

FEBRUARY 2020

the EATATORIAL

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

TONS OF EVENTS +
VOLUNTEER OPPORTUNITIES

UNIQUE RD JOBS

NEW RECIPE!

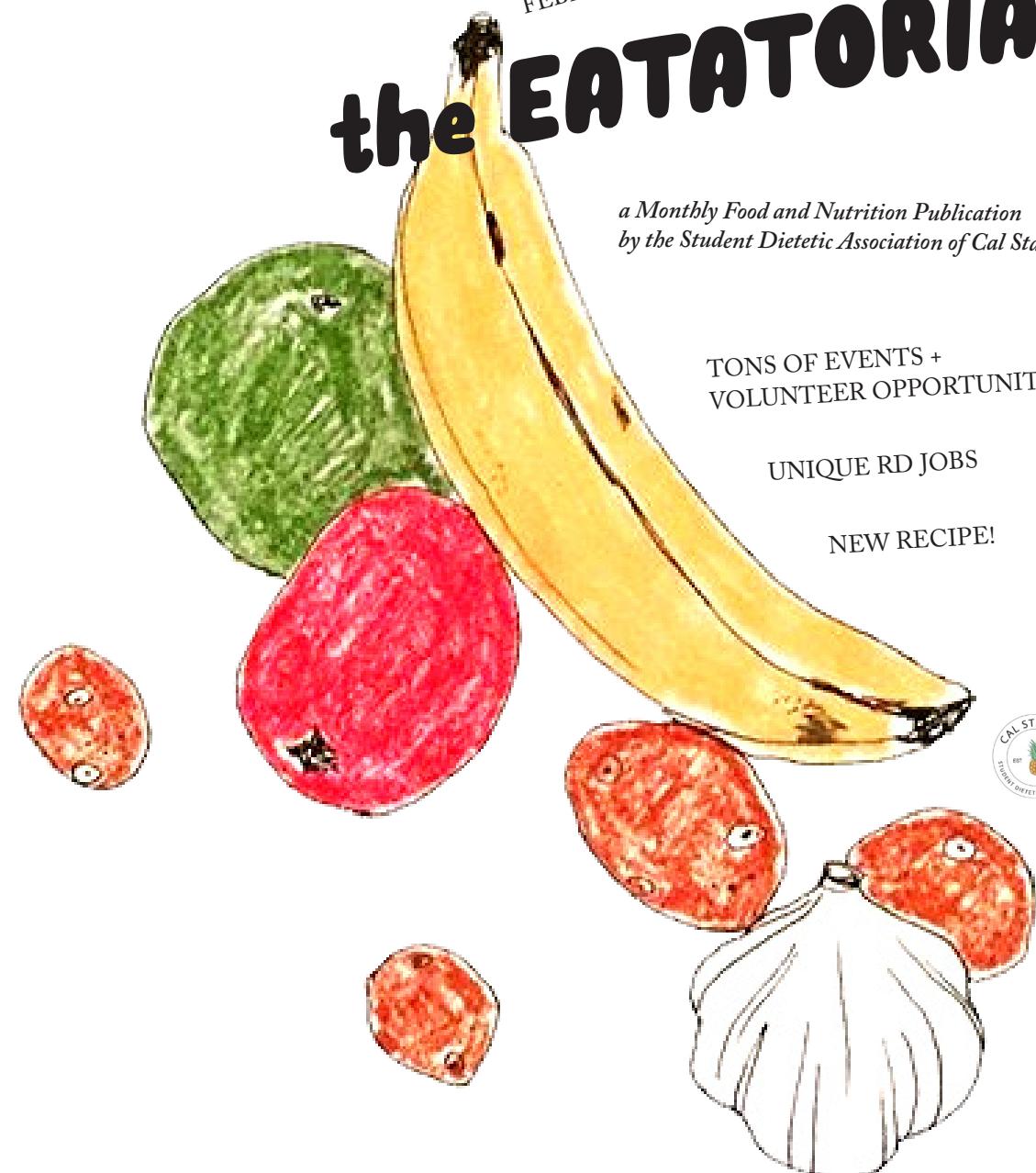


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All articles written by Cal State LA nutrition students
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ROASTED RED PEPPER HUMMUS

Recipe by Najme Saleh

Makes: 4-6 servings

Prep time: 15 minutes

Cook time: 15 minutes



Ingredients:

2 whole red bell peppers

(or 3/4 cup chopped jarred roasted red peppers)

1 (15-ounce) can chickpeas or 1 1/2 cups cooked chickpeas

1/4 cup fresh lemon juice, about 1 large lemon

1/4 cup tahini

1 small garlic clove, minced

2 tablespoons extra virgin olive oil, plus more for serving

1/2 teaspoon ground cumin

Pinch cayenne pepper (optional)

Salt to taste

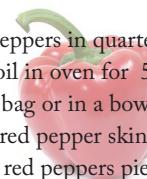
Directions:

If preparing peppers:

Wash and dry, cut the peppers in quarters, and place them on a baking sheet with foil and drizzle olive oil. Broil in oven for 5 to 10 minutes until the peppers skin has charred. Put peppers in a plastic bag or in a bowl and cover with plastic wrap for 10 minutes. Gently remove the charred pepper skin and dispose the skin. Set aside 1 to 2 small pieces of peeled roasted red peppers piece for garnish.

To make hummus:

In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scraping the sides and bottom of the bowl then process for 30 seconds more. If pasty, add water until it becomes smooth. Add olive oil, minced garlic, cumin, and 1/2 teaspoon of salt to the tahini and lemon juice. Process for 30 seconds. Open, drain, and rinse the chickpeas. Add half the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and smooth for another minute. Add the roasted peppers and continue to process for 1 to 2 minutes or until smooth. If the hummus is too thick or still has tiny bits of chickpea, with the food processor turned on, slowly add 1 to 3 tablespoons of water to the mixture and combine until you are happy with the consistency. Taste for salt and adjust as needed. Finely chop the reserved peppers. Spoon hummus into a bowl, make a small well in the middle and add the chopped peppers. Store homemade hummus in an airtight container and refrigerate up to one week.



NOTES / DOODLE / PHILOSOPHICAL PONDERINGS

A Letter From The Editor

Hello friends,

We're back. Are you stressed yet? It's 4:30 PM on a Saturday and I just poured myself one cup of coffee, which, if you were here for the Danielle Rath zoom presentation on caffeine back in October, you might recall I'm well within my health-conscious bounds of coffee intake, and am preparing myself for a slow and steady stream of productivity.



Not surprisingly, Francisco tells it like it is when it comes to IBS. For an excellent read on not only IBS symptoms, but a real passionate and straightforward explanation of what pre and probiotics are, check out Francisco's contribution to this month's issue.

There's a full calendar of things to do this month in case school's too easy for you and you have too much time on your hands. Your fearless leaders have put together an impressive list of volunteer opportunities with the SDA on campus, and with some of our favorite food justice organizations around LA. There's no shortage of fascinating off campus talks and conferences this semester to supplement 1 billion CFUs of extracurricular involvement to your daily nutritional intake. Additionally, we're bringing you some incredible RD's to tell you about all the Unique RD Jobs you could goal towards after you graduate.

These *Eatatorials* are a reflection of the topics dietetic students are investigating at Cal State LA. As we navigate the realm of dietetics, we're being bombarded with technical sciency information that makes us feel smart (because we are), while also learning how to effectively communicate that information to a public that greatly benefits from it's knowing. It's no easy task, but the food and nutritional meanderings presented in these here *Eatatorials* prove the effectiveness of our education and dedication to the topics of nutrition and dietetics. Bravo, SDA members!

This month, our very own Najme Saleh wrote what I can only describe as a scientific poem about the benefits of gardening. My heart swells, as you could only imagine. She provides a compelling argument for why gardening will make your life better, and I suggest you allow yourself to be taken.

If you happen to be at a point in your life where you're ready to up your hummus game to "homemade," check out her roasted red pepper hummus recipe. It's sure to put you on the right path to energy sustainment as you nail this semester.

Please don't forget to register to vote, and please vote in the March 3rd Presidential Primary Election.

Also, join the Edible Garden Club if you wanna get your hands dirty. We're up and running. @ediblegardenclub.calstatela

Peas be with you.

In Solidarity,
Alicia Papanek



Benefits of Gardening

by Najme Saleh

Waking up to a sunny morning, smelling the bliss of a cup of joe, and walking to the backyard to check on the gardening: the perfect morning. However, many of us are often on the run and don't really have a passion for gardening our own vegetables and fruits. Here are some health benefits that can change your mind about growing your own produce. One, is the vitamin D rays of the sun, which boosts your calcium, and benefits your bones and immune system. A study back in 2006 tracked 2,800 people and found that gardening can reduce dementia and can also decrease your chance of forgetfulness. A Dutch study, where participants either read or gardened for a half hour, found that gardening can help with stress. They found that the gardening group had better moods and lower level of cortisol (stress hormone). Old age doesn't just come with forgetfulness, but with loneliness, and gardening can aid with loneliness as well, according to the Centers for Disease Control and Prevention. They recommend gardening together as a community because it improves the quality of life, reduces family food budgets and is therapy for the soul and mind. For those who would love to get into gardening, but don't have the resources at home, start by volunteering at schools or in the community.

UNIQUE RD JOBS

By Christina Armendariz

In this day and age, pursuing a career in dietetics can lead you to some exciting opportunities. Traditionally, working a clinical inpatient job has been the known job of dietetics. But as we progress, we have seen the industry change as health has become a hot topic. Being the leading experts in nutrition, the world of dietetics has a place for an RD in so many settings.

The process of becoming an RD can be grueling and discouraging. We are now told we need to obtain a master's degree to practice as an RD with no promise of wage increases. How are we supposed to compete with other dietitians who are working in the business without a master's degree? These are all troubling questions we will be facing in a few years, but as the industry changes, there are better paying, and unique job opportunities offered to dietitians.

In an article published in Today's Dietitian, Julian Schaefer writes about several unique job opportunities available outside of the traditional inpatient job. The profession of dietetics just got exciting again!

Check out the article to learn more about each position.
<https://www.todaysdietitian.com/newarchives/082510p26.shtml>

FARMER RD
CELEBRITY RD
SPORTS RD
MILITARY RD
PET NUTRITION CLINICIAN
OVERSEAS RD

To continue the hunt for uniques jobs I did a good ol' google search by typing "unique jobs in dietetics" in the search browser and here is what I found....

NASA RD (AMAZING!)
PUBLIC HEALTH NUTRITIONIST
TACO BELL RD
DISNEYLAND RD
CRUISE LINE NUTRITIONIST
FREELANCE WRITER
NESTLE SALES REP
NUTRITION SUPPORT RD
GROCERY STORE RD
RECIPE DEVELOPER
NUTRITION CONSULTANT
FOR VITAMIN COMPANY

As you can see, dietetics is becoming a diverse profession! There are many routes available to us that can bring something new to the table. From my google searches, you can find these positions on their direct website vs. Indeed or Simply Hired.

Sometimes it's also who you know not what you know! Networking with one another and going to events will open doors for you to meet RDs working in these positions.



IRRITABLE BOWEL SYNDROME

BY FRANCISCO AGUILAR

Being on the first date, presentations, and our daily routine interrupted by stomach issues. Worrying about where the nearest restroom is located can be stressful and distracting because of your digestive issues. Here is a great way to help prevent being stuck in the restroom all day. After this article on preventing Irritable Bowel Syndrome (IBS), you will be able to identify pre/probiotics and establish a plan for incorporating them into your lifestyle. Follow through with the plan of action after you have the tools and know how. Familiarize with different types of prebiotics, list various types of probiotics, and feel confident about your stomach behaviors. The recommended amount for pre/probiotics will be discussed, looking at how to incorporate it to your daily routine. Having this knowledge will give you the confidence about your stomach behaviors by consuming pre/probiotics daily.

Let's define IBS: an irritating digestive issue with common symptoms such as abdominal pain, bloating, diarrhea, constipation and passing excessive amounts of gas. We all experience these symptoms, but what defines a lot? This is where a doctor's medical diagnosis becomes vital. "IBS affects people of all ages but commonly teens to your 40's and twice as much as women than men" [1]. Many people may not have IBS yet still struggle with simple digestive problems which can be a nuisance if you do not act today. Yes stress, anxiety, and depression can affect IBS symptoms but let's agree to focus here with the perspective of food which we can change today. By applying these steps, the possibility to help to prevent the symptoms can happen.

PREBIOTICS

Prebiotics are the food (nutrients) for the probiotics to survive and thrive throughout the digestive system. Prebiotics are another word for fiber or whole grains. We need the fiber as a best friend who is there for support. Fiber is known to help maintain bowel health (going to the bathroom), helps achieve recommended weight, and increases the weight and size of your stool (poop). We're looking to consume 25 to 30 grams (1/4 cup) a day but how does this relate to your diet [2]? We are aiming for one fourth of your plate to be dedicated to whole grains [3].

Whole grains include:

high fiber bran cereal,
beans, lentils,
sweet potato,
apples, avocados,
whole wheat bread,
whole wheat pasta,
quinoa, grapes,
mangos, oranges, pears.

Remember when I say "contains" it means how much fiber you are getting out of the portion size. For example, one medium sweet potato, baked with skin contains 3.8 grams of fiber. One medium apple with the skin contains 4.4 grams. One half cup of cooked lentils contains 7.8 grams of fiber. If you cut your plate into four sections equally, one section will contain whole grains. If not, then add one of the items listed before that next shopping spree at the market.

Finding difficulty choosing a high fiber rich food to include in your diet? Fiber supplements are out there for those in need. Various options from powder, capsules, or psyllium husks in all varieties will help meet the needs for prebiotics to be effective when taken as directed.

[1] <https://www.webmd.com/ibs/who-at-risk-ibs>

[2] www.ucsfhealth.org

[3] www.choosemyplate.gov/whole-grains

[4] H. Szajewska; "Functional Foods and Acute Gastrointestinal Infections," 2011.

[5] www.health.harvard.edu

[6] www.cdc.gov

[7] www.genuinehealth.com

PROBIOTICS

Second, are you getting enough probiotics in your diet to meet the minimum requirement needed? Because fermented bacteria, or a live culture, in other words probiotics deplete the “bad” or “toxic” bacteria and help replenish the “good” bacteria. “Bad” meaning the possible cause for the symptoms of irritable bowel syndrome. “Good” meaning improving your digestive tract by helping your body rid the bacteria that causes your body to get ill. Examples would be food poisoning, stomach flu, diarrhea, or other stomach damaging bacteria. Utilizing probiotics will help prevent or minimize the unsettling feeling of bloating, excessive gas, constipation, and diarrhea [4].

Various amounts of products are offered such as:

kombucha, kefir, pickles, kimchi, sauerkraut, natto, yogurt (grass fed, no pasteurization), kvass, raw cheese (raw or unpasteurized), cottage cheese, apple cider vinegar, brine (cured olives), tempeh, miso, traditional buttermilk, raw milk and probiotic supplements.

Daily consumption recommended by Harvard University

study in 2005 says anywhere from 1 to 10 billion colony forming units (CFU = measurement units) once a day for several days [5]. For example, one pickle is between 1.2 to 1.4 billion CFU. Center for Disease Control recommends that 12 ounces of Kombucha a day is a great portion size which equals to a cup and a half, containing about 1 billion CFU [6]. Kimchi is 1 billion CFU when you eat a half a cup. Yogurt generally meets 1 billion CFU but not all yogurt meets this requirement or qualifies as a strong source [7].

Probiotic Supplement	Kombucha	Raw Cheese	Kefir
Sauerkraut	Kimchi	Miso	Tempeh
Yogurt	Fermented Cucumbers	Pickles	Natto
Sourdough	Cottage Cheese	Apple Cider Vinegar	Kvass

Depending on the severity of symptoms, we sometimes turn to supplements. If you are having a hard time meeting a larger spectrum, using a supplement can be helpful. Probiotic supplements come in various forms such as liquid, powder, and capsules, which all can range from 5 to 400 billion CFUs. Probiotic supplements commonly need to be refrigerated before/after opening the bottle because of the live bacteria that lives inside. I know hearing bacteria can be an uneasy sound for those who are germaphobes--yet, more reason why you would want to integrate probiotics into your diet. Good bacteria help diminish the bad bacteria. Read the directions on the product itself to get the correct serving size and probiotic CFU.

MEAL PLANNING

Learning what foods to pair together can take practice, but using a simple tool can help you decide your meals once a day, every day. Debating when to incorporate them into your diet is your choice. Create a weekly calendar leaving two spaces one for prebiotic food and the other for probiotic food. Leave this calendar where it will remind you to eat these foods once a day. Write out the week, or two weeks depending on your frequency of grocery shopping. Now you have these items but cannot think of what may go together yet, but that's ok. Utilize a trial and error process because it's all new to you. As you progress, write down the pairs you enjoy together so you can repeat good ideas created. Try with a friend or family member whom each can contribute half the work load. One brings the prebiotic and the other the probiotic to share.

CLOSING THOUGHTS

With this article, you have the knowledge to prevent irritable bowel syndrome symptoms. Prebiotics is another word for fiber and are the nutrients for probiotics. They include apples, avocados, and onions. Probiotics are bacteria but the type we crave, like kombucha, sauerkraut, and miso. Probiotics help replenish “good” bacteria and deplete the “bad” bacteria. Supplements are available. You should also have an understanding of how to meal prep for your future with these beneficial foods. Giving you the knowledge about each area here will lead you towards the right path, but will take time to walk down.

SDA GENERAL MEETINGS
3:20 PM - 4:30 PM
KH B2005

February 6: Welcome Back
E-portfolio/ Healthy Snack Stand Committee

March 12: Public Policy Day
Advocacy Summit Debrief /
Jocelyn Harrison, RD MPH &
Katie Rawson, RD MPH
Run for office!

April 9: Elections

May 7: RD Meet and Greet

HEALTHY SNACK STANDS

February 27, March 3 +18
10:30 AM - 2 PM

Library North Main Walkway

To volunteer, e-mail

Priscilla: scillav1534@gmail.com
Najme: nsaleh4@calstatela.edu

Visit the sign up sheet in the 1/31 member e-mail

LA Food Bank

March 7, 21, 28, April 4

9 AM - 12 PM

LA Location:

1734 East 41st Street, Los Angeles, CA 90058

Commerce Location:

6055 Randolph St, Commerce, CA 90040

EVENTS & VOLUNTEER OPPORTUNITIES

Visit the following links to register for volunteer days

Food Forward

<https://foodforward.org/volunteer/sign-up-to-volunteer/>

Meals on Wheels

<https://mowlb.org/volunteer-2/>

STUDENT OPPORTUNITIES WITH THE ACADEMY OF NUTRITION AND DIETETICS

<https://www.eatrightpro.org/leadership/volunteering/volunteer-opportunities#students>

Write for Student Scoop

Student Scoop is an online newsletter exclusively for student members. It's published five times a year and includes articles on relevant topics such as preparing for internships and ways to volunteer. Student members can submit articles for possible inclusion.

Become a Student Liaison

As a student liaison, you'll participate in recruitment and retention of student members and provide feedback on student initiatives. Learn more about student liaisons.

FNCE Student Host Program

Are you a student member of the Academy, interested in attending FNCE® and interacting with your fellow members? If so we need YOU! The Academy accepts applications for FNCE® Student Hosts annually during the month of August. In exchange for approximately 8 to 10 hours of onsite volunteer assistance, students can receive complimentary registration to FNCE®!

Members, visit the
"SDA Volunteer Opportunities"
Google doc in 1/31 CSULA SDA e-mail
to access the links and
information online

UPCOMING OFF-CAMPUS NUTRITION EVENTS

Registration Required

1. Cooking Show with the Blue Zones Project

Wednesday, February 12 / 6 - 7 PM
Hermosa Beach

2. More Than Meets The Eye:

Linking Nutrition to Behavioral Health
Friday, February 28th / 12 PM - 1:30 PM
Alcott Center for Mental Health

3. Avoid the Diabetes Epidemic

Wednesday, March 18 / 10 - 11 AM
Coast Plaza Hospital

4. 2020 LAD Conference

Sunday, April 5 / 9 AM - 3:30 PM
Childrens Hospital
<https://www.ladannualconference.org>

5. 2020 CANDAC Conference

Thursday, April 16 - Saturday, April 18
Riverside Convention Center
<https://www.dietitian.org/page/annual-conference>

2020 FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6 SDA GENERAL MEETING 3:20 PM - 4:30 PM welcome back	7	8
9	10	11	12	13 Off Campus Nutrition Event # 1 6 - 7 PM	14	15 <i>volunteer</i> FOOD FORWARD 9 AM - 11 AM Camarillo
16	17	18	19 <i>volunteer</i> FOOD FORWARD 10:30 AM - 2 PM Watts and SaMo	20 <i>volunteer</i> FOOD FORWARD 10 AM - 2 PM Bell	21	22
23	24	25 <i>volunteer</i> FOOD FORWARD 6:15 PM - 7:30 PM Culver City	26	27 HEALTHY SNACK STAND 10:30 AM - 2 PM	28 Off Campus Nutrition Event # 2 12 PM - 1:30 PM	29 © BlankCalendarPages.com

2020 MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 HEALTHY SNACK STAND 10:30 AM - 2 PM	4 <i>volunteer</i> FOOD FORWARD 10:30 AM - 2 PM Watts	5 <i>volunteer</i> FOOD FORWARD 10:30 AM - 2 PM Watts	6	7 <i>volunteer</i> LA FOOD BANK 9 AM - 12 PM
8	9	10	11	12 SDA GENERAL MEETING 3:20 PM - 4:30 PM public policy	13	14
15	16	17	18 HEALTHY SNACK STAND 10:30 AM - 2 PM Off Campus Nutrition Event # 3 10 - 11 AM	19	20	21 <i>volunteer</i> LA FOOD BANK 9 AM - 12 PM
22	23	24	25	26	27	28 <i>volunteer</i> LA FOOD BANK 9 AM - 12 PM
29	30	31				
						SPRING BREAK