

# Student Dietetic Association

# November 2017 Newsletter

## Letter From The Editor

Hi Everyone!

And just like that, October came and went in the blink of an eye. I hope you all made it through midterms with some of your sanity still intact (we're over halfway there guys, we can make it!). This month holds a lot of great opportunities for networking, building up volunteer hours, and spending time with fellow dietetic students! SDA is holding two volunteering opportunities within the LB community, our Souplantation Fundraiser (a chance for you to support SDA), and our monthly Guilt-Free Snack Shack. I also encourage you to attend the first-ever CAND-OD/LAD Networking meeting, where the LAD and OD districts will be coming together to highlight the impact of local RD's in their communities.

With so many great events, it's important to set aside time for self-love as well. I hope you are able to take the time to have a restful Thanksgiving break with friends, family, and as little studying as possible. Happy November!

Lauren Kaida—Editor 2017-2018



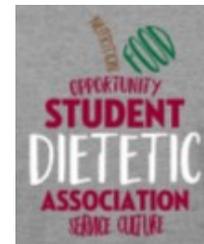
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## Why you should become a member!

### 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

October was full of fun with so many events! From the Long Beach Rescue Mission and Guilt Free Snack Shack, to our annual volunteering at the Long Beach Marathon, last month was packed with awesome moments with some incredible people.



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## November Events

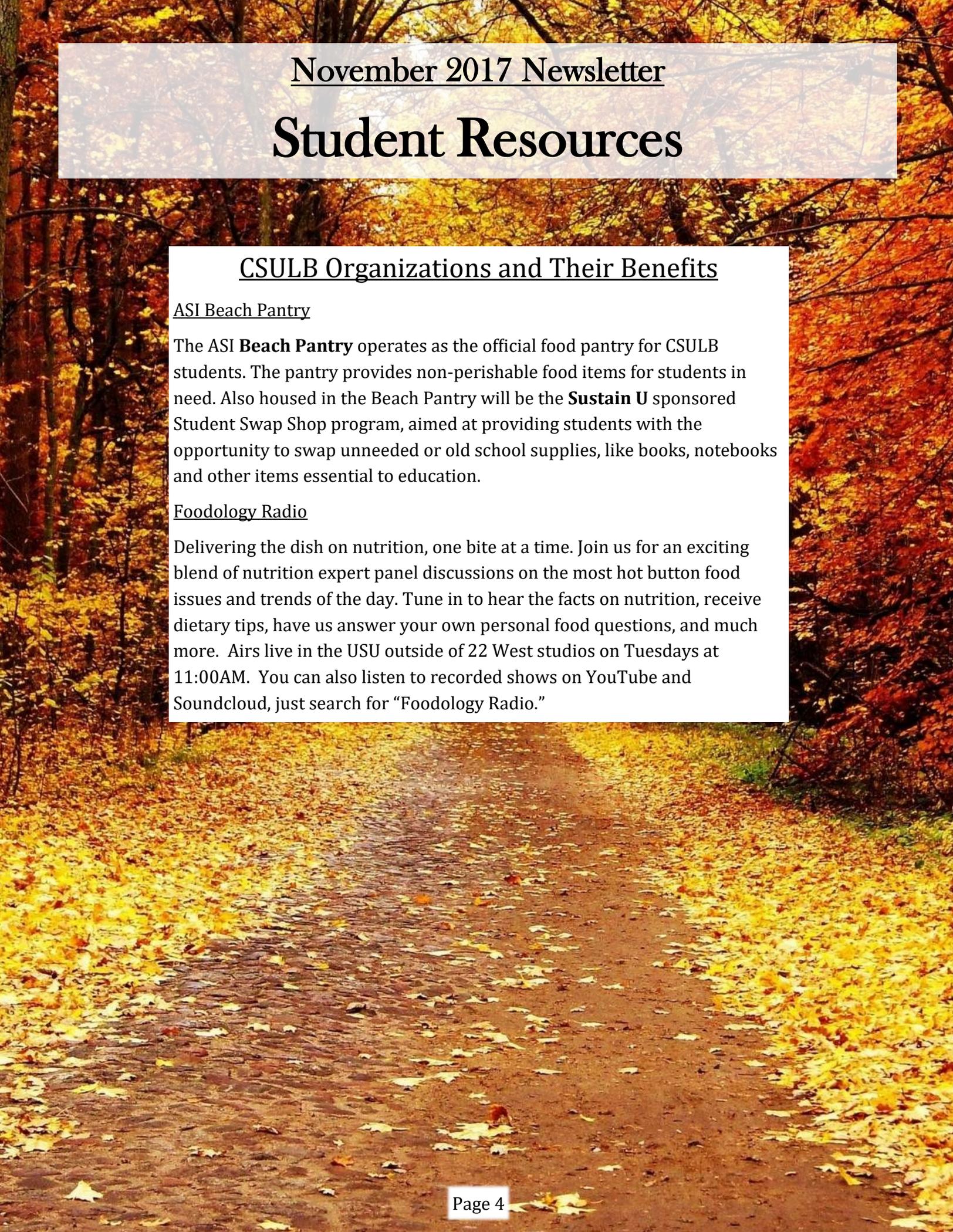
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 SDA Officer Meeting	3	4  Long Beach Rescue Mission
5	6	7	8	9  Souplantation Fundraiser	10	11
12	13	14	15	16 Guilt-Free Snack Shack	17  Senior Center in Central Park	18  LAD/OD Networking Meeting
19	20	21	22	23  SDA General Meeting	24	25
26	27	28	29	30		

### Event Info

- \* SDA Officer Meeting: 11/2, 4:45PM—5:45PM @ USU 306  
Meeting for all officers of SDA.
- \* SDA General Meeting: 11/23, 5:00PM—6:00PM @ FCS Room 108/110  
Everyone is welcome! Come and enjoy free food and listen to guest speakers who are working in the field of nutrition and dietetics!
- \* Guilt-Free Snack Shack: 11/6, 11:00AM—1:30PM @ FCS  
Come to the guilt-free snack shack for yummy, cheap snacks that you (and your wallet) won't feel bad about later!
- \* Long Beach Rescue Mission: 11/4, 5:30PM—7:30PM @ 1335 Pacific Ave, Long Beach, CA 90813  
Help us serve food to those in need!
- \* Souplantation Fundraiser: 11/9, All Day @ Souplantation—4720 Candlewood St. Lakewood, CA 90712 (Near the Lakewood Mall)  
Don't forget to bring the SDA Flyer in order for us to receive a percentage from the meal!
- \* Senior Center in Central Park: 11/17, 9:00AM—12:30PM @ 18041 Goldenwest St, Huntington Beach, CA 92648  
Join us while we serve the elderly with great food and fun conversation!
- \* CAND-OD / LAD Networking Meeting: 11/18, 10:00AM—1:00PM @ LAC Campus, Building T1200  
Join us in this collaborative networking event to honor our local RD's. Topics will include the overview of the new Interdisciplinary Specialist Certification in Obesity and Weight Management credential by the Commission on Dietetic Registration and RD Leadership and Action.

### Ongoing Events

- \* Beach Pantry: Monday-Friday, 10:00AM-2:00PM & 5:00PM-7:00PM @ USU-302
- \* Foodology: Tuesdays, 11:00AM @ 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 11:00AM. You can also listen to recorded shows on YouTube and Soundcloud, just search for "Foodology Radio."

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## Student Resources



### Faculty Spotlight

Brooke DeKofsky MPH, RDN, CDE

#### Classes you teach

NUTR 132 & NUTR 335

#### Office hours and location

FCS 007C Mondays 11-1pm and Tuesdays 9-9:30am and 1:15-2pm

#### Your focus within the dietetics profession

Corporate Wellness, Education, Community Nutrition

#### What lead you to becoming an RD?

I love food and I love to eat. I wanted to share that happiness with others, the enjoyment of eating and happiness I feel when I prepare and eat food. I also wanted to help people and becoming an RD was a great way for those two things to come together.

#### What are you currently involved with outside of teaching?

I work in Corporate Wellness at Sony Pictures Studios, counsel families enrolled in the Head Start Preschool Programs, facilitate groups and counsel eating disorder clients at an in-patient rehabilitation center as well as teach at CSULB.

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

Enjoy this time! Find what you are passionate about and find a job that makes you happy.

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

A peach – fuzzy and soft on the outside and sweet on the inside, if you have ever seen me with my hair down you would understand the full picture.

### Research Corner

#### **Low-weight, young women shown to have increased risk of early onset menopause.**

A study published in *Human Reproduction* in October, 2017, studied the correlation between BMI, adipose content, and menopause in women.

The study consisted of over 70,000 registered nurses between the ages of 25-42 when the study began in 1989. The study began with the participants submitting a completed questionnaire asking for information pertinent to the factors of the study (BMI, hormone levels, therapy, etc.). The study concluded in 2011, resulting in 2,804 of the participants experiencing early-onset menopause. The women with BMI <18.5 kg/m<sup>2</sup> had a 30% increased chance of experiencing early-onset menopause, compared to women with BMI 18.5-22.4 kg/m<sup>2</sup>. Women with BMI 25-29.9 kg/m<sup>2</sup> showed decreased risk of early-onset menopause by up to 30%.

Reference  
<https://doi.org/10.1093/humrep/dex304>

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## Recipe of the Month

### Ingredients

1 tablespoon unsalted butter  
6 rashers higher-welfare bacon ,  
sliced into small strips  
3 shallots peeled and finely chopped  
2 sticks celery , trimmed and finely chopped  
1 sprig fresh rosemary , leaves picked and chopped  
1 large handful dried cranberries  
800 ml dry cider  
½ teaspoon ground nutmeg  
½ teaspoon ground allspice  
sea salt  
freshly ground black pepper  
1 handful chopped walnuts  
1 orange , zest of  
300 g higher-welfare pork sausage meat  
1 free-range egg  
2 big handfuls breadcrumbs  
1 higher-welfare turkey , about 4kg  
100 g butter , softened  
300 ml fresh organic chicken stock  
1 teaspoon corn flour

### Instructions

1. If you're feeling a bit fruity this year, try this Christmas turkey with a lovely cranberry stuffing.
2. To make the stuffing, melt the unsalted butter in a saucepan and add the bacon, shallots, celery and rosemary. Cook gently with the lid on for about 10 minutes, until the vegetables are very soft, but not coloured. Add the cranberries and half the cider and turn up the heat a little. When the liquid has reduced to a third of its volume, set it aside to cool. Mix in the nutmeg, allspice, some salt and pepper, the walnuts, orange zest, sausage meat and egg, then fold in the breadcrumbs.
3. Preheat the oven to 240°C/475°F/gas 9. Pat the turkey's skin dry with kitchen paper, then stuff the neck end with half the stuffing. (You can cook the remaining stuffing separately or use it to make sausage rolls on Boxing Day.) Rub the bird with the softened butter and season well. Place in a roasting tin, cover with foil and pop in the preheated oven. After 15 minutes, turn down the heat to 150°C/300°F/gas 2. Baste, then roast for another 2 to 2¼ hours.
4. Remove the foil 1 hour before the end of cooking time. To check the bird is cooked, stick a fork into the thickest part of the thigh - the juices should run clear. Remove the turkey from the oven, lift out of the tin, cover with foil, then leave to rest for at least 1 hour, preferably 2 hours for bigger birds.
5. Increase the oven temperature to 200°C/400°F/gas 6. Skim off the fat in the tin and use it to roast your potatoes. Add the rest of the cider to the meat juices in the tin, along with the meat off the turkey wings and enough stock to cover the bottom of the tin. Stir in the corn flour, dissolved in a little water, and simmer on the hob until thickened. Sieve into a jug and serve with your turkey, stuffing and some roast potatoes.

### Roast turkey with spiced cranberry, bacon and walnut stuffing



Recipe from:

[https://www.jamieoliver.com/recipes/turkey-recipes/  
roast-turkey-with-spiced-cranberry-bacon-and-walnut-  
stuffing/](https://www.jamieoliver.com/recipes/turkey-recipes/roast-turkey-with-spiced-cranberry-bacon-and-walnut-stuffing/)