



## STUDENT ASSOCIATION OF NUTRITION AND DIETETICS (SAND)

# Spring Newsletter 2015

### JUMP INTO “NATIONAL NUTRITION MONTH”

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Maintaining optimal health and a quality lifestyle involves following an eating pattern that meet’s people’s nutrient requirements and caloric limits. This year the Academy of Nutrition and Dietetics is encouraging everyone to “Bite into a Healthy Lifestyle” with informed food choices during National Nutrition Month 2015 and throughout the year. According to registered dietitian and Academy Spokesperson Marjorie Nolan Cohn, “ A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While that is important, it’s also essential to make informed food choices based on your individual health and nutrient needs. Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan are all part of making smart choices.”



Each March, the Academy encourages Americans to return to the basics of healthy eating through National Nutrition Month. This year’s theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk

of chronic disease and promote overall health. You can learn more about National Nutrition Month at [www.nationalnutritionmonth.org](http://www.nationalnutritionmonth.org)

### 3 WAYS TO HAVE A HAPPY, HEALTHY SPRING

1. **Get out the bikes.** Gather the family and grab your bikes and go for an afternoon bike ride through your neighborhood or local park. Biking is an excellent activity that is very beneficial for cardiovascular health. According to Brad Schoenfeld, president of Global Fitness Services, “short, intense aerobic activity such as biking has been shown to burn the same amount of calories as long, leisurely activities.”
2. **Plant a garden.** Gardening is an excellent activity you can become involved in this Spring. Not only does gardening provide excellent exercise from hoeing, digging, and pulling weeds, it also gives you fresh, nutritious foods you can indulge in all summer long!
3. **Get your game on.** Get out and get active! Try some new family activities this Spring such as tennis, badminton, golf, Frisbee, Frisbee golf, volleyball, basketball or swimming!

## “VEGGIE SPOTLIGHT” KHOLRABI, “SAY WHAT?”

Kohlrabi is a tasty and versatile vegetable that is part of the cabbage family. However, the light green (sometimes purple) kohlrabi bulb you see in the picture is usually chopped and incorporated into soups, salads and stir-fry. Like many other vegetables in the cabbage family, kohlrabi can be eaten raw or cooked. Regardless of how you decide to eat kohlrabi, this often-overlooked vegetable can offer a plethora of health benefits. Kohlrabi is a vitamin C powerhouse. Kohlrabi contains nearly the same amount of vitamin C as fresh oranges! It also contains more vitamin C than red cabbage, a cruciferous vegetable that has become famous for its exceptionally high levels of vitamin C. According to USDA's Nutrition Facts data for kohlrabi, one ounce of provides a whopping 29 percent of the Daily Value (DV) for vitamin C. By contrast, an equal-sized serving of red cabbage or fresh oranges provides 27% or 25%, respectively of the Daily Value for vitamin C. Kohlrabi is an excellent, nutritious vegetable to add to your grocery list this year.



## “FRUIT SPOTLIGHT” THE BENEFITS OF BERRIES!

Berries are loaded with fiber, which helps improve digestion and increase satiety. Berries top the charts in antioxidant power, protecting your body against inflammation and free radicals, molecules that can damage cells and organs. One study even showed that one-half to one cup of mixed berries a day improved cognition and motor performance in animals. James Joseph, PhD, director of the Neuroscience Lab at the United States Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, Boston, who conducted the study, notes that we become more susceptible to the damaging effects of free radicals and inflammation as we age. Berries help prevent those effects by turning off the inflammation signals triggered by cytokines and COX-2s, he says, making them an ideal part of your diet.



To get the optimal health benefits of berries, eat two to three types of fresh, frozen or dehydrated berries each day. Incorporate the benefits of berries into your daily diet with the following:

**Strawberries** contain more vitamin C in a one-cup serving than one orange and are particularly high in folic acid.

**Blueberries** contain 20 types of anthocyanins – antioxidants that give berries their blue-violet and red colors. Anthocyanins also protect our bodies from the harmful effects of free radicals.

**Blackberries, Raspberries and Boysenberries** each contains 8 grams (g) of fiber in one cup – one-third the daily recommended amount (25 g).

**Cranberries** not only combat urinary tract infections by preventing *Escherichia coli* bacteria from sticking to cells in the urinary tract, but they also are a natural probiotic, supporting healthy bacteria that grow in the gastrointestinal tract and aiding in digestion.

## **STUDENT UPDATE: Recent TSU Dietetic graduate Nataliia Johnson shares her experience at Vanderbilt University Dietetic Internship.**



### **Nataliia Johnson, Vanderbilt Dietetic Intern**

I remember exactly what I did a year ago at this time. I was anxious, nervous, and extremely terrified while waiting for the big news from the dietetic internship matching website. On the glorious day in April of 2014, I found out that I was matched to the Vanderbilt Dietetic Internship. That was the time when I finally believed that I could become a Registered Dietitian. For a couple of days following the announcement, I had to pinch myself and check my phone's screenshot (yes, I took a screenshot to have proof of acceptance in case the website had a glitch). I do not think the reality truly hit me until the first day of my internship.

The first six weeks of the internship were filled with fun. These weeks were preparation for the actual rotations. We met 90+ preceptors, formed professional and personal relationships, and listened to more than 100 presentations. The days were long and exhausting but there was no homework after the 8 hour "work" day ended. So, I took that time to bond with my new found family of interns. I was warned by the former intern that I should enjoy this time to the fullest because the grueling days of "real life" were coming.

I started my rotations in the MBC land (management business community) nutrition. What an experience that was!!! I absolutely loved every day of it. I was paired with another intern for 13 weeks. It was great to work with someone who understood exactly what I was going through because we were in the same boat. We started in a new rotation every week. We moved from the community clinics to school nutrition to corporate wellness to campus wellness at lightning speed. Often, we had to develop four presentations a week. They included comprehensive outlines, PowerPoint, some sort of an interactive part, and most of the time food sampling. I loved creating posters, handouts, infographics, recipe cards, and writing newsletters. We were presented with so many great opportunities like writing an article for a local magazine, coaching the swim team, counseling clients, writing a restaurant review, leading numerous cooking classes, practice our social media skills, and being a part of a major change in the Vanderbilt food system. I sharpened my skills, and I am so confident now that I can succeed in this digitally driven world. Overall it was such an incredible three month of my life!

In January, I transitioned from the MBC land to the MNT (Medical Nutrition Therapy) rotations. This is new and uncharted territory for me. I am excited to step into the unknown and explore all the corners of this new chapter of my life.

The internship is not merely a platform of opportunities; but also a stage where you are the lead actor who grows professionally and personally. You have to take charge and create your own experience. For me, not only have I sharpened my skills and learned enormous amount of information in a record time, I also learned a lot about myself as a person. I rediscovered myself again. I can say that I am a changed person now. To all of you, future interns, do not forget to bring an open mind to your internship. I wish you all the best and cannot wait for you to have the experience of a lifetime.

**Congratulations Nataliia!**

From all of us at TSU (SAND)

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## *Broccoli Mushroom Bisque*



Serves: 4

### **Ingredients:**

- 1 head broccoli, cut into florets
- 8 ounces mushrooms, sliced
- 3 carrots, coarsely chopped
- 1 cup celery, coarsely chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons Mrs. Dash seasoning
- 2 cups carrot juice
- 4 cups water
- 1/2 teaspoon nutmeg
- 1/2 cup cashews

### **Directions**

1. Place all ingredients except cashews in soup pot.
2. Cover and simmer for 20 minutes or until the vegetables are just tender.
3. In a high powered blender, blend two thirds of the soup liquid and vegetable with the cashews until smooth and creamy.
4. Return to pot and reheat before serving.

*Recipe compliments of [www.drfuhrman.com](http://www.drfuhrman.com)*