

Student Dietetic Association

April 2018 Newsletter

Letter From The Editor

Hello Everyone!

I hope you all had a wonderful spring break with little to no assignments or studying to do.

There are a lot of exciting events happening this month, including SDA's annual dietetic internship symposium! If you're a dietetic student who's planning on applying to internships, then you won't want to miss out on this unique opportunity to meet and network with representatives of local internships in the Long Beach area. We'll be having speakers from CSULB, VA-LA, and Patton State discussing their DI programs, providing key information on how to make your resume and application stand apart from other applicants. I highly encourage you all to come and meet our speakers and get your questions answered—it's never too early to start making connections.

I hope to see you all there!

Lauren Kaida—Editor 2017-2018



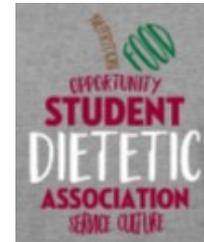
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Why you should become a member!

Student Dietetic Association (SDA)

- * Comradery and friendship with fellow nutrition students at CSULB
- * Volunteer opportunities
- * Great résumé building
- * Fun stress-relieving events



The Academy of Nutrition and Dietetics (AND) & The California Academy of Nutrition and Dietetics—Orange District (CAND-OD)

- * Build professional relationships and connections
- * Networking opportunities and events
- * Get advice from professionals in the field



Academy of Nutrition and Dietetics



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Last Month's Events



In March, SDA held many events, including: LA Food Bank; meeting with Olympic RD Shawn Hueglin, PhD, RD, CSSD; BJ's Fundraising Event; Go Further with Food; and Care Bag for Skid Row. In the Care Bag event, SDA and SACH teamed up to help alleviate some common problems within the homeless community of LA by creating care bags to meet basic nutritional and hygienic needs. A great opportunity to give back within the local community!



All photos are from the SDA & SACH Skid Row Care Bag Event

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April Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Guilt-Free Snack Shack	11	12	13	14
15	16	17	18	19 SDA General Meeting	20  CAND-OD Student Scholarship Due	21
22	23	24	25	26	27	28 Dietetic Internship Symposium
29	30					

Event Info

- * SDA General Meeting & Elections: 4/19, 5:00PM—6:00PM @ USU 303
Everyone is welcome to this last meeting of the semester! We will be holding elections for next year's officer positions, so if you want to run for a position, come to this meeting!
- * CAND-OD Student Scholarship Award Opportunity: 4/20—Application due by 5:00PM
CAND-Orange District is offering a \$200 scholarship for students in an undergraduate program related to the field of nutrition. The scholarship is designed to recognize dietetic students with outstanding participation in Orange District and academic achievements as well as other significant accomplishments.
- * SDA Dietetic Internship Symposium: 4/28, 8:00AM—11:00AM @ USU Ballroom
The DI Symposium is SDA's biggest event of the year! Want to learn all about dietetic internships in the Long Beach, LA, and Orange County area? Then you definitely don't want to miss this event. Talk to interns and directors of the internship programs and have all of your questions answered. Breakfast will be provided. FREE for SDA members, \$10 for CSULB students, \$15 for non-CSULB students.
- * Guilt-Free Snack Shack: 4/10, 11:00AM—1:00PM @ FCS
Come by and purchase healthy, affordable snacks between classes outside of the FCS building!

Ongoing Events

- * Beach Pantry: Monday-Friday, 10:00AM-2:00PM & 5:00PM-7:00PM @ USU-302
- * Foodology: Tuesdays, 12:00PM @ 22 West Radio Studio (listen online / USU 1st floor outside the studio)

April Events

CSULB SDA ANNUAL DIETETIC INTERNSHIP SYMPOSIUM

Saturday, 4/28 8:00AM - 11:00AM

USU Ballroom

Special Guest Speakers

Elizabeth Streb, RD

Dustin Moore, MS, RD

Gisela Garcia

Citlalli Gonzalez



FEATURED DI PROGRAMS

California State University, Long Beach, IPND

California State University, Long Beach, ISPP

Greater LA VA DI

DSH - Patton State Hospital DI

Breakfast Included

SDA Members - FREE

CSULB Students - \$10

Non-CSULB Students - \$15



Student Resources

CSULB Organizations and Their Benefits

ASI Beach Pantry

The ASI **Beach Pantry** operates as the official food pantry for CSULB students. The pantry provides non-perishable food items for students in need. Also housed in the Beach Pantry will be the **Sustain U** sponsored Student Swap Shop program, aimed at providing students with the opportunity to swap unneeded or old school supplies, like books, notebooks and other items essential to education.

Foodology Radio

Delivering the dish on nutrition, one bite at a time. Join us for an exciting blend of nutrition expert panel discussions on the most hot button food issues and trends of the day. Tune in to hear the facts on nutrition, receive dietary tips, have us answer your own personal food questions, and much more. Airs live in the USU outside of 22 West studios on Tuesdays at 12:00PM. You can also listen to recorded shows on YouTube and Soundcloud, just search for "Foodology Radio."

Research Corner

Sucralose use may increase risk of metabolic syndrome

"Research presented at the Endocrine Society's annual meeting associated the use of sucralose with a higher risk of metabolic syndrome. The study, which included 18 people, found use of the artificial sweetener was associated with higher glucose uptake, inflammation and adipogenesis, especially among obese participants."

Summary from *Nutrition and Dietetics SmartBrief*

Original article: [Here](#)

<https://www.medpagetoday.com/meetingcoverage/endo/71882>

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Student Resources



Faculty Spotlight

Long Wang, PhD, MD, RDN, FAND

Classes you teach

NUTR 438 A & B, NUTR 436, & FCS490/590

Office hours and location

FCS FA-16: Tues/Thurs 3:30pm-5:30pm (or by appointment)

Your focus within the dietetics profession

“My focus in the profession is the science and clinical parts. My main teaching assignments have been upper division and graduate level courses on metabolism, advanced nutrition, medical nutrition therapy, and nutrition assessment.”

What lead you to becoming an RD?

“I went to medical school in China and did my residency in a provincial cancer center. I witness the suffering of cancer patients and their families and realized that it would already be very late in the sequence of events when people were diagnosed with cancer. Prevention is the key. So the two career paths for me to choose to promote disease prevention were nutrition and exercise science. I chose nutrition and I am not good at sports .”

What are you currently involved with outside of teaching?

“As a professor, I am required to conduct research. My primary research focuses on taste detection in people with isolated congenital aglossia (ICA), a rare condition where a person was born without a tongue. We have been working with an adult case of ICA and were to first to report detection of umami by a person with ICA. In 2017, our research on wine tasting in ICA was published. We were the first group to use a whole food/beverage approach to investigate taste discrimination in ICA because it better simulates real life. No one eats or drinks with a signal taste in reality. My long term goal is to apply findings in ICA to more common diseases that involve taste alterations such as cancer, Alzheimer’s diseases, aging, and autism. I am an active leader in the Academy of Nutrition and Dietetics. I am a Fellow of the Academy of Nutrition and Dietetics (FAND). I have been a Program Reviewer at ACEND since 2013 and just been elected to the ACEND Board of Directors. My official term starts on June 1, 2018. I am very proud to represent CSULB at the national level and encourage all students to get involved with the Academy as early as possible. I am also committed to interprofessional collaboration. I have spoken at conferences/events organized by other professional societies such as the California Physical Therapy Association (CPTA). My latest talk to CPTA focused on the diagnosis of adult malnutrition. It was at the 2018 CPTA Student Conclave at Mt. St. Mary’s University in Los Angeles on March 17, 2018. I have been working with the Academy and professionals in China to implement the Nutrition Care Process (NCP) in inpatient settings in China.”

What’s one piece of advice you give students going through the dietetics program?

“What we learn will never burden us; therefore, take every opportunity to learn. The more we learn, the better!”

If you could be any food, what would you be and why?

“Tea, not only because its health benefits, but also because it has because a cultural symbol world wide.”

Recipe of the Month

Lemon Garlic Pasta with Fresh Veggies

Ingredients

- ◇ 2 cups uncooked whole wheat or high protein (such as Barilla Plus), fusilli or penne (or other short pasta)
- ◇ 2 tablespoons extra-virgin olive oil
- ◇ 2 cups broccoli florets
- ◇ 1/4 cup diced red onions
- ◇ 1 red bell pepper, stemmed, seeded, and sliced into strips.
- ◇ 1 small to medium zucchini, cut in half length-wise and sliced.
- ◇ 2 cloves garlic, peeled and sliced
- ◇ 1/2 cup low-sodium chicken or vegetable broth
- ◇ 1 cup halved cherry tomato
- ◇ 1/2 cup loosely packed fresh basil leaves, torn into pieces.
- ◇ 1 tablespoon freshly squeezed lemon juice
- ◇ 1/2 teaspoon kosher or sea salt, divided
- ◇ 1/4 teaspoon black pepper
- ◇ 1/4 teaspoon red pepper flakes



Recipe from:
<http://skinnynms.com/lemon-garlic-pasta-with-fresh-veggies-recipe/>

Directions

1. Cook pasta according to package directions and drain.
2. Add olive oil to a large skillet over medium heat. Add broccoli, onions, red pepper, and zucchini.
3. Sprinkle with half the salt and cook for 5 minutes, stirring occasionally, until onions are translucent.
4. Add garlic and cook for 30 seconds to 1 minute, until fragrant.
5. Add broth and tomatoes and cook for an additional 3 minutes. Toss in cooked pasta.
6. Remove from heat and toss in the torn basil leaves. Sprinkle in lemon juice, the rest of the salt, black pepper, and chili flakes. Stir to combine ingredients.
7. Enjoy!