



Eastern Illinois Academy of Nutrition and Dietetics

Mid-Winter Newsletter

FEBRUARY 15, 2017

Greeting EIAND members!

February is here and love is in the air or so at least the stores tell us with the various hearts, flowers, stuffed animals and candies. Also, more importantly, it is Heart Month, so hopefully we are all encouraging our clients, friends, and family members to make those heart-healthy changes.

Now that the second term of EIAND is in full swing, here are the happenings for the rest of the year:

Free Webinar worth 1 CEU- February 20 from 12-1pm. Dr. Anna Arthur will present on nutritional intake for cancer survivors. If you have not already registered for this event, please do so by clicking [Register](#)

Spring meeting, April 8 from 10am-1pm – From 10-12pm we will have a

panel of dietitians from various areas (community, academia, clinical) discuss their work. If you are interested in serving on this panel and sharing about your work, please let me or one of our exec members know. We would love to have you! From 12-1pm we will enjoy lunch and have a guest speaker. Further information will be coming by next month about the exact agenda and the amount of CEUs.

Nominations: I am delighted that we have a number of members interested in exec board positions. However, I am still seeking someone for the nominating chair position. This position does not require you to be a dietitian. If you would like to be considered for this position, send an e-mail to eatright.eida@gmail.com.

A few reminders:

- 1) If you know of other dietitians/students who have not become members; have them send an e-mail to eatright.eida@gmail.com with their status (student, active member, or retired member) and we'll send them the appropriate link to complete their membership.
- 2) 'Like' us on Facebook
- 3) If you would like to write a short article, share a recipe, share your opinion towards a new diet or product, just let us know and we would be happy to include your information in our next newsletter, which will be April 15.

Happy belated Valentine's Day!

Jeanette Andrade

EIDA President 2016-2017

February: American Heart Month

By: Alexandra Lundquist, UIUC PhD Student in Nutritional Sciences/EIAND intern



February is American Heart Month, a month dedicated to encouraging communities, health professionals, and families to focus on heart-healthy behaviors. This is critical, as heart disease remains the leading cause of death for both men and women (Mozaffarian et al., 2016). A national initiative was launched in 2011 by the Department of Health and Human Services (HHS) called “Million Hearts.” The goal of this initiative was to prevent one million heart attacks and strokes in the United States by 2017 by 1) improving access to effective and quality care, 2) focusing clinical attention to prevention, 3) activating the public, and 4) improving prescription and 5) adherence to appropriate medications.

This year, HHS are focused on recruiting the involvement of younger Americans to spread messages about heart disease prevention (Million Hearts, n.d.). Million Hearts hopes that young adults can encourage their friends, family, and relatives to make heart-healthy lifestyle changes, while also making heart-healthy choices themselves. Million Hearts would like everyone to have a heart-to-heart during the month of February with loved ones who need support and encouragement to take charge of their heart health.

Some ideas for initiating ‘heart-to-hearts’:



- *Create a heart-healthy recipe.* Try taking a family-favorite recipe and making it heart-healthy by reducing the sodium, trans fats, and added sugar and increasing the amount of ‘heart-healthy’ fats, potassium, and fiber.

- *Get creative in how your family spends time together.* Instead of sitting down to have a heart-to-heart, try discussing while on a walk together!

Rethink family movie night and instead go bowling or other activities that get you off of the couch.



- *Get organized together.* If keeping up with important doctor’s visits and/or medications is difficult, consider taking the time to get organized with a friend or family member over coffee or tea. There are plenty of free calendars and planners you can print out online! It can be easier to spend the time to schedule and plan when you make it fun, enjoyable, and interactive.



Truly, every month should be “heart month,” so encourage your clients and patients (as well as family and friends) to make heart-healthy changes that they can stick with year-round, not just for the short month of February!

Heart Healthy Apple and Walnut Chicken Salad

By: Amanda Falk, UIUC Undergraduate Student in Nutrition and Dietetics

February is American Heart Month putting a spotlight on education awareness about preventing heart disease. The purpose of Heart Month is to increase knowledge and provide necessary tools and resources to give people the ability to make small daily changes to improve their overall heart health (CDC, 2016).

This apple and walnut chicken salad is the perfect balance between light and savory. The recipe uses fat-free plain yogurt instead of full-fat mayonnaise—making it lower in fat and higher in protein. The walnuts add a nice crunch to the chicken salad, but are also full of omega-3 fatty acids and monounsaturated fatty acids, which can improve your cholesterol (Mayo Clinic, 2013).

Remember that there are so many great ways to lighten up recipes and make them healthier without losing the taste. This apple and walnut chicken salad recipe is just one example. This recipe can be served as a sandwich or wrap, either on a whole-wheat pita, tortilla, or English muffin, or on a green salad. If using a whole-wheat English muffin, try toasting before assembly.

For more information or heart healthy recipes check out www.heart.org or www.eatright.org.



Ingredients:

- ¼ cup fat-free, plain yogurt
- 2 Tbsp light mayonnaise
- ¼ tsp salt-free dried Italian spice blend
- 2 cups skinless, shredded chicken breast
-OR- 20 oz canned, salt-free white meat chicken
- 3 Tbsp chopped, unsalted, walnuts
- ½ cup halved, seedless grapes -OR- ½ cup sugar-free dried fruit like prunes or cranberries
- 1 red or green apple, finely chopped

Directions:

- Assemble all ingredients, and enjoy!



Recipe from: <https://recipes.heart.org/>

The Impact of Corn Subsidies on Nutrition

By: Ben Chapman, UIUC Undergraduate Student in Nutrition

Imagine a 300-person airliner crash every day. This is representative of the approximately 110,000 U.S. obesity-related deaths in 2005 (Flegal, 2005). Since then, the crisis has worsened, and the economic impact has increased accordingly. The total economic cost of obesity in America is estimated at \$215 billion per year (Hammond & Levine, 2010). This number is based on societal burdens of obesity such as higher medical costs and lost productivity. Diet is one of several factors responsible for the obesity epidemic. As informed citizens and dietitians, we are responsible for understanding the government's influence on dietary choices to determine possible solutions.

Our nation's food policies are embedded in our agriculture policies, and this includes corn subsidies. The USDA subsidizes corn, artificially lowering its market price. Therefore, any products using corn, such as syrups, oils, and meats have a market advantage. A 2016 study showed that high consumption of subsidized foods is associated with higher BMI and cardiometabolic risks (Siegel et al., 2016). Corn subsidies reduce the costs of manufacturing these foods, making them more appealing to cost-conscious consumers.



Whether reducing farm subsidies is an effective method for fighting obesity is an on-going debate. A 2013 review in the *American Journal of Preventative Medicine* gives conflicting evidence. On one hand, the cost of growing corn is barely reflected in the cost of the final product, as the majority of a food's price results from advertising, packaging, and shipping. Subsidies only impact the final consumer price by a few cents. On the other hand, a food processing company may be economically motivated to use more corn-based sweeteners in their products because they are inexpensive in comparison to other ingredients. The result may be an increase in less healthful processed foods in our grocery stores (Franck, Grandi, & Eisenberg, 2013).

Red is Love

By: Jami Butler, MSND Candidate at Eastern Illinois University

February is the month of love, heart health, and all things red. So show yourself some love and increase your heart health and your overall health by eating red fruits and vegetables starting this month and continuing year round.

Red fruits and vegetables are full of a plethora of nutrients including vitamin A, vitamin C, folate, potassium, lycopene, anthocyanins, ellagic acid, quercetin, hesperidin, and fiber (Mann, 2008; Shaeffer, 2008; Derocha, 2011).

Fruits

Strawberries, Raspberries, Cherries, Apples, Watermelon, Red Anju Pears, Red Bananas, Blood Oranges, Red Grapes, Cranberries, Pink and Red Grapefruit, Pomegranates

Vegetables

Tomatoes, Red Bell Peppers, Red Sweet Peppers, Hot Red Peppers, Red Onions, Red Cabbage, Beets, Red Potatoes, Radishes, Radicchio, Rhubarb

Due to all of these nutrients red fruits and vegetables come with many health benefits. These benefits include reducing the risk of prostate, cervical and lung cancers, reducing tumor growth, protecting the body from harmful free-radicals, protecting the body against heart disease, lowering blood pressure, lowering LDL cholesterol, supporting joint tissue for those with arthritis, they boost the immune system, and they aid in gastrointestinal health (Mann, 2008; Shaeffer, 2008; Derocha, 2011).

Don't know how to eat them, try these ideas...

Add strawberries to your cereal, blend fruits and vegetables up with some skim milk and frozen yogurt for a smoothie, drink cranberry juice, add marinara sauce to your pasta, add raspberries to your yogurt or oatmeal, add craisins, cabbage, beets, red onions, radishes, and red peppers to your green salads, and enjoy any of the fruits and many of the vegetables fresh as a snack (Mann, 2008).

Remember that red is more than just a color; it holds an abundance of nutrients that are vital to your health. In this month of February and throughout this year show your love for yourself by eating more red fruits and vegetables.

Roasted Red Vegetable Salad

INGREDIENTS:

- 1 Tbsp. Olive oil
- 2 Tbsp. Balsamic vinegar
- 4 Small red potatoes (wedged)
- 1 Large red bell pepper (diced)
- 1 Small red onion (wedged)
- 1 Cup cherry Tomatoes
- 3 tsp. Mrs. Dash® Garlic & Herb Seasoning Blend

INSTRUCTIONS:

Preheat oven to 400°F (205°C). Combine all ingredients except tomatoes in 13 x 9 inch (32.5 x 22.5cm) baking dish; mix well. Place in the middle rack of the oven and bake for 45 minutes, stirring once. Add tomatoes and bake until potatoes are soft (10-15 minutes).

Recipe Courtesy of Mrs. Dash

Ode to Fiber

By: Virginia Anderson, UIUC Undergraduate Student in Nutrition

As we welcome the season of Valentine's Day with cards and chocolate, let's not forget to appreciate a very special nutrient that helps our bodies in many ways: fiber! Most Americans consume 16 grams of fiber a day, which is under the recommended daily amount of 25 grams for women and 38 grams for men (Hoy & Goldman, 2014).

Fiber is a necessary nutrient to consume as it may improve digestive health, reduce LDL cholesterol, reduce blood glucose, and help reduce weight (Academy of Nutrition and Dietetics, 2014). Fiber has even been linked to mental health benefits (Dawson, Dash, & Jacka, 2016). One can consume fiber in a variety of ways such as fresh fruits and vegetables, whole grains, and beans. Below is a tasty recipe that is flavorful, high in fiber, and even has chocolate! Enjoy!

Pistachio and Chocolate Muesli

Yield: about 12 servings, about 5 grams of fiber per serving

Ingredients:

1 cup pistachios, shells removed and coarsely chopped
1/4 cup, unsweetened, flaked coconut
1/4 cup slivered almonds
1 cup old-fashioned rolled oats
1/2 cup chopped raisins
1/4 cup miniature chocolate chips
1/4 cup wheat bran
2 tablespoons chia seeds
2 tablespoons brown sugar
2 tablespoons ground flax seed
2 tablespoons oat bran
1/8 teaspoon salt
Serve with yogurt or milk



Directions:

Toast pistachios in a pan over medium heat (should only take a few minutes). Pour the pistachios into a sealable container. Add the coconut to the same pan, toast the coconut on medium heat, and then add them with the pistachios. Add the rest of the ingredients to the container and combine. Will keep for a week or two.

Best eaten as a few tablespoons of muesli with yogurt or milk. Some prefer to let it soak a few hours or overnight before eating.

Executive Board Corner: What do our exec board members do?

Title: Secretary

Qualifications: RDN preferred, but not required, and Academy member

Term Length: 2 years

Time Commitment: This depends on newsletter responsibilities; therefore, it can vary from 1-3 hours per month.

Major Duties: The secretary is co-editor of the quarterly EIAND newsletters with the Public Relations Chair. This position attends the EIAND meetings (quarterly) providing meeting minutes to all members.

Message from the EIAND Newsletter Team

Thank you to those who contributed articles, materials, or edits to the current newsletter. If you are interested in submitting content (a brief article, recipe, opinion piece, etc.) for the next newsletter, please send submissions to Cassandra at cjnikol@illinois.edu by April 1, 2017. In addition, we welcome and appreciate any comments, questions, or feedback related to the current newsletter.

Warmest Regards,

Cassandra Nikolaus, EIAND Public Relations

Elise Boyer, EIAND Secretary

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