oats were also included in the list of grains that people suffering from Celiac Disease should stay away from. However, a recent meta-analysis examined 433 studies and found 6 randomized controlled trials and 2 non-randomized controlled trials that were used to determine the safety of adding oats into the Celiac Disease diet. This potential addition could help bring variety into the diet and it could increase nutrient intake.

According to Green et al., there are no alterations in symptoms, histology, immunity, or serologic features when pure oats are added to the diets of participants mainly found in Europe. While it was noted that European oat contamination is probably less likely due to restrictions, one of the non-randomized control trials was located in America and supported the idea of adding oats into the diet. The North American Society for the Study of Celiac Disease, as well as the researchers of the meta-analysis, believe that the addition of oats into the diet of someone suffering with Celiac Disease is not likely to have negative effects, but tTGA should be monitored throughout the duration of the inclusion of oat. As people are diagnosed with Celiac Disease, it is not recommended to keep oats in the diet until symptoms are alleviated. More research on the subject of the addition of oats into the Celiac Disease diet is necessary because there are variations in oat quality from overseas and within the U.S. Also, more randomized control trials need to be done before enough information is known about the topic.

References:
GABA, an important neurotransmitter in the brain, plays a vital role in the development of epilepsy and other neurological disorders. One study, led by Anika Smith of the University of York, observed the effects of consuming one teaspoon of marmite each day compared to a control group that consumed the same amount of peanut butter. The study consisted of 28 participants and researchers found that those in the experimental group experienced a reduction in the brain’s response to visual stimuli by nearly 30% in contrast to the control group counterparts, meaning there were higher levels of GABA. It is thought that this response by the brain is due to the concentrated amount of vitamin B-12 in marmite. These results implicate that diet choice can impact and possibly prolong the effects of GABA and therefore, neurological disorders. Researchers urge those inspired by their findings to support further research and not take the results as definitive evidence, as these study findings are limited and did not include participants who suffer from neurological disorders. This study was deemed a great starting point for future research. This study was funded by the company that manufactures Marmite, but they are assure the scientific community and consumers that they do not seek to influence results when they provide grants.

References:
According to the US Department of Agriculture, 11 million metric tons of sugar were consumed by Americans in 2016 most of which were in the form of sports drinks and sodas. It’s safe to say Americans love sugar and this may be wreaking havoc our brain. New research from the Framingham Heart Study found that individuals who drink sugary beverages often have poorer memory, smaller brain volume, and a much smaller hippocampus, which is an important memory and learning center of the brain. Before you chuck your sugary soda away and reach for a diet version there’s more you should know. In a follow-up study, it was found that individuals who drank diet soda on a daily basis were three times as likely to develop stroke and dementia compared to those who did not. At the same time researchers point out that these finding show a correlation and not a cause-and-effect of drinking sugary beverages. More research is needed to determine how or if these drinks cause brain damage and how much damage is done by underlying causes like vascular disease or diabetes.¹

Excess sugar has been associated with cardiovascular disease, obesity, heart disease, and type 2 diabetes. Still, not much is known about the long-term effects on the human brain.¹ Two separate studies were conducted to determine the effects of sugary drinks on brain function. The first study looked at links between sugary drinks and Alzheimer’s disease. Magnetic resonance imaging (MRI) scans and cognitive test results were taken from 4,000 people who were enrolled in the Framingham Heart Study and third generation cohorts. The research focused around people that consumed more than two sugary drinks a day or more than three soda beverages a week. The group with the highest intake showed signs of faster than normal brain aging, smaller brain volume, poor memory, and smaller hippocampus. All of these are risk factors for the early stages of Alzheimer’s disease. Researchers also saw that those who drank at least one diet soda per day also had a smaller brain volume.²

The second study, looked at whether sugar or artificially sweetened beverages was associated with increased incidence of stroke or dementia based on the Framingham Heart Study Offspring cohort. Researchers measured the volunteer’s beverage intake at three points over seven years and monitored them for 10 years looking for signs of stroke in people over 45 and dementia in those over 60. Though they found no correlation between sugary beverage intake and stroke or dementia, they saw that people who consumed at least one diet soda per day were three times more likely to develop stroke and dementia.³
It was surprising to researchers that diet soda intake showed these results. There have been previous studies that linked diet soda intake to stroke risk, but there had been no previous risk associated with dementia. Also, the study did not differentiate between types of artificial sweeteners but scientists have various ideas of how artificial sweeteners may transform gut bacteria altering the brains perception of “sweet.” More information is needed and further studies will need to be done to determine exact links between artificial sweeteners and bodily harm. Regardless, consumption of soda and sugary drinks doesn’t seem to have any positive correlation to health. Maybe it is time to revert back to plain water which we all know is vital for a healthy individual.

References:
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Commonly referred to as nooch, nutritional yeast is becoming a staple household ingredient for many vegetarians and vegans. This ingredient resembles a golden-like powdery flake that is commonly used as a nutritional supplement for savory snacks and dishes. Vegans and vegetarians generally praise nutritional yeast because of its high content of protein, fiber, minerals, and B vitamins. These are common dietary deficiencies that vegans and vegetarians can have, so it makes sense for them to include it in their diets.

But, what exactly is nutritional yeast and how is it different from other yeasts? So, nutritional yeast is a deactivated form of yeast, which means that it’s not a leavening agent. So no, you will not produce a rising on your popcorn if you sprinkle a bit on top. Instead, nutritional yeast will provide a savory butter-like flavor that is reminiscent of cheese. Nutritional yeast originates from a species of yeast called Saccharomyces cerevisiae, which is actually the same species for the production of brewer’s yeast.

However, you won’t be lucky enough to get a buzz off of nutritional yeast since the cultivation is different. Sorry to let you down! But on the brighter side, nooch has become the holy ingredient that vegans can now enjoy in popular dishes, such as macaroni and cheese and Caesar salad. This is a nutritional product that it very likely to stick around for a while, so “pass the nooch” and enjoy!
IS ADRENAL FATIGUE REAL? 
FORGET THE LABEL AND TREAT THE STRESS.

BY REBECCA REIDEL

Fatigue is a normal occurring symptom that can be associated with a variety of problems ranging from metabolic or endocrine diseases to vitamin deficiencies all the way to infections. Not only can fatigue cause a person to be exhausted, but it can also lead to the lack of enjoyment in activities that were previously enjoyable before. Anyone that has ever dealt with, or is currently dealing with prolonged fatigue knows that it is often thought to be caused by something other than what the actual problem is. Although fatigue is associated with many diseases, disorders, and medications, doctors are buckling down to find out what can really cause stress-induced fatigue.

Naturopathic doctors and holistic nutritionists believe that stress-induced fatigue is actually caused by the adrenal glands, known as adrenal fatigue, where the adrenal glands don’t produce enough cortisol. Cortisol, often known as the “stress hormone” is released during a time of stress.

On the other hand, endocrinologists, and other medical doctors don’t recognize adrenal fatigue as an existing problem. There is no evidence to support adrenal fatigue as a real medical condition. According to Friedman, an endocrinologist as Charles R. Drew University of Medicine and Science, “Naturopaths have it wrong, they describe adrenal fatigue as a stress-induced condition where your adrenal glands don’t produce enough cortisol. In fact, when you’re stressed out, your adrenal glands make more cortisol.” To get tested for adrenal fatigue, a blood test can be taken to measure cortisol levels, and this can allow doctors to see what hormones are out of balance, causing fatigue.

Overall, adrenal fatigue is looked at differently from naturopathic and homeopathic professionals, however, both seem to agree that it can be a serious problem and is worth looking into.
The Importance of Omega-3 Fatty Acids

Omega-3 fatty acids fall under the category of polyunsaturated fatty acids (PUFAs) and are hella important for a healthy body, heart and mind. Some of the symptoms for omega-3 deficiency include dry skin, fatigue, moodiness and memory problems so we need to make sure that we consume plenty of these fats each day. The most common source of omega-3’s is found in fish and dietary fish oils, but they can also be obtained from many plant-based sources such as flax seeds, wheat germ, chia seeds, walnuts and some algae.  

1 Omega-3 PUFAs are expressed as eicoapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Both of which have been associated with reducing inflammation, cardiovascular disease and depression.  

2 Being hard working students in the nutrition and health fields, we require optimal brain function, and since our brains are highly concentrated with omega-3’s, we need to consume lots of these dietary sources to keep our nerve and cell membranes fluid and healthy. The balance of essential fatty acids (EFAs) in the body must be met with a ratio of omega-3’s to omega-6’s. Omega-6 fatty acids are much easier to come by as they are ever present in an overwhelming number of foods. If you eat out at restaurants, you can be sure that you are overconsuming your fair share of omega-6 EFAs, disrupting our body’s perfect ratio of 1:1 for optimal function.  

3 Currently in the US, individuals consume them at a ratio of 20:1, which may be the underlying cause to the uproar in chronic diseases and inflammation. One of the hottest foods in our world today is chia seeds. Chia seeds are composed of 60% omega-3 fatty acids and are very easy to incorporate into your daily diet to get a dose. Below is recipe for chia seed pudding that is very simple to make and is the perfect companion for an early morning on the go!

By Katie Kuykendall
Recipe

Chia Seed Pudding

Makes 2-4 servings
Can easily be doubled for a week’s worth of breakfast

3 tablespoons of chia seeds
1 cup of milk (almond, hemp, dairy etc)
pinch of cinnamon (optional)

In a bowl, whisk the chia seeds into the milk. Pour into an airtight container and place in your refrigerator for about 15 minutes. Remove from the refrigerator and whisk the mixture so that all of the chia seeds are completely suspended. Return to rest overnight.

In the morning, serve yourself as much as you want and top it with all of your favorite things. Some tasty options are toasted almonds, raspberries, peaches, blueberries, toasted coconut, chocolate chips or honey.
I count myself among the many people who enjoy something at least slightly sweet at the end of a meal. However, I try to be mindful about what types of treats I include. The 2015 Dietary Guidelines for Americans recommends no more that 10% of caloric intake should come from added sugars. I generally try to adhere to this recommendation, especially when I have the ability to plan and pack a lunch for the work- or school-day. Below, I’ve provided a list of ideas for packable treats relatively low in added sugars that will add a little sweetness to a lunch box.

- One or two squares of 70% (or darker) dark chocolate
- Fresh fruit (especially current seasonal fruits such as peaches, blueberries, blackberries and melon)
- Almond butter and dark chocolate cookies with reduced sugar (recipe below)
- Dried fruit (especially apricots, pineapple, and banana) with little to no added sugars

Sweet Recipe
Almond Butter Dark Chocolate Cookies with Reduced Sugar

Adapted from Joshua Weissman
Makes 12 cookies

INGREDIENTS

1 cup almond butter (no sugar added)
¼ cup + 2 Tablespoons brown sugar
1 egg + 1 egg yolk, lightly beaten
1 teaspoon baking soda
¼ teaspoon salt
4 ounces dark chocolate chips

PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit. Prepare baking sheet with parchment paper.
2. Combine all ingredients in medium-sized bowl until incorporated.
3. Drop 1 ½ to 2 tablespoon sized rounds of cookie dough onto parchment.
4. Bake 10-12 minutes, remove from oven when slightly browned on corners and firm in the center.
5. Remove from oven and cool on baking sheet for 5-7 minutes.

Shopping in Season: AUGUST

BY JENNA WALLACE

As the summer comes to a close, the growing season comes to an end as well before fall fruits and vegetables take over. In Florida, you should look for mangoes, guava, carambola, passion fruit, and longan. These tropical fruits are fresh and ready for your recipe creativity! One way to utilize the refreshing and juicy fruits during August is to blend the edible portion into a juice/puree and pour them into popsicle molds for a cool and tasty summer treat. Plus, homemade popsicles are far healthier than ones in the frozen section because you know exactly what went into them. Don’t have popsicle molds? Pour the juice or puree into an ice tray and toss into a glass of water for a summery water infusion!

Avocados are still growing strong through August which calls for guacamole and chips by the pool, avocado slices on grilled burgers and everything in between. Take advantage of lowered prices on all these items throughout August. And don’t forget to soak up the last month of the summer, doing ALL the summer activities you can!
In the spirit of all things cool and refreshing for the last, and possible hottest, month of summer let’s talk about açaí (pronounced ah-sigh-ee). This berry is well known for its ‘superfood’ power. The most notable property of açaí is its antioxidant qualities. This has implications for improved cell function and healthier skin and hair. In addition, açaí has been found to boost immune cell function, even in small amounts. In patients struggling to control their insulin levels, açaí pulp puree was shown to lower blood sugar levels and cholesterol levels, even if it was sweetened when consumed. But how can you partake in these awesome benefits? The best way to enjoy açaí, is in a berry smoothie. Check your store’s frozen fruit section for açaí puree packs. A very common brand is Sambazon, which sources their product from Amazon where açaí is indigenous. Another option is açaí powder which is usually available in health food stores in the supplement section.
