

# NUTRI *NEWS*



UNIVERSITY OF NORTH FLORIDA  
DEPARTMENT OF NUTRITION AND DIETETICS

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# SNDA UPDATE

## SEPTEMBER 2019 ISSUE

We hope you all have had an excellent start to the Fall Semester and are excited to be on this journey with all of you! We wanted to share some updates with you in regards to upcoming meetings and Market Days for Fall. The SNDA will have their monthly Club Meeting on Wednesday September 25th at 10 am in the Student Union, Room # 3805. We strongly recommend attending to the meeting and please learn how to earn extra credit in some of the more challenging Junior Fall Courses. During this meeting we are going to have games, snacks, Nutrition program updates and other important info regarding Fall volunteer opportunities. We hope all of you can make it!

Our secretary Amanda Rodriguez has some exciting Market Days planned for us! Our first Market Day is to be held on September 4th from 10 am to 2 pm at the Student Union. This is going to be our "Welcome" Market Day where we have a sign-up sheet for our canvas page, snacks, prizes, important program information, ways to learn extra credit, and much more! The second Market Day planned is on September 18th from 10am to 2pm so please make sure to pop in and say hello to the SNDA. This Market Day theme is "Don't be stressed pass the test," where we'll share some helpful hints on snacking smart and brain food just in time for the first swing of exams in the Fall semester. There will be incentives and fun activities for all!

We also want to pass along a few important volunteer opportunities on campus for incoming Juniors and returning Seniors who wish to get involved and make their mark on Nutrition here at UNF. Food Fighters is looking for volunteers for both food recovery and food delivery shifts. UNF Dining Services Nutrition Blog is looking for writers and editors who share a passion for food and nutrition. Please contact Yemila Lowry, RDN for any questions regarding the blog. The SNDA is looking for volunteers for Market Days and help tending to their garden beds at the Ogier Gardens. The FENCE is coming in October so please contact an SNDA officer for more info on how to attend the conference as a volunteer! Updates regarding these opportunities on campus can be accessed via our Facebook, Instagram, or Canvas page. Happy eating this Fall ospreys!



TO OUR HEALTH,  
EMERALD CASTO  
SNDA PRESIDENT

# STUDENT SPOTLIGHT SEPTEMBER ISSUE: KARLA GUERRA

HI EVERYONE, MEET KARLA! SHE IS A JUNIOR IN THE NUTRITION PROGRAM AND HAS JUST BEEN CHOSEN BY THE OGIER GARDENS AS THEIR NEW STUDENT ENGAGEMENT LIAISON. READ MORE TO FIND OUT HIGHLIGHTS FROM HER DIETETIC JOURNEY THUS FAR!

## EC: WHAT MADE YOU WANT TO START STUDYING NUTRITION?

KG: GROWING UP I DID NOT HAVE A HEALTHY RELATIONSHIP WITH FOOD. IN HIGH SCHOOL, I WAS ALWAYS SURROUNDED BY "DIET CULTURE" AND FINDING NEW FAD DIETS TO LOSE WEIGHT. I FOUND MYSELF CONFUSED WITH ALL THE CONFLICTING INFORMATION FROM FAD DIET BOOKS OR ONLINE INFORMATION TO HELP ME MAINTAIN THE WEIGHT THAT I WANTED AND IN A HEALTHY WAY. IN MY 20S I WENT THROUGH A LONG JOURNEY OF LEARNING WHAT IT MEANT TO HAVE A HEALTHY RELATIONSHIP WITH FOOD. I IMPROVED MY HEALTH AND REALIZED FOOD IS NOT THE ENEMY BUT IMPORTANT ENERGY TO FUEL OUR BODIES. I KNEW I HAD FOUND A PASSION FOR NUTRITION AND A DESIRE TO STUDY IT IN ORDER TO BECOME A DIETITIAN.

## EC: WHAT EXTRACURRICULAR ACTIVITIES HAVE YOU BEEN INVOLVED IN?

KG: I FELL IN LOVE WITH THE UNF OGIER GARDEN AND HAVE BEEN VOLUNTEERING FOR OVER A YEAR. I LOVE BEING ABLE TO SPEND TIME OUTDOORS LEARNING ABOUT HOW TO GROW DIFFERENT TYPES OF ORGANIC FRUITS AND VEGETABLES.

## EC: I UNDERSTAND YOU HAVE STEPPED INTO A NEW JOB AT THE OGIER GARDENS ON CAMPUS. CAN YOU TELL ME ABOUT YOUR NEW POSITION?

KG: I AM VERY ECSTATIC TO BE PART OF THE OGIER GARDEN STAFF. MY POSITION INCLUDES BEING A STUDENT ENGAGEMENT LIAISON BY ENGAGING WITH UNF STUDENTS TO INFORM THEM ABOUT THE GARDEN, WORKING AT THE GARDEN, AND BEING IN CHARGE OF THE ADOPTED BED PROGRAM.

## EC: WHAT HAS BEEN YOUR FAVORITE CLASS IN THE NUTRITION PROGRAM SO FAR?

KG: MY FAVORITE CLASS SO FAR HAS BEEN FOOD FUNDAMENTALS. IT WAS THE FIRST CLASS I GOT TO MEET MANY OF MY CLASSMATES WHO ARE IN THE SAME DEPARTMENT, AND I HAVE BEEN ABLE TO CREATE GREAT FRIENDSHIPS FROM THAT CLASS.

## EC: IF THERE IS ANY ADVICE YOU CAN GIVE TO INCOMING STUDENTS, WHAT WOULD IT BE?

KG: GRADES ARE IMPORTANT! SO TAKE EACH CLASS SERIOUSLY AND JOIN STUDY GROUP SESSIONS WITH CLASSMATES. IT WILL ALL BE SO WORTH IT.

## EC: WHAT DO YOU WANT TO DO AFTER GRADUATION?

KG: AFTER GRADUATION, I WOULD LIKE TO CONTINUE MY JOURNEY TO BECOME A REGISTERED DIETITIAN, BY BEING ACCEPTED TO AN INTERNSHIP AND TAKING THE RD EXAM. I AM INTERESTED IN COMMUNITY NUTRITION AND COUNSELING THE PUBLIC ON TOPICS RELATED TO HAVING A HEALTHY RELATIONSHIP WITH FOOD.

## EC: WHAT IS YOUR FAVORITE SUPER-FOOD SNACK?

KG: MY CURRENT SUPER-FOOD SNACK AT THE MOMENT ARE BLUEBERRIES. THEY ARE DELICIOUS AND ARE PACKED WITH ANTIOXIDANTS, PHYTOFLAVINOIDS, AND ARE A GREAT SOURCE OF POTASSIUM AND VITAMIN C.



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# CAFFEINE: NOT A DIURETIC AFTER ALL?



LORA CHIZMAR



IT IS COMMONLY ASSUMED THAT CAFFEINE IS A DIURETIC, MEANING IT MAKES YOU HAVE TO PEE. BY EXTENSION, CAFFEINATED BEVERAGES LIKE COFFEE AND TEA ARE THUS BELIEVED TO BE DEHYDRATING. HOWEVER, RESEARCH IS INDICATING THAT THIS IS NOT THE CASE, AT LEAST FOR INDIVIDUALS WHO ARE ACCUSTOMED TO DRINKING CAFFEINE.

CAFFEINE IS AN ODORLESS SUBSTANCE FOUND NATURALLY IN SOME PLANTS. VARYING AMOUNTS OF CAFFEINE MAY BE PRESENT IN COFFEE, TEA, SODA, ENERGY DRINKS, CHOCOLATE, AND SPORTS DRINKS. CAFFEINE IS CLASSIFIED AS A DRUG, AS IT WORKS TO BLOCK ADENOSINE RECEPTORS IN OUR BRAINS THAT NORMALLY WOULD TRIGGER FEELINGS OF FATIGUE. BREWED COFFEE AND ENERGY DRINKS HAVE ABOUT 80-135 MG OF CAFFEINE IN 8 OZ, WHILE TEA HAS ABOUT 30-40 MG IN 8 OZ. SODAS HAVE ABOUT 25-35 MG OF CAFFEINE PER 8 OZ. KEEP IN MIND THAT THESE AMOUNTS ARE HIGHLY VARIABLE BETWEEN BRANDS AND PRODUCTION METHODS.

IN A REVIEW BY MAUGHAN ET AL, RESEARCHERS FOUND THAT ABOUT 250MG TO 300MG DOSES OF CAFFEINE RESULTED IN A SLIGHTLY GREATER URINE VOLUME IN INDIVIDUALS WHO DID NOT REGULARLY CONSUME CAFFEINE THAN IN CONTROL GROUPS. THESE DIFFERENCES DISAPPEARED WHEN COMPARING THE EFFECTS OF THE CAFFEINE ON THE CONTROL GROUP WITH INDIVIDUALS WHO DRANK CAFFEINE ON A REGULAR BASIS. THE RESEARCHERS CONCLUDED THAT THE CAFFEINE CONSUMED IN TYPICAL CAFFEINATED BEVERAGES LIKE COFFEE, SODA, AND TEA COULD NOT REALLY BE CONSIDERED TO BE A DIURETIC.

ANOTHER STUDY BY KILLER ET AL FOUND NO DIFFERENCES IN TOTAL BODY WATER OVER THE COURSE OF A DAY BETWEEN GROUPS WHO CONSUMED EITHER COFFEE WITH 4G/KG OF CAFFEINE OR WATER. THERE WERE NO SIGNIFICANT DIFFERENCES IN BLOOD OR URINE VOLUME BETWEEN GROUPS. THE RESEARCHERS IN THIS STUDY CONCLUDED THAT A MODERATE AMOUNT OF CAFFEINE DOES NOT ACT AS A DEHYDRATING

SUBSTANCE. IN CONCLUSION, DESPITE COMMON BELIEFS, CAFFEINE DOES NOT SEEM TO BE A DIURETIC OR A DEHYDRATING SUBSTANCE. TO STAY HYDRATED, WOMEN ARE RECOMMENDED TO DRINK 27 LITERS OF WATER PER DAY (ABOUT 90 OUNCES) AND MEN ARE RECOMMENDED TO DRINK 37 LITERS OF WATER PER DAY (ABOUT 125 OUNCES). BASED ON THIS LATEST RESEARCH, IT SEEMS PERFECTLY ACCEPTABLE TO COUNT YOUR DAILY TEA OR COFFEE INTAKE TOWARDS THIS DAILY WATER GOAL. AS IF WE NEEDED ANOTHER EXCUSE TO DRINK COFFEE!

1. Rawson S, Branch DJ, Stephenson TJ. Williams' Nutrition for Health, Fitness, and Sport. 12th ed. New York, NY: McGraw Hill Education; 2017.
2. Maughan RJ, Griffin J. Caffeine ingestion and fluid balance: A review. *Journal of Human Nutrition and Dietetics*. 2003;16(6):411-420.
3. Killer SC, Blannin AK, Jeukendrup AE. No evidence of dehydration with moderate daily coffee intake: a counterbalanced cross-over study in a free-living population. *PLoS One*. 2014;9(1):e84154. Published 2014 Jan 9.



# Better Strength, Better Health

ELIZABETH PIAZZA



Whether someone enjoys adding exercise to their day or not, being physically active has been shown continuously through research to provide healthful benefits to the body. There are varying kinds of exercises that one can enjoy to benefit the body such as endurance, strength, balance, and flexibility. Each of these provides unique benefits to keeping us limber and agile through our life.

One particular form of exercise, strength training, has shown many positive benefits. Strength training in itself can

have several purposes: building power & strength, building muscle, and building muscular endurance. Though each serves a different purpose, strength training of any kind is beneficial for good health. This form of exercise can have several benefits to the body including: increased strength of bones, muscles, & connective tissues, lower risk of injury, increased muscle mass, and an overall better quality of life. Strength training can be beneficial for preventing osteoporosis through stimulation of bone building cells.



Stress from strength training exercise prods osteoblasts in bone to initiate bone deposition. Working to increase muscle can also provide other benefits besides that nice toned look. By increasing muscle, we actually increase the amount of calories burned at rest since muscle is an active tissue and requires energy. Lastly, resistance training can build our self-esteem and ward off depression. Researchers analyzing 33 clinical trials involving over 1,800 people found significant reductions in mild to moderate depression symptoms when resistance training was incorporated two or more days a week. It is free of side effects, costs little if nothing, and can be completed at any time. A multitude of different workouts can be adopted to incorporate more resistance training into a healthy lifestyle. Before beginning any exercise however, it is important to be informed of the proper technique of the exercise. This helps to work the correct muscle groups as intended by the exercise and prevent strain or injury. Resistance training can encompass a wide variety of exercises such as lifting weights, using weight machines at a gym, doing body weight exercises, or using resistance bands. Typically for general health, one to two set of 8 to 12 repetitions, working muscles to fatigue, is enough to benefit each muscle group. The variations in amount of weight in accordance with repetitions is dependent upon individual goals. For strength and power, use high weight for 3 to 4 sets of 3 to 5 reps. For increased muscle mass, use moderate weight for 3 to 5 sets of 6 to 12 reps. For endurance strength training, use lighter weights incorporating 15 or more reps. Staying physically active is one key component to taking care of our bodies for proper health and longevity. Though there are many ways to incorporate physical activity into one's lifestyle, resistance training has shown to be highly beneficial in preventing sarcopenia (age related muscle loss), osteoporosis, injury, and even depression. Taking care of ourselves should be one of our highest priorities. If we take care of our bodies, our bodies will take care of us.

1. Strength and resistance training exercise. American Heart Association Website. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/strength-and-resistance-training-exercise>. Accessed July 24, 2019.  
2. Strength training builds more than muscles. Harvard Health Publishing Website. <https://www.health.harvard.edu/staying-healthy/strength-training-builds-more-than-muscles>. Accessed July 24, 2019.  
3. Strengthen your mood with weight training. Harvard Health Publishing Website. <https://www.health.harvard.edu/mind-and-mood/strengthen-your-mood-with-weight-training>. October 2018. Accessed July 24 2019.





# WHOLE GRAIN MONTH RECIPE FEATURE



## FARRO BUDDHA BOWL ORIGINAL RECIPE

EMILY HENLEY

### Ingredients:

- 1c Farro
- 2c Water
- 1/5 Block of tofu cubed
- 1c Broccoli chopped into florets
- 1/2c White or black beans
- 1/4 or 1/2 Avocado sliced
- 2 Slices of block cheese chopped in little pieces
- Goddess dressing (a drizzle)

### Directions:

1. Boil water then add the farro. Cover and simmer the farro until water is absorbed, about 18-20min.
2. Heat oil in a pan over medium heat, place tofu cubes in the oil, and shake coconut aminos over the tofu until all white spaces are covered. Heat until tofu is hot. Remove tofu and set aside uncleaned pan for use in step four.
3. Place broccoli in a pot and cover with water. Bring to a boil and boil for 5-8 minutes or until tender.
4. Place beans in tofu pan from step two. Heat the beans until hot. Melt cheese into the beans by constantly stirring in order to not burn the cheese.
5. Combine everything in a bowl however your heart desires, and put avocado slices on top to garnish. Drizzle dressing once the bowl is put together, and sprinkle garlic, salt, and pepper to taste.





# SHOPPING IN SEASON: THE PEAR

Emily Henley



Pears are the star of the grocery store in the lovely month of September as they are nutrient dense and land around the 100 calorie mark! During the beginning of August, pears were marked at .88 cents, which is less than apples that are marked with an attention grabber discount.

The fruit can be eaten whole, sliced, or even in delicious hot and cozy fall desserts. Pears can be served as a great component to a fiber packed breakfast by topping it on multigrain toast, cream of wheat, oat bran, or any hot porridge (the ones listed are my favorites).

I would not recommend pears as a pre-workout as they contain a significant amount of fiber. However a juicy pear would make a good night time snack before bed or a mid day snack for those morning fitness folks. This wonderful fruit is rich in vitamin C, potassium, and fiber. It is in the running for the fruit with the highest amount of flavonoids as well.

1. Food and Nutrition Services. Household Programs USDA Foods Product Information Sheets: Fruits. <https://www.fns.usda.gov/usda-foods/household-programs-product-information-sheets-fruits>. Accessed August 12, 2019.  
2. Ware M. Everything you need to know about pears. Medical News Today Website. <https://www.medicalnewstoday.com/articles/285430.php>. Updated February 5, 2018. Accessed August 12, 2019.



## 4 WHOLE GRAIN SIDES TO KICK THE REFINED TO THE CURB

EMILY HENLEY



### FARRO

Serving: 1c cooked  
Calories: 200  
Fiber: 7g  
Carbohydrates: 52g  
Protein: 8g  
Texture: Firm on the inside with a soft outer layer.  
Taste: A complex flavor mix of oat, barley, and light brown rice. Not too bland or overpowering with a hint of sweetness.

### QUINOA

Serving: 1c cooked  
Calories: 222  
Fiber: 5.2g  
Carbohydrates: 39.4g  
Protein: 8.1g  
Texture: A layered and gritty circular grain with a delicate yet slightly firm texture.  
Taste: More earthy and richer than rice. May have a comparable taste to millet.

### MILLET

Serving: 1c cooked  
Calories: 203  
Fiber: 2.2g  
Carbohydrates: 40g  
Protein: 6g  
Texture: A fluffy gluten-free grain that is comparable to the appearance of couscous.  
Taste: Earthy and similar to quinoa with a bit of a unique nutty taste.

### BULGUR

Serving: 1c cooked  
Calories: 151  
Fiber: 8g  
Carbohydrates: 33.8g Protein: 5.6g  
Texture: A little firmer than farro but similar in texture  
Taste: Has a deep and nutty taste

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# THE LUNCH BOX

## THINK OUTSIDE OF THE BOX FOR YOUR LUNCH



LEILA NINYA

Hey Ospreys! Now that the semester has started, it's once again time to talk about the best kind of study break: lunch time! Make sure that you're fueling your brain on your lunch break by eating a nutritious and wholesome meal. Skip the lines and forget about those waffle fries and pack your own meal! With a little bit of time and preparation, you can bring just about anything in your lunch. For those of us Ospreys who want to save money (what college student doesn't want to save money?!) packing your lunch may be the way to go. Keep reading to find out some favorites I love to throw in my lunchbox whenever I know I'm going to be stuck on campus all day!

# HUMMUS PITA POCKET

## INGREDIENTS

- 1 whole wheat pita pocket
- 4-6 tbsp. Hummus (you can use more or less as you please.. Most recipes use about 3-4 tbsp. But I LOVE hummus)
- ¼ cup diced red onions
- ¼ cup diced tomatoes
- ½ cup spinach
- sprinkle of crumbled feta

## DIRECTIONS

- Spread hummus inside of whole wheat pita pocket
- Dice ¼ cup red onions and tomatoes (\*for some extra pizzazz, lightly toss your veggies in red wine vinegar before adding into pita\*)
- Add spinach, red onions, and tomatoes into wrap
- Top it off with a sprinkle of crumbled feta



This recipe is super easy and versatile. If you like bell peppers, cucumbers, or black olives, feel free to throw some into your sandwich! This sandwich probably only takes about 5 minutes to prepare and it is a great source of protein and fiber (which may help you feel fuller faster). I chose a whole wheat pita because of its fiber content and source of B vitamins and other minerals (iron, magnesium, selenium). This sandwich is also a great option for vegetarians who are trying to consume their recommended amount of protein. Vegetarians should focus on protein, iron, calcium, zinc, and B12 intake in order to prevent deficiencies. Hummus is a great source of both protein and zinc. The spinach and whole wheat pita in this sandwich also provide some iron.

# CUCUMBER YOGURT SALAD



Once again, this recipe is so simple and so yummy. Cucumber yogurt salad is typically paired with a “hot” dish in order to compliment the dish by providing a cool and refreshing side. However, I can eat cucumber yogurt salad at any time of the day. It’s light, crunchy, and creamy. This snack only requires about 5 minutes of preparation. (Make sure to store this snack near an ice pack in your lunch box... who likes warm cucumbers and yogurt? Nobody.)

## INGREDIENTS

- 1 cup chopped cucumber
- ½ cup plain yogurt
- sprinkle of salt and pepper

## DIRECTIONS

- Chop 1 cup cucumber
- Mix yogurt with chopped cucumbers
- Sprinkle with salt and pepper

# SLICED APPLES AND PEANUT BUTTER



## INGREDIENTS

- 1 apple cut into slices (I love Granny Smith apples)-
- 3-4 tbsp peanut butter (You can always replace with almond butter!)

## DIRECTIONS

- Cut apple into bite size slices (Make sure to wash thoroughly before slicing)
- Spread peanut butter on apple wedges and enjoy!

As far as simplicity goes, this recipe definitely takes the cake. I remember snacking on apples and peanut butter as a child and I still love this nutritious and delicious snack to this day. Eating peanuts and tree nuts in moderation can reduce your risk of heart disease when consumed with a nutritionally adequate diet!



# Meet The Staff



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