<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>From the Editor</td>
<td>P. 3</td>
</tr>
<tr>
<td>In the News</td>
<td>P. 4</td>
</tr>
<tr>
<td>UNF DND News</td>
<td>P. 5</td>
</tr>
<tr>
<td>UNF Journal Club</td>
<td>P. 6</td>
</tr>
<tr>
<td>UNF DND 2014-2015 Highlights</td>
<td>P. 7</td>
</tr>
<tr>
<td>UNF DND MS/ DI Students</td>
<td>P. 9</td>
</tr>
<tr>
<td>From the Academy</td>
<td>P. 11</td>
</tr>
<tr>
<td>Fruit of the Month Club</td>
<td>P. 13</td>
</tr>
<tr>
<td>Fad Finder</td>
<td>P. 15</td>
</tr>
<tr>
<td>Local Healthy Haunts</td>
<td>P. 16</td>
</tr>
<tr>
<td>Section</td>
<td>Page</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>The Supplement Shelf</td>
<td>P. 17</td>
</tr>
<tr>
<td>Nutrition News</td>
<td>P. 19</td>
</tr>
<tr>
<td>Hot Topic and Current Trends</td>
<td>P. 21</td>
</tr>
<tr>
<td>Fit and Fueled</td>
<td>P. 23</td>
</tr>
<tr>
<td>Season Recipes</td>
<td>P. 25-28</td>
</tr>
<tr>
<td>Eat Your Veggies</td>
<td>P. 29</td>
</tr>
<tr>
<td>NutriNews Comic</td>
<td>P. 31</td>
</tr>
<tr>
<td>References</td>
<td>P. 35</td>
</tr>
<tr>
<td>Contact Us</td>
<td>P. 37</td>
</tr>
</tbody>
</table>
This issue of NutriNews marks the one year anniversary of the publication. NutriNews was started in January of 2015 by Alicia Bersey, editor in chief, and Dr. Alireza Jahan-mihan, faculty advisor, to give the University of Florida, Nutrition and Dietetics Department a voice within the UNF community, the dietetic community, and the local Jacksonville community. From January 2015 to April 2015, the writing staff and the Editor of NutriNews began running articles entitled, Faculty Spotlight, RD Spotlight, From the Academy, DND research and upcoming events, Alumni Reconnect, etc. NutriNews was a huge success and was a welcomed publication by the department.

In May 2015, I, Tara Kessinger became the new editor of the publication, as Alicia Bersey graduated from the University of North Florida and was no longer able to hold the position. I am grateful for the opportunity to be the editor of this publication. I am excited to see what the New Year brings and I, and my writers, are working on some exciting new articles and columns for the upcoming year. I appreciate all the support from our readers, our UNF DND staff, and our students. Without the help of the DND staff and the students, NutriNews would not be the successful publication that it is today. I want to thank Dr. Alireza Jahan-mihan for all his support in helping with this publication, Dean Pamela Chally for all her words of encouragement, the instructors and professors who have helped in the writing of the columns and who contributed their time for Faculty Spotlight interviews, and of course my staff of writers who continue to keep putting forth great work and interesting viewpoints in their articles.

A special thank you to our readers who take the time to read our work and give us constructive feedback on the publication. We are thankful to you for your dedication to the publication and will continue to work just as hard in the upcoming months to give you insightful, thoughtful, and pertinent columns and articles. Thank you!

“NutriNews is an excellent publication. I am amazed at its quality and professionalism. The graphics and layout are the best I have ever seen in a student publication. What a wonderful way to showcase the Department of Nutrition and Dietetics. The stories are informative. The students knowledge base and commitment to communicating facts are clear. Congratulations on a wonderful piece adding pride to the program and college.”

Dean Chally
The Academy recently joined industry, public health and government stakeholders for the inaugural meeting of the Nutrition Labeling Education Consortium, which is intended to increase consumer awareness, engagement, understanding and usage of fact-based nutrition labeling to help consumers make informed, healthy choices.

The Academy will lead a meeting in the spring and will discuss strategies for creating a repository of research and resources for providers and consumers.

The Academy was invited to a discussion, hosted by the First Lady of the United States' Lets Move! team, on current efforts and future recommendations to combat childhood obesity.

This was a productive discussion and the Academy shared the numerous successes that members are doing to address childhood obesity in the community and clinic. Many of the examples the Academy noted, such as Alliance for a Healthier Generation's Healthier Generation Benefit and the Foundation's Kids Eat Right program, were mentioned by many other groups during the discussion. It was clear that the Academy and its members are trusted and essential partners in finding meaningful solutions to address childhood obesity.

Annina Burns, PhD, RD, staff lead on this project for Let's Move!, was recognized by the executive director for her tireless effort spearheading the meeting. Burns' response was that as a registered dietitian it is very near and dear to her heart, and we thank her for her leadership!

Florida Governor Rick Scott recently re-appointed Academy member Leslene E. Gordon, PhD, RD, LDN, to Florida's Diabetes Advisory Council, where she will help "guide a statewide comprehensive approach to diabetes prevention, diagnosis, education, care, treatment, impact, and costs."

Gordon is the community health director for the Florida Department of Health in Hillsborough, Fla., and the Academy applauds her important work to "improve the lives of Floridians with diabetes and reduce the burden of diabetes!"
On October 28th, UNF DND instructor Mrs. Snyder talked about balance treat ideas for Halloween and the Teal Pumpkin Project on First Coast Living.

Check out the link:

Congratulations to UNF DND professors Dr. Christie, Dr. Rodriguez, and Dr. Jahahmihan, and also to Marjan Sadeghi, RD, and to Graduate Dietetic Intern Tara Zerbe-Kessinger on writing this excellent article title “The Role of Maternal Dietary Proteins in Development of Metabolic Syndrome in Offspring” which was published November 6th in Nutrients, a peer-reviewed journal.

The link to the article is: http://www.mdpi.com/2072-6643/7/11/5460

SNDA is now on Twitter. @eatrightUNF

Table 1 Thursday Tasting
Thursday, January 21, 2016
5:30pm-7:00pm
Table 1
330 A1A North
The Shoppes of Ponte Vedra
$25 per ticket
The Nutrition Journal Club had their most engaging meeting so far in the semester on Thursday, November 12th, with over 50 students in attendance! We were excited to see students from other majors not only attend, but also participate in the discussion, with some insightful questions in the area of nutrition.

We met to discuss the impact of nutritional counseling in relation to men with eating disorders and the implications to research. Up to 30 million people of all ages and genders suffer from an eating disorder (anorexia, bulimia and binge eating disorder) in the U.S.

We were pleased to have three guest speakers with extensive knowledge in this specialized area of nutrition:

Frieda Saraga, former Director and Health Educator of Planned Parenthood, discussed the challenges and fatal complications her late son, Scott Saraga, faced during his lifelong battle with anorexia and bulimia. Frieda stated that the biggest obstacle a person faces with an eating disorder is “their pride”.

Jill Snyder MS, RDN, LDN, a professor in the nutrition and dietetics program here at UNF, discussed the treatment issues and outcomes for males with eating disorders. Ms. Snyder is also a co-founder of the Beaded Star Eating Disorder Treatment Center and was able to answer questions based on her first-hand experience in nutrition counseling.

Dr. Zhiping Yu, PhD, RDN, also part of our full-time faculty, discussed the findings of her group study, Disordered Eating Behaviors Among College Students: Does Nutrition Major Matter?

We look forward to wrapping up our final meeting of the semester with Dr. Andrea Arikawa, PhD, RD, as we discuss the role of the gut microbiota in diseases of the gastrointestinal tract—specifically, the inflammatory condition, Crohn’s Disease. The meeting will take place on Thursday, December 3rd, in the Student Union Auditorium, at 4:00pm.
Peer Reviewed Publications


Peer Reviewed Publications


Peer –Reviewed Poster Presentations


3. Arora S, Sealey-Potts C, Dodani S, Kraemer D. HEALS: A Hypertension Control Program for African American Communities Using Community Based Participatory Research Approach. AHA Stroke Conference held February 10th-12th, 2015, Nashville, TN.


Peer –Reviewed Presentations


Congratulations Graduating MS/DI Class of 2015 Seniors!
Congratulations Graduating MS/DI Class of 2015 Seniors!
A perennial holiday question received by registered dietitian nutritionists is: What is the average weight gain between Thanksgiving and New Year's Day? General belief and self-reports of winter holiday weight gain range from five to 10 pounds, but no clinical research study supported this belief.

A classic study published in New England Journal of Medicine suggested that Americans gain, on average, about one pound during the winter holiday contrary to popular belief. One hundred and ninety-five study participants who were primarily National Institutes of Health (NIH) employees were weighed at six-week intervals before, during and after the winter holiday season. Compared to their initial weight, the volunteers gained just over one pound by late February; and most of that weight gain occurred during the six-week interval between Thanksgiving and New Year's Day.

The researchers also found that study volunteers who engaged in more physical activity had less holiday weight gain, suggesting that increasing physical activity may be an effective method for preventing weight gain during this "high risk" time. In addition, study volunteers believed they had gained more weight than they actually had over the holidays, overestimating their weight gain by slightly more than three pounds.

Fewer than 10 percent of subjects gained more than five pounds over the holiday
season. However, the overweight and obese volunteers were more likely to gain five pounds than those who were not overweight, which suggests that the holiday season may present special risks for those who are already overweight.

A review of the NIH study published later the same year noted the sample of NIH employees may not be representative of the general population because they may have been more health conscious than the general population and taken more care to prevent weight gain during the holiday season.

The author recommended further studies using representative populations to confirm whether excess holiday weight is usual among different population groups. The weight gain during the six-week holiday season suggests that half of all annual and possibly cumulative weight gain in the U.S. occurs during the holiday period.

Strategies to control holiday weight gain were examined among successful weight losers in the National Weight Control Registry as well as normal-weight individuals with no history of obesity. Successful weight losers maintained greater exercise, greater attention to weight and eating, greater stimulus control, and greater dietary restraint, both before and during the holidays. While successful weight losers worked harder than normal-weight individuals to manage their weight, they appeared more vulnerable to weight gain during the holidays.

The research on holiday weight gain is not extensive. The first priority should be to prevent holiday weight gain, which likely contributes to the annual weight gain experienced by much of the population. A study published online in August 2013 found that counseling overweight women to stay at their current weight was more effective than asking them to lose weight.

One group was given the typical standard of care from their primary doctors, including suggestions to lose weight and adopt a healthy lifestyle. The women in the other group were encouraged to prevent weight gain and were provided individual goals for diet using registered dietitian nutritionists along with a Young Men’s Christian Association (YMCA) membership and physical activity goals.

Commenting on the study, Constance Brown-Riggs, MSEd, RD, CDN, former spokesperson for the Academy of Nutrition and Dietetics, said that this study points out the limitations of primary care doctors to address nutrition and weight loss.

"It validates the need for registered dietitians in facilitating behavior change strategies that can lead to weight loss or maintenance," she explains. "Primary care doctors just don’t have the time or resources to adequately address the myriad of factors involved in moving an individual towards successful weight loss or maintenance."

Registered dietitian nutritionists can help their clients learn how to think about the holidays a little differently and help them take control of the situation rather than allowing the situation to take control of them.
Figs

By Meghan Moholland

Figalicious definition make them fruits go loco! From brown to purple to green, yellow, and black, figs are delicious! Figs, also known as Ficus carica, are jam-packed with nutrients like potassium, manganese, and fiber, and are sure to make a delightful addition to almost any dish.¹

So if figs are so great, why is it that most people have never seen the fig without the newton? Perhaps because they only grow in a mild, somewhat dry climate, meaning we will not see them growing wild in our backyards anytime soon here in sunny Florida. That doesn’t mean we can’t still reap the benefits though! Figs are available in most grocery stores throughout the year and are best between May and November.²

When scanning the grocery store aisles, look for figs that are soft to the touch, have no breaks in the skin, and emit a sweet scent. Once brought home, fresh figs should either be eaten or stored in a refrigerator for up to four days. When you are ready to eat your figs, rinse them in cool water, remove the stem, and add them to your favorite recipes! Fresh figs can be baked into cookies and cakes, mixed into soups and salads, or stuffed with nuts and cheeses.³

No time to cook? No worries! Eat them raw or buy dried figs for all the yummy goodness without the preparation. Remember, even dried figs make a scrumptious addition to any recipe! Don’t believe it? Try black beans with figs and bell peppers, and you will never doubt figs again!

References on page: 35
Black Beans with Figs and Bell Peppers
Makes (4) 1 cup servings

Ingredients
- 1½ tablespoons unsalted butter or corn oil
- 1 large onion, chopped
- 1 large red bell pepper, seeded and chopped
- 1 large yellow bell pepper, seeded and chopped
- 2 cloves garlic, crushed and minced
- 2 whole cloves
- 2 teaspoons ground cumin
- ½ cup minced fresh cilantro leaves
- 12 medium dried California figs, diced
- 2 teaspoons fresh lemon juice
- 1 teaspoon brown sugar
- 2 cups cooked black beans

Begin by heating the oil or butter in a skillet over low heat. Add the onion, bell peppers, garlic, cloves, cumin, and cilantro. Cook for 5 to 10 minutes, stirring often. Once the onion has softened, add the figs, lemon juice, and brown sugar. Continue stirring. Once mixed, add the beans and cover. Cook the mixture over low heat for 20 minutes and serve hot!
Can you "reset" your metabolism, immune system, and digestive tract in 30 days? According to Dallas and Melissa Hartwig you can! Back in 2009 these guys created what is known as the Whole30 Diet, a thirty day lifestyle plan that is designed to alter one’s relationship with food and help reform eating habits.

The very basic idea behind this “diet revolution” is the belief that certain foods are plaguing the GI tract and throwing immune systems and metabolisms out of whack. There is a rather lengthy list of ingredients and food that are very strict no-no’s in order to give the digestive system a break and allow it to heal for thirty days. And like any good fad diet, their website is loaded with testimonials and success stories from individuals that have completed the plan and are claiming to have experienced improvement or even a "cure" from conditions like GERD, Crohn’s, Type 1 and 2 diabetes, and high blood pressure. So what is really going on here?

You could say that this diet is essentially one big elimination diet. Since there are no calorie restrictions or any food measurements, the diet focuses entirely on what you cannot have.

No added sugars of any kind, real or artificial, no alcohol in any form, that includes alcohol used to cook, no grains, no legumes, no dairy, with the exception of clarified butter or Ghee, no carrageenan, MSG, or sulfites, no re-creating baked goods, junk foods, or treats with “approved” ingredients.

The Hartwigs believe these foods to be the cause of lethargy, body aches, and digestive issues; however, all of these are common symptoms of a food intolerance. Having a food intolerance just means that your body cannot properly digest a particular food. While there is no cure for a food intolerance, a true elimination diet can help you to identify the offender and simply avoiding that food will bring relief.

The Whole30 diet excludes a few of the most common intolerable foods such as, dairy products, wheat, and legumes like peanuts and soy. The most effective method of identifying a food intolerance is an elimination diet, a procedure in which all suspected foods are excluded from the diet and then reintroduced one at a time. The Whole30 diet could bring some relief if you are intolerant to one of the restricted foods but with so many foods being cut out at once and only for thirty days, you can never really be sure what was causing the adverse reaction. It wouldn’t be necessary to cut out so many foods from your diet if you took the time to figure out what was really causing the symptoms.

Another challenge that dieters may face with the Whole30 is the incredibly strict no tolerance policy for cheating. Even having one spoonful of ice cream means the 30 day count down has to be reset. This all or nothing approach could workout great for a select few of individuals but for the most part, this would discourage many people.

While there are a few things to nitpick, there are some positive to this regime. Most notable, is the rule that you cannot weigh yourself or take any measurements. This could be very beneficial to those that have a negative relationship with the scale. Taking a step back for a while and focusing on how you actually feel rather than the number you are seeing could be really refreshing for some yo-yo dieters. Additionally, it encourages people to consume more vegetables and fewer processed foods, always a big plus!

The Whole30 diet isn’t all bad news because it appears to be one of the least dangerous fad diets I have come across in a long time. There are no terrifyingly low calorie restrictions or an encouragement to over-eat any particular food but this all or nothing mentality might not be necessary. Let’s just try to eat everything in moderation!

References on page: 35
The purpose of “Healthy Haunts” is to bring to light the local eateries around the Jacksonville area that respect the strive for healthy, fresh, yummy food. I may have broken that rule a bit for this restaurant—but I can assure you, it was worth the rebellion.

Zoes Kitchen is a Mediterranean restaurant with locations all over the United States. Luckily, Jacksonville was blessed to have one of these locations in the St. John’s Town Center right outside the University of North Florida. This bright orange-and-lime-green venue absolutely exudes “freshness” and despite the fact that it is a chain restaurant, I felt like I was eating right on the coast of the Mediterranean.

A fresh Greek salad with their house-made Greek dressing started off my meal. The delicious dressing had only three ingredients: Olive oil, vinegar and Spice of Life. Spice of Life is their secret ingredient included in most of their dishes, including their chicken pita, which was zesty, fresh and flavorful. The feta cheese sprinkled on both the Greek salad and chicken pita wasn’t pre-crumbled, which made the flavor all the more yummy. No corners were cut, not even in the cheese.

To accompany my meal was some limeade—an interesting choice of beverage, but after taking a sip, I was hooked. It was sweetened with cane sugar and had more of a subdued sourness in comparison to lemon-ade.

To round out the meal, I enjoyed their homemade chocolate cake. The icing was very sweet, but not sickly rich, which is what usually happens when icing has too much sugar in it. It was the perfect amount of sweetness. The cake itself was moist and, well, chocolatey, but most of the flavor came from the icing.

So despite the restaurant being a chain, I can vouch for at least this location to holding up their promise of “Simple. Tasty. Fresh!” Plus, benefits usually come along with larger corporation restaurants; such as the Zoes Kitchen App you can download from the App Store. By taking a picture of your receipt, you can earn goodies through the app, find new store locations and explore the menu to an extended depth. There are also tabs for daily inspirational quotes and learning the rewards of a Mediterranean diet.

Zoes Kitchen, I can proudly say, has proven that quality does not have to be lost with increased quantity.

Zoes Kitchen is located at:
4624 Town Crossing Dr #149, Jacksonville, FL 32246

By Lexi Rossow
Forskolin

By Natalie Wrightson

Forskolin is a chemical that is extracted from the roots of the Plectranthus babatus plant, also known as Coleus forskohlii. It is an herbal supplement that has been used since ancient times. Forskolin has been used to treat heart disorders including high blood pressure and angina. It has also been known to treat respiratory disorders like asthma. Other uses include the treatment of allergies, eczema, irritable bowel syndrome, urinary tract infections, painful menstrual periods, blood clots, insomnia, convulsions, and even advanced cancer. Some people even put forskolin drops in their eyes to treat glaucoma. Most of these uses have not been studied enough to determine whether or not forskolin serves as real purpose in the treatment of these conditions. However, research does support the use of forskolin in the treatment of idiopathic congestive cardiomyopathy and for asthma. For the treatment of idiopathic congestive cardiomyopathy, research suggests forskolin delivered through IV may improve heart function in patients with the disease. How this happens is forskolin acts on heart muscles to create a more powerful heartbeat and on the muscle in the blood vessels to widen them (vasodilation). This mechanism of action is also what helps lowers blood pressure and why some people use forskolin as a high blood pressure treatment. With asthma, research suggests the inhalation of a dose of forskolin can greatly improve the symptoms of asthma. The mechanism of action here is the vasodilation properties of forskolin.

The new trend with forskolin is using it for weight loss. Dr. Oz has discussed the thermogenic, or ‘belly fat blaster’ properties of forskolin in a few of his episodes. Dr. Oz says during his show that forskolin “melts fat cells away.” He even calls it ‘lightning in a bottle’ and ‘miracle flower’. Ever since Dr. Oz raved about the
weight loss property of forskolin, that is what people have been buying it for. Unfortunately, there really is no scientific evidence behind Dr. Oz's claims. He does mention a study that supports the weight loss claim but it was a very small study. This study was a randomized placebo-controlled double blind trial and was published in Obesity: A Research Journal. It only included obese or overweight men and there were only 15 men in each group, so a total of 30 men participated. The results of the study showed there was a significant change in body composition in the men who were taking forskolin. They had decreased body fat percentage as well as decreased fat mass. There was also a trend of increased lean body mass in the men that took forskolin. Here's the catch, the men taking forskolin didn't lose weight. The study states no significant differences were found for the actual change in body weight from pre- to post-measurements. There is other research out there on the weight loss properties of forskolin. A study published in the Journal of the International Society of Sports Nutrition involved 23 overweight women. It was a double blind study and it concluded that forskolin had no significant effect on body composition. The findings suggest that 12-weeks of [forskolin] supplementation in free-living subjects have limited effects on body composition and no apparent clinically significant side effects. Another study published in the International Journal of Cosmetic Science evaluated the efficacy of a topical slimming product that contained forskolin. This study showed that after 4 weeks of twice daily application of the topical solution, there was significant reductions in the abdominal circumference, hip-buttocks region, and waist circumference. That being said, the topical solution also included other products like caffeine, carnitine, and retinol which all could have contributed to the reduction, not just forskolin. The scientific evidence behind Dr. Oz's claim is limited and iffy. Unfortunately, no research has concluded that forskolin 'melts fat cells' or that it is 'lightning in a bottle'. That being said, more research needs to be done to conclude whether or not forskolin is useful in weight loss.

Forskolin is classified as a 'possibly safe' supplement for most adults when given intrave-
Scientists From Royal Holloway, University of London, and UCL Have Identified How a Specific Diet Can be Used to Help Treat Patients With Uncontrolled Epilepsy

Currently epilepsy affects over 50 million people worldwide, and about one third of these people do not have control over their epilepsy with current treatments. Patients have been treated with ketogenic diets to help with drug-resistant epilepsy, and now they know why these diets work. A specific fatty acid, decanoic acid, which is in medium chain triglycerides and part of the ketogenic diet, has potent antiepileptic effects. According to professor Robin Williams from the Centre for Biomedical Sciences at the school of Biological Sciences at Royal Holloway, decanoic acid “out performs drugs currently used for controlling seizures, and may have fewer side effects”. With this discovery, new and improved formulations will significantly improve the treatment of epilepsy in children and adults.

Obesity Journal Highlights: Maternal Obesity, Gestational Weight Gain and Infant Death, and B-cell Depletion Drugs to Reduce Inflammation

A new study that analyzed more than 1.2 million recent pregnancies and births in Pennsylvania found that infant mortality increased with an increase in maternal pre-pregnancy BMI. In normal pre-pregnancy weight, risk of infant death was 3.7 per 1,000 infants. That number increased to 4.6 for overweight, 5.3 for grade 1 obesity, 6.5 for grade 2 obesity, and 7.0 for morbidly obese. Women with grades 1 and 2 obesity with weight loss and low weight gain had increased risks of infant mortality.

The Institute of Medicine as well as other governmental agencies suggest that interconception may be an opportune time for weight control interventions, as opposed to the somewhat successful reduction of weight gain during gestation. Controlling weight interconception will minimize future pregnancy complications and adverse maternal outcomes. Unfortunately there is not enough evidence of the benefit of interconception interventions to influence healthcare systems.

A recent study identified that Th17 cells are a major contributor to inflammation and hyperglycemia in obese individuals. Th17 cells are supported by B cells in obesity-associated type 2 diabetes. With this new information, drugs that deplete B cells may slow disease progression by not supporting the Th17 cells, and reducing the prevalence of inflammation-associated insulin resistance.
Peptides as Functional Ingredients

Functional foods are a fast growing sector of the food market, increasing as much as 20% per year. Plant stanols, pro- and pre-biotics, omega oils, and cocoa flavanols are all examples of functional foods now being marketed to improve health. Can peptides also be used as a functional food? Peptides are derived from all natural proteins and can be released and used by the body providing biologically active health benefits. Peptides can be used to manage health by assisting in muscle recovery, anti-inflammatory, anti-microbial, and anti-oxidation. Limited use of peptides as a functional food are being used currently, such as anti-hypertensive peptides from casein, stress reducing peptides in milk, and cholesterol lowering peptides from soy. Peptides are derived from proteins, and are therefore natural and sustainable with proven health benefits. Future technologies will help realize the full potential of peptides as functional ingredients.

Counting Your Bites for Weight Loss

Typically recommendations for losing weight include counting calories and eating less. One professor, Josh West from Brigham Young University, came up with the idea of bite counting to reduce intake. West conducted a study with 61 overweight or obese men and women between the ages of 18 and 65, and calculated their bite count averages after a week of normal eating. After week 1, sixteen participants quit due to the difficulty of bite counting or other personal reasons. The remaining participants were then placed into two groups, one group was told to decrease their bite counts by 20% and the other group decreased their bite counts by 30%. The participants were told to eat foods that would fill them since they were decreasing their intake, however no other nutritional advice was given. Participants were weighed each week and reported their bite counts. At the end of a month, all participants in both groups lost an average of 3.5 pounds. There was no significant difference in decreasing bite count by 20 or 30%. This could be a new method for weight loss, however basic nutrition still needs to be adhered to and there is no data regarding the effects of bite counting long term.
Hot Topics and Current Trends

Mixify

By Lexi Rossow

Social media has taken huge control over the daily lives of Americans—especially for business advertising. Product names have become hashtags, and without knowing it, your various news feeds have become free advertising billboards. I mean, what business wouldn’t take advantage of free advertising to their specific demographic? Especially when it influences their consumers’ opinions of the company in general. A consumer is always more likely to buy from a company that portrays itself in a good ethos instead of bad.

The American Beverage Association, like many other organizations, has taken advantage of this free advertising, and has used it to release itself from an unhealthy stigma. In 2014, the American Beverage Association released the campaign Mixify, along with their hashtag, #mymixify. It advertises a balanced lifestyle, using the example of: Exercise and you can have a treat. Couch surf all day and perhaps a salad and water are better choices. Mostly the companies Coca-cola, Pepsi Co. and Dr. Pepper have taken advantage of this campaign.

The main audience has been directed to teenagers, probably considering that childhood and adolescent obesity averages have increased by a little over 11 pounds since the last generation, leaving a third of America’s children overweight or obese. The catch phrase of Mixify is, “Balance What You Eat, Drink & Do.” On the website for the campaign, photos that have the hashtag #mymixify can be featured on the home page, where kids and teens can post their own experiences of “how they mixify.” And, throughout this summer, Mixify launched a tour where they traveled around different American cities with DJs, prizes and games, referred to as, “An Event for Teens.”

So, soda companies are... healthy now? Is Mixify just another dressed-up advertisement ploy that not only attracts the soda drinkers but
the health-conscious eaters as well? Or is this campaign actually a step in the right direction, with so many eating disorders that direct people to the extremes—from anorexia to binge eating—that now, an advertisement from a soda company is exactly what Americans need to hear?

When I first heard about Mixify, I saw a quick video that was linked on Twitter from Coca-cola. I already followed Coca-cola on Twitter because its one of my favorite drinks, and their graphic design artists always did entertaining wonders, for example, personalizing the Coke bottles with names.

When I saw the video advertising balance and “mixifying,” I loved the idea immediately. So many people take dieting and exercising to the extreme, or they disregard it completely and fall into food addictions and binge-eating habits. Huge beverage companies that have large fan bases telling society to balance their lifestyles? Count me in!

In almost every single article found on Eatright.org, the American Dietetic Association advocates a balanced lifestyle, where foods that are considered unhealthy do not necessarily need to be cut out completely, only enjoyed in moderation. Regulating between all different types of foods, from the super sugary sweets and the extremely nutrient-dense leafy greens, keeps cravings down and emotions in check, so that no one feels restricts from all the yummy things life has to offer. In a way, Mixify and the American Dietetic Association are advertising the same things.

But in a much, much bigger way, they are not, based on the scientific evidence. If the average adolescent ran vigorously for thirty minutes, they would only burn off eight ounces of a full-calorie soda.2 Whereas you do need more calories depending on how many are expended, one can of regular Coke, which is 12 ounces, has 140 calories. That’s a lot more running than you would think.

Plus, as advocated by so many weight loss campaigns, high-calorie beverages are a great way to increase your caloric intake without realizing it. You can physically chew your way through a plate of French fries, but in just a couple unnoticed, quick gulps of soda, you’ve consumed the same amount of calories as the fries.

I don’t think anybody wants to make anybody else unhealthy on purpose, but I do believe companies are founded on convincing as many consumers as possible to buy their products. The Mixify campaign advertises a balanced lifestyle, and with that, many will agree with and support is an excellent idea to spread, especially among children and teens.

But, the Mixify campaign has also brought advertisement, consumers and positive ethos to the participating companies, which cannot be ignored either. From the marketing perspective, the transactions for these companies can only go up, and that means, many more dollar signs in the future.

But, It’s the thought that counts though, right?

References on page: 35
'Tis the season for cold weather, hot chocolate, and racing. Here in Jacksonville, this time of year, many runners are preparing for the upcoming 5k's. Many know the 5k is 3.1 miles; not nearly as intense as a marathon, but like a marathon, training is still necessary. This not only means physical training, but nutritional training as well. Because of the stress inflicted upon our cardiovascular system due to an elevated heart rate from running for a long period of time, it is vital that we spend weeks and even months conditioning our lungs and hearts in a safe and efficient manner.

**Nutritional Training:**

When it comes to taking action toward a healthier you, nutrition must be first and foremost. The nutrients that are consumed effect what the body is capable of doing. Many can attest to the way a heavy, high carbohydrate, high fat meal can seem to slow them down, and on the other hand, how a lighter, nutrient packed meal creates the feeling of more energy. If someone is considering running a race, they must consider abiding by a healthy diet, because no matter how long or intense their workout regimen, one can never outwork a poor diet. As with general guidelines for the average healthy person, it is critical to consume a balanced diet to prepare the body for the physical training.

Moreover, the avoidance of foods that are greasy, fried, sugary, high fat, and high sodium will contribute to more efficient functioning of the digestive, immune, cardiovascular, and muscular systems. With a health and balanced diet that doesn’t include those foods will make it easier for digestion of what is consumed and because of getting the proper vitamins and minerals, the immune system can be strengthened. Staying away from the foods previously mentioned will help keep proper blood flow through your cardiovascular system as well as to the muscles and will help the repair and growth of muscle when physical training comes into play.

Carbohydrates are perhaps the most important element to your diet if you are training for a 5k. Carbs are essential fuel for your body, especially if you are running and working out regularly. Health Writing recommends getting 60 to 70 percent of your caloric intake from carbs, while Cool Running recommends 60 percent carbs and The Running Advisor and Hal Higdon, author of “Marathon: The Ultimate Training Guide,” suggest about 50 percent carbs. The majority of your carbs should be eaten just before and after a run or a workout. Great carb sources include vegetables such as broccoli, carrots, cauliflower and eggplant, and fruits such as apples, oranges, pears, peaches, grapefruit, berries, bananas and pineapple. Other carb sources include whole grain breads and cereals, pastas, beans, potatoes, and energy bars. Fruit juices provide carbs as well as other vitamins and minerals you lose during a run or a workout.1

Getting enough protein in your diet is also important when training for a 5k. Eating protein-rich foods along with a high-carb meal after a hard run or workout can help speed the recovery of your muscles. Cool Running and The Running Advisor recommend getting approximately 25 percent of your total calories from foods high in protein while Hal Higdon recommends getting 15 to 20 percent. Great sources of protein include chicken, whitefish, pork, yogurt, cottage cheese, eggs, peanut butter, seeds, nuts and protein bars. Eat most of your proteins during the times of the day...
when you are the most sedentary.¹

One should avoid low-carb diets if training for a 5k. Carbohydrates provide the body with the fuel it needs during training. Depriving the body of fuel will cause muscles to tire more quickly and inhibit the ability to get into peak physical condition. Above all else, it’s vitally important to stay hydrated at all times when training for a 5k. The body can not function properly without water, so drink plenty of it -- and also mix in sports drinks after a run or workout to replenish the sodium the body loses in sweat.¹

Additionally, it is not all about the three main meals. It is important to eat snacks at regular points throughout the day. As part of a 5k nutrition plan, one must ensure that enough fuel is available to match the activity program.²

**Race Day Nutrition³**

Active.com suggests moderation with familiar foods to fuel on race day, "Consume moderate quantities—not huge portions—of carbs for several days prior. Massive amounts of any food throw your system a curve ball," says Jauquet.

"Have oatmeal for breakfast, potatoes at lunch, and pasta for dinner. Eat just to fullness, so you don't get indigestion or have trouble sleeping," says Tara Gidus, R.D., a spokesperson for the American Dietetic Association.

In the days leading up to the race, drink fluids as normal to stay hydrated. This can include water, sports drink, juice, even coffee and tea. On the morning of the race, Jauquet recommends drinking 16 ounces of water two to three hours before the start, giving the body time to process extra fluid; drink another one to two cups right before the gun goes off.

If one gets too nervous to eat before a race, wake up a few hours before the start-in order to eat breakfast slowly, letting each bite settle before taking another. If the stomach will not tolerate solid foods, drink a smoothie with bananas, fruit juice, and milk. These ingredients are easy on most stomachs, provide energy, and won’t leave you feeling overly full.

If you are planning on racing, train diligently, don’t give up, and good luck! And if you haven’t given it much consideration yet, do so, challenge yourself, and good luck!

References on page: 35

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**Race Information**

Courtesy of 1st Place Sports, the following is a calendar of races in Jacksonville and the surrounding areas.

**December**

5th  Festival of Lights (San Marco)  
      Casa Jingle All the Way 5k (Jekyll Island)  
6th  Reindeer Run Half Marathon & 5k (Amelia Island)  
      Guana 50K and 12k Trail Races (The Guana Research Reserve)  
11th  Jaguars Stache Dash (Everbank Field)  
12th  Running of the Bulls (Hemming Plaza)  
19th  Jingle Bell Run for Arthritis Foundation (Riverside Park)  
31st  Vystar New Year's Eve Run (Downtown Jacksonville)

**January**

3rd  Jacksonville Bank Marathon (The Bolles School)  
9th  Healthy Start 5k (The Jacksonville Landing)  
      Hellcat 10k and 50k (Green Cove Springs)  
      Resolution Run (Orange Park)  
16th  Run for Shelter (Trinity Rescue Mission, Westside Jacksonville)  
      Pirate 5k Run (Palencia, St. Augustine)  
23rd  Winter Beach Run (Jacksonville Beach)  
30th  Matanzas 5k (St. Augustine)  
      Polar Plunge 5k (Jacksonville Beach)
Homemade Chai Tea Latte

If you’re not into paying $4.50 for the Starbucks version of this classic drink, or hot cocoa just doesn’t cut it for you, try out this easy recipe. The best thing about it is its ability to be modified. Lactose intolerant? No worries. Sub out the whole milk for soy, almond, cashew or even coconut dairy alternatives.

Ingredients

Serves 1
1 Chai Spice black tea bag
1/4 cup boiling water
3/4 cup whole milk
Honey or sugar to taste
Cinnamon or nutmeg to sprinkle on top

Directions

- Steep the Chai tea bag in the hot water for 3 to 5 minutes.
- Warm milk in a pan, then whisk with a frother.
- Combine the milk and chai tea and add honey or sugar to taste. Sprinkle with cinnamon or nutmeg.

Image and Recipe reproduced from: http://www.stashtea.com/info/Chai_Tea_Latte
Vegan Potato, Pepper and Olive Phyllo Cups

Whether you’re vegan or carnivorous, these bite-sized appetizers are a great way to sneak some healthful goodness into your party menu no matter what the occasion. The baked phyllo cups add a crisp bite to the flavorful vegetable filling, perfect alongside a vegetable or cheese platter.

Ingredients
Yields 30 phyllo cups

1 medium all-purpose potato, peeled and cut into 1/4-inch dice
4 tablespoons extra-virgin olive oil
2 tablespoons nutritional yeast
Kosher salt
1 medium shallot, finely chopped
2 tablespoons red wine vinegar
1 teaspoon tomato paste
1/2 teaspoon sweet smoked paprika
Pinch cayenne
1/2 cup loosely packed fresh parsley leaves, chopped
2 large jarred piquillo peppers, finely chopped
12 Kalamata olives, finely chopped
30 mini phyllo shells

Directions

- Put the potatoes in a small saucepan and bring to a boil; cook until the potatoes are tender (about 10 minutes). Drain and shake the remaining water off. Return the potatoes to the saucepan, and add 2 tablespoons of the oil, nutritional yeast and 1/2 teaspoon salt. Mash with a fork until roughly smooth. Set aside.
- Heat the remaining 2 tablespoons oil in a small skillet over medium-high heat; add shallots and a pinch of salt, and cook until soft and just starting to brown, about 3 minutes.
- Add the vinegar, tomato paste, paprika and cayenne and cook, stirring constantly, until the spices are toasted and the oil turns red.
- Remove from the heat and add into the mashed potatoes. Add half the parsley and peppers, the olives and 3/4 teaspoon salt, and stir to combine.
- Preheat the oven to 425 F. Arrange the phyllo cups on a baking sheet, and fill each with a heaping teaspoon of the potato mixture. Bake until the filling is hot, 4 to 5 minutes.
- Garnish with the remaining parsley and peppers.

Salmon with Brown Sugar and Mustard Glaze

Big holiday meals don’t always have to include ham or turkey. If you’re looking to lighten up your menu or if you have a lot of seafood fans in your family, this recipe is for you! The brown sugar and mustard glaze provides a sweet and tangy flavor profile to the salmon. Plate up fillets on a simple white platter and garnish with the watercress and lemon to achieve this elegant and delicious entrée.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 large shallot, minced
- 1/4 cup red-wine vinegar
- 1/4 cup whole-grain mustard
- 1/4 cup packed dark-brown sugar
- Coarse salt and ground pepper
- 1 side salmon (about 3 pounds), skin removed, cut into 8 fillets
- 1 bunch watercress (about 3/4 pound), thick stems trimmed
- 1 lemon, cut into wedges, for serving

Directions

- Heat broiler, with rack in top position. In a small saucepan, heat oil over medium-high. Add shallot and cook, stirring often until softened, 3 minutes. Add vinegar and cook until slightly evaporated, 1 minute.
- Add mustard and brown sugar; stir until warm and combined, 1 minute. Season with salt and pepper and remove from heat.
- Place salmon fillets on a foil-lined rimmed baking sheet and season with salt and pepper. Transfer 1/2 cup glaze to a small dish and brush on top of salmon. Broil salmon until glaze is bubbling and fish is opaque throughout, 5 to 10 minutes; brush remaining glaze over fillets.
- Serve salmon along with watercress and lemon wedges.

Cranberry Upside-Down Cake

Upside-Down cake shouldn’t just be limited to pineapples! Cranberries are so representative of the holiday season, plus they serve as a great source of Vitamin C and polyphenolic compounds. The red color provided by the cranberries give this easy holiday dessert a festive appeal when sliced; garnish with whipped cream and serve with coffee for a truly great end to any holiday meal.

Ingredients

3/4 cup packed light brown sugar
4 tablespoons unsalted butter, softened, divided
2 tablespoons plus 1/4 cup fresh orange juice, divided
1 12-ounce bag fresh or frozen (thawed) cranberries (about 3 cups)
3/4 cup whole-wheat pastry flour (see Note)
3/4 cup all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
2 large eggs, at room temperature (see Tip)
1/3 cup canola oil
1 cup granulated sugar
1 teaspoon vanilla extract
1/2 cup low-fat milk, at room temperature

Directions

-Preheat oven to 350°F.
-Heat brown sugar, 2 tablespoons butter and 2 tablespoons orange juice in a large (12-inch) cast-iron or regular skillet over medium heat, stirring constantly, until the butter melts and the mixture starts to bubble. Let cool.
-Coat the sides of the skillet with cooking spray.
-Bring the remaining 1/4 cup orange juice and cranberries to a simmer in a medium saucepan, stirring often, until about half the cranberries have popped. Pour evenly over the cooled brown sugar mixture in the skillet.
-Whisk whole-wheat flour, all-purpose flour, baking powder and salt in a medium bowl.
-Separate egg whites and yolks. Place the yolks in a large bowl and add the remaining 2 tablespoons butter, oil, granulated sugar and vanilla. Beat on medium-high speed until light and fluffy. Stir in the flour mixture alternately with milk, starting and ending with the flour. Stir just until the flour is incorporated. Beat the egg whites in a clean dry mixing bowl with clean dry beaters on medium-high speed until they hold soft peaks. Fold the egg whites into the batter and spread the batter over the cranberries.
-Bake until the top is golden, 30 to 40 minutes. Cool for at least 30 minutes before serving. Garnish with whipped cream.

Name¹: Brassica napobrassica
Origin¹: Bohemia

Nutrition Facts (1 cup serving – cubed and boiled without salt)²

- Calories: 66 kcal
- Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 34 mg
- Total Carbohydrate: 15 g
- Dietary Fiber: 3 g
- Sugars: 10 g
- Protein: 2 g

%DV Vitamin C: 53%
%DV Calcium: 8%
%DV Iron: 5%
%DV Folate: 6%
%DV Thiamin: 9%
%DV Vitamin B6: 9%
%DV Magnesium: 10%
%DV Potassium: 16%
%DV Zinc: 4%
%DV Copper: 3%
%DV Manganese: 15%
%DV Phosphorus: 10%

By Natalie Wrightson
Interesting Facts 1,3
It is a hybrid between a turnip and wild cabbage.¹
They are primarily grown in Canada, Northern parts of
the United States, and Great Britain.¹
Also known as swedes in most of the world.¹
There is an annual International Rutabaga Curling
Championship that takes place annually in Ithaca, New
York on the last day of the market season at the Farm-
ers’ Market there.³

Recipe: Roasted Rosemary Rutabaga Fries ⁴

Ingredients
2 medium rutabagas
2 tablespoons finely chopped rosemary
1 1/2 tablespoons olive oil
3/8 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Directions
Preheat oven to 425°
Peel and cut rutabagas into 1/4-inch slices and then stack and cut into 1/4-inch sticks
Toss with rosemary, olive oil, salt, and pepper
Roast at 425° for 12 to 15 minutes, shaking pan often, until browned and tender.

References on page: 35
“You only weigh 4 ounces, but your BMI says you are morbidly obese.”

“Be careful — sometimes it’s a green lollipop and sometimes it’s a brussels sprout!”

“Our Quick Start gym membership comes with a free set of press-on abs!”
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Participate in an Exercise Study and get Free Pizza

Must be a **healthy adult female** who is:

- 19-25 years old
- Used to aerobic exercise
- Any weight, but otherwise healthy
- without known cardiovascular, pulmonary, or metabolic disease (like diabetes), or musculoskeletal problems that limit your ability to exercise

The study will be conducted in the Exercise Physiology Lab in the Brooks College of Health (Bldg 39, room 4062).

Participants will:

- Have their maximal exercise capacity, body composition, fasting plasma glucose, and total cholesterol tested
- Undergo 3 exercise sessions (on a stationary bike) lasting ~30 minutes
  - Provide a few drops of blood via “finger prick”
  Total time for each session will be 4.5 hours/session (total: 13.5 hours)

There will be no monetary compensation but each participant will be provided all the pizza they want to eat after each exercise session

**Call or email Dr. Jahan-mihan at: (904) 620-5359: alireza.jahan-mihan@unf.edu if you are interested.**
Participate in an Exercise Study and get Free Pizza

Must be a **healthy adult male** who is:

- 19-25 years old
- used to aerobic exercise
- any weight, but otherwise healthy
- without known cardiovascular, pulmonary, or metabolic disease (like diabetes), or musculoskeletal problems that limit your ability to exercise.

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**Call or email Ali at:** (904) 620-5359:

alireza.jahan-mihan@unf.edu if you are interested.
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