

Student Dietetic Association

March 2018 Newsletter

Letter From The Editor

Hello Everyone!

Another month has flown by as we pass the quarter mark of the semester. I know many of us have been working on dietetic internship applications (congratulations to all who applied through DICAS!) and are now waiting to hear back about interviews. Good luck to you all, I know you'll all be incredibly successful in everything that you do in the future! This month is full of fun events through SDA, including helping those in need through LA Food Bank and making care packages for Skid Row, hearing a special presentation from an Olympic RD, and a great networking opportunity with CAND-OD. I hope you all can make it to at least one of these special events that highlight involvement in your local community!

Lauren Kaida—Editor 2017-2018



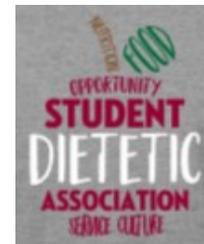
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Why you should become a member!

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



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SDA February
General Meeting!



In February, SDA held its first meeting of the new semester! SDA Officers provided information about the club, as well as opportunities for members to get involved within the community in the upcoming month (see our events on the next page!). Members were able to hear about leadership and working as an RD in today's fields from Ms. Shelby Yaceczko, MS, RDN, CNSC.

We also had the SDA Guilt-Free Snack Shack outside of FCS. Be sure to stop by our next GFSS in April to buy some cheap, nutritious food that you won't feel guilty about later!



Guilt-Free Snack
Shack!



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March Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10  LA Regional Food Bank
11	12	13	14	15  SDA General Meeting	16	17  Care Bags Skid Row  CAND-OD Meeting
18	19	20	21	22  Olympic Sports Dietitian	23	24
25	26	27	28	29	30	31

Event Info

- * SDA General Meeting: 3/15, 5:00PM—6:00PM @ USU 303
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!
- * LA Regional Food Bank: 3/10, 8:30AM—12:00PM @ 1734 E 41st St, Los Angeles, CA 90058
Come help to package food that can potentially provide meals for those that are food insecure. Carpool can be provided by Austin if needed.
- * Care Bags for Skid Row: 3/17, ~8:00AM—12:00PM (tentative) @ 7th St. and Towne St.
Come together to help those in need. We'll be meeting with SACH to assemble care bags on campus, then carpool to the outskirts of skid row to pass out care bags directly to members of skid row.
- * CAND-OD Annual Fundraiser: 3/17, 8:30AM—2:00PM @ Orange Coast College, Costa Mesa.—\$35
Join in the annual fundraiser as we discuss Transplant, Peds and ICU, GI Health, Epigenetics in nutrition.
- * Olympic Sports Dietitian Guest Presentation: 3/22, 5:00PM @ TBD
Join us for a special guest speaker Dr. Shawn Hueglin, Senior Sports RD for USOC! Free event!

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)

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

Study: Coffee, beer, wine may reduce risk of premature death

"Drinking about two glasses of wine or beer per day reduced a person's risk of premature death by 18%, compared with an 11% reduction for daily exercise, researchers reported at the American Association for the Advancement of Science's annual conference. Two cups of coffee per day reduced the risk of premature death by 10%."

Summary from *Nutrition and Dietetics SmartBrief*

Original article: [Here](#)

<http://www.nydailynews.com/life-style/health/drinking-alcohol-key-living-90-article-1.3829634>

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Student Resources



Faculty Spotlight

Kim Jebo, MS, RD

Classes you teach

NUTR 132, NUTR 437, KIN/FCS 568

Office hours and location

FCS 007A: Monday/Wednesday 3:30pm-5:00pm

Your focus within the dietetics profession

Education, clinical, sports nutrition

What lead you to becoming an RD?

“While completing my undergrad and playing water polo, I realized how important nutrition was for my performance. Nutrition is always something I was interested in and becoming a Registered Dietitian gave me the ability to educate others and ultimately help improve their health.”

What are you currently involved with outside of teaching?

“[I’m] Involved in clinical dietetics per diem at Little Company of Mary Medical Center in Torrance. [I] Work mostly in outpatient nutrition counseling – counsel all age groups with issues in diabetes, weight management, renal disease, eating disorders.

“Practice – Eat – Perform” is the Private practice nutrition counseling company that I own. [It] Helps friends and family in weight maintenance and some with diabetes. [I] Use this business for sports nutrition, doing team talks for high school teams and talk about basic nutrition, hydration, prevention of injury and various topics.

[I] Work inpatient on occasion – mostly weekends.”

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

“Keep working hard and go after what you want– it will pay eventually off. This profession has so many opportunities for success!”

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

“I have no idea – maybe avocado?? I put this on everything and anything that I can.”

Recipe of the Month

Spinach & Artichoke Dip

Ingredients

- ◇ 4 cups water
- ◇ 1 6-ounce bag of fresh spinach
- ◇ ¼ cup fresh basil
- ◇ 1 15-ounce can of cannellini beans, unsalted
- ◇ 1 14-ounce can of artichoke hearts, unsalted (or frozen)
- ◇ 1 clove garlic, chopped
- ◇ 3 ounces low-fat cream cheese
- ◇ ⅛ teaspoon sea salt
- ◇ ⅛ teaspoon ground black pepper
- ◇ ½ cup + 4 tablespoons low-fat, low-sodium mozzarella cheese, shredded



Recipe from:

<https://www.eatright.org/food/planning-and-prep/recipes/spinach-and-artichoke-dip-recipe>

Directions

1. In a medium saucepan, boil 4 cups water. Prepare an ice bath in a large bowl. When water comes to a boil, add spinach and basil in small batches and cook for about 30 seconds. Remove with a slotted spoon and transfer to the ice bath to stop the cooking process and retain a vibrant green color. Squeeze as much water out of the spinach and basil as possible (squeeze excess liquid over a mug and drink if you like...it's full of nutrients!).
2. In a food processor, combine cooked greens, cannellini beans, artichoke hearts, garlic, cream cheese, sea salt and pepper. Transfer to a bowl and fold in a ½ cup of mozzarella cheese.
3. Fill 4-ounce ramekins with dip mixture and top each with a sprinkle of remaining cheese.
4. Bake for about 5-10 minutes or until the cheese on top is brown and bubbly.
5. Serve with pita chips or fresh veggies.
6. For a cold dip, simply combine beans, artichoke hearts, garlic, sea salt, pepper, spinach and basil.