

# SDA EATATORIAL

JANUARY 2016, VOLUME 4, ISSUE 1



## Welcome Week

Monday September 28th and Tuesday September 29th

Every fall, Cal State LA offers an event each year where new students have the opportunity to get to know the school's clubs and organizations. The SDA jumped into Welcome Week and participated in this two day event. Our booth offered information regarding our organization, about our major, and general information about our school. We had good traffic and met lots of new students who share our passion for food and wellness. Many new members signed up that day and our board members worked tirelessly in providing the much needed information to our new members.

# TABLE OF CONTENTS

Welcome Week	Page 1
Table of Contents	Page 2
Letter from the Editor	Page 3
Health Alliance Fair: Women's Heart Disease	Page 4
Food Day	Page 5
Dietetics Internship Information Panel	Pages 6—7
Step Out: Diabetes Awareness	Page 8
Project Angel Food	Pages 9—11
Recipes: Roasted Brussels Sprouts with Orange Maple Glaze and Thyme Roasted Cranberries	Pages 13—14

# LETTER FROM THE EDITOR

*Happy Winter Quarter Student Dietetic Association!*

The Fall Quarter was full of outreach opportunities where our members shared their knowledge and enthusiasm with the Cal State LA campus.

*But more is on the Way!*

One of the goals we all share is to be well rounded students,  
active on campus and in the greater community.

**So pick your heads up out of your books, get outside,  
and do some good.**

*Then go back inside and write about it for the next Eatatorial!*

(We can't wait to hear about it!)

The Eatatorial is a biannual newsletter for the members of the Student Dietetic Association of CSULA.

We're here for you to share your expertise and experiences as students, nutritionists, food scientists, and humans who eat.

Please send submissions to [csulaeatatorial@gmail.com](mailto:csulaeatatorial@gmail.com)

*Sincerely,  
Elizabeth Conde  
Editor-in-chief  
The Eatatorial*

A huge thank you to Damaras Moran  
and Barbara Beneroso for their events reporting!

# The Health Alliance Fair: Women's Heart Disease

Tuesday October 6th 2015

The Health Alliance Fair was conducted on October 6th 2015 to raise awareness on new research towards fighting women's heart disease. The members of SDA had the opportunity to meet with U.S Surgeon General Vivek Murthy, and the students had the opportunity to attend a discussion panel with the Surgeon General, and Janet Murguia, President of the National Counsel of La Raza. The discussion provided an understanding for the history of women's heart health and valuable information on what can be done to prevent the risks of heart disease.





# Food Day

Wednesday October 21, 2015



From left to right: Sergio Tejeda, Samy Elcott, Denisse Cante, Damaris Moran, Barbara Beneroso, Rocio Enriquez and Sade Meeks

Food Day was a phenomenal opportunity for the SDA to educate people on the importance of healthy eating, as well as how to improve food policies in our communities. Food Day was geared towards encouraging people to enjoy a “Greener Diet”. Although the event was in fact just one day, its principles spread across the students in powerful waves, overcoming both cultural and social barriers. Food day, and healthy eating are philosophies that merit more than just a generic definition. Helping to turn the masses toward healthy eating for themselves and their families was one of the main purposes behind this remarkable event.

# Dietetic Internship Discussion Panel

Monday November 2nd

The Dietetic Internship Panel was a great opportunity to provide students with information regarding the DPD program, as well as potential internships for students to participate in. Important information regarding the RD exam was also discussed in full detail at the event. Post-graduation can be a frightening experience for most students, “What do I do now?”, is a question that most students are presented with after receiving their degree on the podium. Luckily, Dr. Jambazian gave students several suggestions post graduation, as well as to how they can become better applicants for the DPD program and the CDP program, and how they can be competitive in the ever evolving workforce of dietetics. Dr. Jambazian told the audience that the Academy of Nutrition will require all RDs to have graduate degrees by 2024, in an effort to emphasize research and evidence based knowledge of nutrition and pathophysiology.

Lewina Luk, MS, RD spoke about the DPD and CDP programs at CSULA, and reassured the students that while there is a lot to the application process, the department is increasing it's outreach by using a Facebook. Announcements, scholarships and open house information will be on Facebook at Cal State LA—DPD.

All three of the CDP speakers, Sharon Beckworth, Maya Broz, and Supatra Hanna, emphasized the importance of keeping your grades up and taking the initiative to be leaders on campus and in the nutrition community in order to strengthen your applications to graduate programs and internships. Additionally, students were advised to

# Dietetic Internship Discussion Panel

Monday November 2nd

begin compiling examples of their writings, projects and accomplishments in a personal web page that many internships will require as part of their application. The earlier you begin working on this the better, and keep this in mind when you work on your assignments. It's a long road to becoming an MS RD, but with the help of our professors and some forward thinking, we can all succeed!



# Step Out: Raising Awareness to Stop Diabetes

November 16th, Griffith Park.



From left to right: Abigail Valdez, Eunice Lee

On November 16th 2015, the SDA had the opportunity to present their own booth at the, “Step Out Walk to Stop Diabetes” event. The walk was held to raise funds for diabetes research. The SDA provided pamphlets, poster boards, as well as one on one education on the dangers of highly sugared foods. Members also emphasized the importance of exercise to help prevent diabetes and other diet related diseases. The SDA also promoted the importance of healthy snacks! Apples, granola bars, and bottles of water were handed out to participants of the walk to raise awareness of healthy eating and it’s importance in the fight to Stop Diabetes.



# Project Angel Food

By Elizabeth Conde

Nutrition and food science students are generally busy people. We've got classes to take, jobs to go to, studying and more studying to occupy our days and nights. Yet I always run into students from our department when I volunteer at Project Angel Food in Hollywood. Now in their 25<sup>th</sup> year, Project Angel Food has the amazing mission of providing high quality nutrition to people who are homebound with serious illnesses. As a community funded organization, these angels run a commercial kitchen to very high safety standards to produce wonderful meals in support of the health of clients all over the LA area.

From a food science student's perspective, this is a great opportunity to see how a commercial kitchen operates. Hairnets, aprons, handwashing protocols, and gloves are used at all times. The day's work is laid out in production sheets showing how many servings of each recipe are to be made, sometimes up to 250 or 300. Each recipe is given an identification number, which is also tagged on the finished meals so each client gets the nutrition they need. This could be to maintain a healthy weight in cases of cancer chemotherapy, or to help the healing process in the face of heart disease, renal disease, type 1 and type 2 diabetes, or AIDS.

One morning in late December I was working with Chef Juan and fellow students Tiana Guibelondo and Jackie Tabatt. We prepared 270 chicken breasts, apricot sauce, and egg noodles. Some of the sauce was left unseasoned for clients

# Project Angel Food

By Elizabeth Conde

needing a bland diet, but most was seasoned appropriately for a renal diet with low sodium chicken broth, pepper and shallots.



Jackie Tabatt, Tiana Guibelondo and Chef Juan checking the temperature on the chicken breasts. Project Angel Food is very careful with the safety of their meals, knowing how dangerous food borne illness can be for their clients.



Angelica Gonzalez and Michael Kalagayan packed fruit and healthy snacks that are delivered along with the meals once a week.

Not Pictured: Casey Thomas and Erika Cooper, doing too many jobs to list.

Project Angel Food volunteers never know what they will be doing when they turn up — making cookies, cooking huge quantities of ground turkey, or assembling meals on the tray line. Student volunteers get a chance to participate in just about every aspect of institutional food service aside from the menu planning and customer service. It's a wonderful way to see the topics we have studied so intently put into practice. Nutrition science students and Project Angel Food — a match made in heaven!

---

# RECIPES

---

AND TIPS FOR HEALTHY  
EATING



# Roasted Brussels Sprouts with Orange Maple Glaze and Thyme Roasted Cranberries

By Jasmine Briones

One thing that I dislike about the holidays is all the stress I come under when it comes down to the cooking. I always try to plan ahead but, well, things don't always go as planned. I decided that this year I would make simple, easy vegetable dishes that I could share with those of you in the same shoes.

Brussels sprouts always get a bad rep for being stinky and bitter, but that's because your mamas were cooking them wrong for you as a kid. This recipe will make you appreciate these little gems and hopefully share them with your family during the holidays.

I paired mine with roasted cranberries with thyme. The Brussels were sweet, and these are a bit tart, so I felt they balanced well together. If you aren't a fan of tart, simply add more sugar, or even just serve them with dried cranberries.

These roasted cranberries with thyme also pairs well with rice! You can make it and stir a few tbsp. full into your rice serving with pine nuts or pecans, yum! All you have to do is wash and dry 2 cups of cranberries and toss them with 3 tbsp [coconut palm sugar](#) and a small bunch of fresh thyme or 2 tsp fresh thyme leaves. Optional: 2 tsp of [coconut oil](#) (I omitted). Evenly distribute on a baking dish. Place into an oven at 400F for 15-20 minutes. Inspired by [Bon Appetit Mag](#).

## Roasted Brussels Sprouts w/ Orange Maple Glaze and Thyme Roasted Cranberries

Author: Jasmine Briones / Sweet Simple Vegan

Prep time: 10 mins

Cook time: 1 hour

Total time: 1 hour 10 mins

Serves: 3-4

### Ingredients

#### Brussels Sprouts

- 10 large Brussels sprouts

- Juice of 1 large orange
- 1 teaspoon orange zest
- 2 teaspoons maple syrup
- Freshly ground black pepper, to taste

### [Healthy Green Salt Substitute](#)

### **Cranberries**

- 2 cups fresh cranberries
- 3 tbsp [coconut palm sugar](#)
- Small bunch of fresh thyme or 2 tsp fresh thyme leaves

Optional: 2 tsp [coconut oil](#) (I omitted)

### **Instructions**

#### **Brussels Sprouts**

Preheat oven to 400 degrees F.

Wash and dry brussels sprouts. Cut off brown ends and any brown outer leaves, then slice in half. Place onto a large baking sheet.

In a small bowl, mix together the orange juice, zest, and maple syrup. Drizzle evenly over the brussels sprouts.

Top with pepper and salt as desired. Roast for 35 to 40 minutes, until crisp on the outside and tender on the inside.

Remove and cool for 15 minutes before serving.

#### **Cranberries**

Wash and dry 2 cups of cranberries and toss them with coconut palm sugar and fresh thyme.

Evenly distribute on a baking dish and place into the oven at 400F for 15-20 minutes.

# UPCOMING EVENTS

AND IMPORTANT DATES IN 2016

## **January**

January 29—Cal State LA CDP Application Submission Deadline  
(postmarked by this date)

## **February**

February 9 — Our Next SDA General Meeting with Guest Speakers on  
Diabetes Education and Eating Disorders

February 15 — DICAS Due!

## **March**

March 1 — National Nutrition Month — Savor the Flavor of Eating Right  
To volunteer as a booth leader or all around helper,  
email Barbara and Damaris: [eventscsulasda@gmail.com](mailto:eventscsulasda@gmail.com)