

# the **EATATORIAL**

*a Monthly Food and Nutrition Publication  
by the Student Dietetic Association of Cal State LA*

**NEW SDA BOARD**

**COMMUNITY GARDEN INITIATIVE**

**RESEARCH HAPPENINGS ON CAMPUS**

**SEASONAL PRODUCE**

**+ MORE!**



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## UPCOMING...

*\*Dates subject to change so check the gram*

**SDA Meeting:** October 15, 2019  
3:10 PM - 4:20 PM  
Room KH C4075

**Healthy Snack Stand:** TBD, but volunteers needed!  
E-mail [csula.studentdieteticassoc@gmail.com](mailto:csula.studentdieteticassoc@gmail.com) to get involved.

## STAY IN TOUCH

Instagram & Facebook: @CSULA\_SDA  
Website: [www.csulasda.net](http://www.csulasda.net)

→ **WANT TO CONTRIBUTE TO THE EDITORIAL? E-MAIL [SDAEDITORIAL@GMAIL.COM](mailto:SDAEDITORIAL@GMAIL.COM)**

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# LETTER FROM THE PRESIDENT



Hello all new and returning members of the Student Dietetic Association!

The executive board is excited to welcome you to the SDA for the 2019–2020 academic year.

This is going to be an amazing year, and we are happy that you all have decided to join us.

As your president, it is my goal to provide you with leadership, community service, networking opportunities, and experiences to help you prepare for your future in the nutritional science/dietetics field. The executive board and myself are here to offer any support and to answer any questions that you may have.

I am very much looking forward to working with all of you. Good luck this year Golden Eagles!

Mckenna Rivers  
President  
Student Dietetic Association  
2019–2020



# YOUR NEW 2019-2020 SDA BOARD MEMBERS



McKenna Rivers is a junior nutritional science major at CalStateLA and the Student Dietetic Association's president for the 2019-2020 school year. She is thrilled to finally be serving on the executive board during her third year in the SDA. One of her favorite events is the healthy snack stand and hopes to provide healthy recipes at each stand this year to help educate the campus community on seasonal fruits and veggies. McKenna intends to pursue two masters in nutritional science and food science with a focus in product development. McKenna loves being at the beach, hiking, or in the kitchen testing out new recipes.



Denh Vong is this year's vice president of the SDA. She is half Chinese and half Vietnamese, born in Vietnam, and moved to Los Angeles at the age of six where she has lived ever since. She will be completing her BS in nutritional science in spring 2020 with the goal of becoming a registered dietitian, focusing in clinical nutrition to work in hospitals to provide medical nutrition therapy to improve patients health conditions. She enjoys watching Korean dramas, playing with her dog, journaling, cooking, and shopping. She loves all types of music, but mostly of Korean-Pop and enjoys playing the guitar with the hopes of becoming a prolific songwriter.



Hannah Luong is the new 2019-2020 SDA secretary and treasurer! She is a senior (GO CLASS OF 2020!) majoring in nutritional science. She loves watching TV shows or videos online about cooking and food. (Especially Gordon Ramsay and his "kind" words.) Hannah's mother influenced her to pursue a nutrition career, with her knowledge of food and health. She has enjoyed learning about nutrition, exploring what the major is, and how it can open doors. Hannah joined SDA in the fall of 2018 and the experience inspired her to participate as a board member. Hannah hopes her contributions to the club can benefit and help students in SDA through support and guidance!



Christina Armendariz is the new SDA social media manager for the 2019-2020 school year. She will be graduating next year with her undergraduate degree in nutritional science. She is the face behind @ingoooodhealth's Instagram page where she talks about everything health, wellness, and inspiration for living a healthy life. Her vision is to become a private practice Dietitian, specializing in functional nutrition medicine and holistic healing. She also aspires to educate lower income cities and populations that suffer from obesity and chronic diseases through nutrition education and intervention. As the social media manager for the SDA she plans to bring creativity, excitement, and inspiration to the members of the SDA!



Alicia Papanek is the new editor of the Eatoritorial, the monthly newsletter published by the SDA. She is a graduate student in the nutrition department with a focus in community nutrition, ethical food sourcing, and public policy. She's deeply committed to sustainable agriculture and believes in food access for all. She teaches edible gardening to elementary school students, loves to write, paint, make art, and loves to cook for family and friends.

HEALTHY RECIPES FOR STRESSFUL TIMES  
TOFU LETTUCE WRAPS  
BY RAQUEL URRARTE

*Tofu lettuce wraps are a great snack or lunch option. These easy to make wraps can be eaten hot or cold, so they're perfect for on-the-go fuel. The protein packed tofu will keep your hunger at bay, and with a variety of vegetables, you'll also be getting plenty of vitamins and minerals! Feel free to get creative with the ingredients by adding or substituting with your own favorites.*

**Ingredients:**

- ½ red bell pepper, chopped
- ½ small onion, chopped
- 1 garlic clove minced
- 1 Tbsp. olive oil
- 1 Tbsp. soy sauce
- ¼ cup water
- Juice of 1 lime
- 1 16-oz. pkg. firm tofu, drained and cut into 1/4-inch pieces
- 1 Tbsp. cilantro, finely chopped
- 8 iceberg lettuce leaves

**Directions:**

1. Heat tofu in a nonstick skillet pan, stirring frequently, until browned on all sides (about 10 to 15 minutes, over medium heat).
2. In a separate pan, sauté the chopped bell pepper, onion, and garlic in the olive oil for 2 to 3 minutes over medium heat.
3. Add the soy sauce, water, and lime juice, to sautéed veggies, stirring until well combined.
4. Add tofu to the stir-fry for 1 minute, then transfer to a bowl.
5. Scoop a spoonful of tofu mixture onto each lettuce leaf, top with cilantro, and serve!

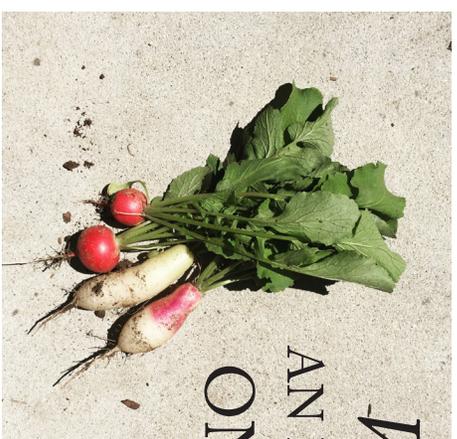
\*For cold wraps, let tofu mixture cool in refrigerator before topping over lettuce leaf.

# CalFRESH & the FOOD PANTRY: TAKING STEPS TO EXPAND FOOD ACCESS TO STUDENTS by SARAH MERZ

The recent California State University 2018 Study of Student Basic Needs Report revealed that 42% of college students had experienced food insecurity, defined by the USDA as low levels of food access and intake patterns. When applying this percentage to the Cal State LA campus alone, this would indicate that over 11,000 of our fellow students are experiencing food insecurity.

The office of the Dean of Students leads several initiatives to help ensure food and housing security for Cal State LA students. The CalFresh Outreach Center is an on-campus resource for the CalFresh Food program, a nutrition assistance program focused on helping low-income individuals and families buy the food they need. CalFresh Outreach partners with the county to assist students in applying for CalFresh and ensuring that necessary steps are taken to maintain benefits. The Food Pantry, located in the University Student Union, room 308E, offers pre-selected and pre-filled bags of nonperishable food items that currently enrolled Cal State LA students can pick up every Wednesday from 11 AM – 1 PM and 3 PM – 5 PM.

As future nutrition professionals, we understand the integral role that nutrition plays in our success as students. I encourage you to join the fight against food insecurity at Cal State LA. You can help us by spreading the word about CalFresh Food and encouraging students to stop by the CalFresh Outreach Office, located in the Student Affairs Building, room 113, for additional information. We also accept donations in the Food Pantry every Monday from 11 AM – 1 PM and 3 PM – 5 PM.



# WE NEED AN EDIBLE GARDEN ON CAMPUS THIS YEAR

by Alicia Papanek

In 2013, Cal State LA started what was sure to be a promising garden across from La Kretz Hall by where the greenhouse (did you know we have a greenhouse?) currently is. In fact, the *Eatatorial* featured the new garden in their Spring 2013 issue. "The opening of the garden is just the beginning, and there are many plans in the works for the future," Kathryn Strickland, then student wrote. It opened with the mutual efforts of the environmental policy group and ASI (Associated Students, Inc., the governing body for clubs on campus). Maja Broz was appointed chair proving instrumental in its maintenance and volunteers. Cal State LA would finally join the rest of the Southern California CSUs in what is a painfully obvious basic aspect of a large public college (especially one in a median climate like we have here in Los Angeles). Sadly, in 2016, despite Maja's best efforts to pass the reins to someone

interested in maintaining the edible plot, the garden ceased to exist and was handed back to the biology department. Community edible gardens provide hands-on knowledge of how our most nutritious food is grown and harvested, while creating links between local ecology, environmental sustainability, and physical and mental health. Gardens dispose of waste through composting and soil building, grow nutritious foods native to our environment and specific to our climate, and inspire and empower members of our community to grow food at home. A community garden on our campus would provide these basic life skills that students can utilize individually and within communities to improve food access. In not only a campus, but a city that is plagued with food insecurity, where nutritious, organically grown produce is astronomically expensive or

just plain inaccessible, knowing how to grow our own food is an imperative human right. An edible garden resource needs to be part of our CSU experience, especially as students become prepared for careers in the nutrition field and beyond. In 2018, a Study of Basic Student Needs was published by a CSU Long Beach professor in the school of social work, Dr. Rashida Critchfield, to address the ongoing food insecurity that Cal State students face. Food insecurity is defined by a lack of access to healthy, nourishing food on a consistent basis. The 2018 study found that 20% of all Cal State students reported low food insecurity, with 21.6% reporting very low food insecurity for a total of 41.6% of our population--meaning almost half of our peers have low access to healthy food.



We do have programs on campus that address this statistic and attempt to rectify this issue. We have a food pantry, heavily discounted prices at Everytable, CalFresh application support and a meal-sharing program in student housing. This is a good start, however, food access is a multifaceted issue, and free boxed pasta and canned beans really only account for one aspect of—not only the food insecurity issue, but a well-rounded diet. As dietitians—to be and nutrition educators, we promote and advocate for at least

3.5 cups of fruits and vegetables a day, and that accessibility starts with information and education. Part of our role in the world of food, eating and health is to know about the food system and where vegetables originate before they make it onto our supermarket shelves.

Professors Samantha Karim, Majia Broz, and Dr. Kathryn Hillstrom have been working tirelessly for the last two years to bring our garden back, but more so to install a new, visible garden for students. It would serve as the lab aspect to a community garden and food access class offered through the nutritional science department, as well as a space for students to congregate and relax. They attended monthly meetings with

the Student Affairs Office to propose this service and were met with a bevy of unresolved administrative barriers. The request needs to come from the students as we envision our next steps.

Most, if not all, of the other CSUs in California are lucky enough to have community gardens that are integral parts of their campuses. In Los Angeles County, CSU Long Beach and CSU Northridge both have huge thriving gardens that are integrated into their teaching curriculums and are maintained by active garden clubs, classes, and volunteer students.

Additionally, they all get funding. CSU Bakersfield, Channel Islands, Dominguez Hills, East Bay, Fullerton, Long Beach, Northridge, Pomona, Sacramento, San Jose, San Luis Obispo, San Marcos, Sonoma, and Stanislaus all received \$3,000 mini-grants from the CSU Basic Needs Initiative fund last year. Long Beach, Northridge, Sonoma, and Stanislaus each received two grants, totaling \$6,000. At Cal State LA, it often feels like we're operating on a shoestring budget, and we accept that because we understand the economy is tight, there are constant political battles around the state of public colleges, and accept not

having basic things like a garden because we're grateful to not have to pay the upwards of \$50,000/year to attend the neighboring private campus of USC. It doesn't have to be this way. The *LATimes* just released an article in June citing \$1.5 billion extra dollars found in CSU funds during a recent audit. "Nothing nefarious," they say, but kids, we ain't broke.

## CALL TO ACTION:

To make an edible garden on campus happen, we need an organized group of passionate student advocates.

\*\* *We need you* \*\*

This group will have to present to the president of Cal State LA and speak with other administrators involved in the process. If you are interested in making this kind of positive change on campus, please email Alicia Papanek at [sda.eatatorial@gmail.com](mailto:sda.eatatorial@gmail.com).

# CREATING SPACE FOR OURSELVES: HOW TO BE A VEGAN OF COLOR

by ISABEL GARCIA

Communities of color hold such value on food.

We center everything we do around the kitchen table. Birthday parties, funerals, anniversaries, getting together after service at your aunt’s house, the random carne asadas/cookouts during the summer. Our culture is tied to the food we eat, that choosing to eat differently from your family comes as a shock! I remember telling my abuelos I was no longer eating meat, dairy or eggs, and they looked at me like, so what are you going to eat? It always makes me think of the line from My Big Fat Greek Wedding, “What do you mean he don’t eat no meat! That’s okay, I make lamb.” My fellow vegans and vegetarians know that it really do be like that sometimes (no, I still don’t eat fish, Tio). A lot about navigating being a vegan of color begins with navigating it with your family, first. While there is no one way to be vegan, this series will show how people of color are adding their own culturally vegan food to the table.

This article was inspired by a panel entitled “Navigating Veganism in Communities of Color,” held in May of this year. The host, Jocelyn Ramirez, is the founder of the Latinx-plant-based catering and food truck, Todo Verde, as well as a co-founder of Across our Kitchen Tables. The panel included four women of color, all on different journeys in their plant-based lifestyles.

For both plant-based folks and those reentering on becoming plant-based, it’s important to feel belonging to a community, in your family, in your cultural community, and the vegan community overall. It’s crucial to understand how and why creating space for people of color (POC) when it comes to food and veganism is incredibly different than it is for white folks. Gwenna Hunter, founder of VegansOFLA on social media, explained how when she first arrived to Los Angeles, the vegan community she entered was primarily made up of white folks. They trained her to convert meat-eaters

on adopting a plant-based diet from the perspective of animal rights. She told the story of hosting a talk in a library in the Watts community, but soon realized the angle wasn’t going to get the response she wanted. “When you go into a community that is deeply oppressed, and you’re talking about the rights of animals, it can go really left,” she says. What’s more relevant to these communities is to talk about health and plant-based foods, she continued to explain. I know personally, the perspective of health is what got me into nutrition and veganism in the first place.

Sherene Chou, M.S., R.D., and Cal State LA alum, touched on the Eat-LANCET Report which goes to explain how a plant-based diet is healthier for people and for the environment. The World Health Organization, through the International Agency for Research on Cancer, reported in 2018 on red meats and processed meats in the causation of cancer, specifically colon cancer<sup>1</sup>.

There are numerous health benefits to adding more plants into your diet, even if you don’t completely go vegan! Whole food plant-based diets consisting of fruits, vegetables, legumes, whole grains, and limited processed foods have shown promising results in alleviating a number of preventable diseases that are so prevalent in communities of color. If you are interested in learning more about plant-based diets, stay tuned with this series as we delve into how to incorporate more plant-based foods, what it means to decolonize your diet, and how to plant the seeds of veganism in your community.



Left to right: Claudia Serrato, Native Based Food Educator / Sherene Chou, MS, RD Sustainable Nutritionist / Jocelyn Ramirez, Todo Verde / Gwenna Hunter, VegansOFLA / Angela Means, Jackfruit Cafe from Navigating Veganism in Communities of Color panel on May 9, 2019

1. International Agency for Research on Cancer (2018). Red meat and processed meat. Monographs on the Identification of Carcinogenic Hazards to Humans, v. 114.

# RESEARCH HAPPENINGS ON CAMPOS

*Cal State LA senior Francisco Aguilar  
and graduate candidate Elizabeth Flores  
report on the start of exciting nutrition research  
with mentor and professor Dr. Anurag Kaur*



Hello SDA,

My name is Francisco and I am currently an undergraduate student working towards my BS in Nutritional Science. I am a 4th year planning to graduate by Spring 2020. I am currently working in a lab with my mentor Dr. Kaur and my lab partner, Lizbeth, who is in the Nutritional Science graduate master's program here at CSULA. Dr. Kaur chose to look at "The Effects of Fenugreek to the Mutant RAS Protein in Her2+ Breast Cancer Cell Line -SKBR-3," where we have taken on the roll to grow SKBR-3 cells and treat them with fenugreek seed extract. We are still in the preliminary stage of our research as we just had contamination with our current cells that we have been growing, so we must restart the growing process. My lab partner and I have figured out how to extract the fenugreek seed by collaborating with Dr. Zhao in food science and technology. We are hoping to see a down regulation in the mutant RAS protein/pathway when in a dose-dependent manner of 5, 15, 25 and 50 micrograms per microliter. The higher the dosages, the lower the expression of mutant RAS will be as we have discovered through past literature. The RAS protein is found in every normal cell it helps with cell differentiation and cell proliferation, which it is

the on/off switch. When an individual has HER2+ breast cancer then the RAS protein is mutated and never shuts off which doesn't allow for cells to differentiate (new cell) and does not stop proliferation (cell growth). We are looking into the effects of fenugreek at a cellular level, moving forward with this research the next step would be to look at the effects with rats who have this same breast cancer, thereafter would be humans, if the results each time are as we hypothesized. My lab partner is working on the same project as I just with alpha and delta tocotrienol (vit. E). We all hope to have published these two experiments within one year.

I am planning after graduation to apply directly to a Nutritional Science PhD program at Case Western Reserve University of Ohio (CWRU). I am still considering to be a Registered Dietitian (RD) because I would like to continue my career within research in cancer and/or metabolic diseases/syndromes. I have been advised about a dual program for RD/PhD at the same time which is the best option because it can all be done in a condense time of 5-6 years verses getting masters than a PhD. Also, my other plan is to get my masters in Nutritional Biochemistry and then apply to PhD/RD program. My plan is to get ahold of the mentor I want to work with at CWRU and see what they have to offer. These are my two ideas for the next step.

Please if you have any questions about research, please email me [Francisco.aaguilar@yahoo.com](mailto:Francisco.aaguilar@yahoo.com)

Best Regards,  
Francisco

**LIZABETH FLORES  
BREAKS IT DOWN...**

### **What is FENUGREEK?**

*Fenugreek is a plant from South and Central Asia. Its seeds are retrieved and are often used as a spice or herb.*

### **What about RAS Protein?**

*All of the cells in our body have RAS protein, a protein involved in a signaling pathway that regulates cell growth. It is vital to keep us functional and healthy but if there is a mutation then it becomes an issue, uncontrolled cell growth occurs.*

### **And SKBR-3?**

*SKBR-3 is a type of cell line that over expresses HER2. HER2 is a receptor on all breast cells but when there are high amount of receptors then it can result in breast cancer. So a female can test positive for HER2 protein which means the person has been tested positive for breast cancer. There are various cells lines, our laboratory will focus on the SKBR-3 cell line.*



## PEANUT ALTERNATIVES

by Christina Armendariz

*We all grew up with the traditional PB&J sandwich, and for a long time, the only nut butter we knew of was peanut butter!*

*Now you can go through the peanut butter aisle at your local grocery store and identify many types of nut butters! Oh, how times have changed!*

*With the increase in peanut allergies, alternative nut butters have become necessary for the allergy population. Peanut allergies are highest amongst children and affect about 25% of people who have allergies. Peanut allergies can be deadly, which is why it's essential to have different nut options from which to choose from to accommodate restrictions. Most elementary schools daycareers have restricted peanut food items from school lunches to accommodate those with allergies.*

*Luckily, any nut can be made into nut butter, and you can even make it at home! This is excellent news for people suffering from allergies or looking to change things up a bit! Nuts are very nutritious, versatile, and tasty, which makes them an essential food to include in your diet.*

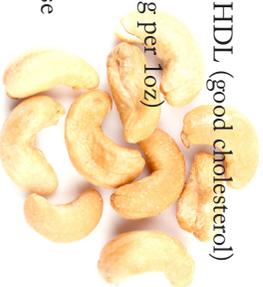
## CASHEWS

Cashews are a great alternative to peanuts as they are smooth, creamy, and filled with vitamins and minerals. They grow on trees in tropical climates overseas in Costa Rica. Cashews are a particular type of nut because each nut grows in its shell that has to be hand opened to get the cashew out. Cashews have made it to the spotlight more recently because of its cheese alternative properties!

### Health Benefits:

- Decrease LDL (bad cholesterol) and increase HDL (good cholesterol)
- Reduce blood pressure
- Contains a higher amount of "good" fat (12.4 g per 1oz)

*Recipe Ideas:* Cashew Alfredo Pasta, Vegan Queso Cheese, Cashew Parmesan Cheese



## MACADAMIA NUTS

Macadamia nuts have very similar characteristics as cashews but still have their distinct taste. They are also grown on trees in tropical countries such as Brazil and Costa Rica.

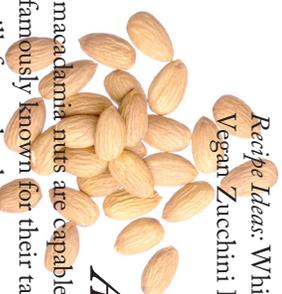
Macadamia nuts are a great snack because they are around 200 calories per ounce and contain a lot of beneficial vitamins and minerals.



### Health Benefits:

- High in monounsaturated fats (healthy fats)
- High in antioxidants which reduce free radicals (free radicals put you at risk for cancer and other health conditions)
- Reduce diabetes effects because of the high fiber and low in sugar content which helps to maintain blood sugar spikes

*Recipe Ideas:* White Chocolate Cheesecake, Vegan Zucchini Lasagna, Macadamia Cheese



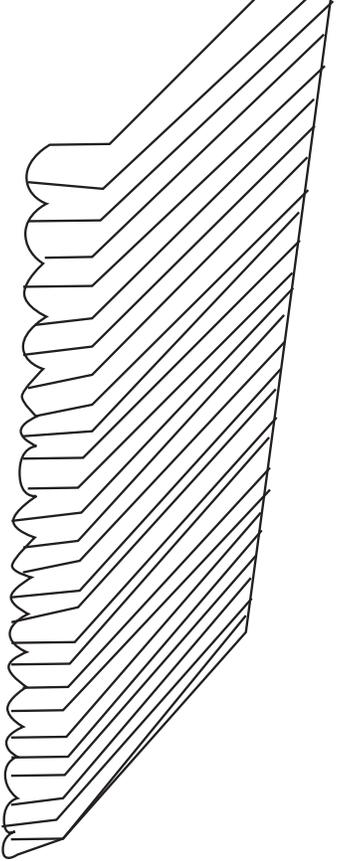
## ALMONDS

Cashew and macadamia nuts are capable of being made into nut milk, but almonds are famously known for their take over as a milk alternative! There have been several milk farms that have stopped milk productions to join the almond milk business. How amazing is that! Just as the other two nuts, almonds are capable of being used as a cheese alternative and contain many great benefits. One ounce of almonds contains 14 grams of fat, 3.5 grams of fiber, and are 161 calories. The brown skin of almonds contains essential nutrients; therefore, almonds are not as beneficial if the skin is stripped.

### Health Benefits:

- Reduce hunger (high nutrient density)
- High in antioxidants which reduce free radicals (free radicals put you at risk for cancer and other health conditions)
- High in Vitamin E which are high in antioxidants and protect cells from oxidative stress and damage

*Recipe Ideas:* Almond Milk, Almond Butter Tofu Stir Fry, Almond Butter Cups



# EATIN' FRESH 'N LOCAL AT THE FARMERS MARKET

*A Letter from the Editor / Alicia Papanek*

**September / October**

*Technically, summer is nearly officially over but here in SoCal we have summer produce residuals until nearly October 'cause the sun is still twinkling in our direction, putting the finishing touches on the ripening of our favorite vegetables that are actually technically fruit (hey tomatoes, cucumbers and eggplant, I'm looking at you), synthesizing the last of those beta-carotenes and lycopenes that we all know (hope) are going to keep our eyes from crossing during late night cram sessions. (Well, -ish) So what should we be excited about stocking up on before we're doomed (privileged) to a winter of potatoes, onions, beets, and greens?*

Let's be honest, **APPLES** are at the market all summer—I'm not saying they're stellar all summer—, but as we desperately try to accept the reality of autumn, the prospect of apple pie and a sly library snack of apple with peanut (or almond) butter surely makes it a smidge easier.

**ASIAN PEARS!** The pear of all pears, but admittedly this is coming from someone who doesn't give an eff about a European pear. I don't give an eff about any pear unless it's a sweet giant crispy bright Asian pear. It's a superior pear and late summer means they're finally making their way into my market basket.

**PEPPERS, CORN, CUKES, TOMATOES, EGGPLANT!** Get your kicks in, cause these babies are going fast, teetering between extremely sweet, overly ripe, overly-tough skin, and too watery. Choose wisely, but you might get lucky. Ask your farmer to help you make the best choice, they know what's up. Also ask your farmer how their kids are, if they have kids, how their morning was, and what's happening on the farm. Just talk to your farmer.

**PASSION FRUIT** is FINALLY BACK. Forgive my excitement, but these florally tart sweet little vitamin C bombs are my favorite snack and their infrequency makes them especially special. They go through tortuously long swaths of not being in season, but after a whole summer of developing wrinkly purple casings for membranous sweet gooey jelly around crunchy seeds that gets stuck in your teeth, they're ready. (good sell, huh?) Buy the heavy ones, they have the most stuff inside to add to your yogurt, make cakes with, or just slice open and eat with a spoon.

**KABOCHA** and **RED KURI SQUASH** are around, and will generally be all fall and winter. Not totally sure it's oven season yet, but if you like a steamed gourd, these babies are satisfyingly filling, earthy, and super hearty with just the perfect tinge of sweetness. They make great dips AND veggie mains and are huge so if you're just feeding one or two, you can buy one and eat it all week.

There's plenty I didn't cover here, so make sure you hit up your farmers market for the best produce in season. Whether you live in south, north, east, or west Los Angeles, there are over 200 farmers markets in the Los Angeles area (this includes the San Gabriel Valley, San Fernando Valley, Ventura County, Orange County, and Riverside County), and that is awesome.