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Student Dietetic & Food Science Association



President's Message
Aaron Flores

SDFSA

SPRING 2006

Dear Fellow Students, SDFSA Members, Faculty, and Alumni,

The past semester was a very productive one for the Student Dietetic Food Science Association. When we began the semester, we were a well established organization, but we only had one returning officer from the previous year. We have come together in quick fashion and learned how to work together as a group to reach our common goals.

Our organization has worked hard this year and we have already accomplished so much. We held a very successful Dietetic Internship Symposium where not only did 100 attendees hear about 10 different internship programs, but we also raised a significant amount of money for our organization. Along with our symposium, we also had a wide range of speakers participate in our Nutrition Lecture Series. Our excellent fundraising efforts were rewarded by allowing us to give two \$250 scholarships to Lisa Hirth, and Lisa Calanni, two new SDFSA members who have proven they have the potential to lead this organization in the future. Lastly, I'm proud to announce that we have begun accepting applications for our first SDFSA Outstanding Service Award to be given to a member who displays outstanding contribution to not only SDFSA but our campus community as well.

As the president of this organization, I would like to acknowledge SDFSA's officers. You are an inspired group whose motivation and vision have made my job as leader of SDFSA an easy one. Not only have you lived up to the high standards that our previous SDFSA officers have set for us, but you also have been an example to our members who will follow in our footsteps. Without your hard work and commitment, we could not have

Advisor's Message By Dr. Lisagor

It's good to have an end to journey toward, but it is the journey that matters in the end. (Ursula K. Le Guin, Early 20th Century American Author)

Our Spring semester is speeding by, and before you know it, our year together will be over. We'll all be able to look at your tremendous accomplishments: great speakers, terrific symposia, another successful Nutrition College Bowl, extremely productive and enjoyable meetings, and a host of great fundraisers, and take pride in "the jobs well done." Each event had the perfect outcome due to our skilled members. But even more important is that the journey gave each and every SDFSA member a sense of community, a sense of purpose and a sense of excitement. Kudos to all!

Sincerely,

Vegetarian Lifestyle

By Sandra Jersby, Secretary

The vegetarian diet is a powerful and delightful way to achieve good health. Vegetarians have much lower cholesterol levels than meat-eaters, and heart disease is less common in vegetarians. The reasons are not hard to find. Vegetarian meals are in general low in saturated fat and typically contain little or no cholesterol. Since cholesterol is found only in animal products such as meat, dairy, and eggs, vegans consume a cholesterol-free diet. “Vegetarian” is defined as *avoiding all animal flesh, including fish and poultry. Vegetarians who avoid flesh, but do eat animal products such as cheese, milk, and eggs, are ovo-lacto-vegetarians (ovo=egg; lacto = milk, cheese, etc.).* Those people who abstain from all animal products are referred to as pure vegetarians or vegans (Physicians Committee for Responsible Medicine).

The key to a nutritionally sound vegetarian diet is variety. A varied and healthy vegetarian diet consists of vegetables, fruits, whole grain products, leafy greens, seeds, legumes, and nuts (The Vegetarian Resource Group, 2003). Nevertheless, keeping up with these heart-healthy food items is essential to avoid any nutrient deficiencies. For instance, regular intake of vitamin B12 is essential to avoid anemia and sense of feeling fatigue. This vitamin is usually found at high levels in meat products, but it can also be found at sufficient levels in fortified foods such as cereals, meat analogues, or nutritional yeast called Red Star Vegetarian Support Formula, Commonly known as Mini Flake T6635+ (Physicians Committee for Responsible Medicine). One tablespoon of this formula will provide 4.0 milligrams of vitamin B-12, which is well above the recommended dietary allowances of 2.4 mg per day (Boyle & Holben, 2006). Vitamin D is also another vitamin that can only be consumed from animal products; as well as from the exposure to sunshine. Exposure to summer sun on the face and hands without sunscreen for 20 minutes two to three times a week is recommended for adults in order for vitamin D production to occur (Vegetarian Resource Group, 2003).

Vegetarians tend to have low iron stores in muscles, liver, and bone marrow because the iron found in vegetables is not as absorbable as the iron in meat (Committee for Responsible Medicine). However, this can be solved by consuming iron rich vegetarian food

items along with vitamin C, which supports iron uptake. In other words, the iron (as much as 50 mg per day) absorption is improved by including Vitamin C (75 mg per meal or about 6 oz orange juice) that include foods such as orange, brussel sprouts, grapefruit, papaya, etc. High iron foods include leafy green vegetables, broccoli, whole grain breads, legumes, and iron-enriched rice, pasta, and cereal (Physicians Committee for Responsible Medicine).

Some people are still worried about whether a vegetarian diet can provide all of the essential nutrients, specifically the intake of adequate levels of proteins. However, a normal variety of plant foods provides more than enough protein for the body’s needs. Although there are lower levels of protein in vegetarian diets compare to meat-eater’s diet, it may actually be an advantage, since excess intake of protein have been linked to certain health conditions such as, kidney stones and osteoporosis (Physicians Committee for Responsible Medicine). Many studies also show that replacing animal protein with plant protein lowers blood cholesterol levels—even if the amount and type of fat in the diet stays the same. Those studies show that a low-fat, vegetarian diet has a clear advantage over other diets (Physicians Committee for Responsible Medicine).

We need complete proteins for several bodily processes, including tissue building and repair. Likewise, the intake of calcium is essential for building strong bones and reducing the risk of osteoporosis and fractures later in life (Whitney & Rolfes, 2002). Good vegetarian sources for obtaining complete proteins and calcium are soy-foods, including, tofu, soymilk, soybeans etc. Other good sources specific to calcium intake are various kinds of legumes (e.g Navy beans and Great northern beans), nuts (e.g almonds) and seeds, as well as Vegetables (e.g bok choy and broccoli) (Physicians Committee for Responsible Medicine).

Altogether, the vegetarian lifestyle provides foods that are satisfying, delicious, and healthful. You’ll be pleased to find the wonderful additional benefits to vegetarian eating and its delicious and fun way to explore new foods. The following includes a vegetarian recipe from the Physician Committee for Responsible Medicine:



Loads of Lentils Soup

(Serves 8)

2 teaspoons canola oil	1 tablespoon salt
2 onions, halved and sliced	3 tablespoons chopped parsley
4 cloves garlic, minced	divided
3 parsnips, peeled and sliced	1 teaspoon dried oregano
10 cups water	1 teaspoon dried basil
2 cups red lentils, rinsed and drained	1 teaspoon black pepper
1 5.5 ounce can tomato paste or kale	5 cups packed chopped dandelion greens



In a large pot with a lid, heat oil over medium-high heat. Add onions and sauté for 3 minutes. Add garlic and sauté 1 minute more. Add water, lentils, tomato paste, parsnips, salt, 1 tablespoon parsley, oregano, basil, and pepper; bring to a boil. Reduce heat to low, cover and simmer for 30 minutes. Add dandelion greens and simmer an additional 15 minutes or until greens are soft. Serve hot soup in bowls garnished with remaining parsley.

Recipe from *CalciYum!*, by David and Rachelle Bronfman.

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Boyle, M., & Holben, D. (2006). *Community nutrition in action*. Belmont: Thomson Wadsworth.

The Vegetarian Resource Group. (2003, Spring). Veganism in a nutshell: what is a vegan, why veganism, and vegan nutrition. Retrieved March 8, 2006, from <http://www.vrg.org/nutshell/vegan.htm>.

Physicians Committee for Responsible Medicine. (n.d.). Retrieved March 11, 2006, from <http://www.pcrm.org/health/veginfo/nutritionfaq.html#TryVeg>

Whitney, E., & Rolfes, S. (2002). *Understanding Nutrition*. 9th ed. Belmont: Thomson Wadsworth

Don't Forget About Cholesterol

By Andrea Catomer, Secretary

When you look at a food label do you ever look at the amount of cholesterol? I know when I want to find out how healthy something is I look at the amount of calories or fat, but I never would look at the amount of cholesterol. We don't need to eat a lot of foods with cholesterol because 80% of total cholesterol is manufactured in our liver, plus high cholesterol levels can lead to heart disease. It is good to be aware of your cholesterol levels now so that you can avoid health problems in the future. You also don't want to have to be told that you can't eat certain foods, so create a healthy well balanced diet now and watch how much cholesterol you are putting into your body.

Cholesterol is made up of HDL's also known as "good cholesterol" and LDL's also known as "bad cholesterol". The "safe" level of total serum cholesterol, including both HDL and LDL is 200 milligrams per deciliter of blood. A reading above 200 indicates and increased potential of developing heart disease. Within this level of 200 you want your HDL level at about 70mg/

dl and therefore your LDL level would be 130mg/dl. You are putting your self at a high risk of developing heart disease if your HDL level is 35mg/dl or lower. It is just as important to look at the amount of cholesterol in your diet as it is to look at the amount of fat, vitamins, minerals and calories.

There is a number of cholesterol lowering drugs on the market but they are known to be costly and to cause serious side effects. The sensible way to help cholesterol levels is through your diet. Reduce amounts of saturated fat and cholesterol in your diet. Saturated fats include all fats of animal origin as well as coconut and palm kernel oils. Eliminate all hydrogenated fats and hardened fats and oils such as margarine, lard and butter. Other foods or liquids to avoid are: alcohol, cakes, candies, carbonated drinks, caffeine, nondairy creamers, pies, processed or refined foods, tea, tobacco, white bread, cabbage, cauliflower, Brussels sprouts, sweet pickles and nuts except walnuts in moderation.

Foods to include in your diet are apples, bananas,

carrots, cold water fish, dried beans, garlic, grapefruit, olive oil, lots of fiber in the form of fruits, vegetables and whole grains, oat bran and brown rice bran which are the best foods for lowering cholesterol, and fresh juices such as carrot, celery and beet. Moderate exercise and trying to reduce stress and sustained tension will also help lower and maintain cholesterol levels.

As you can see there is so much you can do to keep your cholesterol at a healthy level. Be good to your body by learning what you can do and by making changes to your eating habits and life style.

Reference:

Balch, J.F., and Balch, P.A. Prescription for Nutritional Health second edition. United States, 1997.

The Power of Pomegranate

By Yasmin Sonbolian, FCS C-C

Pomegranate is a fruit with a lot of symbolic meaning to many religions all over the world. They have been eaten for many years and we are now beginning to understand the beneficial effects that this fruit has on the human body. Research indicates that this fruit is very high in antioxidants, which are scavengers that neutralize free radicals. This is beneficial to our health because free radicals are responsible for pre-mature aging, cancer, heart disease and many other diseases. The Pomegranate juice is full of antioxidants known as phytochemicals. Phytochemicals are found only in plants and they function to protect plants from disease and damage from ultraviolet light (1). What makes the pomegranate unique from other plant foods that contain phytochemicals is that the pomegranate has more antioxidants. In Fact, research at the University of California was done on the phytochemical profile of pomegranates and it showed that 100 ml of pomegranate juice has two to three times more antioxidants than 100 ml of green tea or red wine (2).



In addition this fruit is being studied by researchers all over the world. Studies in Israel have shown that the pomegranate juice taken daily prevented the thickening of arteries and slowed down the oxidation of LDL cholesterol by almost half (3). This is favorable because the oxidation of LDL is associated with plaque build up, which can lead to heart disease. In America studies have shown that the antioxidants found in pomegranate juice preserves nitric oxide, which is a key chemical for

regulating the flow of blood and maintaining vessel health in the body (4).

Furthermore, this fruit is being studied in England in hopes to develop a protective anti-viral agent from pomegranates to protect against HIV. Researchers believe this is possible because pomegranate seeds contain flavonoids, which are part of polyphenolic compounds that have an impressive range of pharmacological activities. In addition, researchers in India are studying the antimicrobial activities of pomegranate seeds. They have found that the seeds of pomegranates have a potent antimicrobial activity against laboratory test organisms such as E-Coli (2). Although these two findings look very hopeful, researchers are currently investigating them because further research is needed to better understand these studies and the nutritional benefits of pomegranates. Nevertheless, the nutritional benefits of this fruit are just beginning to emerge and so far they look very promising, so drink up!

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 Israel's Mrs. Pomegranate. Retrieved March 7, 2006. <http://www.israel21c.org/bin/en.jsp?enZone=Profiles&enDisplay=view&enPage=Blank-Page&enDispWhat=object&enDispWho=Articles^11099>
 de Nigris F, Williams-Ignarro S, Lerman LO, Crimi E, et al. Beneficial Effects Of Pomgranate Juice On Oxidation-Sensitive Genes And eNos Activity At Sites Of Perturbed Shear-Stress. *Proceedings of the National Academy of Sciences* (2005), 102 (13): 4896-4901.

Vegetarian Chili with Couscous (Garnished with Pomegranate seeds)

Yield: 4
Prep Time: 10 minutes
Cook Time: 10 minutes

Ingredients:

2 teaspoons olive oil
½ cup chopped onion
1 green bell pepper, seeded and coarsely chopped
2 cloves garlic, minced
1 bay leaf
2 teaspoons ground cumin
2 tablespoons chili powder
2- 14 ounce cans vegetable broth
1 jalapeno pepper, seeded and minced
4 teaspoons nonfat sour cream

1 tablespoon dried oregano
¼ teaspoon salt
1- 28 ounce can diced tomatoes
1 - 15 ounce can black beans, rinsed and drained
1- 15 ounce can red kidney beans, rinsed and drained
1-15 ounce can white kidney beans, rinsed and drained
¼ cup uncooked whole-wheat couscous
4 teaspoons chopped chives



Directions

Heat oil in a large stockpot over medium heat. Add onion, green pepper, garlic, jalapeno and sauté for 2 minutes. Add herbs, spices and salt. Stir well to coat vegetables. Add tomatoes, broth, beans and bring mixture to a boil. Reduce heat to medium and simmer, uncovered for 3 minutes. Add couscous and simmer, uncovered for 5 minutes. Discard bay leaf. Ladle chili into bowls with 1 teaspoon sour cream and chives. Garnish with pomegranate seeds.

Adapted from Miller, M. (2004, November). Low Fat and Easy. Shape Magazine, p. 164

“Hot is Cool” | By Suzanne Malamud, Ways and Means

Chili peppers have been a part of the human diet in the Americas since about 7500 BC. Chili peppers are thought to have been cultivated at least five times by prehistoric peoples in different parts of South, North and Middle America, from Peru in the south to Mexico in the north and parts of New Mexico and New Colorado. (1) They were discovered in the Caribbean by Christopher Columbus and named “peppers” because of their likeness in taste with the Old World peppers of the *Piper* genus. From Mexico, at the time when the Spanish colony controlled exchange with Asia, chili peppers spread rapidly into the Philippines and then to India, Japan, and China with the aid of European sailors. The new spice was quickly included into local

cuisines.

Chili peppers have healing properties and are believed to have many beneficial effects on health.

The substances that give chili peppers their heat is capsaicin and several related chemicals, called capsaicinoids. Capsaicin is a powerful antioxidant that inhibits several types of cancer. Capsaicin also lowers cholesterol and triglyceride levels and reduces the stickiness of blood platelets. (2) It also helps protect against ulcers and other digestive diseases by sending more



blood to the lining of the stomach. The pain caused by capsaicin stimulates the brain to produce endorphins, natural opioids which act as painkillers and produce a sense of well-being. Red chilies are very rich in vitamin C, and rich in pro-vitamin A. Yellow and especially green chilies hold a significantly lower amount of both substances.

In addition, peppers are a good source of most B vitamins, and vitamin B6 in particular. They are very

high in magnesium, potassium and iron. Their high vitamin C content can also substantially increase the uptake of non-heme iron from other ingredients in a meal, such as beans and grains. (2)

References:

1. McPhilomy, J. (n.d.). "Are hot peppers bad for you?" Retrieved Apr. 04, 2006, from <http://www.g6csy.net/chile/health.html>
2. Eller, D. (2006, February). Hot is Cool. Natural Health Magazine, 7(3), pp.85-89

Barley and Cremini Stew with Roasted Hungarian Wax Chilies*

Ingredients:

7 ounces Hungarian Wax Chilies	½ tsp. ground black pepper
2 Tbsp. extra-virgin olive oil	¾ tsp. ground cumin
8 oz. sliced cremini mushrooms	½ tsp. dried thyme
1 cup chopped celery	½ tsp. ground cinnamon
1 cup chopped carrots	6 cups organic vegetable broth
1 Tbsp. kosher salt	1 cup uncooked pearled barley



Direction:

1. Place chilies in an aluminum foil-lined baking pan. Broil on high for 3 minutes on each side or until browned and blistered on all sides. Remove pan from oven and allow chilies to cool slightly, and then transfer to a zip-top plastic bag; seal and let stand for 10 minutes. Using plastic gloves, stem, peel, and seed the chilies, then chop and set aside.

2. Heat oil in a Dutch oven over medium-high heat. Add mushrooms, celery, carrots, and onion, and sauté for 10 minutes. Stir in salt, pepper, cumin, thyme, and cinnamon; sauté for 1 minute. Stir in chopped chilies, broth, and barley. Bring to a boil. Cover, reduce, heat and simmer for 12 minutes or until vegetables and barley are tender, stirring occasionally. Serve with lime wedges and sprinkling of cilantro, if desired.

Serves 12

Per serving” 126 calories, 22% fat (3g; <1g saturated), 65% carbohydrate (20g), 13% protein (4g), 4g fiber, 41 mg calcium, 1mg iron, 996 mg sodium.

*Adapted from Zacharia, J. (2006, February). Hot is Cool. Natural Health Magazine, pp.87-88.

Physical Activity All Year Round

By Linda Wong, Editor

Summer time, also referred to some as bathing suit season, is near approaching. People are probably concerned about the way they look and debating whether they should go on a quick diet or start exercising soon. But should we only associate this time of year as the season and reason to start being physically fit? Of course not! Physical activity should be a year round thing and here are some reasons why. According to the United States Department of Agriculture, being physically active is a key element in living a longer, healthier, happier life. It can help relieve stress and can provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower risk for chronic disease (MyPyramid, n.d.).

Physical activity can be done alone or with one or a group of people. It can be competitive, non-competitive, social, or even practical. If you need some pointers on how to get started, I've provided a list of activity that can suit anyone. Remember, nutrition and physical activity goes hand in hand to maintain better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less. Lets get moving!

Reference:

United States Department of Agriculture. (n.d.). Why is physical activity important? Retrieved April 10, 2006, from MyPyramid Web site: http://www.myramid.gov/pyramid/physical_activity_why.html

Breakfast Fuels Good Health

By Tamanna Majed, Editor

More and more people are skipping breakfast, it is simply because they are too busy in the morning or just don't feel hungry. Also, skipping breakfast has become more common among adults in the effort to lose weight (webMD).

"Breakfast is the most important meal of the day". Skipping breakfast may lead to fast weight gain and heart disease (webMD). Many Researchers have found that people who skip breakfast for two weeks ate more during the whole day, developed higher bad LDL cholesterol levels and were less sensitive to insulin than people who ate breakfast everyday. High LDL cholesterol levels and impaired insulin sensitivity are both major risk factors for heart disease.

Eating breakfast speeds up your metabolism, and you get hungry at lunch. However, on the

other hand skipping breakfast or any other meal will slow down your metabolism, which slows down to protect you from starvation (Baptist, memorial health care). Research shows that people who skip breakfast often feel tired, irritable, or restless in the morning. However, those who regular eat morning meal have a better attitude and energy by late morning, according to American Dietetic Association. Breakfast is equivalent to putting gas in your car, and a car will not start with out gas, explained by Amanda Williams R.D. Eating breakfast helps to replenish blood glucose levels (kids source). Glucose is the main energy source, and since the brain does not reserve glucose, therefore, it needs to be con-

What Physical Activity Fits You?

GOING SOLO

BIKE RIDING
ROLLER-SKATING
INLINE SKATING
JUMPING ROPE
RUNNING
WALKING
SWIMMING LAPS

IT TAKES TWO

PING-PONG
TENNIS
BADMINTON
ONE-ON-ONE BASKETBALL

WITH KIDS

HIDE-AND-SEEK
TAG
KICKBALL
HOPSCOTCH
BIKE RIDING
JUMPING ROPE
FRISBEE
HIKING

GROUP

BASEBALL/SOFTBALL
VOLLEYBALL
BASKETBALL
FOOTBALL
SOCCER

SOCIAL

BOWLING

stantly replenished. Studies have also shown that continuous mental work requires large amount of glucose, and it's metabolic components.

Eating a healthy breakfast will give your body a fuel to jump-start the day (mayo clinic). Jennifer K. Nelson, a registered dietitian at Mayo Clinic, Rochester, Minn., says that people who eat a healthy breakfast are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol
- Have more strength and endurance
- Have better concentration and productivity throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

A healthy breakfast should consist variety of foods of – whole grains, low-fat protein or dairy sources, and fruit, says Nelson. Eating a combination of these foods will delay hunger symptoms for hours.



Breakfast is especially important for children and adolescents. Studies show that students who eat breakfast score higher on test. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be alert, creative, and less likely to miss days of school. Eating breakfast might be the last thing to do on your morning list. Breakfast not only starts your day off right, but it also is important base for lifelong health benefits.

Resources:

- “Eat Breakfast, Eat Less Later”. CBS News: WebMD (2005). Homepage: <http://www.cbsnews.com/stories/2005/02/11/health/webmd/main673419.shtml>
- “Wake Up To A Healthy Start”. Kid source (2001). Homepage: <http://www.kidsource.com/kidsource/content3/ific/ific.breakfast.k12.3.html>
- “Breakfast Fuels Good Health”. Baptist Memorial Health Care: American Dietetics Association (2005). Homepage: <http://www.baptistonline.org/health/healthiyou/nutrition/breakfastfuelshealth.asp>
- “Break away for breakfast: Don't opt out of this beneficial meal”. Mayo clinic (2005). Homepage: <http://www.mayoclinic.com/health/food-and-nutrition/NU00197>

Making Sense of the New Dietary Guidelines | By Danielle Shea, Vice President

For over a decade now, we have become accustomed to using a food pyramid to guide us in the way we consume food in order to live a balanced and healthy life. In 2005, the USDA changed the food pyramid to the New Dietary Guidelines there many mixed feelings. Although similar in shape to the old Pyramid, the new look provides colorful graphics of the food groups and varying widths of the bands indicating the appropriate amounts of food consumption. The New Dietary Guidelines focus on nutrient dense food items and promotes many new and specific concepts toward living a healthy lifestyle. There are also 12 different calorie levels so that the new guidelines promote a one size

does not fit all approach. Servings are now defined in cups and ounces. One of the main reasons for revising the guidelines was to ensure that the guidelines reflects the latest scientific nutrition research as well as improving the effectiveness of it's use with every individual.

A new term and concept that was introduced is “discretionary”. Discretionary calories are the total estimated calories energy requirements subtracted from essential calories. Essential calories are the calories needed to meet nutrient requirements when consuming foods in lean, low fat and no sugar added forms. For instance, if a person's recommended caloric intake is 2000 calories; of these

calories 1735 must be spent for essential nutrients and there would be 265 discretionary calories. Each person has a certain amount of discretionary calories available per day. For example, discretionary calories can be the chocolate chip cookie for 195 calories that you are craving or the extra slice of pizza that you just have to have. Unfortunately, many people use their discretionary calories buy lunch or by choosing foods that are higher in fat and added sugars. The goal is to have these be used with discretion and as a luxury to be able to indulge in higher calorie, fat and sugar containing foods.

Vegetable recommendations have been adjusted to be specific to what types of vegetables are the most nutrient dense. This is in response to statistics that revealed only 9 % of Dark Green vegetables are being consumed by females ages 31 to 50 versus the recommended 17%. A diet rich in fruits and vegetables reduces the risk of chronic disease and provides vital nutrients that are important for maintaining a healthy lifestyle. Grains are another category that needed to be broken down into whole grains and refined grains. It is suggested that 50% of an individual's daily intake be whole grains; unfortunately only 13% of whole grains is consumed the remainder being refined grains. Refined grains do not have the recommended fiber or necessary vitamins and minerals that whole grains contain. A diet rich in dietary fiber reduces the risk of coronary heart disease, supports weight management and reduces gastrointestinal distress.

The main messages of the new Dietary Guidelines are variety, proportionality, moderation and physical activity. Variety suggests a person consume a variety of nutrient-dense foods and beverages from the basic food groups. Proportionality refers to adopting a balanced eating pattern which included eating sufficient amounts of fruits and vege-

tables, 50% of daily consumption of grains be whole grains and 3 cups of dairy products be consumed. Moderation refers to limiting the daily intake of saturated and trans-saturated fats. Choosing meat, poultry, beans, and milk products that are lean, low-fat or fat-free. Choose and prepare foods and beverages with little added sugars or sweeteners. Physical activity suggests a person engage in regular physical activity and reduce sedentary activities and promote a healthy weight, positive well being, and an overall healthy lifestyle.



Overall, the new Dietary Guidelines promote a personalized approach and suggests that "Steps to a Healthier You" should happen over time in stages. Even if an individual does not fully embrace all of the dietary guidelines recommended by just adopting even one of the key recommendations would make an impact toward a health-

ier lifestyle. An abundance of information can be found on the USDA's website www.mypyramid.gov as well as a personalized tracking system that serves as a journal and food calculator in order to support a person with staying on track with the dietary guidelines.

Key Recommendations:

1. Make half your grains whole.
2. Vary your veggies
3. Focus on fruits
4. Get your calcium-rich foods
5. Go lean with protein
6. Know your limits on fats, sugars and sodium
7. Find your balance between food and physical activity.

References:

United States Department of Agriculture (n.d) Mypyramid-USDA's New Food Guidance System. Retrieved March 3, 2006, from <http://www.mypyramid.gov/professionals/index.html>

Fast Food Restaurants

By Soheyla Soury, Fundraising Treasurer

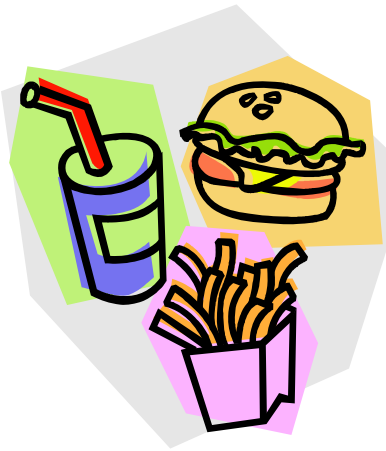
Do you ever think about the food you are eating before taking a bite out of it? Have you ever thought that maybe it is because of your food choices that you are or not in shape? Well, next time you take a bite out of that Big Mac, think about it. It is not the healthiest choice. I used to eat at fast food restaurants at least three times a week until I found out how fattening and unhealthy it is. I also realized that it can reduce my health and it might be the reason for my weight gain. Thus, I decided to research on fast food restaurants and its consumption and find out on my own if it can really make a difference on a person's health, especially weight.

Researchers have defined fast food restaurants as convenient chain restaurants that have two or more of the following characteristics: expedited food service, take-out business, self-service, and payment previous to receiving food (1). The frequency of eating at fast foods has increased dramatically in the past few decades. The number of fast food restaurants grew 147%, from 72,850 in 1972 to 180,205 in 1995 (2). On any given day in 1994 through 1996, about 57% of Americans ate at fast food restaurants, an increase of one third since 1977-1978 (3). Consumption of fast food by children has risen from 2% in the late 1970s to 10% in the 1990s (4).

For food availability, wealthy neighborhoods have more supermarkets than poor neighborhoods. Thus, rich people consume healthier food while the convenient access to fast food attracts low-income families (6). Today, fast food is even being served in most school cafeterias and the findings suggest that parents and teachers are concerned about nutritional needs and choices of the students (5,7). The popularity of eating at fast food restaurants is also due to the fact that today more women are working and therefore they have less time for food

preparation activities (2).

More than 25% of American's intake of calories and fat by Americans is contributed through fast food consumption (2,3). French et al. (2001) found fast food consumption to be associated with higher total energy intake and poorer diet quality. Fast food meals are high in refined starch and added sugar and therefore have a high glycemic index and glycemic load, which promotes energy intake in a short term (5). Pereira and Katashov (2005) discussed that the energy density of the entire menu in fast food restaurants are typically about 1100 calories per 100g, which is more than twice the energy density of a recommended healthy diet. The most popular items in fast food restaurants are generally high in fat. For example, a meal consisting of a Big Mac and french fries has 1020 kcal and 54 g of fat, which is about half the total recommended daily energy requirement and about 83% of recommended daily fat intake based on the



2000 kcal per day diet (2). Part of the high fat content is due to increasingly large portions in fast food (1,5). In one survey of people that ate at restaurants, the largest portions were consumed in fast food restaurants and the smallest at other non fast food restaurants (3). It is well recognized that the bigger the portion sizes provided, the more we consume, especially if the price for the larger portion is cheaper per unit (2,4).

The frequency of obesity in all age and ethnic groups has risen due to consumption of fast food (1,2,4). In a 15 year study, the changes in fast food intake was associated with changes in insulin resistance and increase in bodyweight, which are the two major risk factors for type 2 diabetes. Individuals who ate at fast food restaurants more than twice a week gained more weight and had greater increase in insulin resistance than those who ate fast food less than once a week (4). In a national house-

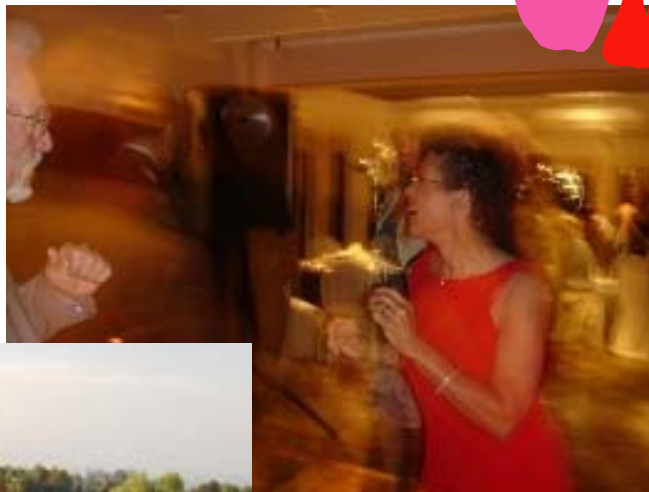
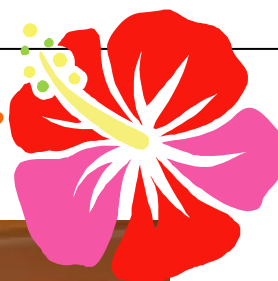
hold survey, children who ate fast food consumed an average of 187 kcal per day more than those who did not, which accounted for an additional 6 pounds of weight gain per child per year (5).

Although the majority of people strongly believe that consumption of fast food could reduce their health and cause weight gain and obesity, yet they consume fast food pretty often. Fast food is great part of the diet of the people in the United States because it is cheap, fast and convenient.

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Spring Banquet





Announcements

SDFSA, est. 1974, is a student organization at California State University, Northridge.

And The Award Goes To....Lisa Calanni !!!



Lisa Calanni is one of the recipients of the SDFSA Scholarships Award. She is also one of the recipients of the Marjory Joseph Scholarships, through the Department of Family & Consumer Sciences. Lisa is a first year graduate student in Nutrition and Dietetics and is concurrently meeting DPD requirements here at CSUN. She has been an active member of both SDFSA and CDA-LAD since Fall 2005. As part of the County of Los Angeles Public Health Nutrition Program, Lisa volunteers at the *Ask the Dietitian Table* at the Farmer's Market. She is interested in clinical dietetics and research in pediatric nutrition.

Lisa Hirth is the other recipient of the SDFSA Scholarship Award (picture not available)

Congratulations Class of 2006!

SDFSA Board Member 2005-2006



Message from the Editors:

We would like to thank all Board members and members for contributing to the newsletter. And we especially thank Elaine Yip (SDFSA Publicity) for being a major help with designing the Newsletter.....thank you for giving your time and creativity!!!