



Journal

Volume 1, Issue 2, November 2009

Letter from the Editor

We are approaching the holiday season so we are bringing you a holiday-themed issue. We've included some suggestions for creative and healthy holiday dishes and we compared low-fat salad dressings to top off those healthy green salads. We are also introducing a new article "Spotlight On" to highlight RDs in the JDA.

As always, if you have any suggestions or feedback for the JDA Journal or would like to nominate a RD for the "Spotlight On" article, let me know.

Wishing you all a healthy holiday season!

-Alexia Lewis

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CALENDAR OF EVENTS

UNIVERSITY OF NORTH FLORIDA SENIOR SEMINAR

UNF STUDENT UNION, THIRD FLOOR, BALLROOMS A & B

NOVEMBER 13 AND NOVEMBER 20

HALF DAY EARNS 4 CPEs FROM 7:30 A.M. - 12:00 P.M.

FULL DAY EARNS 7 CPEs FROM 7:30 A.M. - 4:00 P.M.

LUNCH WILL BE SERVED FOR FULL DAY PARTICIPANTS.

PLEASE RSVP: [HTTP://WWW.EATRIGH TJAX.ORG/EVENTS.HTML](http://www.eatrightjax.org/events.html)

JDA HOLIDAY SOCIAL

DECEMBER 10 FROM 6:30 P.M. - 8:00 P.M.

VILLAGE WALK APARTMENTS, CLUBHOUSE, 7651 GATE PARKWAY

PLEASE BRING A GIFT TO DONATE TO BEAM (BEACHES

EMERGENCY ASSISTANCE MINISTRY) AND A FAVORITE DISH OR

BEVERAGE TO SHARE.

MOVIE NIGHT: "FOOD, INC."

JANUARY 20, 2010.

TIME AND LOCATION T.B.D.

EARN CPEs AND ENJOY SNACKS AND REFRESHMENTS.

UPCOMING EVENTS

DETAILS WILL BE IN FUTURE ISSUES AND ON JDA WEBSITE

PUBLIC POLICY WORKSHOP: MARCH 22, 2010

JDA SPRING MEETING: WEEK OF APRIL 12-16, 2010

JDA END-OF-YEAR SOCIAL: MAY 2010

Food is our
common ground,
a universal
experience.

- James Beard

About JDA

The Jacksonville Dietetic Association is an organization of Registered Dietitians, Dietetic Technicians, and Dietetic Students. JDA is an affiliate of the American Dietetic Association (ADA) and the Florida Dietetic Association (FDA) - District 4 serving Baker, Clay, Duval, Flagler, Nassau, St. Johns and Union counties in Northeast Florida. Our mission is to provide expert nutrition education and support to our members and the community. JDA meets 4 to 5 times per year with opportunities for continuing education at each meeting. Visit us online at <http://www.eatrightjax.org>



Happy Healthy Holidays!

By Antwiwa Hyman and Alexia Lewis

The holidays are fast approaching. For many people, that means one big meal and day-long grazing with family and friends. The typical holiday meal can pack in the calories, fat, cholesterol, refined carbohydrates, and sodium. The things that most people should be eating in moderation to promote good health are consumed in large quantities at a holiday meal. We can't stop the holidays from coming, and who would want to?

The times with family and friends celebrating around a table filled with good home-cooking are what makes our memories and traditions. What we can do is offer alternatives which give a traditional holiday meal a non-traditional twist while keeping our health and waistlines in check!

The typical holiday meal of turkey, stuffing, mashed potatoes, gravy, candied sweet potatoes, green bean casserole, cranberry sauce, a roll with butter, and pecan pie with whipped cream can top 2,680 calories according to www.healthcastle.com/holiday_foods_shocker.html. That is more than most people's daily requirement in one meal! The version of the holiday meal we are presenting here provides 876 calories, 28 grams of fat (6 saturated), 82 milligrams of cholesterol, and 1,951 milligrams of sodium. Quite a difference!

The star of this meal is the **Apple Shallot Roasted Turkey**. The apples and shallots make this turkey extra moist and tasty. Complement this with **Pear, Prosciutto, and Hazelnut Stuffing** which provides an eclectic fusion of flavors while minimizing the fat. We filled our table with side dishes including **Cauliflower Mashed Potatoes**, **Butternut Squash**, and a light version of **Green Bean Casserole**. In place of the standard cranberry dressing, we suggest **Cranberry Cherry Walnut Marmalade** for some powerful antioxidants and a boost of omega-3s. Pair the meal with a healthy **Green Salad** - top it with one of the salad dressings reviewed in *Test for the Best* (see next page). Finally, before you push away from the table, try the **Crustless Pumpkin Pie**... it gets rave reviews!

After the meal, spend time with family and friends doing something active - from taking a stroll to playing flag football. Burn off the extra holiday calories and enjoy some good quality time with the people in your life.

Nutrition Information

Dish	Cal.	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)
Turkey	155	5	1	63	115
Stuffing	176	5	1	8	489
Marmalade	91	3	0	0	2
Green Beans	74	2	0.5	0	804
Cauliflower Potatoes	67	3	0.5	0	75
Squash	130	5	2	6	10
Salad Dressing	50	4	1	5	300
Pumpkin Pie	133	1	0	0	156
Total	876	28	6	82	1,951

Recipes are on the last page of the JDA Journal.

Serving size information is included on the Web sites listed for the recipes.



Food is an important part of a balanced diet.
-Fran Lebowitz

Test for the Best!

By Brittany Bialas

We asked shoppers at a local farmer's market to test familiar light salad dressings purchased from a grocery store. Each of the bottles of dressing had been disguised so that samplers were not able to identify the brands. Participants had the option of trying either ranch or Italian dressings with accompanying pieces of broccoli and/or cauliflower provided as dipping tools. Of the dressings they were given, participants had to rate which one they liked the best and which one they liked the least.



Light Ranch Dressing

The contenders: Kraft, Hidden Valley, and Wishbone. If you are a fan of ranch dressing used to complement salads, veggie trays, or the like, consider Hidden Valley Light Ranch. It came in 2nd place for our *Test for the Best!*

Although it has the highest total fat content, don't let this scare you away. It has significantly lower sodium and carbohydrate content than its 1st place competitor, Kraft, and it has lower levels of cholesterol. Choose this 2nd place winner, and you will even cram in an extra gram of protein! The only catch - it's the most expensive of the three dressings at a price of \$3.79. You will be spending almost a dollar more on this savory condiment than you would on its competitors, Kraft and Wishbone. Although Wishbone brand would be the ideal choice because of its conservative levels of, well, everything, only 1 out of 17 people thought it was the best. If you decide to try this 3rd place option, you will reap all the benefits claimed by its nutritional facts panel, and you might even agree with the single participant who thought it was the best! But, if you are like the other 16 participants whose taste buds desire quality, and if your wallet can spare a dollar, try the Hidden Valley brand first for a healthier option than Kraft.

Nutritional Facts

<u>Ranch</u>	<u>RANK</u>	<u>Calories</u>	<u>Fat (g)</u>	<u>Sat. Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>Sodium (mg)</u>	<u>Carbs (g)</u>	<u>Sugar (g)</u>
Kraft	1 st	80	6	1	10	440	7	2
Hidden Valley	2 nd	80	7	1	5	290	3	2
Wishbone	3 rd	40	2	0	0	290	5	2

Light Italian Dressing

The contenders: Kraft, Wishbone, and Winn Dixie brand. Of all of the light Italian dressings we provided to our 12 samplers, Winn-Dixie brand received the most approval. However, runner-up Kraft would have tied with winning Winn-Dixie if it weren't for 3rd place Wishbone, which received just 1 approval rating. Nutritionally, all 3 dressings are very comparable to each other with the exception of Kraft being slightly different from the others. It has lower calories, fat, carbohydrates, and sugars, but it has much higher sodium. If sodium is a concern, perhaps try the winning Winn-Dixie brand which satisfied the majority of our samplers' taste buds. As an added bonus, choose this generic brand over its name-brand competitors and you will save a whopping 70 cents!

Nutritional Facts

<u>Italian</u>	<u>RANK</u>	<u>Calories</u>	<u>Fat (g)</u>	<u>Sat. Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>Sodium (mg)</u>	<u>Carbs (g)</u>	<u>Sugar (g)</u>
Winn-Dixie	1 st	35	2	0	0	350	4	4
Kraft	2 nd	25	1.5	0	0	470	3	2
Wishbone	3 rd	35	2	0	0	350	4	4

Spotlight On



James Marchio



Interview by Andrea Dufresne

What is your Job Title?

North Florida-Georgia Region Manager for Nestle Healthcare Nutrition Inc.

What do your duties entail?

I have complete management responsibility for institutional sales covering acute care, long term care, and home care for the entire state of Georgia and the northern half of Florida. My job involves leadership of the District Manager's sales efforts, which include: contract development, coaching, goal setting and strategic planning, and supporting our entire customer base.

How did you find this job and how long have you been working there?

Prior to my present position I had several jobs within our field. I started as a dietitian in the Air Force in 1994. When I discharged from the USAF I moved to Chicago and worked as a nutrition support RD. I really fell in love with nutrition support at that time, and I knew that's what I wanted to do. I later moved to Minneapolis and became a Clinical Nutrition Manager at a large hospital. As I spent time in a management role, I was also able to focus on the business side of dietetics. This is when I discovered my second love, which was business and leading people. In 2002, I was ready to move back to nice warm Florida and after working with several reps, mainly Novartis, I knew this is something I wanted to do. So I moved to central Florida and worked for three years as a District Manager. When the opportunity presented itself to move into a management position I jumped on it. This combines all the faculties I love.....nutrition support, business, and management. To further my knowledge in these areas and provide additional support to my sales team and customers, I completed my MBA in 2001 and I am working on my MS in nutrition, which I am on target to complete in the fall of 2010.

Are there any special requirements/certifications for your position aside from state licensure?

My position requires strong business acumen, minimum three years sales experience, and strong clinical acumen (RD or RN).

What do you find particularly appealing about this job?

What I love about my job is the constant challenges. I learn something new every day, which has kept me highly engaged since Day One. Having the opportunity to combine all my strengths in a position that allows me to wake up looking forward to going to work every day is really invigorating. That, to me, is an awesome benefit!

Are there any drawbacks associated with your position?

Yes, there is time away from home which is a major drawback. Since I cover the state of Georgia I travel about 50% of the time. The other thing about sales is there are really no "work hours." Since I work from home 50% of the time my office is always open. I could work from about 6 am until 11 pm if I let myself. If you don't set guidelines it can get out of hand.

Are there any opportunities for promotion/career progression within the company you work for?

Yes, there are several avenues you can go within Nestle, especially as an RD. These opportunities include: Professional Services (development of education material, speakers, etc.), Specialty Sales Positions, Marketing, Senior Management, etc.

Do you have any words of advice for brand new RDs entering the work force?

Find something you are passionate about and pursue it. Immerse yourself in education and learn as much about your job as you can... read, study, and never stop learning!. Whether you are doing nutrition support, becoming a chef, food service director, or whatever — when you combine knowledge with passion you become unstoppable and you wake up on Monday morning with a smile on your face. If you can't find a job, continue to follow your passion, study it, and network with as many people involved in that field as you can. Opportunities follow those who know what they want and are willing to go the extra distance to get it.

