



# Journal

Volume 1, Issue 3, January 2010

## Letter from the Editor

It's official. We have started not only a new year, but a whole new decade. In the spirit of this new decade and the year 2010, the Publications/Projects Committee devoted this issue to "lists of 10s." In this issue, along with some of our regular features, you'll also find 10 foods that we hope are new to you, 10 books that we think you might want to add to your reading list, 10 careers in nutrition and dietetics, 10 ways to cook tofu, and a few other lists of 10s.

We are proud to have a Member Accomplishment to share with JDA in this issue. I hope to have this feature in every issue; but I depend on JDA members to let me know what you are doing so you can be recognized for your efforts. Of course, if you want to recognize a fellow RD on the down-low, you can also send in someone else's name!

Lastly, National Nutrition Month is coming fast and JDA hopes to see some amazing efforts from our members. Check the Web site for information on how to apply for \$100 stipends for NNM events, send in your pictures to my attention for inclusion in the photo album, and if you are a runner, join with your fellow JDA runners for the Gate River Run.

Feedback on the JDA Journal is always welcome. Let me know what you like, what you don't like, and what you hope to see in future issues.

**-Alexia Lewis**  
alexia.lewis@unf.edu

## CALENDAR OF EVENTS

### MOVIE NIGHT: "FOOD, INC."

JANUARY 20 FROM 6:00 P.M. - 8:00 P.M.

MEMORIAL HOSPITAL EDUCATION ROOMS

\$5.00 FOR SNACKS AND REFRESHMENTS

EARN 1.5 CPEs

RSVP NOW AT [HTTP://WWW.EATRIGHJAX.ORG/EVENTS.HTML](http://www.eatrightjax.org/events.html)

### PUBLIC POLICY WORKSHOP

MARCH 22 FROM 4:00 P.M. - 7:30 P.M.

VILLAGE WALK APARTMENTS, CLUBHOUSE, 7651 GATE PARKWAY

WINE AND CHEESE TASTING - BRING YOUR FAVORITES TO SHARE

DONATIONS TO SUPPORT THE ADAPAC ARE ENCOURAGED

EARN 2 CPEs

### NATIONAL NUTRITION MONTH STIPEND APPLICATIONS

PRIORITY GIVEN TO APPLICATIONS RECEIVED BY FEBRUARY 1

INFORMATION ON HOW TO APPLY WILL BE ON THE JDA WEB SITE SOON.

### UPCOMING EVENTS

DETAILS WILL BE IN FUTURE ISSUES AND ON JDA WEBSITE

### JDA SPRING MEETING

APRIL 13, 2010 AT SHANDS TOWERS

EARN 4 CPEs

### JDA END-OF-YEAR SOCIAL

MAY 2010

## 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>

# 10 Foods to Try in 2010

by Brittany Bialas

Whether or not you have previously been introduced to them, these foods are not your average "apples and oranges". Each item is unique in nutrition and can add variety to a mundane menu. In honor of the new decade, don't let the year go by without trying these 10 foods. At least one of them could end up being your new favorite food of 2010!

## Tomatillo (fruit)

High in potassium, calcium, folic acid, vitamins A and C, and lower in sodium than regular tomatoes. See page 5 to really get to know tomatillos.



## Persimmon (fruit)

Rich in fiber, iron, vitamin C and antioxidants. Also includes vitamins A and B complex, manganese, lycopene, lutein, phosphorous, copper, and potassium.

## Broccoli Rabe/Rapini (vegetable)

Contains cancer-fighting antioxidants vitamins A and C, vitamin K, calcium, iron, potassium, folate, and fiber.



## Kohlrabi (vegetable)

A very good source of fiber, vitamin B6, potassium, copper, manganese and vitamin C (140% RDA in 1 cup). Also a good source of thiamin, folate, magnesium, and phosphorous.

## Purple sweet potato (vegetable: root)

A super cancer-fighter loaded with antioxidants and 150% more anthocyanins than blueberries! Is used in Japan to treat diabetes. Packed with beta-carotene, vitamin C, B6, fiber, calcium, and iron.



## Kabocha (vegetable: gourd)

This "Japanese pumpkin" includes high levels of beta-carotene, vitamin C, iron and potassium, folic acid, calcium, and B vitamins.

## Hemp seeds (seed)

An easily absorbed complete protein with essential fatty acids. These contain calcium, iron, phosphorous, magnesium, zinc, copper, manganese, and vitamins A, D and K.



## Lupini Beans (legume)

Packed with protein, second only to soybeans.

## Shirataki noodles (vegetable: root)

Made up of primarily glucomannan soluble fiber from the konjac root, this serves as an alternative to wheat pasta. No calories and no net carbohydrates since they are only fiber and water!



## Dulse (vegetable: seaweed)

Good source of vitamins B6, B12, C and E, iron, potassium, and iodine while low in sodium. This can be used as a crunchy alternative to bacon or as a thickener in soups.

# 10 Jobs in Dietetics

by Aundrea Dufresne

The field of nutrition and dietetics is a broad field that allows RDs to create almost infinite possibilities for themselves in their careers.

Here's a sampling of jobs that may not have crossed your mind before!

1. Plan and prepare meals for astronauts that are nutritionally adequate and appropriately preserved for an inter-galactic environment
2. Prepare menus for hundreds of animal species with various diet needs in zoos, aquariums, or other animal parks
3. Provide food safety and sanitation inspections for a consulting company or FDA/USDA
4. Pharmaceutical marketing: provide education and answer consumer questions about nutrition-related/weight-loss drugs
5. Flavor chemist: create flavor additives that are acceptable to consumers for various products
6. Develop food and nutrition/analysis composition and tracking software for hospitals and consulting firms
7. Recreation manager: develop activities and provide nutritional counseling for employees for a particular company
8. Six Sigma Specialist: Improve business processes by reducing number of defects and variability to improve quality of output processes
9. Nutrition finance analyst: work with individuals/families to develop budgets and create meal plans that meet nutritional needs
10. Food service management: develop meal plans for multiple dietary needs in a variety of settings including nursing homes, hospitals, elderly care centers, and other agencies

*Have you checked out the JDA Web site lately?*

*Job opportunities can be found at*  
<http://www.eatrightjax.org/JOBS.html>

# Media Corner

by Alexia Lewis

If you find yourself looking for books to read, Web sites to peruse, or just some new tunes to motivate you through your workouts, check out some of the below options. Most of these recommendations come from the JDA Board Members and Committee Chairs.

## 10 Books to Read in 2010

1. The Omnivore's Dilemma: A Natural History of Four Meals by Michael Pollan
2. 101 Foods That Could Save Your Life by David Grotto
3. The End of Overeating by David Kessler
4. Baby Bites by Bridget Swinney
5. The World is Fat by Barry M. Popkin
6. Nancy Clark's Sports Nutrition Guidebook by Nancy Clark
7. On Food and Cooking: The Science and Lore of the Kitchen by Harold McGee
8. Fast Food Nation by Eric Schlosser
9. Go Green, Get Lean: Trim Your Waistline with Ultimate Low-Carbon Footprint Diet by Kate Geagan
10. Clean Eating Magazine (okay, it's not a book; but you really shouldn't miss out on this magazine!)

## 10 Web sites to visit in 2010

1. JDA's Facebook Page:  
<http://www.facebook.com/group.php?gid=200858164499>
2. NIH Office of Dietary Supplements:  
[http://ods.od.nih.gov/Health\\_Information/Information\\_About\\_Individual\\_Dietary\\_Supplements.aspx](http://ods.od.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx)
3. Sparkpeople: <http://www.sparkpeople.com>
4. RD411: <http://rd411.com>
5. Mayo Clinic: <http://www.mayoclinic.com>
6. NIH Health Information: <http://health.nih.gov>
7. Consumer Lab: <http://www.consumerlab.com>
8. Medline Plus: <http://medlineplus.gov>
9. Nemours Kidshealth: <http://kidshealth.org>
10. ASPEN: <http://www.nutritioncare.org/>

## 10 songs/artists to exercise to in 2010

1. Owl City: Fireflies
2. Gnarl's Barkley: Run
3. Lady Gaga: Just Dance
4. Justin Timberlake: SexyBack
5. Empire of the Sun: Walking on a Dream
6. Goose: Bring It On
7. Brittany Spears
8. Kid Cudi
9. One Republic
10. Podrunner (free podcasts on iTunes)

Enjoy!

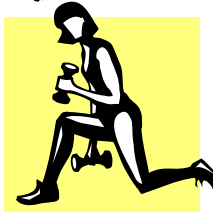
# 10 Exercises To Do At Home



by Marni Sumbal

Perform the recommended repetitions of each exercise below, starting at #1 and finishing at #10, until the entire circuit is complete. Repeat the circuit 2-3 times for a full-body, at-home circuit workout, 2-3 times per week.

1. Jumping jacks: 30-40 repetitions
2. Squats: 15-20 repetitions
3. Alternating lunges: 12-20 repetitions
4. Standing lateral leg lift: 20-25 repetitions, each leg
5. Calf raises (optional on a step): 15-20 repetitions
6. Push-up (modified or full): 8-12 repetitions
7. Triceps dips on table/chair: 10-15 repetitions
8. Abdominal double leg raise (lying on floor, raise and lift legs starting and finishing a few inches off of the floor): 10-15 repetitions
9. Abdominal bicycles: 20-30 repetitions
10. Planks (optional leg lift and hold): 30-60 seconds



Strength training has been shown to help increase lean muscle mass, boost metabolism, improve muscular strength, power and endurance, reduce risk of injury and increase bone density. If you are new to strength training, it is recommended to meet with a certified personal trainer to address correct form and machine set-up, as well as discussing the proper sequence of performing strength training exercises. If you are strength training for specific performance gains, it is recommended that you increase work load by 2-10% as the workload becomes easier (1-2 additional repetitions over your desired repetitions). Furthermore, it is encouraged to incorporate concentric, eccentric, and isometric muscle actions, as well as single and multiple-joint exercises into your workout routine, in order to reach your desired physiological goal (1).

If you do not exercise regularly, consult with a physician before beginning an exercise program. The exercises contained herein may not be suitable for every person. JDA and its members do not assume liability for injury or loss in connection with this exercise program and instructions therein. Neither the JDA, the publications/projects committee members, nor the author of this article shall be liable for damages arising herefrom.

1. American College of Sports Medicine (2009). American College of Sports Medicine position stand. Progression models in resistance training for healthy adults. *Med. Sci. Sports Exerc.* 41(3): 687-708.

# Calling all JDA runners for the Gate River Run!



March will be here before you know it and with it comes both National Nutrition Month and Jacksonville's annual Gate River Run. It would be great to see JDA represented at the run. What better way to represent JDA than to have running shirts made for members running in the race? This is a great way to represent our association and our profession.

UNF's Nutrition Club is going to design shirts (which should be available for viewing soon) that can be worn on race day.

If enough people confirm that they are running, JDA can register as a team and receive a discount on race entry.

Send an email to [sallycliftonrd@yahoo.com](mailto:sallycliftonrd@yahoo.com) if you plan on running this year. Include the size of shirt you want and your contact information.

For information on the Gate River Run: <http://www.gate-riverrun.com/>

## Speaking of shirts...

JDA is offering its "Trust me, I'm a Dietitian" shirts at a 15% discount through February 2010.



Be sure to order in time to wear your shirt for National Nutrition Month and show your JDA pride!

Email [catwallacerd@gmail.com](mailto:catwallacerd@gmail.com)

# Meet Tomatillo!

by Brittany Bialas

Tomatillos, or "little tomatoes," are similar to our favorite lycopene-packed fruit but with a twist! Known also as the jamberry, husk tomato, husk cherry, ground cherry, or Mexican tomato, the tomatillo is an ancient relative of the tomato, cultivated in Mexico by the Aztecs. It can range from 1 to 2 inches in diameter, about the size of a large cherry tomato or a golf ball. This small fruit has a cellulose husk wrapped around it like a paper bag which should be removed before eating. When the husk is peeled back, the edible portion of the fruit is exposed. Do not be alarmed by the green, sticky skin you will find on the fruit. This should not be peeled, whether cooking it or eating it raw; it can be eaten either way. The fruit normally presents with a tangy, citrus flavor that is often used for enhancing salsas and other Mexican foods. Pick the green, firm, and smaller fruits for the most optimal tomatillo experience. The larger, golf-ball sized fruits can sometimes be too tart, and when they turn yellow and have a brown, brittle husk, the unique flavor has been lost. Just be sure to select the ideal tomatillos and your taste palate as well as your nutrition will instantly benefit!



This tiny little fruit has tons of nutrients, challenging its tomato relative to a nutrient duel! Although they don't taste exactly the same as a tomato, tomatillos can still be used as an alternative to give some recipes variation in flavor and nutrition. The tomatillo has more vitamin K, niacin, iron, magnesium, phosphorus, potassium, manganese and selenium than a tomato. It is a good source of copper and vitamin C, and contains more dietary fiber than a tomato. It also provides about 5 times more omega-3 and omega-6 fatty acids while still remaining low in saturated fat and cholesterol. Trying to be more heart-healthy? Toss some tomatillos in your next Mexican recipe as they have 5 times lower sodium than a tomato as well as the balancing effects of increased potassium.

Jump into the new decade with a kick - if you enjoy a bit of spice in your life, try this nutritious little fruit in the *Garlic and Tomatillo Salsa* recipe below. It will add some flare to your salsa as well as your nutritional intake!

## Garlic and Tomatillo salsa

by Marni Sumbal

### Ingredients

1 lb. fresh tomatillos, husks removed  
3 large cloves of garlic  
2 small jalapeño peppers  
3 Tbsp. fresh cilantro  
2 Tbsp. fat-free plain yogurt  
1 tsp. olive oil  
1/4 cup water - more as needed  
Pinch of pepper

### Method of Preparation

In a blender, place 1/8 cup water, olive oil, tomatillos, garlic, jalapeño peppers and cilantro. Pulse blender and add 2 tbsp fat-free yogurt. Add additional 1/8 cup water to help with blending (if needed). Season with pepper to taste. Refrigerate until serving.

Makes 21 servings (1 ounce): 12 calories, 0.4g fat (0.1g sat, 0g trans, 0.2g mono, 0.1g poly), 0mg cholesterol, 2mg sodium, 2g carb, 0.5g fiber, 1g sugar, 0.4g protein, 2% Vitamin A, 22% Vitamin C, 1% calcium, 1% iron, 2% potassium.

## 10 Healthy Ways to Prepare Tofu

by Marni Sumbal







Extra firm/firm tofu is recommended for stir fry dishes, soups, grilling or in the oven. Soft/silken tofu is recommended for pureed or blended dishes.

1. Bake it - Bake cubed or sliced tofu in the oven with extra virgin olive oil and seasonings of your choice
2. Marinade it - Marinade cubed or sliced tofu in low sodium soy sauce, a home-made vinaigrette, or marinara sauce
3. Crumble it - Crumble tofu into sauces, on pizza, or on salads
4. Stir-fry it - Add cubed or crumbled tofu to veggies when making a stir-fry
5. Keep it chunky - Cube fresh tofu and add to soups or salads
6. Blend it - Add to fruit or vegetable smoothies
7. Slice it - Add sliced tofu to sandwiches or wraps
8. Scramble it - Add to eggs when making omelets
9. Purée it - Add to food processor when making dips, spreads, or dressings
10. Mash it - Mash with potatoes, gravy, vegetables (baby food), or in a dessert

# Hey Jax! Whaddaya Know?

by Antwiwa Hyman and Dana Eiesland

This time we focused on the new year and with the new year comes resolutions! We asked two questions: what is your current resolution and what was a past successful resolution? Here's what people at the University of North Florida had to say:

<p>Teka</p> 	<p>Current: "To get into shape for Spring Break"</p> <p>Past Successful: "A fruit and vegetable diet for one week"</p>
<p>Jacob</p> 	<p>Current: "I am trying to cut out French fries and soda. I tried to cut out French fries and soda last year...lasted about 6 months... and I got lazy around summertime."</p>
<p>Simona</p> 	<p>Current: "To try to eat less sweets."</p> <p>Past Successful: "Less chocolate and cookies...my weak point is chocolate and cookies...they are always on my mind."</p>
<p>Maheshwarie</p> 	<p>Current: "No resolution; but if I had one, it would probably be to go to the gym and try to eat more fruit"</p>
<p>Colby</p> 	<p>Current: "Not to eat as many sweets."</p> <p>Past Successful: "I was doing more protein; but eventually found out that there is already enough protein in the American diet. I didn't need to do those extra protein shakes and stuff. I learned that in a nutrition class I took."</p>
<p>Scott</p> 	<p>Current: "Eat healthy, pump some iron"</p>
<p>Bhunendra</p> 	<p>Current: "Run, do a lot of cardio, weight lifting and be consistent - 3 to 4 times a week, not just in the gym here and there. It's about being consistent"</p> <p>Past Successful: "I was eating a lot of junk food but I made an exercise goal to achieve. I like to mix it up with sports... whatever motivates you."</p>



## Member Accomplishments



We like to applaud our members so please send in the things you've been doing that are noteworthy!

Aurea Thompson has completed the CEU Manual, "Pediatric Nutrition" which is now available at: [www.wolfrinke.com](http://www.wolfrinke.com) or [www.easycpecredits.com](http://www.easycpecredits.com). Way to go Aurea!



## Support future RDs



Dollars for Scholars is a fund that JDA uses to award scholarships to deserving local nutrition students.

JDA's students are already active in the organization. Most of the JDA members who work on the JDA Journal are students and two of JDA's Committee Chairs are students.

Look for the donation jar at JDA events and donate. Even your pocket change adds up and helps support our students.

Thank you!

## Support the ADAPAC

JDA has set a goal of raising \$300 to support the American Dietetic Association Political Action Committee. The upcoming PPW is a great time to show support for this committee which has a focus on supporting candidates for political office who are pro-nutrition. Please help us meet this goal!

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