

Department of Nutrition and Dietetics, University of North Florida

Nutri*News*

Volume 14, February 2016

Check it out!

In the Neighborhood

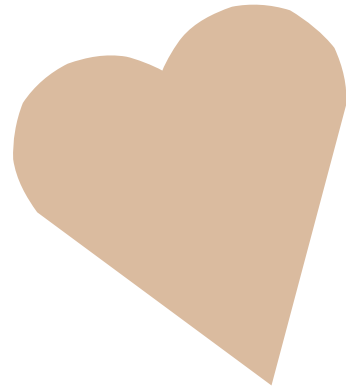
Faculty Spotlight

In the Lab



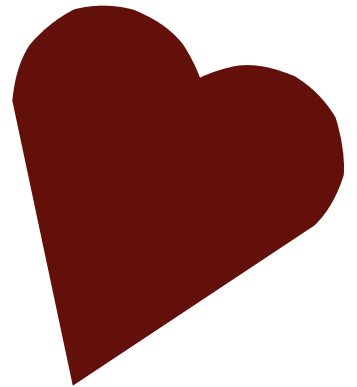
Table of

Check it out! – -P. 3

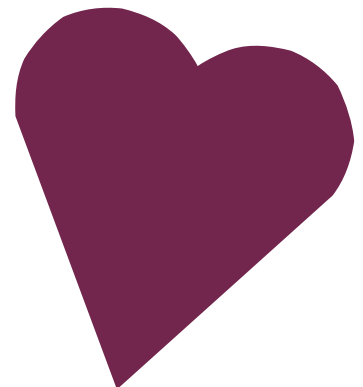
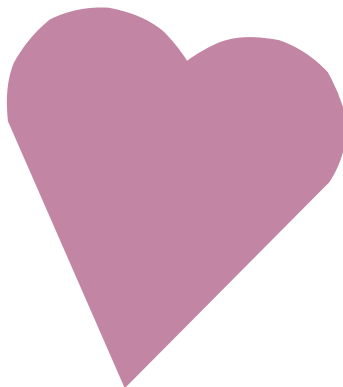
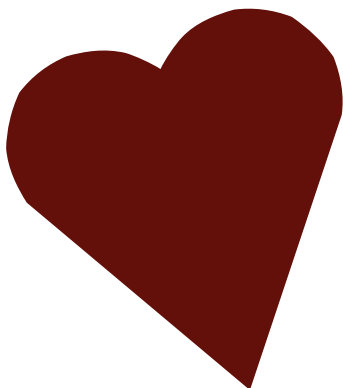


Faculty Spotlight – P. 5

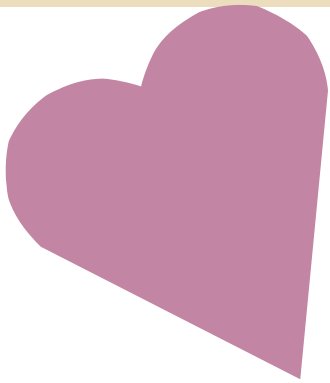
UNF Journal Club – P. 7



SNDA Updates – P.8



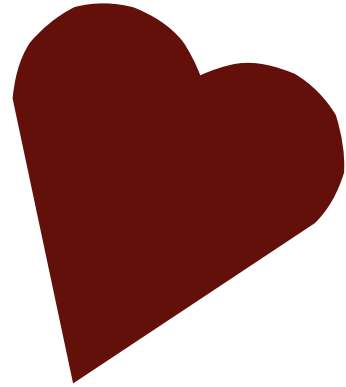
Contents



In the Neighborhood – P. 9



In the Lab – P. 11



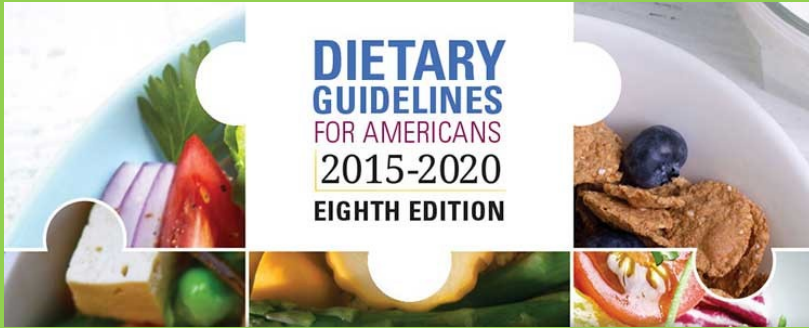
Lend-A-Wing – P. 13



Nutrition and Sports – P. 15

Valentine's Day Recipes – P. 17

Check it *OUT!*



Release of the 2015
*Dietary Guidelines for
Americans*

<http://health.gov/dietaryguidelines/2015/guidelines/>



BCH Global Health Scholar Colloquium, Feb 26th
8am-5pm Student Union Ballroom 58W/3806
[https://www.eventbrite.com/e/global-health-scholar
-colloquium-tickets-20947866633](https://www.eventbrite.com/e/global-health-scholar-colloquium-tickets-20947866633)

Registered Dietitian Social Event
Thursday February 25, 2016 – 10am-11am
Building 58/Room 2704



Get Involved!

CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support Lend-a-Wing Pantry. Come in to the Chipotle at **4865 Town Center Pkwy** in Jacksonville on **Wednesday, February 10th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Lend-a-Wing Pantry.

Faculty Spotlight



Michelle Elkadi, MS, RD, LD/N

By Jessica Glosson

Michelle Elkadi, MS, RD, LD/N is a professor at the University of North Florida in the Department of Nutrition and Dietetics. Originally from Cleveland, Ohio, Michelle was raised between Beirut, Lebanon and Cleveland, Ohio. She is fluent in three languages: English, Arabic, and French. Michelle obtained her Bachelors' degree in Biology (pre-med) from John Carroll University and her Masters' degree in Nutrition From Case Western Reserve University. She began her RD career as a clinical dietitian at St. Vincent's Riverside; after one year she interviewed and was promoted within TouchPoint Support Services as the Clinical Nutrition Manager at St. Vincent's Clay County.

J.G.: *What was your motivation to enter the field of nutrition and dietetics?*

M.E.: A close relative of mine was battling liver cancer and I saw how much good nutrition impacted her health. I found myself researching the benefits of different types of foods to try to help her with stabilizing her weight and GI symptoms (nausea, vomiting and abdominal pain). I was fascinated by the science behind food and wanted to learn more. Also, at that time, Nutrition was a very popular route for students in Beirut, Lebanon. So, I decided to shadow dietitians that worked in one of the hospitals close to home and I instantly fell in love with the field. After, I came back from the Middle East; I decided to do my Master's degree in Nutrition, focusing on clinical nutrition.

J.G.: *Tell us about your interning and research experience at the Cleveland Clinic.*

M.E.: I interned at the Cleveland Clinic in Cleveland, Ohio. It was an 11-month program with a clinical nutrition emphasis. I completed over 1500 hours in various areas of nutrition practice. I spent time with multiple dietitians in the following areas:

nutrition support, colorectal, general internal medicine, bariatric, oncology, endocrinology, pediatrics, intestinal rehabilitation and transplantation, cardiology, intensive care, hepatology, research, foodservice management, retail and catering and sales and marketing. It was a very intense internship, but I loved every minute of how challenging the program was. I had the opportunity to round and discuss patient plan of care with multiple doctors, residents, nurses and other healthcare professionals. Also, I was trained in conducting nutrition-focused physical examination to detect malnutrition. I shadowed doctors with a primary focus in nutrition and I asked them to teach me how to listen to organs such as the lungs, heart, and bowel sounds etc. I wanted to see healthcare practice from multiple viewpoints and I sought out people that would help me open my eyes to various areas.

I do want to mention my sales and marketing rotation as I was the first intern to go to the Abbott Nutrition headquarters in Columbus, Ohio. I held various responsibilities across sev-

eral departments: Abbott Nutrition Health Institute (ANHI), innovation, sales, marketing, research and development (R&D). I annotated and presented four review articles authored by the lead malnutrition participants for the Therapeutic Nutrition Field Sales Force. Also, I was involved in taste testing their new oral nutrition supplement flavors. It was during my internship that I could see how broad the nutrition field really is. My time at Cleveland Clinic was one of the best times of my life. I highly recommend students to apply to this program, if you do not mind living where it snows!

J.G.: How did you obtain your role as a Clinical Nutrition Manager at Touchpoint/St. Vincent's? What are some of your job responsibilities in this role?

M.E.: Obtaining a leadership position was one of my long-term goals. A Clinical Nutrition Manager position became available when I was a TouchPoint Support Services clinical dietitian at St. Vincent's Riverside. I am a big believer in always looking for great opportunities. So, I decided to apply for the position and I GOT IT! I have been a manager for a little over a year now and I love it. I do mostly clinical work; I oversee the Intensive Care Unit as well as the telemetry and medical/surgical units. I am a preceptor to dietetic interns, I hire and train dietitians. Also, I travel to multiple TouchPoint Support Services accounts and train dietitians and interns on how to conduct Nutrition-Focused Physical Examination to detect and diagnose malnutrition. TouchPoint's emphasis is on compassion at every point of human contact. I am so happy to work in a company that strives for excellence and goes above and beyond for its patients, customers and clients. Also, TouchPoint encourages their employees to continue to develop their skills to become great leaders. They offer multiple classes that aid in developing leadership skills, for example I took a class called, "Developing Dynamic Leadership" which helped me improve my public speaking skills and helped me understand my personality and behavior as a manager. Taking such classes aids me in becoming a strong leader and I feel honored to be a part of the TouchPoint team.

In addition, I started a Diabetes program with a doctor and a pharmacist. It's a free program for everyone in the community that wants to learn about Diabetes, medications and nutrition. My role continues to grow as a lead dietitian and I have been developing my management, clinical and

speaking skills.

J.G.: How do you feel that social media can further the dietetics profession?

M.E.: Social media is a wonderful marketing tool to get your message out to the world. It allows nutrition experts to connect and network with each other. As nutrition experts, we should take advantage of tools such as Facebook, Instagram, Twitter and others to send out the best and most accurate information. You are able to develop a base of followers that can benefit from your message, tips and motivation. I actually have my very own new Instagram account page: @nutritionista_micha. I share pictures of food, health benefits of food, and motivational tips. Follow me!

J.G.: Any advice to undergrads going through the DICAS process, or to interns as they progress through their rotations?

M.E.: I know it's hard, but try to breathe during this stressful time. It was not very long ago that I was in your shoes. Make sure to follow all directions and start the process early. My advice to current interns is using your internship to learn as much as you can from your preceptors and other healthcare professionals. Also, start building your network and keep in touch with your professors. Soon enough, you will be searching for job opportunities and you may need advice or help from professionals in the field.

If you are in a clinical rotation, read the latest guidelines for the best recommendations and ask A LOT of questions. You will not learn if you do not ask questions and research every diagnoses, lab value, medication etc. Also, start a Microsoft Word document and type anything you see that is helpful during your internship. Add anything beneficial that you hear the RD, MD, RN say about a patient. Also, I recommend for you to print out nutrition notes that have been done by your preceptor. This will help you chart similar to your preceptor when it becomes your turn to see patients and chart on them. Trust me, your preceptor will be impressed. Finally, always look for opportunities to develop your skills and do not be afraid to seek help when needed.



Nutrition Journal Club

The Nutrition Journal Club held its first meeting on Wednesday, January 27th, to discuss the effect of vitamin D supplementation on glycemic control and lipid profile in patients with Type 2 Diabetes Mellitus. Students analyzed the study that reported a positive impact on fasting blood glucose and hemoglobin A1C levels after two months of supplementing patients with 4500 IU vitamin D daily. Dr. Claudia Sealey-Potts, PhD, RD, helped lead the discussion with her expertise in the subject of diabetes, as club officers also presented evidence with conflicting results using vitamin D supplementation to discuss evidence-based practice in research.

The Nutrition Journal Club is increasing its efforts this semester to bring in more guest speakers, in response to a survey completed by nutrition students in early January. The following are the anticipated meeting dates for Spring 2016, with locations to be announced:

Regular Meetings

Wednesday, February 24th, 11am

Wednesday, March 23rd, 11am

Wednesday, April 13th, 11am

Guest Lecture Series

Thursday, February 18th, 4pm

Upcoming Meetings and Lecture Series

By Johanna Vogt

Friday, February 26th, TBA*

Thursday, March 24th, 4pm

Thursday, April 14th, 4pm

***Brooks College Symposium event! All students encouraged to attend!**

Our first guest lecture meeting will feature Michelle Elkadi, MSH, RD, Clinical Nutrition Manager at St. Vincent's Medical Center in Clay County. She will be speaking on malnutrition in an inpatient setting and strongly encourages all senior students in both Nutrition Therapy classes to attend.

During our regular meeting on February 24th, we will be analyzing and discussing a research article involving liver disease and/or cirrhosis. More details will be communicated as they become available via email and on our Facebook page.

The Nutrition Journal Club will be recruiting new officers for the following academic year beginning in March. We encourage all junior students to attend meetings whenever possible and reach out to any of our officers if interested in a position. We appreciate all the feedback from our survey responses, and we look forward to a great semester of new insights and increased participation from our members!

SNDA Updates

By Brad Berghof Jr

The spring semester is now in full swing, and the next few months will prove to be rather eventful for the Student Nutrition and Dietetic Association. In our first meeting of the semester, we are proud to announce that we will be hosting a group of registered dietitians for our RD Round Table. Students will be given the chance to have small group discussions and learn directly from professionals in different practice areas of dietetics. Start thinking of questions now, and do not miss this special opportunity to expand your understanding of your future profession.

March is National Nutrition Month, and the Academy of Nutrition and Dietetics has announced this year's theme is "Savor the Flavor of Eating Right." SNDA will be taking part in the Health Fair on campus on March 23rd, so contact us if you would like to get involved as we are still in the planning stages for our interactive event.

Are you a leader? SNDA officers elections will be upon us before you know it, so it is time to start considering if you'd like to run for a position. Keep your eye open for upcoming announcements about this year's election process and how to become a candidate. If you have any interest feel free to contact any of the current officers for more information.

SNDA would like to remind you that we have a new Twitter account! Follow us @eatrightUNF and stay connected with the club and local professionals and organizations in the nutrition field.

And finally, we would like to say thank you to all of our members for taking a few minutes to participate in our club sur-

vey. We've read your responses and we're working to implement feedback into upcoming meetings. Thank you for your time, and we look forward to seeing you on the 25th!

Upcoming Meeting Information:

When: Thursday-2/25, from 10 AM to 11 AM.

Where: Building 58W/ Room 2704

Agenda: RD Round Table. SNDA will be hosting a group of Registered Dietitians from different practice areas.

Students will have the opportunity to engage local professionals and gain insight into a career in dietetics.



In the *Neighborhood*



Dr. Peter Magyari

Dr. Magyari is the Director of the Undergraduate Exercise Science Program in the Brooks College of Health at the University of North Florida. Dr. Magyari teaches Pathophysiology, Exercise Physiology, and Principles of Strength and Conditioning. He is currently working with the Brooks College of Health Nutrition and Dietetics Department in a combined research project investigating how exercise /workout intensity effects the hormones that regulate appetite.

By Natalie Wrightson

N. W: How long have you been teaching at UNF/the director of the Undergraduate Exercise Science Program?

Dr. M: 10 years for both

N. W: What courses do you teach here at UNF?

Dr. M: Primarily the physiology courses such as pathophysiology, exercise physiology, and principles of strength and conditioning.

N.W: What other jobs have you had besides teaching at the UNF?

Dr. M: Taught courses at Lynchburg College in Virginia, owned Paradise Gym in Miami, Florida, worked as a Clinical Exercise Physiologist for Doctor's Hospital in Miami, Florida, competed in bodybuilding, and interned with the Uni-

versity of Miami's football team during their strength and condition program in 1990.

N.W: What titles have you won in bodybuilding?

Dr. M: NPC Florida Bodybuilding Championship in 1986, NPC Southern States Bodybuilding Championship in 1983, Gold Coast Bodybuilding Championship in 1985, and placed 7th in NPC American Nationals.

N.W: What lead you to the clinical position at Doctor's Hospital?

Dr. M: That is where I completed my internship while finishing up an undergraduate degree in Exercise Physiology. There were 3 interns competing for one full time position and I was fortunate to be chosen. Most of my time

was spent performing graded exercise tests and writing exercise prescriptions.

N.W: What lead you to get a PhD?

Dr. M: After leaving Doctors Hospital, I opened a Family Fitness Center called Paradise Gym. I stayed connected with Doctors Hospital and often was asked to speak at workshops and seminars. At one of these workshops I met Dr. Michael Pollock, a leader in Exercise Science, who offered me a position with him at University of Florida as a doctoral student. At first I declined since his gym, Paradise Gym, was doing well and he was not ready to move on but the next day someone offered to buy the gym and I called Michael Pollock and asked if the position was still open. I was also offered a full ride teaching and research assistantship to get his PhD at the University of Florida.

N.W: What has been your most rewarding job experience thus far?

Dr. M: Teaching has been the most rewarding as it is my primary focus. However, my dissertation was also a very rewarding experience since I was able to see the patients get better and live a happier, healthier life.

N.W: What was the topic for your dissertation?

Dr. M: The dissertation involved studying the effect of resistance training in attenuating or reversing the skeletal muscle and bone wasting (associated with the immunosuppressant pharmacology: prednisone) in heart transplant recipients.

N.W: Is your dissertation published? If so, where is it published?

Dr. M: Yes, much of it is published in chapter 14 of the book Resistance Training for Health and Rehabilitation.

N.W: I understand you do research here at UNF, what is the main focus of your research?

Dr. M: Muscle strength and function. Also works with cardiovascular patients at Mayo Clinic involving the skeletal muscle strength and function of heart failure patients.

N.W: What are you currently working on?

Dr. M: I am currently working in collaboration with Dr. Jahan-Mihan on a study that is trying to determine if the intensity of workout effects appetite (seeing if the appetite hormones are effected at all) and if there is variance between weight and gender.

N.W: Do you see a lot of room for collaboration between professionals in your field and professionals in the field of dietetics?

Dr. M: Yes, as mentioned, in current research Dr. Jahan-Mihan, a professional in the dietetics field, is involved to help determine if the intensity of a workout has an effect on the hormones that regulate appetite. Also, there was a Registered Dietitian involved in the work of the dissertation. Exercise and nutrition go hand in hand.

In the *Lab*



By *Kristen Drake*

The nutrition department has several research projects currently underway, one of which is led by Dr. Alireza Jahan-Mihan. His study is looking at the interaction between intensity of exercise, appetite, food intake regulatory hormones, and subjective feelings associated with appetite. Participants of the study are fed breakfast, then undergo an exercise treatment about two hours after breakfast. After exercise, the participants are given pizza ad libitum as well as provide blood samples at seven time points throughout the day. We then use the blood samples to test hormone levels. We are currently in the lab beginning to test the blood samples for the hormones PYY, ghrelin, and insulin. Assay kits are used which are specific for each type of hormone and include different procedures such as differing length of incubation periods, temperature of incubation, or compounds added to the testing plates. Several pieces of

equipment are needed to complete the assays such as pipettes, a plate washing machine, and an analyzer to read the optical absorbance of the completed plate. Once the hormone data is compiled, it will be analyzed and used to prepare an academic poster or paper. We are currently starting to train a few students to help in the lab with the assays however space is unfortunately limited due to the facility size.

Dr. Ali is also preparing to start another research project, this one including pregnant rats. He will be looking at the quantity of protein consumed during pregnancy, lactation, and weaning on food intake and development of metabolic syndrome in obese dams and their offspring. This project will be in the biology building and should be starting around the beginning of March. We are looking forward to the arrival of the Wistar rats!

100% online | 12 months full time, 16-24 months part time

Earn your Master of Science in Nutrition and Dietetics online.

The MS in Nutrition thesis and non-thesis option is a distance learning degree for those students who wish to emphasize the application of advanced nutrition knowledge in clinical or community based health programs. Applicants for the MS Thesis or Non-Thesis option in Nutrition are persons with a baccalaureate degree from a U.S. regionally accredited institution and ACEND/CADE accredited program with a major course of study in Food and Nutrition, Human Nutrition, or Food Management or Registered Dietitians.



UNF is ranked in the Top 75 in the country for "Best Online Graduate Education Programs," which includes data of nearly 1,000 distance education programs nationwide.



UNF UNIVERSITY of
NORTH FLORIDA.

Lend-A-Wing Pantry



Interview with Director: *Janice Anglin*

By *Michelle Mackie*

M.M: *Tell me a little bit about yourself?*

J. A: My name is Janice Anglin. I am a single mom with two children, Josie 20 years old and Chris 13 years old. We have three cats, Aphrodite, Athena, and Zeus. I am a Senior in the Nutrition and Dietetics program here at the Brooks College of Health. My personal goal is to become a Registered Dietitian Nutritionist.

M.M: *How did you get started at Lend-A-Wing Pantry?*

J.A. I started out volunteering for class credit for Community Nutrition class. I wasn't aware it was a student run pantry until I started volunteering. I enjoyed helping the students

so much, I ended up volunteering the remainder of the semester, not for class credit.

M.M: *How did Lend-A-Wing Pantry get started?*

J. A: Lend-A-Wing pantry opened on April 3, 2012 after a group of students involved in Student Government went on one of their retreats to the University of Central Florida (UCF). They were inspired when they were given a tour of the pantry on their campus. They came back and decided to work on legislation to open a pantry on the UNF campus.

M. M: *How can a student access the pantry's services, how does it work?*

J.A: All students are able to stop in any time during our normal business hours and with a flash of their Osprey1Card they can choose up to five pounds of food. We never record N numbers or names, we are simply verifying their student status because the pantry is only available for students.

M.M: *How many students do you typically see in a month?*

J.A: Between May 2015 to December 2015 we helped 1031 students, average is ~129 students a month.

M.M: *What kind of food can be found on your shelves?*

J.A: We are 100% reliant on donations from the community, so the food inventory changes frequently. We stock only non-perishable items, such as beans, rice, corn, green beans, breakfast cereal, peanut butter, soup. We also have hygiene products from toothbrushes, toothpaste, deodorant, shampoo, conditioner, and soap. We have also started to collect gently used kitchen utensils.

M.M: *How much food did you collect and distribute last semester?*

J.A: Between May 2015 to December 2015 we distributed 6,618 pounds of food. We received 5,478 pounds of donated food!

M.M.: *What would you say is the best thing about Lend-A-Wing Pantry?*

J.A: We have the ability to truly help students in need of food or hygiene products and make a real difference in their life, while helping them stay focused on school.

M.M: *Where do you see it going from here or what are your goals for the pantry?*

J.A: My goals for the pantry are to see it recognized by Student Government as an Executive Agency, more advertisement for the Lend-A-Green initiative, and more student awareness.

M.M: *What's your favorite part about being the Director of Lend-A-Wing Pantry?*

J.A: Helping the students! I also enjoy the flexibility to create anything I want. I have a team of four coordinators and together we have ac-

complished many things that have never been done before.

1. Lend-A-Green: A partnership between the pantry and the UNF Ogier Gardens to provide fresh fruits and vegetables to all students who visit the pantry.

2. Workshops: We have created workshops that focus on Building a Healthy Plate, Eating Healthy on a Budget, and introducing vegetables from the garden.

3. Recipe of the Week: We created recipe cards using items from the pantry to help students make a meal.

4. Executive Agency: We created a bill that will be presented to Senate on January 25th. If the bill passed the Lend-A-Wing Pantry will be an official Executive Agency of Student Government!

M.M: *How can other students get involved, maybe even replace you after your upcoming graduation?*

J.A: I encourage all students to donate food, hygiene products, or kitchen utensils. If they aren't able to donate items, they can donate time. We are always looking for volunteers and they can contact lawvolunteer@unf.edu and Kate Coufal, the Volunteer Coordinator will be happy to assist them.

Additionally, I will graduate Spring 2016, so Student Government will be looking to hire a new Director! The application process won't start until sometime in March. Students can visit the UNF Student Government website for more details.

M.M: *Anything else you want the students and faculty of UNF to know about LAW? (maybe mention some upcoming events in February)*

J.A: We have workshops planned for the entire semester, come check them out! Please visit our Facebook page at <https://www.facebook.com/UNFLendAWing/> and UNF Website at <https://www.unf.edu/lendawing/> for more details.

Nutrition and Sport *Injuries*



By Casey Kiernan

Sports Injuries Introduction

According to the National Institute of Health, "Sports injuries are injuries that happen when playing sports or exercising. Some are from accidents. Others can result from poor training practices or improper gear. Some people get injured when they are not in proper condition. Not warming up or stretching enough before you play or exercise can also lead to injuries."¹ Common sports injuries occur in various bones, muscles, and tendons, and include, sprains, strains, fractures, and dislocations. Even though individuals can take

necessary precautions to minimize their risk of injury, there is still a chance that the risk becomes reality. As for elite level, extreme, and professional sports, serious injuries may be unavoidable. Provisional sports dietitian Johan Leech states, "If they are not managed well, they can lead to poor recovery, including impaired muscle size and strength, and ultimately fewer competitive successes for the athlete and team."² Other than general health and wellness, a proper diet can help promote a healthy recovery from minor and major exercise-related injuries.

The Role of Nutrition in the Recovery of Sports Injuries

Because there is a vast array of sports injuries, the nature of the healing process is dependent on the type of injury, its severity, the health of the individual, and recovery efforts. Once an injury occurs, inflammation is initiated, and immobility or minimal mobility should follow. With avoidance of normal physical activity and training, one may experience a reduction of muscle mass, strength, and function. This results from lack of basal muscle protein synthesis as well as resistance of the muscle to anabolic stimulation.³

It may seem logical to drastically decrease food intake pertaining to calories, protein, fats, and carbohydrates, along with other nutrients, but nutrition is important to counter the negative impacts of an exercise-induced injury. This being said, balanced nutrition is critical. Dane Baker of the Performance Nutrition Department conveys the idea of how a catabolic, negative energy balance may further intensify the anabolic resistance during immobilisation through the study performed in healthy, young men and women. Here, a 500kcal decrease in total energy intake (1.5g/kg protein intake) for 10 days decreased muscle protein synthesis by 19%.³ Baker states, "Dietary education focusing on nutritional requirements to maintain lean muscle mass during early stages of rehabilitation is critical to optimal recovery."³

According to Sports Medicine, "At the very least, care should be taken not to reduce the absolute amount of protein intake when energy intake is reduced. There is promising, albeit preliminary, evidence for the use of omega-3 fatty acids and creatine to counter muscle loss and enhance hypertrophy, respectively. The overriding nutritional recommendation for injured exercisers should be to consume a well-balanced diet based on whole, minimally processed foods or ingredients made from whole foods."³

Moreover, **Corey Howell, UNF Junior, Vice President of the Athletic Training Program,** and Captain of the UNF Surf Team elaborates

on the role of nutrition in the recovery of sports injuries, "Proper nutrition is vital for a healthy mind, abundant energy, and having the body you've always wanted. Our body thrives off of various macro and micronutrients, but if we constantly consume processed foods containing high sodium, sugar, corn syrup, artificial sweeteners, and refined carbohydrates, there can be adverse affects to our health. For serious athletes, it is important to have consistent eating habits because you can't outwork a poor diet. Before workouts, maximize your energy by carb-loading and post workout; consume foods or a supplement high in protein within 15-30 minutes. Healthy nutrition not only enhances your body composition, but also lowers stress and reduces the silent killer known as inflammation. These factors are often overlooked but unfortunately cause the most damage to our body with injuries, decreased recovery time, disease, and infection. For more information on health and adapting positive daily habits, visit my website eatcleantrainmean.squarespace.com."

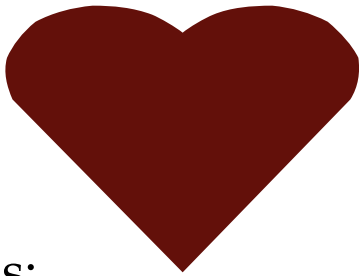


Shrimp and Avocado Salad



Ingredients

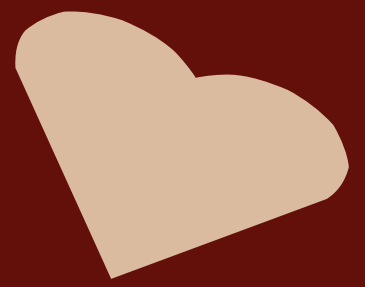
- 1 cup cooked salad shrimp
- 2 tablespoon chopped fresh chives
- 1/3 cup mayonnaise
- 1 Tbsp Worcestershire sauce
- @ tbsp. chili sauce
- Salt to tast
- 2 avocados,
- 1 Tbsp lemon juice
- Bibb lettuce leaves
- 1 tsp paprika
- Sliced pimento pepper – garnish



Directions:

In a bowl, mix the shrimp, chives, mayonnaise, Worcestershire sauce, and chili sauce. Season with salt.

Mound the shrimp mixture into avocado halves, and sprinkle with lemon juice. Place avocado halves on Bibb lettuce leaves that have been dusted with paprika. Garnish with strips of pimento to serve.



My Favorite Beet Salad

Ingredients

6 beet, trimmed
1/4 c extra virgin olive oil
Salt and pepper to taste
1-8 oz package baby spinach leaves
2 dices tomatoes
1/2 red onion chopped
1-4 oz container feta cheese
1/2 c balsamic vinegar
1/2 cu extra virgin olive oil
1 Tbsp Dijon mustard
2 avocados



Directions

Preheat oven to 375 degrees

Place the beets into a large bowl, and drizzle with 1/4 cu olive oil, salt, and black pepper. Lay out 2 large squares of aluminum foil on a work surface, Fold the aluminum foil into 2 envelopes, sealing the beets; place the packets into a baking dish.

Bake in preheated oven until tender, 1-1 1/2 hours. Check for tender. Open foil and allow the beets to cool; peel; slice.

Lay out spinach leaves. Add other ingredient

Combine balsamic vinegar, olive oil, and Dijon mustard and drizzle.

NutriNews Comics



"We're having a big meeting tomorrow to kick off our Employee Wellness Campaign. Who's in charge of bringing the soda and donuts?"



"Which is more evil...Darth Vader, The Joker, Frankenstein, sugar, fat or carbs?"



Contact *Us*



Have any questions/comments?

Please direct inquiries to:

Editor : Tara Kessinger

(tjz1973@comcast.net)

Faculty Advisor:

Dr. Alireza Jahan-mihan

References

Nutrition and Sport Injuries

1. What Are Sports Injuries? National Institute of Arthritis and Musculoskeletal and Skin Diseases website. http://www.niams.nih.gov/Health_Info/Sports_Injuries/sports_injuries_ff.asp#d. Accessed January 24, 2016.
2. Leech, Johan and Andrew, Kylie. The Emerging Prominence of Nutrition in Injury Management [online]. Sport Health, Vol. 31, 57-61. Accessed January 24, 2016.
3. Tipton, KD. Nutritional Support For Exercise Induced Injuries. Sports Med. 1:93-104.