

Student Dietetic Association

December 2017 Newsletter

Letter From The Editor

Hi Everyone!

Well, we did it. We might have only scraped by, but by golly we made it. The end of the semester is only a few weeks away, and I don't know about you, but I for one am so ready for no homework, assignments, or exams. I can already picture it: sitting in a cozy blanket on the couch (OK, really in my bed still in my P.J.'s at 2:00PM because who needs to actually get dressed and go outside anyways), with my eggnog in hand (see my favorite recipe at the end of this newsletter!), and ALL of the Netflix and TV shows I haven't been able to watch the entire semester...I can't wait!

Before that dream becomes reality, we need to finish these last few weeks strong and brave, heads held high and filled to the brim with all of the knowledge we've gained over the last few months.

Here's to the last weeks of the semester, and to the freedom we're so close to tasting—we can do it, everyone!



Lauren Kaida—Editor 2017-2018



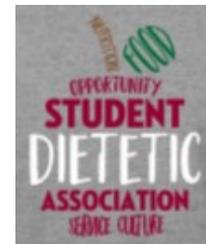
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Why you should become a member!

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



Long
Beach
Rescue
Mission!



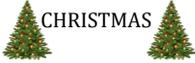
During November, we had two events filled with great opportunities to help our local community: Long Beach Rescue Mission and Senior Center in Central Park! We also had our Souplantation fundraiser (thank you to all who came out and supported SDA!) as well as some of our SDA officers and members attending the LAD-OD Networking Meeting.



Face Painting
Fundraiser!

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November Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CHHSSC Fall Mixer	2
3	4	5	6	7 	8	9
10	11	12	13			
17			20	21	22	23
24/31	25  CHRISTMAS	26	27	28	29	30

Event Info

- * SDA Officer Meeting: 12/7, 4:30PM—5:00PM @ USU 202
Meeting for all officers of SDA.
- * SDA General Meeting: 12/7, 5:00PM—6:00PM @ USU 202
Everyone is welcome to this last meeting of the semester! This will be a relaxed Christmas-themed meeting to have fun before the semester ends. Come in your ugliest Christmas sweater to be eligible for our contest; winner gets a prize!
- * CHHSSC Fall Mixer: 12/1, 10:00AM—11:30AM @ USU 306
Great opportunity to socialize and network with the CHHS council and other club members. Free hot chocolate, coffee, tea, donuts & bagels. There will also be games and activities!

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 or in the USU 1st floor outside the studio)

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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."

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Student Resources



Faculty Spotlight

Michelle Pecheck, MS, RD

Classes you teach

HFHM 343 and HFHM 345

Office hours and location

Tues 8:45-9:45p in F-122, Thurs 4:30-5:30p in F-112 or by appt.

Your focus within the dietetics profession

Nutrition/wellness in hospitality settings; food insecurity; community nutrition for vulnerable populations

What lead you to becoming an RD?

I was a Culinary Arts graduate at LBCC though I was never satisfied just to prepare and present a dish; I wanted to know what nutrients it contained, how to preserve them, and how they affected human health. A summer-long trip to Uganda reinforced that I needed to have much more nutrition knowledge if I wanted to tackle problems like those I saw while living in bush villages and visiting rural clinics. That was the start of my RD journey at Loma Linda University.

What are you currently involved with outside of teaching?

I'm the advisor to an honor society, and Vice President of a committee devoted to assisting homeless students. I'm interested in identifying most-needed health interventions for college students, use of gut microbiome cell transplantation to reduce child malnutrition in developing countries, and using behavioral economics to predict people's food-buying and eating patterns. I'm writing curriculum for a certificate program in plant-based nutrition, helping expand LBCC's emergency food pantry, and a colleague and I have been discussing on-campus permaculture. There was no map of Long Beach food deserts, and I wanted one, so little by little I'm mapping them. I'm also back in grad school.

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

Don't limit yourself to only activities and opportunities in your comfort zone or in your major. Learn what others are doing in other disciplines, what the hot topics are, what the issues and challenges are. You'll be surprised how often a seemingly unrelated activity or lecture leads to meeting interesting people and being offered amazing opportunities that can enrich your dietetics education, and your life, beyond anything you ever imagined.

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

Oh wait. At first I thought the question was if I could "eat" any food, in which case the answer would have to be cheesecake. Or chocolate. Seriously, chocolate deserves to be its own food group. Hmm, if I could "be" any food, it would probably be lasagna. Like lasagna, I am multi-layered, highly adaptable, and I can be a little cheesy at times. :)

Research Corner

Consuming nuts could help you avoid heart disease

A study published in *Journal of the American College of Cardiology* in November, 2017, analyzed the association between increased nut intake and cardiovascular health.

The study consisted of over 210,000 individuals within the U.S., and data was collected by food frequency questionnaires given to the participants every 4 years. The results showed that the individuals who consumed walnuts one or more times per week were approximately 20% less likely to suffer from cardiovascular diseases compared to individuals who didn't consume nuts. Also, individuals who consumed peanuts once or more times per week showed 14% decrease in likelihood of CVD.

Reference: DOI: 10.1016/j.jacc.2017.09.035

Recipe of the Month

Ingredients

- 12 large eggs (pasteurized if you need peace of mind)
- 1 pound sugar
- 1 pint half-n-half
- 1 pint whole milk
- 1 pint heavy cream
- 1 cup Jamaican rum
- 1 cup cognac
- 1 cup bourbon
- 1 teaspoon freshly grated nutmeg (plus more for serving)
- 1/4 teaspoon kosher salt

Instructions

1. Separate the eggs and store the whites for another purpose.
2. Beat the yolks with the sugar and nutmeg in a large mixing bowl until the mixture lightens in color and falls off the whisk in a solid "ribbon."
3. Combine dairy, booze and salt in a second bowl or pitcher and then slowly beat into the egg mixture.
4. Move to a large glass jar (or a couple of smaller ones) and store in the fridge for a minimum of 2 weeks. A month would be better, and two better still. In fact, there's nothing that says you couldn't age it a year, but I've just never been able to wait that long. (And yes, you can also drink it right away.)
5. Serve in mugs or cups topped with a little extra nutmeg grated right on top.

NOTE: this recipe contains alcohol, and should only be made and consumed by those over the age of 21.

Alton Brown's Aged Eggnog



Recipe from:

<https://altonbrown.com/eggnog-recipe/>