

# Student Dietetic Association

## September 2018 Newsletter



### Letter From the President

In the second semester of my freshman year here at CSULB, I wanted to get more involved in nutrition & dietetics. The only problem was that I didn't know where to begin. I noticed that the VP of Student Dietetic Association at the time was in one of my hospitality courses, so I decided to approach her for advice. She informed me about SDA: the organization's goals, its countless opportunities, and how it could help me advance in my academic and professional career. She encouraged me to apply for a leadership position, and the following semester, I ran to become an officer. 2 years later, having held 2 previous officer positions, I am now the President of SDA. I am telling you this because I hope that SDA will provide you with the same initial steps it offered me. To be a member of this club is more than just building your network and making your resume look good – it's about developing yourself. It's about your growth. I hope that this year, you get a chance to do that.

-Reah

### Research Corner

#### Working Overtime Could Raise Women's Diabetes Risk

In a study of over 7000 working adults age 35 to 74 in Ontario, Canada over a span of 12 years, one in 10 people developed diabetes. In the women, working 45 hours or more per week was associated with "at least a 50% increased risk of developing type 2 diabetes", compared to women who only worked 35-40 hours per week. The study took in consideration age, gender, marital status, lifestyle, weight, and health conditions, as well as the activity level of the jobs.

It should also be mentioned that the study shows only an association between work and diabetes and not to show cause and effect.

### September 2018 Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0	0	0	0	0	0	1
2	3 Labor Day!	4	5 Week of Welcome CCHS Meeting 5:30-7:00 USU 306	6 Week of Welcome SDA Officer Meeting 4:30-5:30 FCS 108/110	7	8
9	10	11	12	13	14	15
16	17	18	19 CHHS Meeting 5:30-7:00 USU 306	20 SDA General Meeting 4:30-5:30 FCS 108/110	21	22 Orange District Meeting 9:00-2:00 Fullerton College
23	24	25	26	27	28	29
30	0	0	0	0	0	0

# Meet Our Officers for 2018-2019!



President— Reah Chiong

What is your favorite thing about the field of nutrition and dietetics?

The ability to help others through FOOD.

What is the easiest nutrition advice you can give to your friends?

To quote Michael Pollan, "Eat food. Not too much. Mostly plants."

What's on your bucket list?

Go camping in New Zealand



Vice President— Lauren Kaida

What is your favorite thing about the field of nutrition and dietetics?

How broad the practice is. You can work in so many different settings using the same fundamental education and knowledge, then focus and grow your expertise in concentrated areas that you enjoy the most!

What are your hobbies outside of school?

I love spending time with my husband and good friends! My husband and I drink tea together on our free mornings, we have a weekly game night with friends, and I'm always up for going for a walk in the park, meeting for coffee (or tea for me!), or just having friends come over to our house for good conversation and fellowship (I think I'm 80 years old at heart).

What's on your bucket list?

My bucket list is full of places I'd like to visit: Ireland, Italy, Alaska, New Zealand, and Japan to name a few!

# Meet Our Officers for 2018-2019!



Secretary— Chris Torres

What is your favorite thing about the field of nutrition and dietetics?

Sports nutrition and Gut Health.

What are your hobbies outside of school?

Outside of school, I enjoy hiking, weight-training, cooking, and reading!

Do you have any hidden talents?

My ability to refer a person/scenario to a cartoon character/movie.



Treasurer— Anthony Au Yeung

What is your favorite thing about the field of nutrition and dietetics?

Sport nutrition knowledge.

Do you have any hidden talents?

Speaking German.

What's on your bucket list?

Skiing with freestyle in Switzerland



Historian— Valeria Baltazar

What is your favorite thing about the field of nutrition and dietetics?

My favorite thing about the field is being able to use the topics I learn in class to help improve the health of myself and others.

What is the easiest nutrition advice you can give to your friends?

All foods fit in a healthy diet!

What's on your bucket list?

To travel as much as I can and learn about different cultures.

# Meet Our Officers for 2018-2019!



AND Liaison— Drew Marchese

What is your favorite thing about the field of nutrition and dietetics?

My favorite things about nutrition and dietetics are the ability to help people make positive changes to their health and well being. I also love that this is such a big field with so many different options to pursue.

What are your hobbies outside of school?

Outside of school I enjoy playing video games and exercising. I like going to the gym, playing basketball, volleyball, skating, and snowboarding. In my free time my favorite video game to play with my friends is overwatch and pubg.

What's on your bucket list?

To travel to an underdeveloped country and be involved in humanitarian work



Student Male Liaison— Daniel Tompkins

What is your favorite thing about the field of nutrition and dietetics?

It is a new field that has an affect on many other fields as well

What are your hobbies outside of school?

I like to stay active, lift weights, be outside

Do you have any hidden talents?

I can play guitar.



Community Outreach Chair— Martin Bombase

What is your favorite thing about the field of nutrition and dietetics?

Being able to show people basic cooking skills. I also like making healthy affordable recipes for college students or people on a budget.

If you could have a meal with anyone alive or dead, who would it be and what would you eat?

Joel Robuchon. I would eat whatever dish he made that convinced him he wanted to be a chef for the rest of his life.

What is the easiest nutrition advice you can give to your friends?

Drink a glass of water every morning.

# Meet Our Officers for 2018-2019!



Webmaster— Hana Watanabe

What is your favorite thing about the field of nutrition and dietetics?

Being able to incorporate study to my own life and others right away.

What is the easiest nutrition advice you can give to your friends?

Balance out meals and eat a variety.

What is your favorite indulgent food?

Chocolate!



Editor—Kelly Woo

What is your favorite thing about the field of nutrition and dietetics?

It is applicable to real life in so many ways, and there are so many things you can pursue. I feel that no matter where I end up in the future, I'll be able to use what I've learned in some way.

What is your favorite indulgent food?

Probably any kind of fried potato.

Do you have any hidden talents?

I know a lot of useless trivia about quite a few old movies and TV shows.

# Faculty Spotlight: Dr. Cheryl Rock

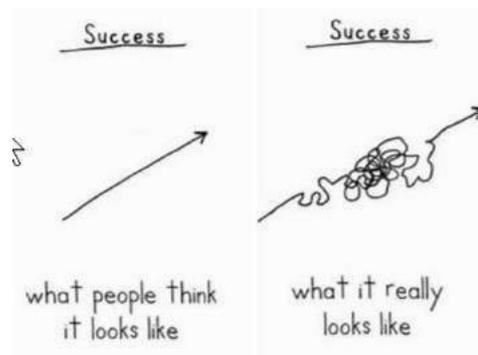


1. Name: *Dr. Cheryl Rock*
2. Classes you teach: *I teach Franken Food, Food Science, Food Law, Food Processing, Food Product Development, Food Analysis and Distilling and Brewing Technology in Barbados.*
3. Office hours and location (if comfortable): *FCS 135 - by Appointment*
4. Focus of profession (community, clinical, etc.): *My expertise is in Functional Foods, Ethnomedicine and Novel Processing Technologies (i.e., Ultrasound) - Clinical Food Science*

5. What lead you to becoming a food scientist? *Everybody has to eat and the world needs someone to make the food supply SAFE and SUSTAINABLE through science and technology!*

6. What are you currently involved with outside of teaching? (counseling, research, etc.): *I serve as a Faculty - In- Residence in the Living and Learning Community of "Health and Wellness" at the Parkside College at CSULB. I take students on the Hollywood Hike, Yakult Plant (Field Trips), Disneyland Excursions and Study Abroad to Barbados!*

7. What's one piece of advice you give students going through this program? *You never fail until you stop trying. Therefore, if at first you do not succeed, try and try and try again. See the pic below.*



8. If you could be any food, what would you be and why? *It would be some kind of Stone Fruit (E.g. Peach, Plum, Mango etc.) Why? Because the stone fruit represents my personality and nature! First, the word "Stone" is a great pun to my last name "Rock" which is often affiliated with "foundation" and second a stone fruit has seeds. Seeds bear fruit. Therefore, I plant my seed of knowledge (i.e, the foundation) into my students which bear fruits of success such as degree and careers.*

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### Recipe of the Month



#### **Apple Cinnamon Baked Oatmeal**

##### Ingredients

- 1½ cups fat-free milk or soy milk
- ½ cup packed brown sugar
- ½ cup egg substitute or egg whites
- 1 tablespoon melted butter
- ½ teaspoon cinnamon
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples

##### Directions

1. Preheat oven to 350°F.
  2. In a small bowl mix the milk, brown sugar, egg substitute/whites, butter, and cinnamon.
  3. In a larger bowl combine the oats and the baking powder.
  4. Pour the wet mixture into the bowl with the oats; add the apples and stir to combine.
- Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.