

Student Dietetic Association

September 2017 Newsletter

Letter From The President



Hello everyone and welcome to the 2017-2018 school year. If you are serious about getting into the field of Nutrition and Dietetics, then you should strongly consider joining the Student Dietetic Association (SDA).

We have many fun and exciting opportunities in which you can: volunteer; network with fellow CSULB nutrition students and inspiring professionals in the field of Nutrition and Dietetics; and also gain access to valuable emails such as job opportunities. If this is your first semester at CSULB then you should definitely come to our meetings and talk to any of our awesome Officers; we would love to get to know each and every one of you. 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.

David Rios
SDA President, 2017-2018



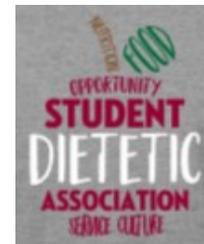
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Why you should become a member!

Student Dietetic Association (SDA)

- * Comradery and friendship with fellow nutrition students at CSULB
- * Volunteer opportunities
- * Great résumé building
- * Fun stress-relieving events
- * Much more!



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
- * Learn about how to get involved locally



Academy of Nutrition and Dietetics



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September Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 WoW	7 WoW SDA Member Meeting	8 Smorgasport	9 CAND-OD Meeting
10	11	12	13	14	15	16 Beach Family Day
17	18	19	20	21 	22	23
24	25	26	27	28	29	30

Event Info

- * SDA Member Meeting
Meeting for all officers of SDA.
- * SDA General Meeting: 9/21, 4:00PM-5:00PM @ 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!
- * CAND-OD Meeting: 8:30AM-12:00PM @ Fullerton College (Room #410)
Come and listen to the newest innovations and research within the professional field of dietetics! This is a fantastic networking opportunity! FREE for CAND-OD members, \$5 for non-member students (with ID). More info on the CAND-OD website.
- * WoW (Week of Welcome): 11:00AM-2:00PM @ Central Quad
Come find the SDA booth during WoW for fun games and prizes!
- * Smorgasport: Time/Location TBA (See ASI Website)
A night of games, music, prizes, and fun from ASI! Come find the SDA booth and hang out with us!
- * Beach Family Day: 6:00PM-10:00PM @ Angel Stadium
Only \$5 for collectible cap, entry to Beach Village, and fireworks after the game! More info at USU Info and Ticket Center.

Ongoing Events

- * Beach Pantry: Monday-Friday, 10:00AM-2:00PM & 5:00PM-7:00PM @ USU-302
- * Foodology: Tuesdays, 11:00AM @ KBeach Radio Studio (listen online or in the USU 1st floor outside the studio)

September 2017 Newsletter

New Officers of 2017-2018

Meet the new team of SDA for this upcoming academic year!

President — David Rios

Why did you want to study nutrition and dietetics?

I started off doing Culinary Arts in High School, but then wanted to move into something more science based while still working with food in some way. After talking with a counselor in Community College; he pointed me towards Dietetics and I haven't looked back.

If you could have one superpower, what would you have?

Teleportation! So that I would never have to be in traffic again; and so that I could be anywhere at any time.



Vice President — Reah Chiong

Why did you want to study nutrition and dietetics?

In my junior year of high school, I read Michael Pollan's The Omnivore's Dilemma: A Natural History of Four Meals and it was the first required text that I thoroughly enjoyed reading. I was exposed to a food-related, public health issue for the first time and I found it extremely thought-provoking the way he discussed the food industry and the problems of consumerism (how our perspective of food ties to modern health issues). I knew I wanted to become a part of that somehow. I also really love food and helping others.

What would you like to do after you graduate?

Right after I graduate, I want to relax and then head straight into a Dietetic Internship/Ph.D program.

Where's your dream vacation?

New Zealand. I absolutely LOVE the scenery (and I'm a huge Lord of the Rings fan).



Secretary — Amy James

Why did you want to study nutrition and dietetics?

I've always wanted to be in the health field, but I didn't know quite exactly what I wanted to do. While completing my GE requirements I decided to take a nutrition class, and it ended up being one of the best classroom experiences I'd ever had. I enjoyed learning the material, I did very well, and most importantly I saw the need for preventative medicine in our society. Food is medicine!

If you could be any fruit or vegetable, which would you be and why?

I'd probably say a potato, because I LOVE potatoes and my family lives in Idaho.

If you could have one superpower, what would you have?

I would want to fly so I could beat all this traffic.



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New Officers of 2017-2018

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Student Relations Co-Chair — Salina Veerasingham

Why did you want to study nutrition and dietetics?

I am currently studying nutrition because I believe food can be medicine. So many diseases are preventable or irreversible by a healthy lifestyle. I also want to help those people who aren't sure of the steps to take and see them grow and better themselves.

If you could wake up one morning and be an expert in something, what would it be?

If I could wake up one morning and be an expert in something it would be entrepreneurship. I hope to own a business someday related to nutrition and if I could skip the part about learning the hard way, that would be great.



Fundraising Chair — Stephanie Schnars

Why did you want to study nutrition and dietetics?

I decided to study nutrition and dietetics because I have always played sports and tried to live a healthy lifestyle since I was a kid, but then nutrition became more important to me when I found out my dad's side of the family has a high cholesterol genetic predisposition (Familial Hypercholesterolemia). I continue to help my family eat healthy food items in order to help lower our cholesterol.

What would you like to do after you graduate?

After I graduate my plans are to move to the Central Valley (Fresno area) to be with my boyfriend and his family and hopefully be accepted into the Fresno State Dietetic Internship Program.

What's your favorite holiday and why?

My favorite holiday is Halloween. I actually really love the month October because it is when the weather begins to truly change and feel like Autumn. I love passing out candy on Halloween, dressing up, and seeing the little kids in my neighborhood dress up!



Community Outreach Chair — Austin Bou

Why did you want to study nutrition and dietetics?

Nutrition has played an important role in my life growing up. I've overcome health-related challenges that was affected by my diet. I've learn so much about myself in the process. Now, I want to make a positive impact on people by supporting them to live a happy and healthy life while engaging in something I'm passionate about.

If you could wake up one morning and be an expert in something, what would it be?

I would want to be an expert dancer! I love dancing already, but am I any good at it? Probably not that well. I love dancing whenever I'm out with friends or at festivals; it's one of the ways I feel like I can express myself. Being an expert at it would just make feel even cooler haha.



New Officers of 2017-2018

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Historian Chair — Kaylee Brimm

Why did you want to study nutrition and dietetics?

Because I believe that health is something that a lot of people struggle with and I would love to help people in that area :)

If you could be fluent in one language, which one and why?

French because I think it is a pretty language, and I took it in high school and I don't remember any of it!

What's your favorite holiday and why?

Christmas because I love being surrounded by all of my family.



AND Student Liaison — Kelly Herbst

Why did you want to study nutrition and dietetics?

Growing up with a stay-at-home mom and home-cooked meals everyday, I learned to cook and became interested in nutrition at a very young age. I started out going for a degree in nursing and never really felt like it was the right fit. I met a Registered Dietitian at the country club I worked at in my hometown and she inspired me to switch my major. I am so happy that I did and know that this is what I am meant to do. I truly believe in "Let food be thy medicine and medicine be thy food."

What would you like to do after you graduate?

I see myself working as a clinical RD in a hospital setting. At some point in my professional career, I know I will work with eating disorders.

Where's your dream vacation?

Italy for the sights, romance, pasta, and wine of course:)



Publicity/Webmaster — Elloisa Wong

Why did you want to study nutrition and dietetics?

It all began when my mother took a nutrition class at a community college during my teenage years. The interesting information that she would share with my family really sparked my interest. Since then, I've found myself researching the latest scientific findings on nutrition and dietetics.

What would you like to do after you graduate?

I would like to begin the internship that I get accepted into. That is one of my main focuses right now.



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Editor — Lauren Kaida

Why did you want to study nutrition and dietetics?

After pursuing marine biology for years, I realized that it wasn't the field for me. I then pursued my passion for food and completed a culinary certificate in restaurant management and baking. After getting married and moving to Orange County, I wanted to utilize all the college credit I had gained over the years, which lead me to nutrition and dietetics (combining biology and science with food).

Where's your dream vacation?

My dream vacation would be a food and wine tour through Italy and France.

What's your favorite holiday and why?

My favorite holiday is Christmas because I love wrapping myself up in a fuzzy blanket in the cold weather, drinking hot tea, and spending time with family and friends.



Historian Co-Chair Te'Ozja Hodge



Student Relations Chair Steffanie Castaneda



Fundraising Co-Chair — Yunjie Marques

Treasurer — Rebecca Tran

September 2017 Newsletter

Student Resources



Faculty Spotlight

Dustin Moore, MS, RD

Lecturer and CSULB-ISPP Director

Classes you teach

NUTR 132, NUTR 234, NUTR 336, NUTR 498A, NUTR 498B, CAFF 321

Office hours and location

Tuesdays and Thursdays at Noon, Office is 105A in FCS

Your focus within the dietetics profession

My focus is in dietary behaviors, cultural health practices, public policy, and nutritional science

What lead you to becoming an RD?

Here is the nutshell story - Originally I wanted to be an MD, but after I learned a doctor's life is not quite as sexy as the TV show House portrayed it to be, I had to re-examine my options. My fascination with food and desire to prevent problems in the first place, rather than treat them, eventually led me to dietetics.

What are you currently involved with outside of teaching?

A few different projects - I recently started a blogsite called The American Dietitian. I use it as a platform to educate my fellow dietitians on matters related to government policy, and also educate my fellow Americans on matters pertaining to their health by providing actionable advice through simplified nutritional science.

Recently I joined a medical company called Introwellness.com and will be producing short educational videos on nutritional topics.

In addition, I also work as an outpatient counselor specializing in GI-related conditions and am the Professional Mentoring Representative for the Orange District Dietitians.

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

Treat every day as a gifted opportunity which allows you to further your education and experiences

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

Those who know me well enough know the answer to this, and I'll leave it at that :)

Research Corner

Consumption of high-sugar drinks while pregnant might increase risk of early childhood obesity.

A study published by the American Academy of Pediatrics showed a possible correlation between sugar-sweetened beverages (SSB's) consumed during pregnancy and the child's weight around the age of 8. A pre-birth cohort study was conducted on 1078 pregnant women who were surveyed during their first and second trimester assessing their SSB intake. Results showed that children born from women who consumed higher amounts of SSB during their second trimester had larger adiposity (greater fat deposits) than children whose mothers consumed fewer SSB's.

Reference: <https://www.ncbi.nlm.nih.gov/pubmed/28689188>

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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 KBeach studios on Tuesdays at 11:00AM. You can also listen to recorded shows on YouTube and Soundcloud, just search for "Foodology Radio."

Recipe of the Month

Vegan Nuggets

INGREDIENTS

- 1 cup shredded carrots
- 3 cups broccoli florets
- 1 garlic clove
- 2 eggs
- 1¼ seasoned breadcrumbs
- ¾ cup Nutritional Yeast
- ½ teaspoon onion powder
- ½ teaspoon black pepper
- 1 tablespoon Avocado Oil



INSTRUCTIONS

1. Shred carrots.
2. Steam broccoli in the microwave for two minutes or until tender.
3. Place shredded carrots, steamed broccoli, garlic, eggs, 1 cup of the breadcrumbs, nutritional yeast, onion powder, and black pepper in food processor and pulse for 15 seconds or until well combined. Mixture should form easily into a ball. If it's too crumbly, add water one teaspoon at a time until you achieve the desired consistency.
4. Form mixture into balls, about a tablespoon each. You should get about 25 nuggets. Flatten slightly into round discs about ½-inch thick.
5. Place remaining ¼ cup breadcrumbs in a shallow dish. Coat each veggie nuggets with breadcrumbs.
6. Heat oil in a skillet on medium high heat until it sizzles when sprinkled with water droplets.
7. Arrange nuggets in skillet and cook about 4 minutes each side, or until golden brown and crispy.
8. Serve with your favorite dip.