

NUTRI*N*EW*S*

UNIVERSITY OF NORTH FLORIDA
DEPARTMENT OF NUTRITION AND DIETETICS



SHOPPING IN
SEASON:
BLACKBERRIES

THE ORIGIN OF THE
WATERMELON

THE LUNCHBOX:
THINK OUTSIDE THE
BOX FOR YOUR
LUNCH

Table Of Contents

- 1 Nutrition and Dietetics Leadership Association Update
- 2 Student Nutrition and Dietetic Association Update
- 3 The Origin of Watermelon
- 4 Food Allergies
- 5 Small Changes Towards Better Health
- 7 Student Spotlight Column: Stephenie Dilts
- 9 Childhood Food Insecurity
- 10 Shopping in Season: Blackberries
- 11 Does Worksite Wellness Really Benefit Better Health?
- 13 Reducing Blood Pressure with Fiber
- 15 The Lunch Box: Think Outside the Box For Your Lunch
- 19 Meet the Staff



NDLA UPDATE

Welcome to the Fall Semester! The Nutrition & Dietetics Leadership Association (NDLA) has a lot of fun and exciting club meetings planned to strengthen your personal leadership skills!

Our first meeting will be held alongside the Nutrition Journal Club (NJC) and the Student Nutrition & Dietetics Association (SNDA).

You're definitely going to want to add this info into your calendar: It'll be on August 28th, in the Student Union (Room 3703A), at 10AM-11:30AM.

Come on out to learn about what these three clubs have to offer, what makes them different and what you can gain from being a part of one [or all three ;)].

We are looking forward to meeting you all this semester.



SAVANNAH FAHEY
NDLA PRESIDENT

SNDA Update

Hey Ospreys! We hope you are all enjoying your Summer Vacations thus far. For both vacationers and those of us staying in town. For us remaining local for the Summer, try to go out and get involved in some extracurricular activities on campus. This is an excellent opportunity to find volunteer positions that best suit us which we can carry on into the upcoming semesters. The Food Fighters are currently looking for Shift Leaders and volunteers. Nutrinfo is looking for new writers and editors who enjoy researching food facts and fun recipes. Please contact Emily at unfnutrinfo@gmail.com if interested in one of the positions. The UNF Dining Services Nutrition Blog is looking for writers who are interested in guiding students towards a wide variety of eating options on campus. Go to unf.edu and search for the area of interest if you would like to become involved. We also want to congratulate those that were recently studying abroad on the European Dietetic adventure!

There are going to be some exciting club events put on by the SNDA this summer and upcoming Fall semester. Our Ogier Garden "Adopted Beds" need your help and are seeking out volunteers on Tuesday and Friday mornings. Weeding, watering, and harvesting are the main duties in our three beds. There are many veggies ready to harvest so you can leave with fresh produce in return for your time. Come fall, we would like to have some of our produce available during Market Days. As a club we will also be helping out with the Lend-a-Wing plots. A future plan would be to help harvest produce and deliver or donate it to the Lend-a-Wing Pantry. Contact any SNDA Officer via our Canvas page on ways to get involved.

Officer Amanda Rodriguez lead a yoga class at the Ogier Gardens in late June, so be sure to stay tuned for more upcoming events. I would also like to share with everyone that the second week of the Fall Semester there is going to be "Welcome Back" Meeting held in the Student Union. This is a special meeting that is going to involve the Student Nutrition and Dietetic Association, the Nutrition Journal Club, and the Nutrition and Dietetic Leadership Association as a joint meeting. Here we will introduce new info to both incoming and returning students on what each club is about. We will also have several special guest speakers present. Our on-campus dietitians attending will be Yemila Lowry, RDN; Callie Stewart, RDN; and Kelley Schooly, RDN. This is an excellent opportunity to become acquainted with your on-campus RDN's and to possibly meet other faculty! We hope to see you all there and are looking forward to meeting new peers.



Here's to Happy and Healthy Eating Ospreys!

Sincerely,
Emerald Casto
SNDA President



One of only two DCN programs in the U.S. | Full- or part-time

Earn your Doctorate in Clinical Nutrition at the University of North Florida

The online Doctorate in Clinical Nutrition is an advanced-practice doctoral program with emphasis on evidence-based practice and chronic disease prevention and treatment in underserved populations in both clinical and community settings. The DCN will prepare practitioners for leadership roles in clinical and community or higher education settings through coursework, advanced practice residency and applied outcomes-based research.



Nutrition and Dietetics
Flagship Program
Brooks College of Health

The Origin of the Watermelon

Savannah Fahey



You're by the pool on a hot summer day, tanning, relaxing, having a great time, but what is that you are eating? Watermelon of course! Have you ever heard of watermelon? Yes, that delicious fruit that has been around since ancient times. It is the perfect snack and it's refreshing on a hot day and it's full of yummy sweetness. For those that are really into botany, watermelons scientific name is *Citrullus lanatus*. Watermelon is mostly grown in warmer climates and are one of the most widely grown crops in the world! About 102,000,000 tons of watermelon are harvested annually. That's A LOT.

Archeologists have found watermelon seeds that have dated back to 5,000 years ago! Watermelons origins lie in the northeast region of Africa. An Egyptian tomb was found with a drawing of a watermelon on a tray. This drawing was at least 4,000 years old. When scientists were on the hunt to discover just exactly where watermelon originated, they tried turning to literature. Interestingly enough,

ancient writers actually didn't describe foods they wrote about since they were already familiar to everyone reading. So using literature wasn't a great source.

If you are looking to identify a watermelon when the fruit is not developed yet, you can look for its flower that contains five yellow petals. These flowers will appear about 40-60 days after the seed is planted. The watermelon is also friends to the bees, since they are cross-pollinated by those guys. The ovary of the plant is actually the watermelon we eat. Once the fruit is fully developed it can weigh from 1-100 kg! Though the ones we see sold in the grocery store are about 3-13kg. So, next time you sink your teeth into the deliciousness of a watermelon try to appreciate the long journey that watermelon took to get into your hands.

Paris HS. Origin and emergence of the sweet dessert watermelon, *Citrullus lanatus*. *Annals of botany*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4512189/mmcv077-B126>. Published August 2015. Accessed June 2, 2019.

Food Allergies

Savannah Fahey



Do you have a food allergy? Do you know someone with a food allergy? The chances are you definitely do because having a food allergy is becoming more and more common in this day and age. This means that there is more research being done on it. A food allergy is able to develop when there is a defect in a person's immune tolerance. Your gut microbiota has a big influence on what your immune system wants to tolerate when it comes to foods. Scientists are now keeping this under their radar by studying different strains of probiotics and their effects on immune tolerance mechanisms. However, more research is needed to form a solid conclusion about this topic.

One of the most common food allergies is peanuts. In a recent study, patients that had a peanut allergy were reported to have a lower quality of life than patients who had diabetes. Recent research has been conducted on the use of epicutaneous immunotherapy on the treatment of a peanut allergy. This word is big and hard to pronounce so let me break it down for you. Epicutaneous immunotherapy is when a patient wears a patch that delivers a small amount of peanut protein through a person's skin. Research has found that this method was well-tolerated by the patients while also being safe and efficient to use. This treatment method is used to train the immune system to tolerate a level of peanuts where the patient will not have to worry about life threatening episodes from an allergic reaction due to exposure or ingestion.



1. Paparo L, Noerino R, Scala CD, et al. Targeting Food Allergy with Probiotics. SpringerLink. https://link.springer.com/chapter/10.1007/978-1-4939-9316-1_15. Published January 1, 1970.
2. Epicutaneous peanut patch device for the treatment of peanut allergy. Taylor & Francis. <https://www.tandfonline.com/doi/abs/10.1080/17445019.2019.1593138>.
3. Skin patch to treat peanut allergy shows benefit in children. National Institutes of Health. <https://www.nih.gov/news-events/news-releases/skin-patch-treat-peanut-allergy-shows-benefit-children>. Published October 26, 2016.



Small Changes Towards Better Health

ELIZABETH PIAZZA



College is a time period of new responsibilities, experiences, and exploration. In this new chapter of life young individuals begin to develop lifestyle habits that may stick with them long term. Whether these habits are positive or negative is dependent on each individual, however studies have shown that many college students adopt unhealthy eating patterns followed by little exercise. Diets high in calories and fat as seen by fast food consumption is a trend among this population and is seen to be associated with a 5 to 7 pound weight gain in the freshman year. Public colleges and universities also contain diverse populations. The Hispanic population in the U.S. has grown in recent years as well as their enrollment in colleges and universities. It is seen that Hispanics are affected by obesity, type 2 diabetes, nonalcoholic fatty liver disease, as well as obesity, insulin resistance, and visceral adipose tissue. The disease risk of this population can be contributed to the decrease in diet quality that has been adopted.

Foods higher in sugar and fat as well as lower in whole grains and vegetables contributes to increased risk for disease in this population. No matter how small, working to make small changes in diet and overall lifestyle can benefit to improve health and decrease disease risk. A study looking at how diet quality affects metabolic health and physical activity in Hispanic freshman found that small improvements in lifestyle can in fact decrease risk for disease. One hundred Hispanic participants 18 to 19 years of age in their freshman year of college participated in this study. Several pieces of demographic information were assessed in this study in relation to determination of overall health, and diet impact including, well. To determine diet quality, the HEI-2015 scale was used. The resulting scores of this scale can provide two different measures. An increase in HEI-2015 score indicates that the individual has increased consumption of healthy.

increased consumption of healthy foods, whereas a decrease in score indicates a decrease in consumption of these foods. At the end of this study, researchers found that participants that showed a 1 point increase in their HEI-2015 saw associating health benefits such as lower abdominal fat and adipose tissue, slightly higher amount of light activity through the day, more overall steps per day, and lower insulin and insulin resistance levels. This research shows that even though small, changes in overall diet quality can positively impact health more than we think.

Healthy eating can be slowly incorporated into one's lifestyle one small change at a time. Many attempt at a healthy lifestyle by submerging themselves into a particular diet only to find a month later they have to give that diet up because it's not maintainable. Even with various ethnic groups, healthier substitutions can be made for favored dishes and traditions if one is willing to be open minded. Large changes in lifestyle are not necessary to see the positive benefit of healthy eating. One small step at a time can lead to a maintained lifestyle of health, and a better future.



Student Spotlight Column: Stephenie Dilts

Emerald Casto



Hi Everyone! Meet Stephenie Dilts, the newly elected Vice President of the Student Nutrition and Dietetic Association. I had the pleasure to sit down with Stephenie and learn about what brought her into the Nutrition realm and her journey in the program thus far.

EC: What made you want to become a Nutrition Major?

SD: I have wanted to become a Dietitian since I was about 15 years old. My grandma passed away due to complications from type 2 diabetes. During the same timeframe I was diagnosed with pre-diabetes. As a result of this, I started reading my first nutrition book and I was lucky enough to get the opportunity to meet with an RD. This is when my passion for health and wellness began and I decided that one day I wanted to become an RD.

EC: Which volunteer, leadership, or extracurricular opportunities are you currently involved in?

SD: I have been working in the food service industry for seven years. I accepted a promotion as the front of house manager of the Italian restaurant I work at. This has given me the opportunity to improve on leadership and team skills. On campus, I have been working on an ongoing undergraduate research project in the Hatle Lab, for the past two years. The project involves the biology of aging which anyone who knows me can tell you I love. The lab has provided me with so many great opportunities and learning experiences. I feel very grateful for the chance to gain hands on lab experience, and be around others who have so much experience and knowledge to offer. In recent months I have been volunteering in the Ogier gardens and it has been such an enjoyable experience! Over the next year at UNF I am looking forward to being an officer in the SNDA and getting involved in more on campus activities and the community. We are already making plans for upcoming semesters and I am really looking forward to working with my peers (we have a great team).

EC: Do you have any hobbies outside of school?

SD: Yes, is being outside a hobby? I love to hike, run, and swim. Going to the beach is my top choice any day I have the chance. This summer I have mapped out 12 springs to visit across Florida. The other big one is cooking and baking. I love taking things we learn in class and putting them into practice in the kitchen. Cooking new foods is definitely a hobby as I am 100 percent a "foodie" as I think most of us who have chosen this major are!

EC: What is your favorite "go-to" Super Food snack?

SD: My go-to super food snack would be a strawberry, raspberry, banana, and flax seed smoothie made with skim milk and Greek yogurt. However, my all-time favorite food is tomatoes. I eat at least one tomato a day. Have you ever seen those people who eat tomatoes like an apple and thought how do they do that? That is me.

EC: What is your favorite class in the Nutrition Program so far?

SD: My favorite class has been Advanced Nutrition Science. It really gives a basis for understanding the huge role that food plays in the health of our bodies.

EC: Do you have any advice for incoming Juniors?

SD: Making good grades is really important so don't forget about those! However, it is the experiences and connections made throughout the program that give meaning to the degree so just show up and get involved in everything you have time for!

EC: What are your plans after graduation?

SD: My plans after graduation are to go into a dietetics internship program and become a registered dietitian. Furthering my education and entering a master's program is an eventuality down the line with the end goal of one day earning a PhD.

CHILDHOOD FOOD INSECURITY



LORA
CHIZMAR

Over 12 million children in the United States deal with food insecurity, which means that 1 in 6 children struggle with hunger. Food insecurity means that a family has limited access to adequate food for every member. In food insecure households, parents may consume less food than they need so their children will have enough food. Decisions may have to be made between buying food and paying for electricity or buying medicine. This is the reality for approximately 40 million Americans. 58% of these food-insecure households used a federal program like the National School Lunch Program, the Supplemental Nutrition Assistance Program (SNAP), or the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).



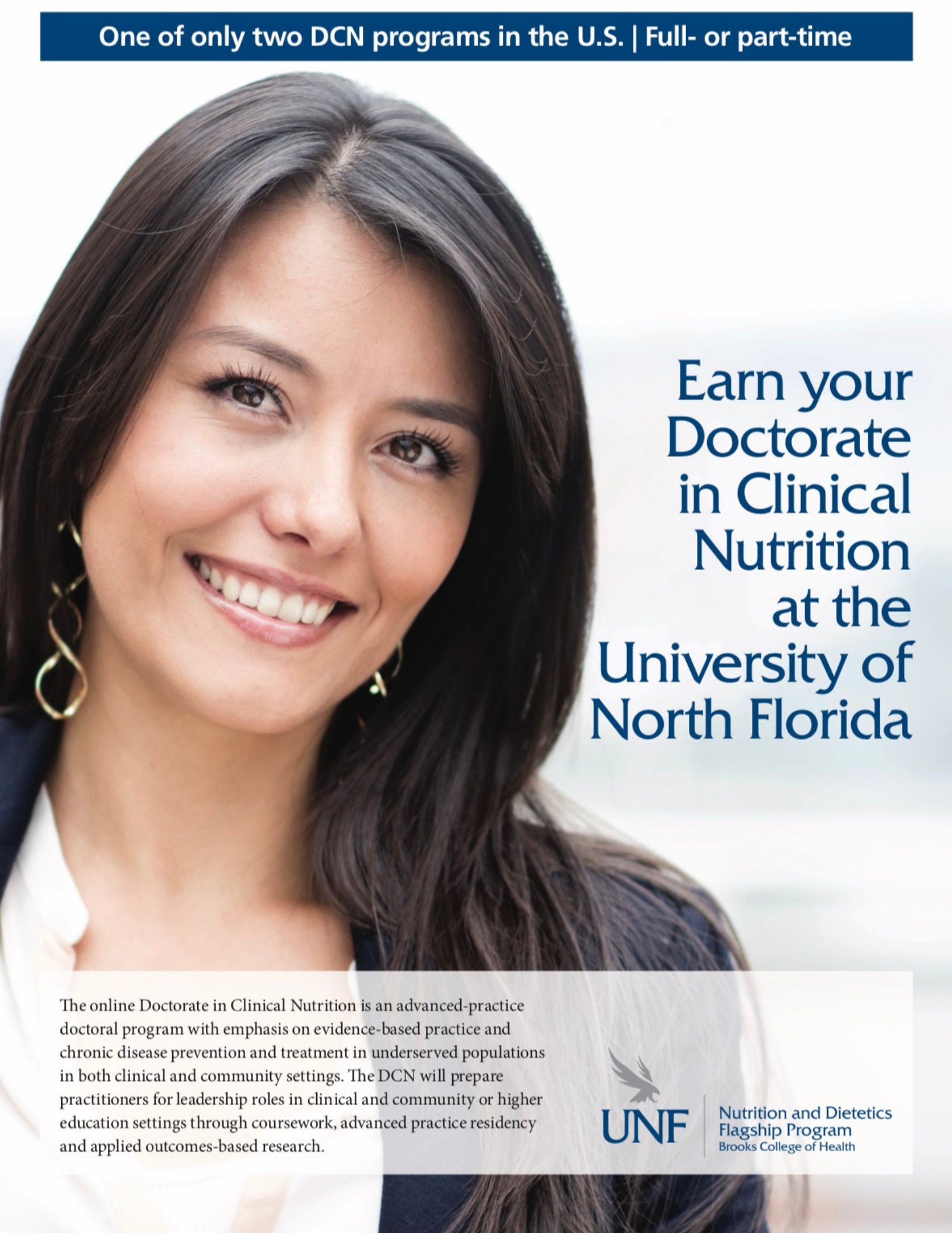
22 million children depend on the free or reduced school lunch and free breakfast provided by the National School Lunch Program. These offerings may be the only way a child is able to be fed those meals. The summer, therefore, presents a problem to families relying on these federally-provided meals to feed their children. To combat the problem of child hunger during the summertime, the USDA developed the Summer Food Service Program (SFSP) and Seamless Summer Option. The SFSP reimburses programs that offer free meals to children under age 18 in low-income areas. The Seamless Summer Option provides reimbursement for schools who continue to

provide free breakfasts, lunches, and/or afternoon snacks to children under age 18 during the summer just as they would during the regular school year. In a study performed in California, researchers found that these summer nutrition programs were only used by about 18% of the target student populations, yet about 64% of public schools offered a summer nutrition program. Most of these participating schools were in high-poverty areas, where there was typically a high utilization of the free breakfast during the school year. There was more participation in urban areas than rural areas, despite the programs being offered in rural areas as well. Overall, more progress needs to be made to reach children in the United States who go hungry during the summer.

****IF YOU ARE A UNF STUDENT STRUGGLING WITH FOOD INSECURITY, CHECK OUT OUR LEND-A-WING PANTRY, LOCATED IN HICKS HALL, WHERE YOU CAN PICK UP PANTRY STAPLES, SNACKS, AND FRESH PRODUCE FROM THE OGIER GARDENS FOR FREE. ****

1. CHILD HUNGER IN AMERICA STATISTICS & FACTS. <https://www.nokidhungry.org/who-we-are/hunger-facts>. UPDATED 2019. ACCESSED JUL 1, 2019.
2. FACTS ABOUT FOOD INSECURITY AND HUNGER IN AMERICA. <https://www.feedingamerica.org/who-we-are/hunger-facts>. ACCESSED JUL 1, 2019.
3. SEAMLESS SUMMER AND OTHER OPTIONS FOR STUDENTS. <https://www.fns.usda.gov/programs/snaps/snap-and-other-options>.
4. PUBLIC HEALTH NUTR. 2019;22(10).
5. IDENTIFYING GAPS IN THE FOOD SECURITY SAFETY NET: THE CHARACTERISTICS AND AVAILABILITY OF SUMMER NUTRITION PROGRAMS IN CALIFORNIA, USA.

One of only two DCN programs in the U.S. | Full- or part-time



Earn your Doctorate in Clinical Nutrition at the University of North Florida

The online Doctorate in Clinical Nutrition is an advanced-practice doctoral program with emphasis on evidence-based practice and chronic disease prevention and treatment in underserved populations in both clinical and community settings. The DCN will prepare practitioners for leadership roles in clinical and community or higher education settings through coursework, advanced practice residency and applied outcomes-based research.



Nutrition and Dietetics
Flagship Program
Brooks College of Health

Blackberries

✓ Cholesterol-Free ✓ Gluten-Free

✓ Sodium-Free ✓ High-Fiber

✓ Low in Saturated Fat ✓ Low-Fat

Excellent source of vitamin C, vitamin K, and manganese. Rich in antioxidant compounds that may boost memory function

62
CALORIES

2G
PROTEIN

0.7G
FAT

(per cup)

7.6G
FIBER

13.8G
CARBS

SHOPPING IN SEASON

ELLA CIOTTI



There are so many benefits to shopping in season! Fruits and vegetables are not only better tasting, but they're much less expensive and more nutrient dense. Berries of all kinds are my favorite fruit, but organic berries are some of the most expensive things you can buy in the produce section. When blackberries are out of season they can cost upwards of 7 dollars. But you can say hello to saving money on blackberries this month! Its finally blackberry season. I picked up blackberries at Publix for .98 cents the first week of July!

These deals are likely to continue through July and into early August ranging from .98-2.50 dollars. I love adding blackberries to yogurt bowls, smoothies or having them as an afternoon snack. Use blackberries to make a delicious berry cobbler for summer picnics or even the fourth of July.

Blackberries are rich in fiber, vitamin C, K and manganese. They are even low in calories; one cup only contains around 70 calories. They can even help to boost your memory- grab a handful of these to have as a study snack!

<https://www.verywellfit.com/blackberry-nutrition-facts-calories-and-health-benefits-4166221>



Does Worksite Wellness Really Benefit Better Health?



Elizabeth Piazza

In 2018, about 128.57 million people were employed full time in the U.S. Working has become many individuals main focus to afford the cost of living and achieve various other goals in life. As work may take up a large amount of many individuals lives, they may lose focus in maintaining a healthy lifestyle and taking proper care of themselves. Having a lifestyle that is not benefiting one's health can lead to results that impact one's job and life in ways they may not realize. More absenteeism at work, lower energy level to get through the day, brain fog from low nutrient intake, and higher healthcare bills are just some examples of what can be seen in individuals with an unhealthy lifestyle. The institution of worksite health promotion programs is thought to potentially benefit employees by lowering healthcare costs associated with sickness and improve employee health, ultimately improving productivity. Typical worksite wellness programs coach employees on a variety of subjects in relation to health such as sleep, stress, nutrition, and exercise.



Although, worksite health programs have benefited from positive changes in many workplaces, these changes were only seen in a few areas of health rather in multiple. A study looking at the effect of a workplace wellness program for employees at BJ's Wholesale Club analyzed how this program could benefit positive health changes such as self-reported behaviors of health, clinical markers of health, medical and pharmaceutical spending, and employment outcomes. In analyzing the results of the study, it appears two areas of self-reported outcomes saw improvement: engaging in regular exercise and actively managing weight. Other areas assessed saw no significant difference between treatment centers and control centers. Though worksite wellness

programs can improve some aspects of employee health, improvement in many other areas are not seen with some of these programs. With this particular study, less than 50% of employees participated in the program. Making the modules available at a time that is more convenient for employees and holding the modules twice a day, may increase participation in the program and allow a greater amount of employees to attend.

Furthermore, distributing assessments before each module that ask participants what they would like to learn from each module may benefit to increase participation in the rest of the modules. Some individuals may find some information useless if it does not apply to them, and discontinue the program. It is also important to assess the worksite and several aspects that may complicate living a healthy lifestyle before the start of the program. Modification of the programs to fit each worksite may encourage employees to attend more of the modules. Instituting worksite wellness programs can be a positive idea to benefit those that spend a majority of their time at work, and not enough time focusing on their own wellbeing. While some programs have shown a high amount of beneficial changes in employees, others have not. Helping individuals adopt healthier lives while at work could be a highly effective way to slowly improve the health of the nation.



1. Number of full-time employees in the United States from 1990 to 2018. Statista. <https://www.statista.com/statistics/192356/number-of-full-time-employees-in-the-usa-since-1990/>. Updated April 29, 2019. Accessed July 1, 2019.
2. Song, Z. Baicker K. Effect of a Workplace Wellness Program on Employee Health and Economic Outcomes. JAMA. 2019; 321: 1491-1501.



Reducing Blood Pressure with Fiber

Lora Chizmar



Fiber is a type of complex carbohydrate that often cannot be digested by human enzymes. Fiber is found in fruits, vegetables, nuts, legumes, and whole grains. There are many different types of fiber, such as pectin, gums, cellulose, and resistant starch. These forms can be categorized as soluble or insoluble, viscous or non-viscous, and fermentable or nonfermentable. The soluble classification refers to whether the fiber is able to dissolve in water. This classification used to be the most common, but the other classifications have been shown to be more practical in recent years. Similar to solubility, viscosity refers to the ability to form a gel with water. Thus, viscous fibers would increase transit time of food in the gastrointestinal tract. Other substances, like cholesterol, could be trapped in the gel and excreted. Fermentability refers to whether or not the

fiber can be digested by our good gut bacteria, resulting in beneficial by-products like short-chain fatty acids. Consuming a diet high in fiber has been associated with a reduced risk of several chronic diseases, like cardiovascular disease and type 2 diabetes. **Great, so fiber is awesome. But can eating a high-fiber really affect blood pressure?** A recent systematic review and meta-analysis by Khan et al. looked at the results of randomized controlled trials (RCTs) relating to viscous, soluble fiber and blood pressure. There were a total of 22 RCTs on systolic blood pressure and 21 RCTs on diastolic blood pressure reviewed. Guar gum, β -glucan from oats and barley, pectin, konjac, and psyllium, all various types of fiber, were the types examined in the studies. After examining the results from all of the RCTs, the reviewers concluded that viscous,

soluble fiber was found to be effective in lowering both systolic and diastolic blood pressure. This conclusion is highly significant in a society where hypertension, the medical term for chronic high blood pressure, is highly prevalent. Perhaps the high fiber content of the DASH diet (Dietary Approaches to Stop Hypertension) is part of why the diet is so effective at reducing blood pressure. Currently, many Americans do not consume recommended amounts of fiber in their diet. The Academy of Nutrition and Dietetics recommends that women should consume at least 25 grams of fiber every day until age 50, and 21 grams of fiber daily after age 50. Men are recommended to consume 38 grams of fiber every day, and 30 grams daily after age 50. It is important to consume adequate fluids when increasing fiber intake to prevent constipation.



1. Khan K, Jovanovski E, Ho HVT, et al. The effect of viscous soluble fiber on blood pressure: A systematic review and meta-analysis of randomized controlled trials. *Nutr Metab Cardiovasc Dis.* 2018;28(1):3-13.
2. DASH diet: Healthy eating to lower your blood pressure. Mayo Clinic Web site. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>. Updated 2019. Accessed May 28, 2019.
3. Larson H. Easy ways to boost fiber in your daily diet. Eatright.org Web site. <https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/easy-ways-to-boost-fiber-in-your-daily-diet>. Accessed May 28, 2019.



The Lunch Box

Think outside the box for your lunch

Sarah Habbal

Benjamin Franklin once said, "By Failing to prepare, you are preparing to fail". Most college students struggle to sustain a consistent healthy eating habits due to their time restricted schedules and budget. Despite the vast majority of food options that can be offered on campus, it's highly encouraged for students who spend long hours on campus to always be prepared with a homemade lunch box. A 2017 cross-section analysis showed a strong association between the frequency of consuming home cooked meals and lower adiposity and increased cardio-metabolic health. In order to prepare a nutritious and affordable lunch box, you can start by following this easy-to make lunch recipe and snacks ideas.

Lunch: Avocado chicken Sandwich



Ingredients:

- 2 slices multigrain bread
- ½ ripe avocado
- 3 ounces sliced cooked boneless, skinless chicken breast
- 2 slices of tomato "optional"

Preparation:

Place boneless chicken breast in a skillet or saucepan. Add lightly salted water to cover the chicken then bring to boil. Cover, then reduce heat to a simmer and cook until no longer pink in the middle ~ 10-15 minutes. While the chicken is cooking, Toast bread "optional" and mash the avocado with a fork then spread onto one piece of toast. Top with chicken when done, then add the tomato and the second piece of toast on top.

Snack: Hummus and Carrots



Hummus is super delicious, loaded with many health benefits, and known to be the ultimate dip for pita bread and many fresh veggies. By following this recipe, found on cookingclassy.com, you can make home-made hummus in only 10 minutes and save a few dollars.

Ingredients:

- **3 Tbsp Tahini**
- **2 Tbsp Extra Virgin Olive Oil**
- **(15 oz) can garbanzo beans/ chick peas**
- **2 ½ Tbsp fresh lemon juice**
- **1 medium garlic clove**
- **¼ tsp cumin**
- **Salt and paprika**

Preparation:

Add chick peas, 2 Tsp liquid from chick peas, tahini, lemon juice, olive oil, garlic, and cumin to a food processor. Season with salt to taste ~ ½ tsp

Process the mixture for about 5 minutes, following an interval fashion by stopping and scrapping the sides and adding more liquid from the chickpea can.

Add the mixture to a plate and season with paprika.

You can store in refrigerator for later use.

Snack: Grapes and cheese

No one can go wrong with some grapes and cheese!

Grapes are super refreshing, rich of many phytochemicals, antioxidants, vitamin C & K, and their consumption is linked to a reduced risk of chronic diseases.

In addition to that, grapes as a simple carbohydrate can be the perfect pick me up by providing instant energy boost during the sluggish hours of the day,

Not to forget that cheese is a great source of calcium and protein.



1. Mills S, Brown H, Wrieden W, White M, Adams J. Frequency of eating home cooked meals and potential benefits for diet and health: cross-sectional analysis of a population-based cohort study. *Int J Behav Nutr Phys Act*. 2017;14(1):109. doi:10.1186/s12966-017-0567-y
2. Avocado, Tomato & Chicken Sandwich Recipe - EatingWell. <http://www.eatingwell.com/recipe/250881/avocado-tomato-chicken-sandwich/>. Accessed June 24, 2019.
3. Hummus Recipe (Easy and Perfect Every Time!) - Cooking Classy. <https://www.cookingclassy.com/hummus/>. Accessed June 24, 2019.
4. <https://www.myactivesg.com/active-health/read/2019/3/nutritious-lunchbox-ideas-for-your-school-going-child>

Meet The Staff



Emily Henley
Editor in Chief



Leila Ninya
Head Publisher



Dr. Alireza Jahan-
Mihan
Faculty Advisor

Contact Us: UNNutriNews@gmail.com

Program is 100 percent online, full or part time

Earn your Master of Science in Nutrition and Dietetics online.

The online MS in Nutrition and Dietetics Non-Internship Program 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. This is a 35-semester hour program with four concentrations: Professional Studies in Dietetics, Nutritional Sciences, Global Health and Healthcare Informatics. Applicants interested in Professional Studies in Dietetics must have a baccalaureate degree in nutrition or a verification statement from an ACEND-accredited program. Applicants interested in the Nutritional Science, Global Health or Healthcare Informatics concentrations must have a baccalaureate degree in nutrition or a related area from a regionally accredited U.S. institution or its equivalent from a foreign institution.



Nutrition and Dietetics
Flagship Program
Brooks College of Health