



STUDENT ASSOCIATION OF NUTRITION AND DIETETICS (SAND)

Spring Newsletter 2016

IN THIS ISSUE

- *“National Nutrition Month.” It’s Back!*
- *Tips to a Happy, Healthy Spring*
- *Food Science Lab Acquires New Innovative Equipment!*
- *SAND Welcomes Elyse Shearer R.D. as the Future Dietetic Program Director.*
- *Students Attend FNCE*
- *Our Delicious Nutritarian Recipes!*

MARCH IS **“NATIONAL NUTRITION MONTH”**

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.



2016 NNM Theme

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods — that’s the best way to savor the flavor of eating right!

TSU Foods and Nutrition Students participated in a National Nutrition Month event where they served and displayed a variety of nutritious and healthy foods! You can learn more about National Nutrition Month at www.nationalnutritionmonth.org



TIPS FOR A HAPPY, HEALTHY SPRING

As Spring is just around the corner, here are a few tips to help you stay on track with your health and fitness goals.

1. Don't take a vacation from your workouts

While this is a great time to relax and take a break from deadlines, assignments and exams, make sure you find time to get in some form of daily exercise such as walking, hiking, biking or weightlifting. Staying active is a great way to ensure you're at the top of your game while also helping to reduce stress and anxiety!

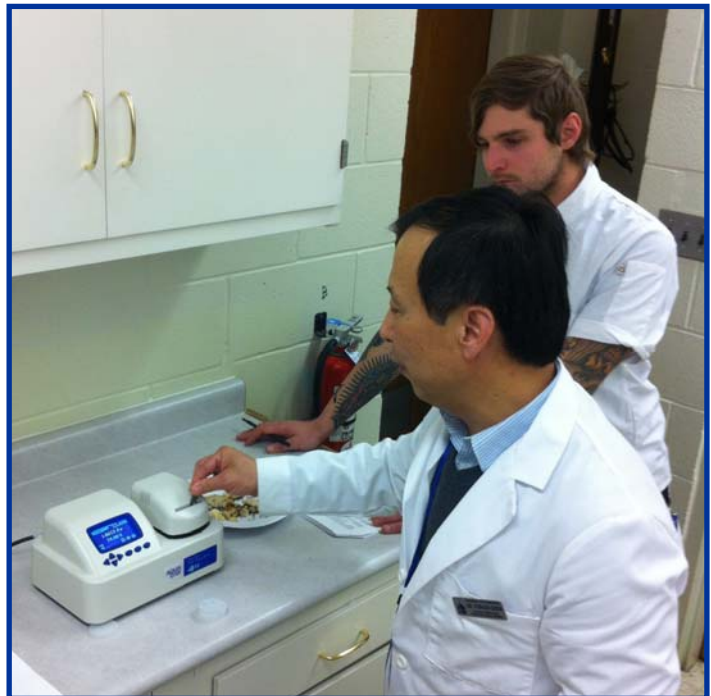
2. Don't undervalue the importance of sleep

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health (nih.gov).

FOOD SCIENCE LAB ACQUIRES NEW EQUIPMENT

The faculty and students in the Dietetics and Foods and Nutrition programs are excited to have new food science equipment for our labs. Dr. Fur-chi Chen, Food Science professor and researcher at TSU, is pleased to have state-of-the-art equipment and looks forward to the new experiences it offers for the students. The equipment is also being used by graduate students in the Food Bioscience Program in the Department of Agricultural and Environmental Sciences.



DIETETICS PROGRAM WELCOMES NEW PROFESSOR AND FUTURE DIRECTOR DR. ELYSE SHEARER R.D.

Nutrition has always been a field that has interested me. As an athlete, eating the right foods played an important role in my performance. However, I did not realize that I could pursue this as a career until my sophomore year of college. I remember sitting in my biomedical engineering class one day, when I realized that I did not actually want to be an engineer. I spent the remainder of class reflecting on other possible career options. When I returned home to complete my search, I discovered that I could major in nutrition. After learning about careers in dietetics, I knew that I wanted to become a registered dietitian.



I received my Bachelors of Science degree in Nutrition from Case Western Reserve University, and continued there to complete my Masters of Science in Public Health Nutrition and dietetic internship. After receiving my Master's degree, I worked for the Women, Infants, and Children program in Buffalo, NY. After working here for a year, I transitioned to clinical and outpatient dietetics working for Sodexo at Laurens County Health System in Laurens, SC. Here, I worked as the outpatient dietitian, counselling patients at the Diabetes Center and the Cardiac Rehabilitation Center.

In 2011, I returned to school to work towards my Ph.D. I had the opportunity to work with Dr. Cheryl Lovelady at the University of North Carolina at Greensboro, where I conducted research on weight loss in postpartum women. My research focus is to determine strategies to promote weight loss and improve body composition in women who have recently delivered a baby. I am also interested in determining the effect of weight loss on physical fitness and cardiovascular disease risk.

In my free time, I like being outdoors, running and participating in triathlons, hiking and backpacking through the mountains, and playing sports. I also have a small dachshund/beagle mix dog named Lucy who goes everywhere with me. I am looking forward to working at Tennessee State as the new DPD Director.

Welcome Dr. Shearer from SAND!



STUDENTS RECEIVE SCHOLARSHIP TO ATTEND FNCE

Senior Dietetics students Austin Hulsey and Susan Solomon were chosen by the Academy for Nutrition and Dietetics to receive scholarships to attend FNCE in October 2015. This was truly an experience they will never forget! Both reported that the Expo was amazing and the contacts they made were phenomenal.



Roasted Sweet Potatoes

Preheat oven to 400°F

4 medium sized sweet potatoes
4 Tbsp. Olive oil
1 tsp. salt
½ tsp. black pepper
½ tsp. basil
½ tsp. parsley
½ tsp. marjoram
½ tsp. garlic powder.
½ tsp paprika.



Directions:

1. Peel and cube sweet potatoes
2. Whisk seasonings together in small bowl.
3. Put sweet potatoes in large bowl, add olive oil and mixed seasonings. Toss to coat evenly
4. Pour potatoes into large roasting type pan in a single layer
5. Roast for 30-40 minutes, turning half way and checking often after 30 minutes to prevent burning.
6. Potatoes are done when edges are golden and fork pierces cube easily.

High in vitamin A, potassium, and Vitamin C.



Quinoa and Black Beans

1 Tbsp. vegetable oil
1/2 onion, chopped
1-1/2 cloves garlic, chopped
3/8 c. quinoa
3/4 c. vegetable broth
1/2 tsp. ground cumin
1/8 tsp. cayenne pepper
1/2 tsp. salt
1/2 c. frozen corn kernels
1 (15 oz.) can black beans, rinsed & drained
1/4 c. chopped fresh cilantro



Directions

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until tender and broth is absorbed,
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro. Heat an additional 5 minutes.

High in protein, fiber, iron, and complex carbohydrates.