

Student Dietetic Association

October 2017 Newsletter

Letter From The Editor

Hi Everyone!

Looking back over the past month, I can't help but feel that it went by *way* too fast! As I write this letter at the end of week 5 of the semester, there's already been three exams, multiple assignments, group projects, and quizzes that I and my fellow DPD students have had to battle and conquer; I'm sure you can relate. Thinking over the accomplishments we've made, as well as trials to come, I can't help but be continually grateful for the comradery and friendship we share in this program. It truly is a unique experience that not many other schools have, and for that I am so proud to be a part of this community. One part of this ever-growing community is SDA. I and my fellow officers were so happy to meet all of the new visitors and members at our first general meeting of the semester—we can't wait to get to know you all more as the semester continues! I hope you enjoy this month's issue of the newsletter, and find resources and information that can help you on this crazy journey called college.



Lauren Kaida—Editor 2017-2018



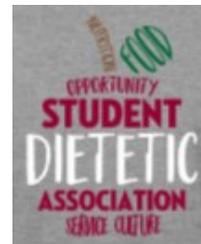
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Why you should become a member!

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-OC)

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



Academy of Nutrition and Dietetics



Last Month's Events

1st General Meeting



All of the SDA Officers had a wonderful time meeting everyone at our first general meeting of the semester! We're so excited that so many of you joined the SDA—we're looking forward to getting to know each one of you!



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October Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Guilt-Free Snack Shack	4	5 SDA Officer Meeting	6	7
8  Jet Blue LB Marathon	9	10	11	12	13	14
15	16	17	18	19  SDA General Meeting	20	21
22	23	24	25	26	27  CAND-OD Legislative Mixer	28
29	30	31				

Event Info

- * SDA Officer Meeting
Meeting for all officers of SDA.
- * SDA General Meeting: 10/19, 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: 10/3, 11:00AM—1:30PM @ Psych Building
Come to the guilt-free snack shack for yummy, cheap snacks that you (and your wallet) won't feel bad about later!
- * Jet Blue LB Marathon—Hawaiian Theme: 10/8, 7:00AM—1:00PM @ Campus
Great opportunity for volunteer hours and Member of the Month points, come support the runner in the marathon with cheers and water!
- * Halloween Face Painting Fundraising Event — TBD
- * CAND-OD Legislative Mixer: 10/27, 6:00PM—9:00PM @ Irvine
An awesome opportunity to meet professionals within the field, in a relaxed, fun atmosphere! Enjoy dinner and wine with local RD's—what could be better? For more information, contact our AND Student Liaison: Kelly Herbst (see contact information on our website: csulbsda.weebly.com).

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)

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."

Student Resources



Faculty Spotlight

Dr. Barrack, MS, RD

Classes you teach

NUTR 436, NUTR 490/590, FCS 530A, FCS 530B

Office hours and location

FCS-FA 12: Wednesday 12-2pm & by appointment

Your focus within the dietetics profession

Sports Nutrition

What lead you to becoming an RD?

Growing up, I loved food and cooking. Both sides of my family had special traditions where we would prepare meals together. When I was in 2nd grade a dietitian came to speak to our class about nutrition and they prepared an herb cottage cheese dip. I thought it was the greatest thing and went home to prepare it that afternoon. Later in high school when I ran cross-country and track and field, I appreciated how the food I ate affected my level of energy and performance. All of these experiences nurtured my appreciation of food, nutrition and helping others optimize their health and performance through dietary choices.

What are you currently involved with outside of teaching?

Professionally, research is my main area outside of teaching. I am involved as a Principle Investigator or Co-Investigator of several sports nutrition research studies evaluating the effect of a nutrition education intervention on the diet and nutritional intake of elite collegiate and high school cross country runners. Two years ago, I was awarded a grant to develop, with a research team, a smart-phone based app, called RunFueled, that provides much of the nutrition education and resources to the study with the collegiate runners. I am working with two graduate students to implement the face-to-face nutrition education intervention with the high school runners. I also have experience with the development of web-based nutrition assessments and the evaluation of dietary supplement use in collegiate athletes. I welcome any student interested in Sports Nutrition or research, in general, to assist with these or other projects! When I'm not working, I enjoy spending time with my husband and two kids.

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

Focus on doing as well as you can in your classes and get involved! There are many opportunities for involvement in student groups in the department an on campus (i.e. SDA, SACH, SSH, Food Science Club, Food-ology Radio, ASI, etc.) and in professional organizations (i.e. AND, CAND, etc.) which provide great opportunities for volunteer and leadership experience.

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

That's tricky- maybe a Brussels sprout so I wouldn't be eaten; although I do enjoy them roasted ;)

Research Corner

Eating in synch with your body clock may help curb fat gain.

A study published in August of this year by The American Journal of Clinical Nutrition proposed that choosing to eat in sync with your body's biological clock, rather than designated times of the day, could impact weight management.

The study was conducted for 30 days on 110 college students, 18 to 22 years old (roughly 60 percent male). Results showed those with higher body fat percentage (8.7% higher in women, 10.1% higher in mean) consumed more calories close to melatonin onset compared to lean participants.

The results showed that there could be a correlation between later circadian rhythms and increased body fat.

Reference: <http://ajcn.nutrition.org/content/early/2017/09/06/ajcn.117.161588>

Recipe of the Month

Ingredients

CRUST

- 2 cups pitted dates (deglet nour or medjool)
- 2 cups raw nuts (I used half pecans, half almonds)
- 1/4 cup gluten-free oats (or sub unsweetened coconut flakes for a different flavor)
- 1/2 tsp pumpkin pie spice

PUMPKIN FILLING

- 1 cup pumpkin puree
- 3 1/2 Tbsp cornstarch
- 1/3 cup sugar (raw or granulated)
- 1/2 tsp pumpkin pie spice
- pinch sea salt
- 1 2/3 cup unsweetened milk (any kind, though I'd recommend almond or dairy)
- 1/2 tsp vanilla extract

COCONUT WHIPPED CREAM

- 1 13.5-ounce can full-fat coconut milk chilled overnight (I recommend Thai Kitchen brand)
- 2-5 Tbsp powdered sugar, depending on preferred sweetness
- 1/2 tsp pure vanilla extract

Instructions

1. To make the filling, place all dry ingredients in a saucepan and whisk to combine. Then add pumpkin puree and whisk again. Slowly pour in milk and stir again until well combined.
2. Place over medium heat and bring to a low bubble - not boil - whisking often. Once it starts bubbling and getting thick, reduce heat to medium-low and continue cooking until a visible ribbon forms when spooning it across the top. It should be thick and kind of jiggly. During this process switch to a rubber spatula for stirring to ensure the pudding isn't sticking to the bottom or sides of the pan.
3. Remove from heat and add vanilla and whisk. Let set for 5-10 minutes, then transfer to a glass bowl and cover with plastic wrap, making sure the wrap TOUCHES the pudding - otherwise a film will form.
4. Refrigerate for several hours or until completely chilled and set.
5. In the meantime, prepare crust by adding dates to the food processor and pulse until it forms a ball - or at least until small bits remain. Remove from food processor and then add nuts, pumpkin pie spice and oats. Pulse until almost a meal, then add back in the dates a little at a time until a "dough" forms.
6. Transfer to a lightly greased pie pan or small glass baking dish and press until uniformly flat and it comes up the edges 1.5-2 inches, making a crust (see photo). It doesn't have to be perfect, just make sure there are no gaps or cracks. Cover with plastic wrap and refrigerate or set on counter until filling is chilled.
7. When the pudding is ready, place a glass mixing bowl in the freezer to chill for a few minutes so you can prepare your coconut whipped cream (make sure the can has been chilled overnight to harden - otherwise it won't whip).
8. Without shaking or tipping the can, remove the top and gently scoop out the top thick, solid portion of the coconut milk, known as the cream. Leave the clear liquid at the bottom of the can and reserve this for smoothies or other uses.
9. Beat the cream to incorporate it. At this point it should start firming up, but if not add a couple Tbsp of tapioca flour and it should thicken right up! Then add in desired amount of powdered sugar 1 Tbsp at a time, as well as the vanilla extract. Cover and refrigerate until serving the pie.
10. Once the crust and filling are both ready, pour the pudding over the crust and spread to smooth. Let it chill for several more hours or ideally, overnight. Top with coconut cream when serving. Will keep for several days covered in the fridge.

Creamy No-Bake Vegan Pumpkin Pie



Recipe from:
<https://minimalistbaker.com/creamy-no-bake-pumpkin-pie/>