NutriNews
Volume 10, October 2015

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Lexi Rossow, is a sophomore undergraduate student at the University of North Florida, studying to be in the Nutrition and Dietetics Flagship program. She has had an interest in dietetics since she read The Omnivore’s Dilemma by Michael Pollan, and ever since then, her passion has grown. She is also a member of the UNF Surf Club, Marine Biology Club, Scuba Diving Club and a sister of the Alpha Chi Omega Fraternity.

Natalie Wrightson is currently a junior in the Nutrition and Dietetics Program. She plans on furthering her education and getting her Master’s Degree and possibly even her Doctorate Degree in Nutrition. She wants to open her own practice and work with people with Eating Disorders. Along with writing for NutriNews, she volunteers at BEAM and works with Registered Dietitians in Sarasota Florida, her hometown. She is very passionate about fitness and spends most of her free time in the gym.

Kristen Drake currently lives in Gainesville with her husband, their dog, and a couple of horses and cows. She is a post baccalaureate student, and her first degree was from the University of Florida in Criminology. She was a legal secretary/paralegal for 6.5 years before starting school again at UNF. After obtaining her degree in nutrition, she hopes to work in the area of sports nutrition, obesity, or research.

Tara Kessinger is a graduate student in UNF’s MS/Di program. She currently has a B.S. in Exercise and Sport Science from Penn State and a Master’s in Public Health from UNF. She enjoys spending time with her husband and two daughters.
Michelle Mackie is a senior in the Nutrition and Dietetics program. She is currently work at the Mayo Clinic, is the Marketing Coordinator for UNF’s Lend-A-Wing Pantry, and is the Vice President of the Nutrition Journal Club. She grew up on the east coast of Florida in a small town called Palm Bay. She loves practicing yoga and spending the afternoon at the dog park with her yellow lab mix, Buffett.

Casey Kiernan is a Florida girl, born and raised in the sunshine and saltwater. Currently, she is a senior pursuing my Nutrition and Dietetics Bachelor’s degree. She is a professional skimboarder, holding the 2014 United Skim Tour Women’s world title. She is passionate about nutrition, fitness, and mental health through positive perspectives.

Jessica Glosson is a graduate student and dietetic intern through UNF’s MS-DI program. She plans to graduate next December, obtain her Registered Dietitian credentials and start work as a Clinical Dietitian. In the past, Jessica has managed several travel blogs, one of which was published through USF’s study abroad website; her passion for writing has since grown and she is excited to start writing for the NutriNews this semester. In her spare time, she enjoys free-diving, exploring Florida’s waterways with her kayak, and spoiling her overgrown Labrador.
In the News

By Tara Kessinger

The Academy of Nutrition and Dietetics will present its prestigious 2015 Medallion Awards to eight registered dietitian nutritionists in recognition of outstanding service and leadership in the Academy and the nutrition and dietetics profession. Medallion Awards have been given to Academy members each year since 1976. The winners will receive their awards on Sunday, October 4, during the Academy's Food & Nutrition Conference & Expo™, in Nashville, Tenn. The 2015 Medallion Award recipients are:

- Susan T. Borra, RD, Arlington, VA
- Sari F. Edlestein, PhD, RD, Boston Mass
- Jana R. Kicklighter, PhD, RDN, LD, FAND, Smyrna, Ga.
- John A. Krakowski, MA, RDN, CDN, FAND, Flanders, N.
- Ainsley M. Malone, MS, RDN, LD, CNSC, FAND, FASPEN, New Albany, Ohio.
- Judith C. Rodriguez, PhD, RDN, LDN, FADA, FAND, Jacksonville, Fla.
- Judith Wylie-Rosett, EdD, RD, New York City, N.Y.

Registered dietitian nutritionist Penny E. McConnell, a nationally recognized pioneer in children's nutrition and school meals, has been named the 2015 recipient of the Academy of Nutrition and Dietetics' highest honor, the Marjorie Hulsizer Copher Award. McConnell will receive the Copher Award October 3 at the Opening Session of the Academy's Food & Nutrition Conference & Expo™ in Nashville, Tenn.
Local News and **Events**

By Tara **Kessinger**

Save the Date!
81st Florida Food & Nutrition Symposium
July 24-27, 2016

The 2015 Manual of Medical Nutrition Therapy is now available. For order information visit: http://www.eatrightflorida.org/index.php/2015-order-now

Congratulations to UNF Nutrition & Dietetics Department on recently being honored with the Duval Healthy Hero Award.

Dr. Catherine Christie, PhD, RDN, LDN, FADA, FAND, Associate Dean of the Brooks College of Health, recently had an article published in the *Journal of Cardiovascular Nursing*.

Christie C. Proposed Dietary Guidelines 2015 and Implications for Cardiovascular Disease and Diabetes. *Journal of Cardiovascular Nursing*. 2015;30 (5); 375-378.
The Nutrition Journal Club had their first meeting of the school year on September 9th, which had quite a good turnout. Each month the club meets with students and faculty to conduct an open discussion about some of the latest research in nutrition related topics. September’s topic focus was obesity. The club’s officers who include, Jesse LeMoon, Michelle Mackie, Johanna Vogt, Kate Coufal, and Shane Denmark wanted to look into a subtopic of obesity which typically is not discussed in textbooks or classrooms. Therefore, they decided to discuss a review article entitled Nutrient Induced Intestinal Adaption and Its Effect in Obesity by Megan Dailey. The article focuses on the interactions between nutrients and intestinal cells, as well as its relationship with obesity.

Those who attended the meeting found the research article to be very unique and interesting. The article reviewed many studies that compared the nutritional intake and intestinal tract of obese and lean mice. Basically, the mice that had a diet high in carbohydrates and/or fats had increased amounts of absorption cells which lead to more carbohydrates and fats being absorbed. The article also pointed out the size of villi (finger like projections in the intestine which contain other cells that assist in absorption) are larger in obese individuals which also contributes to increased amount of absorption of certain nutrients. This article led to a great discussion between students and faculty on how this information can be applied in terms of nutrition and obesity. Students also deliberated on other research ideas that could be conducted based on this evidence to better understand the relationship between nutrients, intestinal cells, and obesity.

October 15th will be the Nutrition Journal Club’s next meeting at 4pm in the Union Auditorium and they will be discussing an article about food allergies in infants and how nutrition counseling affects growth rates and nutritional status. The meeting is open to all faculty and staff and will also feature special guest host Ms. Toms Jones. Ms. Toms Jones is a Nutrition and Dietetics professor at UNF who also has much experience in the clinical and private practice setting. For future meeting dates and information please like and follow the club on Facebook, UNF Nutrition Journal Club, or email Jesse LeMoon at N00901805@unf.edu

By Jesse LeMoon
October looks to be quite an exciting month for the UNF Student Nutrition and Dietetic Association! SNDA is pleased to announce that we will be taking eight students to Nashville for FNCE 2015.

On Friday, October 16th, SNDA will be collaborating with several other clubs on campus to hold an event for World Food Day. The purpose of the event is to promote action against hunger and to provide education about nutrition and the food system. We are currently looking for volunteers to help with the event, so if you are interested contact our volunteer chair, Heather Estep, at N00648192@ospreys.unf.edu.

SNDA is now officially on Twitter! The goal of our new social media account - @eatrightUNF – is to serve as another platform for members to communicate and share information relative to the nutrition community.

Congratulations to SNDA member, Stephanie McBurnett, the winner of this year's SNDA T-shirt design competition. Way to go, Stephanie!

NEXT MEETING:
When: Thursday 10/22, at 12:20 PM
Where: TBA
Agenda: FNCE Recap, General Info, New Mentor/Mentee meet and greet.
When you walk into the gym one of the first things you see people doing is chug some colored drink out of their shaker cups. More than likely, the drink is ‘pre-workout’. ‘Pre-workout’ is a term that refers to a group of supplements that can either be in powdered form, which you mix into water, or pill form. The purpose of pre-workouts are to provide energy to get you through your workout and intensify your workout as well. Basically pre-workout is supposed to serve as a performance booster.1

Different pre-workouts have different ingredients but most have four ingredients in common. These ingredients are caffeine, beta-alanine, branched chained amino acids (BCAAs), and creatine monohydrate. Keep in mind that not all pre-workouts have all of these ingredients; these are just the most common active ingredients. Caffeine’s primary purpose in pre-workout blends is to provide energy. It has been shown to increase performance in endurance and maximal exercise and even increase the workload of the workout. BCAAs’ primary purpose in pre-workout blends are to foster an anabolic environment. What this means is they promote protein metabolism and synthesis while limiting protein breakdown. Of the three BCAAs leucine, isoleucine and valine, leucine should be the highest amino acid in the blend. This is because leucine promotes muscle protein synthesis. A bonus side-effect of drinking BCAAs is they may help reduce the soreness you feel the next day from working out. Beta-alanine is in pre-workout blends to increase muscle endurance. Beta-alanine works to enable you to maintain the intensity of your workout for longer through
blocking hydrogen ions. This is the ingredient that is responsible for the notorious tingly feeling associated with pre-workout. This feeling is called acute-parasthesia and it basically just makes your skin feel numb and/or itchy. Beta-alanine is not found in all pre-workouts because there are people that do not like the feeling of paresthesia. Lastly, creatine monohydrate is found in pre-workout blends primarily for strength. Creatine allows you to get the most out of lower-rep workouts by producing a huge energy pump for your muscles. These ingredients all work together to enable you to get a great workout without becoming exhausted in the middle of it. Some people say that pre-workout makes your muscles bigger. While some pre-workouts have ingredients in them that improve muscle strength and power, I believe this side effect comes from a higher capacity to lift. If someone takes pre-workout and lifts heavier for a longer period of time, their muscles will grow. Pre-workout enables people to do this but the blend itself is not responsible.

So does pre-workout work? Yes, pre-workouts do give people energy and enhance their performance in the gym. Different pre-workouts will effect different people in different ways. For example, if someone takes a pre-workout with the main ingredient being caffeine, the way it would affect them would depend on their caffeine consumption. If the user was a regular coffee drinker who was used to getting a lot of caffeine, they would not be as greatly effected as a user who rarely drinks coffee. It is important to try different pre-workout blends to see which one is right for you.

Pre-workout is a legal supplement that gives you massive amounts of energy, enhances your workout performance, and supports the growth of your muscles by allowing you to complete a more intense workout. Sounds too good to be true right? There has to be some down-side. Fortunately, pre-workout is a pretty safe supplement to take regularly. The possible negative side-effects are high-blood pressure, dehydration, and kidney damage. Dehydration is associated with the caffeine and creatine content in pre-workout blends. These two ingredients are classified as diuretics. On top of that, creatine causes water in the body to move away from other body parts and flood into the muscles. Creatine is also associated with kidney damage. If consumed in excess for long periods of time, it can cause our bodies to stop making creatine naturally and cause the kidneys to increase production of by-products like creatinine which can aggravate existing kidney problems. High blood pressure is caused by stimulants, like the caffeine and creatine in pre-workout blends. Their capacity added to the fact that lifting weights causes increased blood pressure has the potential to cause a harmful spike in blood pressure. Fortunately, the adverse side effects of pre-workout are only associated with high dosages. If you dose your pre-workout right, stay hydrated, and are mindful of your body’s limits, taking pre-workout will not pose a problem for you. Other side effects associated with stimulants are headaches, cramps, upset stomach, nervousness, insomnia, diarrhea, nausea and dizziness. These side effects are only associated with certain people and are rare.

Overall, studies have shown that pre-workout is safe for regular use.

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The 21 Day Fix is a new diet and exercise plan that was started by celebrity trainer, Autumn Calabrese. The 21 Day Fix program essentially relies on portion control and a set of seven thirty minute workout routines. By following this program participants are supposed to be able to lose up to fifteen pounds in 21 days and there is no shortage of people claiming they have seen comparable results using Calabrese’s plan. So what really is the 21 Day Fix?

After 3 monthly payments of $19.95 and $12.95 for shipping and handling, you will the proud owner of seven color coded plastic containers, two workout DVDs, a shaker bottle, and eating plan booklet. Each of the containers represents a different food group; fruits, vegetables, proteins, carbohydrates, seeds and dressings, and healthy fats. The containers give the participant a very visual way to create their meals that doesn’t require any calculations or calorie counting. Depending on gender, age, weight loss goals, and current size the amount of times each container will be filled throughout the day varies. If the dieter is still hungry at the end of all of their containers, they are allowed to refill the vegetable container an extra time for the day. There is a thirty minute workout that is to be completed every day of the plan. There are workouts ranging from cardio to yoga and they can all be completed in the dieter’s home. All in all, this plan seems to make a little sense. Its controlling portions so people don’t overeat, allowing them to eat extra veggies in case they get hungry, and encouraging good exercise habits. Most fad diets try to tell you that exercise isn’t necessary but the 21 day fix is different. They are going to make you sweat for it!

If you surf around online you’ll find a lot of positive reviews from people who say that they have tried the plan and loved it. People really enjoy the simplicity of the meal planning and the variety of workouts you get to do. Most just love the fact that they weren’t required to head to the gym each day since the workouts can be done at home. There were a few complaints that there are not rest days from the workouts, one 30 minute exercise must be completed each day. But most that completed the first 21 days loved it so very much they went back to complete several rounds.

While this is all fine and dandy, make no mistake. A fad diet is still a fad diet. How quickly should someone lose fifteen pounds? If you consult the academy, it looks like fifteen weeks. They say anywhere from half a pound to a pound a week is the safest and most long term way to lose. That would mean that the 21 Day Fix should really take around 105 days, suddenly the diet is not so sexy. If you lose weight too quickly, it comes from bone, muscle, and water instead of fat, yikes. This kind of rapid weight loss will typically pile back on once the dieter stops the fix. Lastly, while the containers are cutesy and simple to follow the academy asks, “Can you eat like this for the rest of your life?” They say that if the answer is no, the diet is not for you. Getting into shape, exercising, and eating healthy should be a lifestyle, not a 21 day experiment.
NutriNews Comic

“Each serving contains 17 grams of Who Cares, 22 grams of Mind Your Own Business and 54 grams of Shut Up And Let Me Enjoy My Food!”

“Potato chips, root beer, and cupcakes aren’t an unhealthy lunch — it’s vegetarian!”

“They revised the Food Pyramid again.”
LR: What path did you take to become a Registered Dietician at Wolfson Children’s Hospital?

CW: I told myself I would never do clinical work. But, dietetic internships require this so I went into it with an open mind.

I interned at Baptist Medical Center Jacksonville, and had a fantastic experience. I had a lot of really good, detailed clinical education, and so I got a job there before I even finished the internship. They really prepared me for work in the clinical realm, and I did not anticipate that at all.

Two years into working there, I was asked to cover the pediatric dialysis unit and I had no previous experience with pediatric nutrition. I had just gotten married and did not have children at the time. I didn’t even know if I liked children—but I actually fell in love with the kids, their families and the nursing staff. When there was a pediatric position open, I felt like I was a really good candidate. And now, I’ll never go back. I love pediatric clinical work.

LR: What makes you so passionate about your work?

CW: I love the education part, because I am always learning. It’s very challenging, and although it can get overwhelming, that also fuels my fire. I think it takes a unique type of person to work in pediatrics. I also really love the people I work with—not just the patients—but the entire clinical staff from nurses to physicians to therapists. I really do enjoy being with everybody I work with.

LR: You graduated from the University of North Florida—what brought you back to be a professor here?

CW: I did graduate from here, but I did not start school here. I started my undergraduate at the University of Central Florida, but I did not fall in love with the school, even though I did fall in love with my now-husband [who went to the University of Central Florida while I was there.] So that was wonderful! I also did not enter college knowing what I was very passionate about, but I did know I wanted to help people. I started on the nursing track, even
though I was pretty sure I didn’t want to be a nurse, and took a nutrition class through that. The nutrition class made me realize I had always been passionate about food and fitness. I knew nothing about being a dietitian and knew nothing about UNF, but I stumbled across it while researching for nutrition programs. When I came here, I fell in love with UNF and all my professors. I have always loved teaching, and if I hadn’t found dietetics, than I think I would probably have ended up being a teacher. I often joke with my students that they keep me young.

**LR:** *What did you do after graduation from the University of North Florida?*

**CW:** Since I had enrolled recently into UNF, I knew I wanted to stay here for a bit longer after graduation. I worked closely with a couple professors as an undergraduate and a graduate, including Dr. Christie, working with the Florida Manual of Medical Nutrition Therapy. Since I was so happy here, I decided that it made sense to stay and I applied and thankfully was accepted to the UNF graduate and internship program.

**LR:** *Do you have any other hobbies outside of nutrition?*

**CW:** I spend a lot of time with my children, I surf, I travel with my family, and I cook, and I garden, and I like to lift weights and exercise. [That’s the first time I’ve heard someone say they like to lift weights specifically as a hobby.] Oh yes, I like to lift weights way more than cardio, but I still do both. I also write for Void Magazine every month.

**LR:** *What volunteer work do you do through the Girls on the Run Program?*

**CW:** Girls on the Run is an international program that teaches young girls the tools they need to be successful individuals, friends and community members. We teach life skills that help these young girls become more confident, to accept themselves and celebrate their uniqueness, to learn how to deal with bullying and gossiping and how to stand up for themselves. As we teach all that, we also do a lot of physical activities including training to run a 5K. At the end of the seasonal program, all the girls from the surrounding counties come together and run a Girls on the Run 5K. I’ve been a coach there for six or seven years, and I love it.

**LR:** *Where do you see yourself five years from now in your career?*

**CW:** It takes a lot of balance between being a mom and being a professional. Though, I know I wouldn’t be happy just doing one or the other. I’m not specifically sure what I want to do in the next five years, but I eventually would like to specialize in one or two areas. We are also working on an enteral nutrition support research study at the hospital that I have been a part of so seeing this through will be very exciting.

**LR:** *If you could be paid to do anything or have any job in the world, what would it be and why?*

**CW:** A maid. I love cleaning, a lot. And, since I use my mind all day long, the thought of mindless work sounds amazing sometimes. I would also love to teach child and family nutrition classes that also involve what and how to cook. I think working in the kitchen and learning how to cook at any age is the one of the best ways to teach the importance of nutrition and improve acceptance of more healthful foods.
Sometimes the best places are a little bit away—but completely worth the drive. The Floridian, a Sunshine State culture restaurant, is a thirty minute drive to St. Augustine, but completely worth the road trip. Plus, you can always make a day of it.

The Floridian restaurant is right in the middle of the beautiful downtown St. Augustine, only a ten minute walk from the Castillo de San Marcos, which is the famous fort that St. Augustine was built around. It was just newly relocated one street away from its original location, so no worries if you have been there and notice if it has moved—it’s basically in the same spot.

The Floridian restaurant has worked hard to preserve the culture of Florida in its décor, as well as the freshness and healthiness of its food. They do their best to stock their fridge with fresh meat from local farmers, seafood traders and ranchers, and stock their pantries with local artisan cheeses and breads. Some of their produce and meat providers included CartWheel Ranch Meats, which is located in Jacksonville, as well as Terk’s Acres and Fresh Start Hydroponics in St. Augustine, and the French Pantry, also located in Jacksonville.

And their local, sustainable efforts truly pay off: the food is delicious. I ordered their “Not Your Mama’s Meatloaf Sandwich,” which was an all natural beef sandwich decorated with all the fixin’s, served on ciabatta bread. I also got their
optional house-made pimento cheese added on, which was the perfect addition. It was a huge sandwich, but totally worth being rolled out of the restaurant with a happy tummy.

One of their attributes that I loved with their large vegan selection, which included a black bean and sweet potato veggie burger, or Tofu N’ Grits that was served over ground polenta cakes. All the vegan options are prepared in a separate part of the kitchen.

From their artesian appetizer cheese plate to their side salads, everything had fresh vegetables, meats and breads that added that extra flavor that many forget is a part of fresh food.

Despite the long drive, the Floridian is a great destination dinner for celebrations, birthdays or date nights. It is a lovely token of Florida culture, and the fresh, local, healthy food is just an extra...sunny...way to enjoy going out to eat.

And at the end of the dinner, they give you lovely Florida scenery postcard to seal the deal of making this a destination dinner.

Location:
The Floridian
72 Spanish Street,
St Augustine, Florida 32084
Ph: (904) 829-0655
Email: info@thefloridianstaug.com

Hours:
OPEN DAILY FOR LUNCH 11-5
DINNER 5-CLOSE
BAR HOURS POSTED SOON!
closed ON TUESDAYS!!
FDA Issues Draft Guidance for Menu Labeling Final Rule

Come December 1, 2016, all restaurants with twenty or more locations will be required to provide calorie information on their menus. Last week the FDA issued a guidance document to help restaurants comply with the new menu labeling. This guidance document is intended to help restaurants comply with the new rule by 2016, help them understand the flexibility in the rule, and explain the final requirements for different types of establishments. The guidance document was released as a draft, so the FDA welcomes any comments or questions regarding the document. The new menu labeling will be helpful to consumers in making more informed decisions about their health and food choices.

New York to Require Restaurants to Label High-Sodium Food

New York City health officials unanimously approved a new requirement for major chain restaurants. Chain restaurants in New York City will be required to add a salt shaker symbol next to menu items that have more than 2,300 milligrams of sodium. The maximum daily recommended amount of sodium is 2,300 milligrams, and on average American's consume 3,400 milligrams, well above the maximum amount. This change in New York City menu requirements will take effect December 1, 2015.
New Model for Prevention and Treatment of Obesity

Obesity affects around 79 million Americans, and is considered a chronic disorder. This means that once a person becomes obese, they are likely to remain obese for their lifetime. Obesity can lead to diabetes, cancer, and heart disease, which creates huge expenses in medical care. Due to this, public health researchers William Dietz, M.D., Ph.D., director of the Sumner M. Redstone Global Center for Prevention and Wellness at Milken Institute School of Public Health at George Washington University, with members from Kaiser Permanente and Health Partners, and other leading U.S. managed care organizations, developed a new model for the treatment of obesity. The new model includes a system centered on individual patients and family engagement, providers who are sensitive to the stigmas of people with obesity, learning behavioral strategies by providers that can motivate patients to change diet and exercise routines, and better integration between community and clinical services which make it easier for people to lose weight. Implementing these changes will require a change in the U.S health care system and the environment, however Dietz and his colleagues believe the Affordable Care Act (ACA) provides support for this new model.

Scientists Asked 6 Men to Eat 6,000 Calories a Day in Bid to Fight Obesity

Six men participated in a study conducted in a Philadelphia hospital ward to determine the onset of insulin resistance. These men consumed 6,000 calories a day for a week while confined to a room in the hospital ward. At the end of the week they gained almost eight pounds by consuming more than double their usual calorie intake. The intent of the study was to determine the onset of insulin resistance, which occurred between days two and three of the study.
Registered dietitian nutritionists (RDNs) and dietetic technicians, registered (DTRs) are being urged to implement more environmentally responsible practices in their workplace and within their personal lives. As the world population is ever increasing, RDN’s and DTR’s who conserve natural resources while minimizing environmental degradation will help maintain sustainability of the food system. In the professional realm, RDNs and DTRs are uniquely equipped to help others around them promote ecologically friendly practices through encouraging sustainable diets, use of natural resources as they relate to food reproduction, transformation, distribution, access, and consumption and directly taking a more active leadership role in support of social responsibility. The community dietitian can support local community in educating and being active in implementing sustainable practices and shaping policy in an effort to promote healthier individuals, communities, and the nation as a whole.

Researchers at Virginia Tech have developed a new scoring method for assessing beverage intake called the Healthy Beverage Index (HBI). In a report published within the Journal of the Academy of Nutrition and Dietetics, Virginia Tech researchers describe how this tool can be used to more accurately evaluate dietary consumption of all types of fluids. Investigators Brenda M. Davy, PhD, RD, developed the HBI, which is a 10-item scoring index that captures total energy from beverages, total fluid requirements, and recommended limits for beverage subgroups. The scoring index weights some beverages heavier because of their recognized contribution to good health, such as water, and others less heavily, such as consumption of high fat milk, more than 8 oz of fruit juice, and alcohol. Interestingly, examiners found that the higher HBI scores were associated with more favorable lipid profiles, decreased risk of hypertension; and, among men, better C-reactive protein levels.

By Tara Kessinger
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In a recent study released in the Journal of the Academy of Nutrition and Dietetics, investigators found that elementary and middle school students who are given at least 25 minutes to eat lunch are more likely to choose fruits and consume more of their entrees, milk, and vegetables. Specifically, investigators found that when children have less than 20 minutes of seated time in the cafeteria to eat lunch, they consume 13 percent less of their entrees, 10 percent less of their milk, and 12 percent less of their veggies when compared to students who were given at least 25 minutes of seated lunch time. These findings suggest that when children are given less time at lunch, key nutrients such as fiber rich whole grains and calcium may be lacking. Researchers therefore suggest that in an effort to increase student consumption of entrees, fruits, and vegetables, school lunch programs need to not only give children more access to these foods within the cafeteria, but also give children at least 25 minutes of seated time at lunch.
Fruit of the Month

By Meghan Moholland

Grapefruits have a reputation. They are thought of as the bitter fruits that no one really likes, but everyone eats to lose weight, but they are so much more than that. They can be deliciously prepared in a variety of ways all while providing 120 percent of the daily value of vitamin C.1 Sounds like a winner to me! So let’s ditch this love-hate relationship we have with grapefruit.

What’s the first step in building a better relationship? Communication! So let’s learn a little more about these delightful little fruits.

Grapefruits originated in Jamaica, but were later brought to Tampa, Florida for commercial development. Upon arrival, the grapefruit was believed to be a hybrid between the pummel and the orange. Horticulturists were so fired up about this strange fruit that they petitioned to change its name from “grapefruit” to “pomelo,” though this dream never became a reality. The grapefruit remained the grapefruit as it began to grow in popularity. By the 1970s, the grapefruit was wildly popular for its perceived ability to help consumers lose weight. The “grapefruit diet” was said to help consumers lost ten pounds in ten days!2 While we know now that this is unlikely and unhealthy, there is some truth to the grapefruit diet. According to a study by Fujioka et al., eating half a fresh grapefruit before a meal is associated with weight loss and improved insulin resistance!3 Maybe grapefruits are pretty cool after all.

Grapefruits are round, thick-skinned fruits with a blushed yellow exterior and a pink (or even ruby red) inner pulp! When searching for the right one, there are a few things to keep in mind. First, the more blushed the skin, the sweeter the fruit will be. No more excuses from that sweet tooth! Second, the heavier the grapefruit, the juicier it will be.4 Make it blushed and heavy and you have yourself a tasty grapefruit! As long as the fruit is firm and plump without sunken in stems or wrinkles from dehydration, you’re in the clear! Once you’ve picked out your grapefruit, you may store it on your countertop for up to six days. If six days is simply not long enough for you to pick a recipe... because there is just so many... you can store it for up to two weeks in the refrigerator. Now if you really can’t decide, peel and cut your grapefruit and store it in the freezer for up to a month!5 Don’t worry; you have time to pick out that perfect recipe.

Grapefruit can be prepared in a million different ways. Customarily, grapefruit is a breakfast food, often eaten chilled and cut and half and sometimes sweetened with sugar or honey. Grapefruits may also be sweetened, broiled, and served hot before dinner. More commonly, grapefruits are found in fruit salads, tarts, and marmalades. Meanwhile, the juice is popular in itself. It’s sold as a fresh beverage but can also be canned, dehydrated, or even fermented into wine!2 Grapefruit has truly endless possibilities.

Of all the endless possibilities, here is a recipe that is sure to convince those taste buds to fix this relationship with grapefruit once and for all!

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Seared Scallop Salad with Red Grapefruit, Avocado, Vidalia Onion & Chive-Citrus Vinaigrette

(Adapted from fiveoclockfood.blogspot.com)

**Ingredients:**
- Fresh chives, chopped
- 1/2 shallot, finely minced
- 1 ruby red grapefruit, 1 tablespoon juiced and about 6 segments of fruit
- 1 tbsp fresh squeezed lemon juice
- 1-2 tbsp extra virgin olive oil
- Baby romaine lettuce (or butter lettuce)
  - 1/2 avocado, sliced
  - 1 heart of palm, sliced
  - 1/8 Vidalia onion, thinly sliced
  - Handful of pine nuts
- 4 scallops, U10 size, dry packed
- Olive oil
- Sea salt and fresh ground black pepper

Begin with the grapefruit. Slice both ends off of the grapefruit to create two flat ends that will sit on the cutting board. Then remove the skin of the fruit by cutting around the fruit in a circular motion with a knife. Continue this motion until only the inner fruit remains. Once you have only the fruit, cut it into its segments.

Now, once you have finished with the grapefruit, squeeze one tablespoon of the juice into a bowl. Mix in the chives, shallots, lemon juice, extra virgin olive oil, salt, and pepper. Mix with a spoon and you have your vinaigrette.

Finish prepping all other ingredients before moving on to the scallops.

Set a skillet on high heat, adding some olive oil to the pan. While the pan heats up, sprinkle salt and pepper onto the scallops. Once hot, place the scallops into the pan, only cooking them on each side for 3 to 4 minutes. A perfectly cooked scallop is still slightly opaque in the middle when you slice into it, so keep this in mind when cooking.

Once the scallops are done, toss the lettuce, hearts of palm, and onion with the vinaigrette. Place the mixture on a plate, top with avocado, grapefruit, and pine nuts, and finally the scallops.
Fall is a fantastic time of the year. With the seasons changing and the promise of holiday traditions on the horizon, it’s no wonder so much hype surrounds autumn and the customs we’ve equated with it. Granted, living in Florida does not always provide us with the most appropriate weather conditions for this season but just because it’s still 85 degrees out doesn’t mean we can’t enjoy the feel-good foods so characteristic of this time of year. Before you start breaking out the sweaters and boots, check out some of these delicious fall-themed recipes; they’ll make you feel cozier than a pumpkin spiced latte.

Roasted Parsnip Soup

**Ingredients**

- 2 pounds medium parsnips, peeled, cut into 1/2-inch pieces
- 3 tablespoons extra-virgin olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 tablespoons walnuts, toasted
- 2 tablespoons finely chopped mixed fresh herbs (such as tarragon, flat-leaf parsley, and chives)
- 1 teaspoon fresh lemon juice
- 4 cups vegetable stock

**Directions:**

COOK: 15 MIN COOK: 30 MIN

Preheat oven to 400°. Toss parsnips with 1 Tbsp. oil in a large bowl and season with salt and pepper. Arrange parsnips in a single layer on a rimmed baking sheet and roast until lightly caramelized, 22–28 minutes.

Meanwhile, pulse walnuts and herbs in a mini-processor until...
Pumpkin Breakfast Parfait

Ingredients per parfait:
1/4 C. Low Fat Granola
2 Tbsp. Pecans, Chopped/Pieces
2 Gingersnap Cookies, Crushed
1/3 C. 100% Pumpkin Puree (Not pie filling!)
1/3 C. Fat Free Vanilla Greek Yogurt
1/8 Tsp. Pumpkin Pie Spice

Directions:
- Combine the granola, pecans and crushed gingersnaps together until well blended.
- Mix the pumpkin puree with half of the pumpkin pie spice.
- And finally stir the vanilla yogurt and remaining pumpkin pie spice together.
- Layer the three mixtures to your preference and enjoy!

Roasted Parsnip Soup With Walnut Pesto

Preheat oven to 400°. Toss parsnips with 1 Tbsp. oil in a large bowl and season with salt and pepper. Arrange parsnips in a single layer on a rimmed baking sheet and roast until tender and 22–25 minutes. Let parsnips cool slightly, then transfer to a blender. Add stock; purée until smooth. Pour soup into a large saucepan and heat over medium heat until warmed through. Season with salt and pepper and divide among bowls. Drizzle with pesto and serve.
With so many families needing better access to healthy foods, is a solution just around the corner?

A nearby, well-stocked grocery store is something many of us take for granted. But for 29.7 million Americans who live in food deserts, areas where it is difficult to buy fresh food—just getting to the grocery store can be a constant struggle. Across the country, low-income zip codes have 25 percent fewer chain supermarkets compared to middle-income zip codes. The result? Children and families must rely heavily on their neighborhood corner or convenience stores for food purchases, which often may not offer fresh produce, low-fat dairy, lean meats and other healthy foods. That can lead to a greater risk of obesity and diabetes. For our youngest generations, the consequences are too great. Among children today—one in three of whom are either overweight or obese—we’re seeing a range of preventable health problems that previously weren’t seen until adulthood, such as high blood pressure, elevated blood cholesterol and type 2 diabetes.

We can help improve the food options for millions of Americans by learning the facts and taking action:

There’s a greater prevalence of corner stores in low-income and high-minority urban communities, and food purchases from these stores may contribute to higher energy intake and consumption of less healthy foods and beverages by urban school children. Small food stores commonly sell highly processed foods that are high in fat and low in nutrients. Small food stores or convenience stores also...
tend to charge higher prices for their food as compared to grocery stores and supermarkets. More than 40% of elementary school students in one study shopped at a corner store twice a day, often purchasing chips, candy and soda.

But what if these stores weren’t contributing to the nation’s obesity epidemic? What if, instead, these stores were part of the solution? What if access to healthy, affordable food was just around the corner?

Healthy corner store initiatives can make better food options more accessible in communities across the country:

Programs that put marketing materials such as shelf labels and signs can help consumers spot healthy options, and providing equipment such as additional shelving and refrigeration can help sell fresh fruits and vegetables. In fact, the amount of shelf space dedicated to fruits and vegetables at neighborhood food stores is positively associated with greater consumption of fruits and vegetables among residents nearby.

We must help our state’s families get better access to healthy choices like fruits and vegetables, low-fat dairy, whole grains, seafood and lean meats. Healthy corner stores can make the difference.

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Get involved by contacting April Seliga at aprilseliga@yahoo.com or go to Voices for Healthy Kids: HFFI Corner Store Toolkit http://www.heart.org/HEARTORG/Advocate/VoicesforHealthyKids/
The National Health Interview Survey (NHIS) is the principal source of information on the health of the civilian non-institutionalized population of the United States and is conducted by the National Center for Health Statistics (NCHS). In 2011 and 2012, USDA sponsored the inclusion of the 10-item adult 30-day food security module on the NHIS. Given the extensive health information collected in the NHIS, these data are a rich source for examining both the effects of long-term health problems and disability on food insecurity as well as the effects of food insecurity on more immediate health outcomes. The 2011 public-use family data file available on the NHIS website includes responses to each of the 10 items plus three recodes that summarize adult food security status for the family. The recodes in the NHIS use the standard USDA food security classifications based on the 10 adult items.
Survey of Program Dynamics (SPD)

The Survey of Program Dynamics (SPD) was an annual survey, beginning in 1997, of households that had been interviewed periodically during several earlier years in the Survey of Income and Program Participation (SIPP). The SPD was designed specifically to monitor and assess outcomes of welfare program changes that started in 1996. It included questions on a broad array of topics including income, employment, use of food and nutrition assistance programs, and receipt of cash welfare. Beginning in 1998 and continuing in subsequent years, the SPD included the U.S. Household Food Security Survey Module.

The SPD food security status files, available for 1998, 1999, 2000, 2001, and 2002, contain summary food security status information for households interviewed in the SPD. The food security status variables were calculated by ERS based on responses to the questions in the U.S. Household Food Security Survey Module included in the SPD. The food security status files match to the main SPD data files for the respective years at the household level and are intended to be used in conjunction with those files. The main SPD data files, available from the U.S. Census Bureau, contain data on demographic, economic, and social characteristics of households and household members, focusing on eligibility for and use of public assistance programs. The main data files for all years except 1999 may be purchased from the U.S. Census Bureau on CD-ROM by calling the Customer Service Center at (301) 763-4636. Data for all years except 1998 are available through the Census Bureau's Data Ferrett system.

Current Population Survey Food Security Supplement (CPS-FSS)

The Current Population Survey Food Security Supplement (CPS-FSS) is the source of national and State-level statistics on food insecurity used in USDA's annual reports on household food security. The CPS is a monthly labor force survey of about 50,000 households conducted by the Census Bureau for the Bureau of Labor Statistics. Once each year, after answering the labor force questions, the same households are asked a series of questions (the Food Security Supplement) about food security, food expenditures, and use of food and nutrition assistance programs. Food security data have been collected by the CPS-FSS each year since 1995.
The Cross Fit Craze

By Casey Kiernan

Background

CrossFit- that relatively new word most of us are familiar with in the fitness world, but what is it exactly? It was founded by Greg Glassman, a gymnast, in Santa Cruz, California during 1995. It is a strength and conditioning fitness methodology that promotes broad and general overall physical fitness using a myriad of exercises more commonly found in the activities of weightlifting, sprinting, and gymnastics.¹ It was designed to simultaneously enhance the physical fitness of power, flexibility, speed, agility, balance, and cardiovascular endurance. CrossFit increasingly got popular around 2010 with the establishments of CrossFit gyms and today, many gyms/teams/individuals compete for money, sponsorship, and titles. As for those who do CrossFit, it is usually individuals that are in average to superior physical shape, looking to build muscle and overall fitness. This being said, it does not mean that those who are not athletes can’t give it a try! CrossFit can be for almost anyone because the workouts are scaleable, but it is necessary to know the intensity of the routines, as well as the importance of safety precautions to take.

Specifics

CrossFit exercises use a variety of equipment and techniques. Equipment includes, but is not limited to rowers, barbells, plates, kettle balls, dumbbells, medicine balls, and boxes. Some fundamental movements include the deadlift, shoulder press, push press, and squat.²

Because CrossFit is designed to benefit so many different aspects of physical fitness, the characteristics of variance, functional movements, and high intensity are vital. You will find that these routines are constantly varied. This means that it is ever-changing in order to 'confuse' the muscles and diversify the muscle contractions. Having capacity and exposure in this way tones the muscles more efficiently since they are constantly challenged. Next there is functional movements, which are compound movements, or multi-joint move-
ments that work our bodies from core to extremity.² Last, we have high intensity. It is defined as a lot of work done over a little bit of time, being the individually defined, independent variable that determines your results.² Paleo Diet

Nutrition associated with CrossFit is the Paleo Diet, suggested from many coaches. The Paleo Diet is another one of the relatively new topics hot on the health scene. According to www.thepaleodiet.com, “The Paleo Diet is based upon everyday, modern foods that mimic the food groups of our pre-agricultural, hunter-gatherer ancestors. The following seven fundamental characteristics of hunter-gatherer diets will help to optimize your health, minimize your risk of chronic disease, and lose weight.”³ Its characteristics are higher protein, fiber, fat, vitamin, and mineral intake, along with lower carbohydrate and sodium intake. The increased protein help to rebuild muscle and nourish the body, while helping to promote a ‘full’ feeling. Dietary fiber is necessary for gastrointestinal and heart health, but the Paleo Diet encourages fiber intake to come from fruits and non-starchy vegetables rather than whole grains because of the exceptionally high fiber content and the idea of shying away from carbohydrates. A moderate to increased fat intake is meant for the monounsaturated and polyunsaturated fats, with Omega3 and Omega-6 fats. These fats, as opposed to trans and unsaturated fats, provide healthy energy, promote heart health, and have no adverse effects upon cardiovascular disease risk.² An increase of vitamins and minerals in the diet are vital to proper bodily functions and will ensure the ability to improve performance. Lower carbohydrate intake is thought to exclude the extra calories in the diet that could delay the quickness of a seemingly more toned body, and limiting sodium consumption helps to lower blood pressure for more efficient blood flow through the cardiovascular system and muscles.

**Cons**

Many people can attest to the positive results they have experienced through CrossFit and the Paleo Diet, but there are associated risks and repercussions. Frequent injuries are possible when training for CrossFit because of the intensity of the activity. Dr. Val Jones explains, “CrossFit injury rates are substantially higher than most other fitness regimens. Herniated disks, muscle and tendon ruptures, rhabdomyolysis are not uncommon. In fact, most CrossFit athletes that I know presume that “injury just comes with the territory” and I frequently see Facebook photos of bloody/blistered hands as some kind of badge of honor. I myself sustained a low back injury even when carefully observing my technique during a CrossFit workout, and a dear friend actually ripped off one of the heads of his bicep when attempting an Olympic weight maneuver, while another friend fractured her wrist after falling down during a series of box jumps to exhaustion. Trust me when I say that if you do CrossFit long enough, you’re bound to become injured in some way.”⁴ As I stated previously, be conscious of the safety precautions to take and listen to your body.

Moreover, the Paleo Diet has effective and truthful guidelines, but many people following this diet try to eliminate all grains. It is not very healthful to eliminate grains because they provide healthful nutrients and energy that our bodies crave, but it is wise to stay away from refined grains and stick to whole grains. Adequate balance is key!

**Interested?**

If you are interested in learning more about CrossFit, www.crossfit.com provides valuable information. Here in Jacksonville, we have 30+ CrossFit gyms and the UNF student wellness center provides CrosspreyFit classes if you’re looking to give it a go!

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<td>Eurasia</td>
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### Nutrition Facts (per 1 cup chopped)<sup>2</sup>

- Calories: 25
- Fat: 0g
- Cholesterol: 0mg
- Sodium: 42mg
- Total Carbohydrate: 5g
- Dietary Fiber: 2g
- Sugars: 0g
- Protein: 1g
- %DV Vitamin A: 112%
- %DV Vitamin K: 535%
- %DV Vitamin C: 32%
- %DV Vitamin E: 9%
- %DV Calcium: 10%
- %DV Iron: 9%
- %DV Potassium: 6%

### Interesting Facts<sup>1</sup>

"Dandelion" is the American version of the French "dent de lion" name for the flower which means "the lion's tooth" in reference to the spikey leaves. You can make Dandelion wine. Young greens can be made into a salad. Dandelion Root can be baked and ground to be used as a coffee substitute. Medicinal uses include: diuretic effect, mild-laxative effect, and even mosquito repellant.
Dandelion Greens

Dandelion Greens with a Kick

**Ingredients:**
- 1 teaspoon salt
- 1 pound dandelion greens, torn into 4-inch pieces
- 1 teaspoon salt
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1/2 onion, thinly sliced
- 1/4 teaspoon red pepper flakes
- 2 cloves garlic, minced
- Salt and ground black pepper to taste
- 1 tablespoon grated Parmesan cheese (optional)

**Directions:**
- Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes. Drain.
- Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender, 3 to 4 minutes. Drain and rinse with cold water until chilled.
- Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes. Season with salt and black pepper.
- Sprinkle greens with Parmesan cheese to serve.

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Warm Butternut Squash Salad

Ingredients

-1 (1 1/2-pound) butternut squash, peeled and 3/4-inch) diced
-Good olive oil
-1 tablespoon pure maple syrup
-Kosher salt and freshly ground black pepper
-3 tablespoons dried cranberries
-3/4 cup apple cider or apple juice
-2 tablespoons cider vinegar
-2 tablespoons minced shallots
-2 teaspoons Dijon mustard
-4 ounces baby arugula, washed and spun dry
-1/2 cup walnuts halves, toasted
-3/4 cup freshly grated Parmesan

Directions:

Preheat the oven to 400 degrees F.

Place the butternut squash on a sheet pan. Add 2 tablespoons olive oil, the maple syrup, 1 teaspoon salt and 1/2 teaspoon pepper and toss. Roast the squash for 15 to 20 minutes, turning once, until tender. Add the cranberries to the pan for the last 5 minutes.

While the squash is roasting, combine the apple cider, vinegar, and shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6 to 8 minutes, until the cider is reduced to about 1/4 cup. Off the heat, whisk in the mustard, 1/2 cup olive oil, 1 teaspoon salt, and 1/2 teaspoon of pepper.

Place the arugula in a large salad bowl and add the roasted squash mixture, the walnuts, and the grated Parmesan. Spoon just enough vinaigrette over the salad to moisten and toss well. Sprinkle with salt and pepper and serve immediately.


-Recipe courtesy of Ina Garten. 2008, Barefoot Contessa Back to Basics, All Rights Reserved.
Maple-Apple Upside-Down Cake

**Ingredients**

- 1 cup pure maple syrup
- 3 Granny Smith apples—peeled, cored and cut into eighths
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3 large eggs
- 3/4 cup buttermilk
- 1 tablespoon pure vanilla extract
- 1 1/2 sticks unsalted butter, softened
- 1 1/3 cups sugar

Crème fraîche, for serving (optional)

**Directions:**

Preheat the oven to 350°. Butter and flour a 10-inch round cake pan. In a large saucepan, bring the maple syrup to a boil over high heat, then simmer over low heat until very thick and reduced to 3/4 cup, about 20 minutes. Pour the thickened syrup into the cake pan. Arrange the apples in the pan in 2 concentric circles, overlapping them slightly.

In a bowl, whisk the flour, baking powder, baking soda and salt. In a glass measuring cup, whisk the eggs with the buttermilk and vanilla. In the bowl of a standing electric mixer fitted with the paddle, beat the butter and sugar at medium speed until fluffy, about 3 minutes. Beat in the dry and wet ingredients in 3 alternating batches until the batter is smooth; scrape down the side of the bowl.

Scrape the batter over the apples and spread it in an even layer. Bake the cake for 1 1/2 hours, until golden on top and a toothpick inserted in the center comes out clean. Let the cake cool on a rack for 45 minutes.

Place a plate on top of the cake and invert the cake onto the plate; tap lightly to release the cake. Remove the pan. Let the cake cool slightly, then cut into wedges and serve with crème fraîche if desired.


-Recipe contributed by Joanne Chang.

-Photo © Con Poulos. Published November 2010.
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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