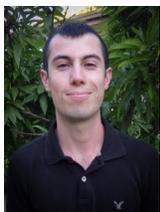


Student Dietetic Association

February 2018 Newsletter

Letter From The President

Hello everyone and welcome to the 2018 spring semester. Spring is a time of great transformation and growth. If you are serious about getting into the field of Nutrition and Dietetics, then I cannot stress the importance of getting involved both inside and outside of campus; and joining a student organization is a great way to start. The Student Dietetic Association (SDA) can offer you volunteer events, networking events with fellow CSULB nutrition students and accomplished professionals in the field of Nutrition and Dietetics, and the chance to hear from inspiring guest speakers at each one of our meetings. Joining SDA will also put you on an exclusive emailing list where you will receive premium emails like job opportunities. The SDA is committed to helping you gain leadership training, participation in both the club and professional outings, and a strong access to resources that you will need to make your transition into the professional world a smooth one. Feel free to contact myself or any one of our officers, we would love to answer any questions you may have and to get to know every one of you.



David Rios SDA President, 2017-2018



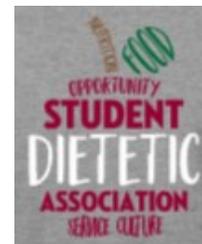
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Why you should become a member!

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



February 2018 Newsletter

American Heart Month

According to the American Heart Association, February was declared American Heart Month (AHM) by President Lyndon B. Johnson in 1963, and the first AHM was recognized in February, 1964. It's a month to bring awareness to the public about cardiovascular disease and heart health.

EAT RED for American Heart Month

While red meat can increase your risk of cardiovascular disease, there are tons of red plant foods that'll keep your heart healthy!

	Tart Cherries NUTRIENT: Vitamin A	One cup of tart cherries has 39% of your daily vitamin A.
	Tomatoes NUTRIENT: Lycopene	Tomatoes are high in lycopene, a powerful antioxidant.
	Red Lentils NUTRIENT: Protein	Just one cup of red lentils has 18 grams of protein.
	Beets NUTRIENT: Betaine	Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.
	Strawberries NUTRIENT: Vitamin C	One cup of whole strawberries provides 141% of your vitamin C intake.
	Kidney Beans NUTRIENT: Fiber	You can get 44% of your daily amount of fiber with one cup of kidney beans.
	Red Potatoes NUTRIENTS: B-6 & Potassium	Get 30% of your daily B-6 and 46% potassium in a single, large red potato.

#EatRed • PhysiciansCommittee.org/HeartHealth PhysiciansCommittee
for Responsible Medicine

Substitute some red meat for red vegetables at your next meal to decrease saturated fat and increase vitamins and minerals!



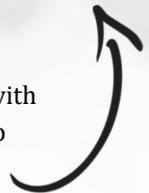
FEBRUARY is American Heart Month



- exercise
- maintain a healthy weight
- eat a healthy diet
- monitor your blood pressure
- check your cholesterol

MICHIGAN STATE UNIVERSITY | Extension <http://msue.anr.msu.edu/>

Make an appointment with a Registered Dietitian to make a plan for a heart-healthy lifestyle!



February 3rd is National Wear Red Day to increase awareness about women with CVD.



National Wear Red Day



02.03.17 #GoRedWearRed

February 2018 Newsletter

February Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			WoW	1 SDA Officer Meeting MTC & DIW	2 Game Night at the Rock Wall	3
4	5	6	7	8 MTC & DIW	9 Game Night at the Rock Wall	10
11	12	13	14	15  SDA General Meeting	16 Game Night at the Rock Wall	17
18	19	20	21	22 MTC	23 Game Night at the Rock Wall	24
25	26	27	28			

Event Info

- * SDA Officer Meeting: 2/1, 5:00PM—6:00PM @ FCS 108/110
Meeting for all officers of SDA.
- * SDA General Meeting: 2/15, 5:00PM—6:00PM @ USU 303
Everyone is welcome! Come and enjoy free food and listen to guest speakers who are working in the field of nutrition and dietetics!
- * Week of Welcome (WoW): 1/31-2/1, 11:00AM—2:00PM @ Central Quad
Come to WoW and stop by the SDA booth for information about our club, events, meetings, and more—we'd love to meet you!
- * Game Night at the Rock Wall: Fridays in February, ROA hours @ SRWC Rock Wall
Join ASI for Friday night game nights! Games include: Ninja Ball, Rock Wall Twister, Obstacle Courses and much more. Be ready for a great time!
- * Massage Training Class (MTC): Thursdays in February, 6:00PM—7:00PM @ SRWC
Receive training from the SRWC Massage Therapist to learn self-massage techniques using foam rollers, Thera canes, and massage therapy balls.
- * Drop into Wellness (DIW): 2/1 & 2/8, 4:00PM—4:30PM @ SRWC
Learn about various wellness topics throughout the semester! 2/1 will be focused on staying active during college, and 2/8 will discuss HIV/AIDs prevention.

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)

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. Airlive 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

Oat milk can be healthy nondairy option, RD says

"Nondairy milks are popular due to increased interest in plant-based diets, and oat milk is less expensive to make and may be better for the environment than nut milk, registered dietitian Kelly Jones says."

"Although oat milk is higher in carbohydrates than other options, Jones says it can be a good choice for people with dairy intolerance or a nut allergy, and those who want to limit consumption of saturated fat."

Summary from *Nutrition and Dietetics SmartBrief*

Original article: [Here](#)

<https://www.shape.com/healthy-eating/healthy-drinks/oat-milk-nutrition-dairy-free-milk>

February 2018 Newsletter

Student Resources



Faculty Spotlight

Virginia Gray, PhD, RD

Assistant Professor and Graduate Coordinator, Nutrition

Classes you teach

NUTR 461, NUTR 336, FCS 531 & FCS 696

Office hours and location

FCS FA -5: Wednesdays 10-11am and by appointment

Your focus within the dietetics profession

Community Nutrition

What lead you to becoming an RD?

"I initially chose nutrition as a major while intending to pursuing medical school. I loved the major so much, I decided to make it the focus of my career. I was drawn to nutrition by a combined love for food/cooking, science, and people."

What are you currently involved with outside of teaching?

"My primary research projects are in community settings. One project is a collaboration with a local pediatrics group (Columbia Pediatrics) and the Lakewood YMCA. A BUILD student, Reah Chiong, worked with me to develop a nutrition curriculum for families (parents and their elementary-aged children) based on key nutrition topics and the food parenting literature. Our program focuses on developing skills in food selection and parent modeling in three primary areas: food availability, parent modeling/habits, and communication about food, health, and bodies. We are collecting evaluation data to elucidate means of improving the program and to add to the literature on impacts of family-based nutrition education. My other primary project is a collaboration with Kinesiology faculty and students and a local middle school. In this program, we are working with eighth grade girls in a Female Leadership Academy to impact eating competence, body satisfaction, and personal/social responsibility. We do this through alternating weekly nutrition and fitness activities, journaling, and mentoring between college and middle school students. Our nutrition-related evaluation tools for this project are the ecSatter Inventory 2.0 (measuring eating competence) and the Body Appreciation Scale-2 (measuring body satisfaction). Both of these tools have been validated for middle school audiences."

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

"Embrace the process! Yes, set longer term goals, but also find meaning in the process of learning and growing. Look for ways you can integrate your values into how you spend yourself (time, energy, resources, thoughts, etc.)."

Recipe of the Month

Ingredients

- ◆ 1 ripe avocado
- ◆ 5 oz dark baking chocolate bar or good quality dark chocolate bar
- ◆ 2½ tablespoon unsweetened cocoa powder, divided
- ◆ 2 tablespoon brown sugar
- ◆ ¼ teaspoon vanilla extract
- ◆ Pinch of salt
- ◆ (Optional) any other coatings - sprinkles, crushed nuts, shredded coconut

Instructions

1. Peel and pit the avocado. In a bowl, mash the avocado with a fork until smooth and lump free.
2. Melt the chocolate. I do this in the microwave at 50% power at 30 second increments, stirring after every 30 seconds until smooth and melted.
3. Stir in mashed avocado, brown sugar, vanilla extract, salt and 1½ tablespoon of cocoa powder until thoroughly combined.
4. Chill the truffle mixture in the fridge for 1-2 hours or until mixture has stiffened up.
5. Using a small cookie scoop or tablespoon, scoop out truffle mixture. Roll into balls with your hands.
6. Roll truffles into remaining 1 tablespoon of cocoa powder or any other desired coatings.
7. Store in fridge. Enjoy!!!

Dark Chocolate Avocado Truffles



Recipe from:
<https://www.craftycookingmama.com/dark-chocolate-avocado-truffles/>