



Eatatorial

january '21





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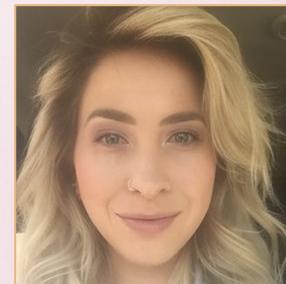
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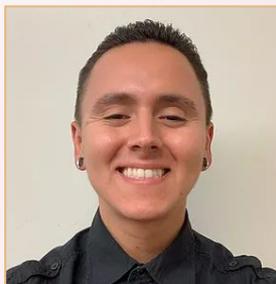
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Message from the SDA

2020 was definitely an unexpected and tough year for many of us, but we are happy to have had the chance to engage virtually with you all. We hope that you enjoyed our interaction and discussions held via Zoom this past semester. We look forward to bringing you another semester filled with new topics and ways to enhance your learning!

Nutrition is constantly evolving and as many of you are aware, diet trends are always a hot topic. We decided to highlight the topic of Celiac Disease and break the misconception that gluten is only a preference. Here, we showcase ways to eat around it and other student's perspectives on gluten-free foods. We have product recommendations and recipes for you to try!

We recognize the pandemic has affected many of us, especially low-income communities. We have an article written by our very own student of the month covering this topic!

Special thanks to our former treasurer, Joanna Maglalang, for her contributions to the SDA and Eatatorial! Wishing her the best of luck in her future endeavors. We would also like to thank to Dr. Hillstrom and Professor Elizondo for their guidance and support! Please enjoy this Eatatorial brought to you by our executive team.

Best,
SDA Board, 2020-2021





Dolores Garcia

Aspiring Dietitian of the Month

Hello everyone! My name is Dolores and I recently completed my courses to earn a bachelor's degree in Nutritional Science. I had a very interesting journey at Cal State LA. I was a transfer student who switched majors several times before discovering my passion for nutrition. Once at Cal State LA, a semester before I was set to graduate, I decided to take some time off to explore the different fields that Nutritional Science had to offer. Five years later I finally discovered that I enjoy community nutrition as much as working in a kitchen, so I did both. I started my small business before the pandemic went into full swing and have been blessed with a small but growing clientele. At the same time, I have continued to work with a non-profit organization which serves the community where I currently reside.

What do you aspire to be in the future?

Now that I am officially done with school, I would like to pursue a career in community nutrition. During the past few months, I had the opportunity to work with Seeds of Hope, a community organization whose main focus during these hard times has been to tackle food insecurity in underserved communities.

What is your favorite food?

Without a doubt, my favorite food is Thai food. Growing up in LA exposes one to so many different types of food. Just thinking about the Seafood Soup or the Spicy Yellow Curry with Fried Tofu makes my mouth water. The noodles are not far behind, Pad Kee Mow is my favorite. Many may choose the Thai Iced Tea but if you ask me, the Thai Iced Coffee is where it's at.



Only Lola is Dolores Garcia's catering business that specializes in gourmet Nicaraguan and Latin food. The food is guaranteed to be seasoned with love.

Follow Only Lola on Instagram @only_lola_ for great eats.

Do you have any tips for other students?

Some advice to current students, don't forget, I've been in your shoes. If there is anything this pandemic has taught me so far it is that there are things that we cannot control or fully prepare for so don't be too hard on yourself. Self-care is the best care. Drink your water, eat your veggies and don't forget to treat yourself to a scoop of ice cream every once in a while, we all deserve it.

What inspired you to start your small business?

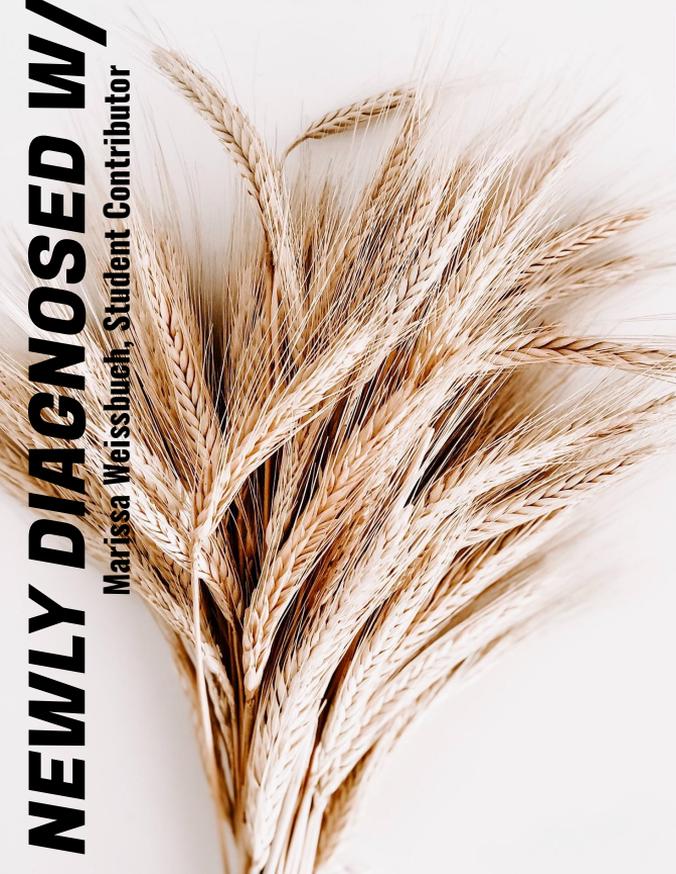
As I mentioned before, I started my small business right before the pandemic in January 2020. I took all the experience I gained during my time off from Cal State LA to let go of fears and doubts and went for it. My vision for my small business was simple; I wanted to pay tribute to my Nicaraguan roots while equally embracing my vegetarian lifestyle. I made sure that my menu stayed true to our traditional foods but still incorporated vegan alternatives. My culture is very important to me, more now than ever. The pandemic has stopped me and my family from going home to our country, Nicaragua and so it is with food that I get to heal and share with everyone else a little part of who I am.

What goals do you hope to accomplish within this new year?

With still so much uncertainty, I have set a few goals for this new year. One of them is to expand my small business. I know this will be difficult to accomplish with so many restrictions on businesses but it is not impossible. I have seen so many new businesses open and so many others continue operations in a safe manner. This gives me hope. On a more personal note, I want to write more opinion or informative pieces on nutrition and related topics. Writing has always been a hobby of mine and it has been very therapeutic during this pandemic.

CELIAC DISEASE

“Kick gluten to the curb and never look back.”



Fewer “AHA!” moments come with such a lightning bolt. It has been affirmed: I have Celiac disease. Finally, there is an answer to so many questions: Why am I so tired that I feel like I’m moving through quicksand every day? Have I been drugged? —My head is fuzzy and I can’t think straight. Am I seven months pregnant or am I just experiencing bloating? Wasn’t I done with acne in high school? How long has it been since I’ve had a normal poop? Is my face just puffy, or have I been stung by twenty bees? Is joint pain normal in my early 30’s? I received my diagnosis and now I feel like there could be a light at the end of this tunnel. But what do I do now? I’m worried about my health, but I’m hopeful that I can heal. I must admit, I feel overwhelmed by the thought of having to make changes in my diet.

One thing I do know is: I WILL DO ANYTHING TO FEEL BETTER.

If you’re like me and the three million other Americans with Celiac disease, adopting a gluten-free diet will put you on the path to recovery and reverse those awful symptoms.¹ Your energy will go through the roof, your mind and your skin will be clear as a bell, you’ll say goodbye to tummy troubles, and those mysterious pains that come and go will disappear for good! Grasping how serious Celiac Disease is will inspire you to kick gluten to the curb and never look back. Gluten may sometimes be tricky to spot, but I’m here to empower you and share my knowledge! Eating out will be easy when you know what to order and what to skip. The ingredients list on food labels is about to become your best friend.

You'll find that gluten-free is just as delicious and you'll never feel deprived. You can still have your favorite dishes with some simple alternatives. I am so excited for you to go gluten-free and reclaim your health! Celiac disease in a nutshell means that your body isn't absorbing nutrients from food properly.² This spells DANGER. Thank goodness you now know what's at the root of all your symptoms. You can now avoid some otherwise serious consequences down the road. These consequences could mean fertility and reproductive issues.² It could also mean... you guessed it... the 'C' word... cancer.²

“A new chapter in your life begins. It is entitled: Going Gluten-Free Saved Me and Made Me Feel Like Myself Again.”

You have been given a second chance with your diagnosis. This is the epiphany you've been waiting for. A new chapter in your life begins. It is entitled: “Going Gluten-Free Saved Me and Made Me Feel Like Myself Again”. The reason why it is so important to cut out certain foods is because Celiac disease is triggered by eating a protein called gluten.³ It damages the part of the small intestine responsible for absorbing nutrients. Eating even the teeniest, tiniest bit of gluten will cause this damage. That is why we must STAY AWAY.

When particles of food don't get absorbed, they get into the bloodstream where they're seen as the enemy by our immune system.⁴ For as long as you keep eating gluten, your body will be mounting attacks constantly. You may have heard of the word, “autoimmune.” Well, Celiac disease is an autoimmune disease



with chronic inflammation leading to horrendous symptoms. Let's reverse these symptoms and prevent further damage, shall we? Gluten-free diet here we go...

Let's talk about what foods have gluten, so we know what to avoid. Wheat, rye, barley, malt, beer, ales and lagers all contain gluten.⁵ Ah yes, beer. Unless it says “gluten-free” on the can, it is a no-go. (GF beers are delicious, btw!) Some other popular food items that usually have gluten are

baked goods, like cookies, breads and pastries. Anything breaded or battered like fried chicken or onion rings is off-limits. We must make sure the box says “Gluten-Free” when it comes to cereal, granola, crackers, croutons, pancakes, waffles, gravy, and soups. Do not fret! There are gluten-free alternatives for all of these foods!

The foods above are the usual suspects. Now let's talk about... shhhhhhhhh..... SNEAKY GLUTEN. When in doubt, check with the labelling or go without! Candy is not something you'd expect to have gluten, but it could be made with wheat, modified food starch or dextrin—all of which contain gluten.⁶ Cold cuts or deli meats are some sneaky devils. They could have wheat starch or malt syrup. Beware of malt and all of its forms: malt vinegar, barley malt, malt syrup, etc.⁶

Vitamin supplements or

other pills must say “Gluten-Free” on the bottle. French fries are a bunch of tricksters! First of all, potatoes are gluten-free by nature. BUT if you fry them in the same fryer as something with gluten—say, onion rings—your french fries will be contaminated and they will no longer be gluten-free. Sauces and salad dressings are also big culprits of sneaky gluten. Always let the server know that you have Celiac Disease to be sure nothing you are eating—zip, zero, zilch—has gluten in it. Plain is the name of the game when eating at restaurants unless the server can vouch. Seasoned snacks are very sneaky, too. Let’s say you have corn tortilla chips and potato chips. Well, corn and potatoes are naturally gluten-free. HOWEVER, the seasoning could contain gluten and then these chips are not to touch your lips. Oatmeal can be very sneaky, as well. Oats can be made from gluten-containing grains.⁶ You must check the package for those two magical words: GLUTEN-FREE.

Now let’s get to the fun stuff! Here are safe foods to enjoy! These foods do not have that pesky protein, gluten. You can eat fruits, vegetables, meat and poultry, fish and seafood, dairy, beans and nuts as much as your

gluten-free heart desires. Grains that are gluten-free and safe to eat include all types of rice, corn, soy, potato, tapioca, sorghum, quinoa, millet, buckwheat, arrowroot, teff, and uncontaminated oats.⁶ Mmmmmmm... potatoes.... Yes, please! And rice is so nice!

You love to make your favorite baked goods, you say? Drumroll please..... Here are the top 12 gluten-free flours, so you can bake like the gluten-free badass you are: almond, cassava (my personal fav), amaranth, buckwheat, chickpea, coconut, oat, sorghum, tapioca, teff, and rice.⁷ You will be pleasantly shocked to experience that GF baked goods are delicious! Now go and bake like the wind!

Following a gluten-free diet will stop symptoms, heal existing damage, and prevent further damage. Our health is in our own hands. Let’s make a pact—A gluten-free diet is our lifetime commitment. Purge that pantry and refrigerator! Let your family know about our pact and empower them to support you in this new, exciting chapter. Let us rejoice in living our best lives! I look forward to hearing how good you feel!



“Following a gluten-free diet will stop symptoms, heal existing damage, and prevent further damage. Our health is in our own hands.”



What's Your Gut Telling You?

Hi Friends!
Let's talk about gut health. With a whirlwind of old and new studies, articles, and videos, there is A LOT of information on what to eat, when to eat, etc...

The list goes on!
- **Helory Kojongian,**
SDA President

Let's get back to basics and talk about what is the gut microbiome and why is it important?

The gut microbiome is located primarily in the large intestine of the human body. A variety of different species of bacterium lie in the large intestine, secreting gases and creating molecules that are sent to various parts of the body. These are just a few of the things that the gut microbiome does for our bodies, there are still many functions that we have yet to discover in the science and nutrition world. The flora in our bodies are essential for overall well being and good health for several reasons. Different parts of the human body have different species of microbes, each carrying a specific function such as secreting a gas to help digest your food, sending signals to your immune system, and synthesizing molecules to help your brain function at its best. Several diseases are associated with the health of one's microbiome; these range from chronic diseases, autoimmune disorders, and mental disorders.



Our Microbes and Celiac Disease

Celiac Disease, or gluten-sensitive enteropathy, is classified as an immune reaction to eating gluten. This is specifically triggered by the gliadin protein which is found in the main sources of gluten: wheat, barley, and rye. How does this relate to microbial gut health? When an immune reaction to gluten occurs, gut microbiota in the large intestine initiate inflammation, or in other words, “intestinal dysbiosis”. As a result, an individual with this condition may experience symptoms such as abdominal pain and bloating. Experiencing discomfort and other symptoms after eating a certain food does not necessarily indicate one has Celiac disease. It is recommended to seek professional help from a doctor or registered dietitian to further explore a food sensitivity or intolerance.

Maintaining Gut Health

I know what you’re thinking, that was a lot of information right? Time for a snack break. In order to maintain a healthy microbiome, a key component to include in your diet is fiber. When you eat foods high in fiber such as legumes, whole grains, nuts, fruits, vegetables, your gut microbes feed off of the fiber and produce a gas called butyrate. This gas has several benefits such as strengthening our immunity and preventing our bodies from developing several diseases that are linked to gut health. For our Celiac friends, make sure to opt for gluten-free options when eating whole grains such as gluten-free oats, quinoa, buckwheat, or rice.

The Pandemic Food Justice & Low-Income Communities

Delores Garcia, Student Contributor



When the pandemic began, communities in the surrounding neighborhoods of Downtown Los Angeles found themselves shopping with nearly empty shelves at grocery stores just days after city officials mandated an immediate shutdown of all non-essential businesses. Just like everyone else, there was a lack of food items, home and hygiene products. In the weeks that followed, neighborhood grocery stores began to increase prices on all food items, especially meat and dairy products. Convenient stores also took advantage of the situation by doubling prices on household items like dish soap and cleaning products. Not only are these communities already underserved but they are also predominately filled with undocumented families which means that they were unable to receive any city or state financial assistance throughout the pandemic.

These factors are also of importance when considering the impact that this pandemic is having and will continue to have, on these communities and their health. A lot of families rely on these convenient stores and local grocery stores to do their grocery shopping. With a lot of these families becoming unemployed and not having community resources open to them because of the pandemic, we can expect an increase in health-related illnesses including Covid-19 in the coming months.

With the political future being so uncertain, all we can do as community leaders, students and future professionals is to inform, share, and help these communities as much as possible. Volunteering is a great way to get involved and help at the same time. Sharing easy and healthy recipes on social media platforms can also aid in helping families make better choices while eating during a pandemic when not having the proper resources. Overall, keeping informed on new developments and sharing that knowledge can only benefit everyone. This pandemic is truly affecting everyone, some more than others and as a result, the best thing we can do is help each other out.

Product Recommendations



Bread SRSLY

Gluten-free bread, vegan too-seriously.

Classic sourdough, seeded sourdough, and cinnamon raisin sourdough in loaves and rolls



SIMPLE Mills

Nothing artificial, ever.

Baking mixes, bars, cookies, crackers, and frosting



Glutenfreeda

If it doesn't taste good, it doesn't matter how good it is for you.

Burritos, flatbreads, granola, oatmeal, wraps, and tortillas

Product Recommendations



Kim & Jake's

Gluten-free by necessity, delicious by design.

Breads, buns, cookies, and rolls



Birch Benders

Pancakes for Every Lifestyle.

Pancake cups, pancake and waffle mixes, and toaster waffles



Siete Family Foods

Rooted in Family.

Enchilada sauce, hot sauce, queso, taco shells, tortillas, and tortilla chips



Matcha Pancakes

Sabrina Balboa Arriaga, Student Contributor

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients

- 1 1/4 cup instant oats
- 1 1/4 cup almond milk
- 1 whole ripe banana
- 1 heaping teaspoon culinary matcha
- 1/2 heaping teaspoon baking powder
- 1/2 teaspoon vanilla
- Optional: butter for cooking

Instructions

- Combine all the ingredients into a blender and blend until a smooth consistency is achieved.
- Coat pan with oil spray or butter to prevent pancakes from sticking. Pour about 1/4 cup of batter on to the pan for medium sized pancakes.
- Cook on medium-low heat for 1-2 minutes on each side. Check the bottom of your pancake. If it is golden brown, it's time to flip!
- Garnish with your choice of fruit, whipped cream, powdered sugar, maple syrup, or jam.

Instant Pot Vegan Arroz a la Valenciana

Dolores Garcia, Student Contributor

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 2 cups white rice, cooked
- 1 can of jackfruit in water, drained and seeds removed
- 2 vegan hot dog links, sliced (Lightlife or an brand will work)
- 1/4 cups of peas and carrots, frozen
- 2 tbsp of olive oil
- Salt and seasoning, to taste
- Optional: slices of gluten-free bread

Note: This recipe can also be made on the stovetop. On medium heat, add oil and saute jackfruit for 5 minutes. Cover pot for 15 minutes to continue cooking. Uncover pot and add peas, carrots, and sliced vegan hot dog. Season to taste and serve.

Instructions

- Turn on Instant Pot and set it to Sauté on normal heat and a timer for 5 minutes.
- While Instant Pot heats up, start draining your jackfruit and taking out the large seeds. Once you do this, you can set it aside and start slicing the vegan hot dog.
- Add oil to Instant Pot, wait a few seconds and add jackfruit. Once jackfruit starts to gain some color add your cooked white rice.
- Stir until well combined and add peas and carrots.
- Lastly add vegan hot dog slices.
- Gently combine all ingredients in Instant Pot and season to taste.
- Serve with bread or on its own.





Gluten Free Stuffing

Marissa Weissbuch, Student Contributor

Prep Time: 10 minutes

Cook Time: 50 minutes

Ingredients

- 2 loaves gluten-free bread
- 8 tbsp butter
- 2 onions, chopped
- 4 stalks celery, thinly sliced
- 2 cloves garlic, minced
- 1/2 tsp freshly chopped sage, thyme leaves, rosemary
- 1/4 c. freshly chopped parsley
- 2 c. GF chicken or vegetable broth

Instructions:

- Cut bread into 1 inch cubes and bake at 200° (20 min).
- Preheat oven 350°.
- In skillet over medium heat, add butter, onion, and celery. Cook for 8 minutes. Add garlic, sage, thyme, rosemary, parsley. Cook for 1 minute.
- In a greased baking dish, add skillet mixture and chicken broth to bread
- Bake for 40-50 minutes at 350° until golden-brown.
- Plate and serve!

Coconut Banana Walnut Muffins

Gina Moore, Student Contributor

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- 1 cup whole wheat flour
- 3/4 cup coconut flour
- 1/4 teaspoon pink Himalayan salt
- 1 1/2 teaspoons baking powder
- 1/2 cup melted coconut oil
- 3/4 cup raw sugar or 1 cup coconut sugar
- 2 large eggs
- 1 cup very ripe bananas, mashed (about 3 bananas)
- 1 teaspoon vanilla extract
- 1/2 cup shredded, unsweetened coconut
- 1/2 cup chopped walnuts

Directions

- Preheat the oven to 350 F.
- Prep muffin pan with muffin liners and spray with a nonstick spray.
- In a medium bowl, whisk together the flour, salt, and baking powder.
- In a separate bowl, mix eggs and butter until well combined
- Add in the eggs, bananas, and vanilla.
- Add the flour mixture and mix on low speed until just combined. Do not overmix!
- Gently fold in shredded coconut and nuts with a spatula (the batter should be lumpy).
- Pour the batter into the prepared muffin tin and bake at 350 degrees for 18–22 minutes. To test: insert a toothpick in the center of a muffin, if it comes out clean, they are done.
- Let muffins cool for 10 minutes. Eat them warm or store in a container for 3–5 days.



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