Hello!

Welcome to the FIRST issue of THE CORE, a student newsletter that was powered by YOU! I am very excited about the work Student Dietetic Association (SDA) members have put into this issue, and I hope you enjoy it as well.

The idea behind THE CORE is to have a place for students to display their writing talents, discuss nutrition hot-topics, and share nutrition tips or recipes. I also hope that it can serve as a source for tracking and sharing the SDA’s community service activities and current events.

At the SDA meeting on Tuesday, April 7, 2015, a vote will take place which will determine if THE CORE (or a newsletter of another name) becomes an official entity by formation of an SDA newsletter committee. If you think a newsletter is a great idea, vote to keep it in place for next year!

If you have any questions, don’t hesitate to contact me. Thank you, and I hope you enjoy the issue!

Marie Erobu
Vice President, SDA
Nutrition and Dietetics students, many whom are members of the Student Dietetic Association, had the opportunity to attend the MSAND conference located in Flowood, MS. The event took place March 26th and 27th. This year’s conference was filled with motivational and informative speakers ranging from registered dietitians to other health professionals, such as nurses and diabetes educators. Many lectures focused on the positive changes that are being implemented in the profession of dietetics, as well as changes to the dietetics curriculum. A theme of the many presentations was the incorporation of an overall wellness approach to health, by not only focusing on diet, but also using stress management techniques and staying physically active. For the students, it was a great learning experience as we were introduced to so many new careers that are emerging, or gaining a stronger foundation in the dietetics field, such as grocery store dietitians and sports dietitians. We were also able to network with professionals, dietetic interns and other students.

A unique feature of this year’s conference was the organized and creative activity breaks led by students, which formed intermissions between presentations. The University of Southern Mississippi Student Dietetic Association volunteered to lead the conference in one of the student led activity breaks. We took a “flashback” approach and turned up the beats 80’s style. We incorporated moderate cardio with some classic 80’s jams; it was a hit between all age groups. Following the activity break, members of SDA passed out fresh fruit and our homemade dark chocolate trail mix that we had prepared the day before. Overall, the SDA’s break was a success, and the conference was a blast. The MSAND conferences are a great way to become updated on new nutrition facts, network with local dietitians, and become motivated to impact the community one step at a time. If you have not had a chance to attend, I definitely encourage all of you to check it out in the future!

SDA students leading the activity break on March 27 at the MS-AND conference.
Pictured far left: Kristen Lee; Front center: Karen Johnson; Back right: Caroline Acquistapace

SNACK ATTACK
SDA members prepared a dark chocolate trail mix made of dark chocolate M&M’s, mixed nuts, dried fruit and banana chips to serve during the snack break.
March-for-Meals: SDA Members Feeding the Elderly with Christian Services

By Jonathan Jackson

On March 21st, Christian Services held its first annual “March for Meals” 5k Walk, Run or Rock. The 5K run was put on by Christian Services to raise money for their Meals on Wheels program. Christian Services is a local nonprofit organization that provides food for people in need amongst other services. They cook all of the food at their office in downtown Hattiesburg and either serve the meals there during a “Power Hour” lunch session, or they deliver them to people’s homes through their Meals on Wheels initiative. The Hattiesburg Meals on Wheels program is composed of Christian Services and several local churches who work to provide meals for the elderly or disabled within our community.

On-site registration for the first annual race began at 8:00 am. The registration fee was $20. Myself and Marie represented for the Student Dietetic Association and participated in the 5K run. After checking in, Marie and I got a March-for-Meals tee shirt and goodie bag of vitamins, snacks, and sports drinks. Ms. Catherine, the organizer of the event, led the group in prayer, and then she started the race. At every turn of the race, Marie and I were met with cheers of gratitude and encouragement. It was motivating to see everyone come together to promote feeding the elderly. After we finished the race, we ate breakfast with the other racers and Ms. Catherine. Ms. Catherine told everyone how the donations would go towards the purchase of thermal bags and help pay for truck drivers, which would help maintain food safety and provide quality food for the Meals on Wheels participants.
As a student, it can be hard to consistently eat healthy when you have bigger things to worry about, like the test you have next week, or that fifteen page paper that is due tomorrow. Nutrition plays an important role in your studies too, though! Feeding your body the right fuel will help you to concentrate and give you energy. Don’t have the time to cook any meals, or limited to campus dining? No problem! Here are a few tips to help you eat healthier and save time without having to make drastic changes to your lifestyle.

1. Snacks: Carry portable snacks to class for easy snacking and little clean-up. Think: apples, bananas, grapes, baby carrots, slices of bell pepper, packages of almonds (or any type of nuts or seeds), cheese sticks, yogurt, popped popcorn, or trail mix. These are also great while studying!

2. Hydration: Bring your water bottle with you everywhere! You can easily fill it up at a water fountain, and keep your body hydrated by drinking during your classes.

3. Pack a Lunch: Bring breakfast and lunch with you. Skipping meals isn’t good for your body. Having food with you will help you eat healthier and avoid eating fast food or convenience foods on campus. It’s easy to pack a quick sandwich or salad for lunch, and a yogurt, boiled egg, and granola bar for breakfast. Eat in between classes, or in class if your professor allows this. If eating on campus, choose lean meats, vegetables, fruits, and whole grains when possible.

4. Exercise: Walk, walk, walk! We all know that parking close to your class is almost impossible on campus; however, parking as far away as you can from class can help you get in some extra physical activity. Also, using stairs instead of the elevators or escalators around campus can help get your heart rate up and circulation flowing. Squeezing in extra steps throughout the day takes an extra few minutes here and there without inconveniencing your busy schedule. And, don’t skip planned physical activity to study; read notes while walking or listen to recorded lectures instead of music while working out.

5. Cook: Choose easy to make foods if eating at home or in your residence hall. Some things to consider are frozen, canned, or fresh fruits and vegetables, salads, canned tuna, frozen chicken breasts, microwavable brown rice, sandwiches or wraps, cereal, eggs, canned beans, and oatmeal. All are easy to prepare, so you aren’t spending a lot of time cooking when you could be studying!

Try one or two tips at a time, and figure out what works best with your current lifestyle. It is so easy to get lost in all the schoolwork, activities, and social aspects of college, but don’t forget to take care of your body first!
Eating healthy in college can be a struggle. As nutrition students, we know we should be eating foods that supply our body with the nutrients it needs, but time and money are two big obstacles that keep us from eating the way we would like to eat. Because of time, we may find ourselves choosing fast food too often. On the other hand, if money is tight, it may be a peanut butter sandwich that haunts us day after day.

Today, I would like to introduce an unexpected hero to this mealtime dilemma we all face: lentils! Though lentils often take center stage in places like India and Latin America, here in the U. S., many people do not eat them on a regular basis. If you have never tried lentils before, you are missing out on a delicious, inexpensive protein source that is packed with nutrition and is quick to prepare. One cup of cooked lentils provides 18 grams of protein and 16 grams of fiber for only 230 calories. In addition, it represents an excellent source of potassium, iron, magnesium, and vitamin B6. As a starchy legume, the complex carbohydrates will help to prevent blood sugar spikes and maintain an even blood sugar for several hours after the meal. Not only are lentils good for your health, they are great for your wallet as well. You can prepare one serving of lentils for less than a $0.25!

The recipe provided below features brown lentils, a common lentil available in most major grocery stores in the U. S. They can be found near the dried beans and rice. Unlike dried beans, lentils do not have to be soaked before preparation, making them simpler to prepare. Though brown lentils are the norm here, many types of lentils are consumed around the world, including varieties like French green lentils, black beluga lentils, and red lentils. If this recipe inspires you to try more types of lentil recipes, I would recommend dal, a staple main course in India featuring a potent curry spice mix. This recipe is an easy lentil soup with a little kick from the salsa, and added nutrition from the carrots and spinach. Depending on your spice tolerance, you can use a mild salsa, or a “hot” salsa (like I do!). Though it takes an hour to prepare, the only active time required is for chopping the vegetables and bringing the water to a boil. I like to serve this soup with cornbread or tortilla chips, but a salad would be a nice addition as well.

Spinach Lentil Soup

**Ingredients:**
1 cup shredded carrots
1 large onion, chopped
1 tablespoon olive oil
6 cups water
1 jar (16 ounces) salsa
1-1/4 cups dried lentils, rinsed
3/4 teaspoon salt
1 package (10 ounces) fresh spinach, torn

**Directions:**
In a large saucepan or Dutch oven, sauté carrots and onion in oil until tender. Add the water, salsa, lentils and salt. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until lentils are tender. Stir in spinach; simmer 5-10 minutes longer or until spinach is wilted.

Yield: (6) 1 ½ cup servings.

**Nutrition Information per Serving:**
208 calories, 3 g fat, 0 cholesterol, 696 mg sodium, 31 g carbohydrate, 17 g fiber, 13 g protein.
*Recipe from TasteofHome.com*
Submission by Amanda Milner

Most, if not all of us, have had those days where we get home, are starving, and we are unfortunately clueless about what we are going to eat. It’s too late to figure something out, and even if we do decided on something, oftentimes we are too tired to make anything—especially something nutritional. Having a crockpot could be a great solution to this situation. It takes little prep time. Just throw the ingredients into your crockpot, let it go to work, and come home to ready-to-serve appetizers, main dishes, and sides. Below are some easy ideas. Enjoy!!

Slow Cooker Chicken Enchilada Melts

Serves: 4

Prep time: 10 mins
Cook time: 6 hours
Total time: 6 hours, 10 min

Ingredients
1 envelope taco seasoning
5-6 boneless, skinless chicken breasts
1 (16 ounce) jar of salsa
4 hoagie rolls, sliced horizontally in half
8 slices American cheese
1 bag shredded iceberg lettuce
2 tomatoes, sliced
Salsa Ranch salad dressing (I used Bolthouse Farms yogurt dressing, or you can make your own by combining equal parts of Ranch dressing and salsa)
Pickles, olives, bell peppers, onions, or other toppings of your choice (optional)

Instructions
1. Spray slow cooker with nonstick cooking spray. Place chicken in bottom of slow cooker, pour salsa over top, and sprinkle with taco seasoning. Cook on high for 4 to 6 hours, or on low for 6 to 8 hours. When chicken is finished cooking, shred with a fork before serving.
2. The cooked, shredded chicken can be frozen in individual portions for future meals, or can be used immediately to make Chicken Enchilada Melts.
3. To prepare the Melts, top bottom half of hoagie rolls with shredded chicken. Place cheese slices on top and broil in oven until cheese is melted and bread is toasted.
4. Top toasted sandwiches with lettuce, tomato, Salsa Ranch dressing, and additional toppings of your choice. Serve immediately.

http://www.theseasonedmom.com/slow-cooker-chicken-enchilada-melts/
Crockpot Honey Crispy Chicken

Ingredients
1½-2 pounds boneless skinless chicken breasts, cut into bite size chunks
2 tablespoons cornstarch
2-3 tablespoons canola oil
½ cup honey
1 clove minced garlic
¼ cup chicken broth
1 tablespoon soy sauce
1 tablespoon rice vinegar
¼ teaspoon onion powder
¼ teaspoon salt
Pinch red pepper flakes

Instructions
1. Place cut up chicken in bag with cornstarch and shake. Add a teaspoon or so of water as needed for the cornstarch to form a light batter on the chicken
2. Heat a nonstick skillet and lightly coat with olive oil
3. Place the chicken in the skilled and cook for 2-3 minutes until lightly browned
4. Turn over and cook for 2-3 minutes on opposite side
5. Place chicken in crock
6. Mix the remaining ingredients in bowl or measuring cup
7. Pour over top of chicken
8. Cook on high for 2-3 hours or low for 4-6 until chicken is fully cooked

Cowboy Beef

Ingredients
2 pound boneless beef chuck pot roast
15 ounce can chili beans in chili gravy
11 ounce can whole kernel corn with sweet peppers, drained
10 ounce can diced tomatoes and green chiles, undrained
1 teaspoon finely chopped canned chipotle pepper in adobo sauce

Directions
1. Trim fat from meat. If necessary, cut meat to fit into a 3 1/2- or 4-quart slow cooker. Place meat in the cooker. In a medium bowl combine chili beans in gravy, corn, tomatoes and chiles, and chipotle pepper. Pour mixture over meat.
2. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.
3. Transfer meat to a cutting board. Slice meat; arrange in a shallow serving dish. Using a slotted spoon, spoon bean mixture over meat. Drizzle with enough of the cooking liquid to moisten.
Sesame-Ginger Turkey Wraps

Ingredients

Nonstick cooking spray
3 skinless turkey thighs (3 1/2 to 4 pounds)
1 cup bottled sesame-ginger stir-fry sauce
1/4 cup water
1 (16) ounce package shredded broccoli (broccoli slaw mix)
12 (8) inches flour tortillas, warmed
3/4 cup sliced green onions (6)

Directions

1. Lightly coat a 3 1/2- or 4-quart slow cooker with cooking spray. Place turkey in prepared cooker. In a small bowl stir together stir-fry sauce and the water. Pour over turkey.
2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3 1/2 hours.
3. Transfer turkey to a cutting board; cool slightly. Remove turkey from bones; discard bones. Using two forks pull turkey apart into shreds. Return to mixture in cooker. Stir broccoli into mixture in cooker. Cover; let stand for 5 minutes. Using a slotted spoon remove turkey mixture from cooker.
4. To serve, place some of the turkey mixture on each tortilla. Top with green onions. If desired, spoon some of the cooking juices from cooker on top of green onions. Roll up and serve immediately.

Cajun-Seasoned Vegetarian Gumbo

Ingredients

2 (15) ounce cans black beans, rinsed and drained
1 (28) ounce can diced fire-roasted tomatoes, undrained
1 (16) ounce package frozen sweet peppers and onion stir-fry
2 cups frozen cut okra
2 teaspoons Cajun seasoning
Hot cooked brown rice (optional)
Snipped fresh chives or basil (optional)

Directions

1. In a 3-1/2- to 4-1/2-quart slow cooker combine beans, tomatoes, frozen stir-fry vegetables, okra, and Cajun seasoning.
2. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. If desired, serve over hot cooked brown rice and/or sprinkle with snipped herb.

Enjoy!

http://www.bhg.com/recipes/sesame-ginger-turkey-wraps/
http://www.bhg.com/recipe/cajun-seasoned-vegetarian-gumbo/
Three Things “Other” Students Say that Drive Dietetic Students Crazy

By Marie Erobu

1. “So then, like, you can make me a diet plan, right!?”

2. “Why are you always doing homework?”

3. “Oh, you study nutrition, fun! I bet that’s SO easy.”

...OR NOT! Outside of the nutrition world, most students think it’s all apples and oranges. During junior year, you pretty much develop a standardized response to this ludicrous suggestion, which outlines how dietetics students basically get a glimpse of every field, from nutrition to medicine to pharmacy to counseling to business and marketing. There’s nothing easy about the material—or using that many parts of your brain every day.

[Insert evil glare here, or the evil eye curse for good cultural measure]. We all know our workload is intense and we aren’t just being obsessive compulsive (well, most of the time). Regardless, all the missed events and time spent on homework will all pay off... one day... (Repeat the underlined part like a mantra until your soul feels a little better).

WRONG! Umm, see #2. Even if we had the spare time to whip together the ultimate diet plan, many of us are still suffering from PTMD (post-traumatic menu project disorder). Plus, there’s that whole fine line between general nutrition suggestions and that diet plan that could land the non-credentialed with legal fines. #AintNobodyGotTimeForThat
Thanks to *The Core Crew* for your contributions!

- Jonathan Jackson, SDA President 2014-2015
- Caroline Acquistapace, SDA Philanthropist 2014-2015
- Elizabeth Hartley, SDA Member 2014-2015,
- Amanda Milner, SDA Member 2014-2015
- Crystal Maleckas, SDA Member 2014-2015

Thank you for reading, and we hope you enjoyed it!

*Marie Erobu, SDA Vice President, 2014-2015*