

VOL. 2 ISSUE 3
WINTER ISSUE

Eatatorial

CSULA SDA NEWSLETTER



What's in this Issue?



Pg. 2: Letter from the Editor

Pg. 3-7: It takes a Village

Pg. 8: Beyond Meat

Pg. 9-10: Pumpkin Cake Bars

Pg. 11-12: Hashimotos Thyroiditis

Pg. 13-15: Past Events

Pg. 16-17: The Balance Between
being a Full-time Blogger & Student

Interested in writing for the Eatatorial?

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Eatatorial, please contact
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We are accepting ongoing
submissions to the
Newsletter.

Letter From the Editor

Mary Becerra

Happy end of the semester and of 2017!! Next year, 2018, is fast approaching and looking back on this last year, I am so grateful to see the many blessings and opportunities that I have had both in my education and in other parts of my life. I know for many (including myself), graduation is just around the corner. That means new opportunities and experiences are coming soon.

However, during this time of year, I reflect on how far I have come, as well as, what I look forward to accomplishing. In addition, I sometimes am reminded of the mistakes I made or goals I did not reach. However, it is important to remember that changes take time and many trial and error. As Charles Duhigg said in his book, "The Power of Habit", "change may not be fast, and it isn't always easy. But with time and effort, almost any habit can be reshaped." I love that book because it perfectly describes why it is hard to change but provides solutions and ideas on how to counteract the natural man in each of us. If you have not read this book (either on your own time or in Professor Elizondo's class!), please do so because it sheds positivity and light on how we can become our best selves. In our profession, we strive to help those who are seeking to change bad habits and form good ones. Nonetheless, how can we motivate others to change when we cannot do it ourselves?

I challenge each one of you to work slowly but consistently on those attributes and goals that come to mind! I know that if we continue day by day, we will accomplish great things. Thank you for a fantastic Fall semester. Have a wonderful and safe winter break!



It Takes a Village

3

Column by Ashley Beltran

Carrie Adase



1. Carrie Adase first became interested in nutrition after a few personal medical diagnoses left her feeling like her physician didn't really hear her and simply pushed a prescription in her face. After having an adverse reaction to the medication, she decided there must be another way.

2. At the time she held a B.A. from Berkley College of Music in Music Production Engineering. She then pursued her Masters in Human Nutrition from the University of Bridgeport Connecticut and started a private practice focusing on G.I. health.

3. She discovered that her marketability was less without her RD credentials, and that is what brought her to CSULA where she would gain her M.S. in Nutritional Science. She always had a love for the clinical life, as well as, the outpatient setting. She was and is still very intrigued by digestive cases.

4. She currently balances her love of clinical and teaching. Teaching makes her feel like she is giving back in a way and though it isn't a big money job, she finds it enjoyable and rewarding to work both with future RDs and now side by side with her own RD peers, previous mentors, and instructors.

5. Her best advice to incoming nutrition students is to be open to anything when you graduate - get that experience where you can! You can specialize later. And learn Spanish if you plan to stay in SoCal.

6. While as a Masters Student at CSULA she was a member of SDA. Although she didn't have a lot of free time she did participate in National Nutrition Month promoting and education on Food Safety. Aside from that she has always encouraged her students to join and be involved.

7. She loves that in the nutrition community, everyone is so helpful and everyone encourages one another to succeed.

It Takes a Village

4

Maja Broz



1. Maja stumbled upon this nutrition major accidentally once she realized she was constantly wondering about the science of food. Until she had started this program, she did not know that Registered Dietitians existed. She has both a B.S. and M.S. in Nutrition, as well as, a B.A. in Cinema.

2. When she was accepted into the program, she knew she wanted to focus on community nutrition and everything that goes along with it (growing food, sustainability, fair access, etc.).

3. She currently works as a lecturer at CSULA in the Nutritional Science Department. She is also part of a group on campus working making the campus an "edible campus" with food being grown in various locations.

4. She is interested in working in a hospital as an RD in order to stay up to date with the science of food and the ever-changing

health care system. In addition, she is highly influenced by current policies surrounding sustainability of our food systems as well as the health of our planet.

5. Her advice for incoming students is to treat everyone with respect. Here are some of her recommendations:

Do no harm

Be nice to each other

Help each other succeed (your peer's success is your success)

Be neat and organized

Find or organize a study group or a study buddy

Get enough sleep!

Pack your own lunch!

Remember that you might be in the same classroom with your future colleague or supervisors. Make meaningful connections with people around you and know that nobody owes you anything.

6. She was involved with the SDA since she began her undergraduate program in 2012 and continued all the way through graduate school. She was a community garden chair and student volunteer organizer for two years. She was also involved in organizing and participating in the SDA events on campus. She has continued to be involved with the SDA through supporting their work and being available for help in any way.

7. What she loves regarding the nutrition community on campus is the students' involvement in various activities. "I know that many of our students do community outreach beyond our campus, which is why our involvement on campus community is crucial if we, as promoters of health, wish to instigate change. First, we need to start the change within us in order to help change our environments, whatever they might be."

It Takes a Village

5

Jasmine Tom



1. Jasmine Tom was raised in Hawaii to “hippie” parents that owned a health food store. She grew up with a strong connection to health and food. It wasn’t until middle school that she discovered she was not allergic to chocolate and candy, like her parents had said.
2. Jasmine received both her Bachelor of Science and Master of Science in Nutritional Science at CSULA. Upon getting her RD she intended to keep an open interest, although already intrigued by pediatrics and geriatrics. Her influential upbringing from parents and grandparents exposed her to an interest in functional foods and their purpose.
3. Her advice to incoming nutrition students is to make connections with fellow students, create that “win-win” vibe and work together. There’s plenty of room for everyone. Take advantage of job/volunteer opportunities together.
4. Her experience as a member of SDA was that the club made it easier for her to interact with her peers by holding events, discussing helpful topics, and group experiences.
5. Her favorite thing about being involved in the nutrition community is her current position as an educator. She’s able to work closely with students, help them along their journey and equally they teach her so much as well. Teaching lab classes she gets to know her students on a more personal level and she finds all interactions with them fulfilling.

It Takes a Village

6

Marivic Erskine



1. Marivic first became involved with the nutrition department when she was offered her current position from the Dean! She is very happy to be able to work with people in the nutrition field. She has a bachelor degree in business and is working on her master's degree in communication.
2. She decided to take on a master's degree to enhance her professional development. She dreams of one day opening up retirement home for the elderly.
3. Marivic's role in the office is to process applications for graduate students, answer questions, provide nutrition permits, and works closely with Dr. Jambazian to open up high demand sections. She said she loves that nutrition students are always respectful and that they never demand or expect to get their way.
4. She advises nutrition students to not over stress! Stay positive and don't give up, it will work out one way or another.
5. She has worked with SDA for eight years! She has helped by booking meeting rooms and she is amazed at how we are always so active.
6. She loves the nutrition community because she receives free advice on nutrition topics that she can share with family and friends. She thinks the kinesiology and nutrition majors complement each other and everyone is easy to get along with. She feels fortunate to be a part of the department.

It Takes a Village

7

Victoria Pacheco



1. Victoria Pacheco was an undecided student when she took her first nutrition class and fell in love with the topic. She thought she would dislike clinical, despite already working in a hospital. But she gave it a shot and thought it was very cool. She thought she wanted to work in outpatient or private practice, and even considered being her own boss.
2. She has both her Bachelor of Science and Master of Science in Nutrition from CSULA. She currently works full-time at Methodist hospital, at a doctor's office, and teaches at Pasadena community college (and of course Cal State LA).
3. She is very interested in Neutrogenomics. She would even be willing to teach it if they ever offered it.
4. Her best advice to Nutrition students is to network, find a great mentor, get involved in LAD. All of which can guide you through internships, provide volunteer work and opportunities like FNCE.
5. She was a part of SDA but under a different name, it was called Student Nutrition Association and she was a co-president. She enjoyed the comradery it created, attending events and seeing speakers and she encourages joining!
6. Her favorite thing about the nutrition community is that we are a tight knit group, we provide different perspectives, and we constantly prove there is more than one way and adaptable practice. There is also a common personality amongst nutrition students. They are all outgoing, happy, and unwilling to be defined by one interest but rather be involved in all.

Product Review: Beyond Meat⁸

By: Brian Ubiadas

Are you considering going on a vegetarian or vegan diet? A significant driving force when it comes to avoiding the consumption of animal products, especially meat, is personal ethics. According to peta2's (the youth division of PETA, People for the Ethical Treatment of Animals) "Guide to Going Vegan," most begin this lifestyle change when a realization that animals on factory farms and in slaughterhouses endure a torturous, abusive process comes to light. That journey can be quite tough, especially if you are a meat lover, such as myself. But don't fret. Impressive developments within the food science and technology field have been able to mimic the animal products we crave through utilization of plant-based ingredients.

Beyond Meat's products, coming from a non-vegetarian/vegan's point of view, are amazing. The appearance, smell, and texture of the products are identical to the ones Beyond Meat intends to mimic. As for the taste, I was able to differentiate a slight variance between Beyond Meat's products when comparing them with authentic beef or chicken. However, that is not to say that the taste was unappealing.

The flavor, even with my minimal use of added spices and seasoning (I tried with and without), was appetizing to my palate, and the overall eating experience was not inferior to that of eating real meat. So far, I have had "The Beyond Burger," which creates the sensation of eating meaty ground beef, and "Beyond Chicken Strips."

"The Beyond Burger," which consists of two ¼-pound patties (8 ounces total for two patties), was around \$6 from Whole Foods, and the "Beyond Chicken Strips," which consists of 9 ounces of product, was around \$5 from Sprouts. It can be a bit pricey when compared to authentic meat counterparts. For instance, 1 pound of 80% fat/20% lean grass-fed ground beef, which can be easily manipulated into patties, costs around \$4 at Super King, a supermarket in my neighborhood. With that in mind, "The Beyond Burger" cost three times as much as grass-fed ground beef ("The Beyond Burger" = \$6 per 8 ounces, while grass-fed ground beef = \$2 per 8 ounces). Below is the nutrition information on both Beyond Meat products.

Pumpkin Cake Bars

Recipe by Jane Pollock

9

The smell of pumpkin and cinnamon wafting throughout the house is always an indicator of the upcoming holidays. That smell embodies fall and the cold sweater weather to come. Around this time of year it must be pumpkin everything. For those who have grown weary of the typical pumpkin pie with its whopping 400-500 calories a slice, here is another recipe for any who may follow the paleo diet or may be gluten-intolerant. The paleo pumpkin cake with cashew frosting is a delicious contribution to any Thanksgiving celebration. It is easy to make and all the ingredients are available at Trader Joe's. In terms of nutrition, this cake makes a total of 12 slices and for each slice the calories are about 270 with an extra 30-50 depending on how much icing is applied.

There is also 8 grams of protein in each slice along with Vitamin A, Vitamin C, Calcium, Iron, along with 3 grams of dietary fiber.

For everyone going home for the holidays and wanting to bring a new and healthier rendition of the classic pumpkin pie this recipe is definitely that. It is recommended to apply the frosting immediately when the cake will be served to prevent sogginess.

Enjoy the holidays and if you do decide to bring this cake just expect to have eager friends and family asking for the recipe.



Nutrition Facts

Serving Size (120g)
Servings Per Container

Amount Per Serving

Calories 270 Calories from Fat 180

% Daily Value*

Total Fat 20g 31%

Saturated Fat 13g 65%

Trans Fat 0g

Cholesterol 125mg 42%

Sodium 410mg 17%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 12%

Sugars 15g

Protein 7g

Vitamin A 80% • Vitamin C 8%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size (10g)
Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 0%

Sugars 3g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for cake:

4 eggs
 1 cup of coconut sugar
 1 cup of coconut oil
 1 15 Oz can of pumpkin purée
 1 ½ cups of almond flour
 ½ cup of coconut flour
 2 teaspoons of cinnamon
 ½ teaspoon pumpkin pie spice
 1 teaspoon baking soda
 2 teaspoons baking powder
 1 teaspoon salt
 ½ cup almond milk

Ingredients for frosting:

¾ cup raw cashews
 1 teaspoon vanilla extract
 ¼ cup maple syrup
 Dash of sea salt
 1 tablespoon coconut oil
 1 teaspoon lemon juice

Optional: Pecans to decorate the cake

Instructions:

1. Preheat your oven to 350 F
2. Grease a 9 x 13" baking pan
3. In a large bowl, mix together eggs, coconut oil, coconut sugar, and pumpkin purée.
4. In a separate bowl mix in almond and coconut flour, cinnamon, pumpkin pie spice, baking powder, baking soda, and salt.
5. Slowly fold in the dry ingredients into the wet and mix.
6. Pour batter into greased baking pan and bake for 35-40 minutes.
7. Let cake cool and begin the frosting.
8. Soak cashews in purified water for 1-2 hours.
9. Remove cashews and put into a blender or food processor along with the vanilla.
10. Once it becomes paste like, remove from processor and stir in remaining ingredients.
11. Mix until frosting-like texture is formed.
12. Spread onto cake and add pecans.

Hashimotos Thyroiditis:

My Experience

11

By: Abby Munos-Ramos

What is Hashimotos Thyroiditis?

It is an autoimmune disease in which the body's immune system attacks the thyroid gland that is located on the neck. The antibodies that attack the thyroid lead to chronic inflammation in the thyroid gland and eventually impairs the glands ability to produce hormones. Eventually the gland is damaged and fail to produce adequate amounts of thyroid hormones. It is not known why people form these antibodies but it has been shown to be genetic.

What are the symptoms?

Unexplained fatigue, weight gain, brain fog, irregular or heavy menstrual cycles, constipation, hair loss, irregular heartbeat, dry skin, depression, and difficulty losing weight despite eating well or exercising.

The early signs can be hard to detect since the condition is progressive and eventually becomes hypothyroidism. Also, some people have an inflamed thyroid that is visible.

Is there a cure or treatment?

There is no cure but there is treatment. People who have elevated antibodies but no thyroid dysfunction do not need medication but they are recommended to eat anti-inflammatory foods and exercise

to lower the inflammation in organs.

For those who do have high antibodies with the combination of hypothyroidism have to take medication for the rest of their lives.

What types of foods/ supplements do I eat to manage hypothyroidism?

I eat an anti-inflammatory diet which consist of foods such as fruits, vegetables, nuts, and fish. It is important to eat an anti-inflammatory diet because people who have one autoimmune disease have a high risk of developing another autoimmune disease.

Supplements:

I currently use Maca root, and ashwagandha. They have helped me feel more energized and eliminate my severe acne due to the hormonal imbalances that low thyroid can affect. Studies have shown that Maca has hormone balancing potentials.

What form of exercise I participate in with hypothyroidism?

I exercise at least three times a week. I used to run long distance but after my diagnosis with hypothyroidism I was advice by my doctor that shorter high intense exercises benefit those with hypothyroidism. I now take spin classes, Zumba classes, and jump rope.

I have also started to incorporate more weight lifting in my exercise regime.

What foods do I avoid or limit?

I avoid foods that are goitrogens because they disrupt the production of thyroid hormones in people who have the genetic predisposition of developing a thyroid imbalance. Some foods I limit are broccoli, even though I love it so much. If it was up to me I would eat it every day but now I just eat it cooked/steamed once in a while because it's goitrogenic effects are lessened and also because it is still a very nutritious vegetable despite it being a goitrogen. I also avoid soy and gluten except these foods cannot be eaten as easily as broccoli because they give my body negative side effects. Unfortunately, soy and gluten are in almost all processed foods.

Gluten Sensitivity and Hashimotos Thyroiditis

Most of the time if someone has Hashimotos they will have some degree of gluten intolerance but some people might have intolerances to other foods so it is best to ask your doctor first to make sure.



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Past Events - October

13

October was a very busy month for SDA! We held our 3rd Healthy Snack Stand, Halloween Social, and the CDP/DPD Panel: it was packed with activities. Special thanks to those who helped out with our Healthy Snack Stand and to our panelists who provided valuable information and insight.

Congrats to Amy for winning our Halloween Social costume contest and winning a free movie! For those who were unable to make it to the CDP/DPD Panel and would like more information about each program, we have sent out powerpoints that Dr. Jambazian and Professor Luk provided. For any further questions regarding each program, feel free to approach them (they highly encourage it). Here are some of the highlights from that week:



Past Events - October

14

We successfully celebrated World Food Day on October 16 2017 in which we raised awareness to issues in our food supply, what steps we can take to help reduce world hunger and protect Mother Earth by educating our peers about Food waste, Plant based Diets, Gardening + Buying locally, and Food Insecurities. While also sharing resources with the help of CFO Cal State La and Cal State Los Angeles Food Pantry. We want to give a HUGE THANK YOU to all of our volunteers who helped! We couldn't have done it without your help, energy, creativity, support, and passion! We also want to thank Barnana for providing us with healthy and delicious snacks!



Past Events - December

15

This past Monday, we held our 4th and final Healthy Snack Stand for the semester. This project of our's, with the intent to be change agents within the CSULA community, was a success. The stands also contributed significantly to the food pantry through the presence of donation boxes and us informing of the existence of the food pantry and their openness in accepting donations. Our active members putting in great work out there!

The following day, Tuesday, we held our final meeting of the semester. It was simply a gathering to chill, share food, and engage in a friendly competition of nutrition trivia. We also recognized our members of the semester, who were outstanding in participating and supporting SDA's events and activities throughout the fall:

1st Place - Funmi Salami (62 points)

2nd Place - Amy Nguyen (57 points)

3rd Place - Rachel Gaerlan (40 points)

4th Place - Erika Giroux (34 points)



How I Balance Being a Full-Time Blogger & Social Media Influencer with Being a Full-Time Student

By: Rachel Katz from The Full Life by Rachel

I've been blogging for fun since middle school, but I never in my wildest dreams imagined that one day it would become a career! Blogging full time + being a full-time student is way harder than it looks; it's a 24-hour-a-day job, which is why you genuinely have to love what you're doing and be passionate about whatever it is you decide to share with the world.

For a while, I had to balance blogging, creating new content daily, and growing my online presence with a part-time job AND school. It was very stressful, but ultimately I knew it would be worth it since there was nothing else I wanted to do more than be a full-time social media influencer and blogger and grow my brand, "The Full Life by Rachel." About a year ago, I got to the point where I didn't need that part-time job because blogging became a full-time job! Running my own business while in school is not an easy route, but it is definitely a rewarding one. Sure, not having a stable income or salary can be stressful at times, but getting income by working with brands you genuinely support and creating content you genuinely love and want to share with the world is the best feeling there is. I wake up every morning with excitement in my heart because I LOVE what I do, and it never feels like work to me!

Starting a blog and online social media presence is overwhelming, which is why I want to share some tips and tricks with you.

How to Start a Blog and Be Consistent With It While in School (or in another full-time job):

- Find a creative name for your blog that encompasses the general theme/category that you want to write about.
- Hire an inexpensive web and logo designer or simply create your own.
- Use other social media platforms to attract people to your blog/website (for example, Instagram, Twitter, Facebook).
- Plan ahead. Do you want to move your nutrition business online in the future? Do you want to reach a bigger audience?

Start to build a brand and online platform that will lead to a solid career in the future.

- Keep a monthly calendar. Write down deadlines for blog posts, just as you would for homework assignments.
- Stay consistent. Post on social media platforms every day and blog once a week if possible.
- Make time! This is the greatest advice I could give. If you truly want to do something, you will find the time. I am the happiest when I fill my life with activities I enjoy, not just school. I actually do better academically when I make time for other things I love, since I am naturally happy and more focused when I sit down to do school work.
- Get started. We need more people out there spreading a positive message about nutrition and health! Shine your light: The world needs it,

Xx

Rachel

Nicoise Pasta

From The Full Life by Rachel

3/4 cups cooked chickpea pasta (I like Banza) (you could also use any other pasta- gluten free or not!)

1/2 can wild-caught albacore tuna in olive oil

1/3 cup chopped asparagus

1 cup baby spinach

1 handful baby tomatoes, chopped

2 tbsp's olives, sliced in half

2-3 tbsp's olive oil

1 minced garlic clove

salt & pepper to taste

nutritional yeast to taste(optional)



Directions:

Cook the pasta via instructions on box. In the mean time, in a pan lightly sautee asparagus in 1 tbsp olive oil. After a few minutes, add in the spinach, tuna, tomatoes, olives and garlic. When the pasta is ready, add it to the pan and drizzle on the rest of the olive oil along with salt, pepper, and nutritional yeast. Mix everything together and enjoy!