



## Letter from the Editor



February is American Heart Month. We decided to celebrate the month by focusing the JDA Journal on the heart - both the physical and emotional aspects. In this issue, we have a movie review that shows how emotions can influence the foods we cook, some resources for clients with cardiovascular disease, and we asked our Hey Jax! Whaddaya Know? people on the street about heart healthy nutrition. We could not find a food shaped like a heart; but we think you will agree our Meet! article is a star.

National Nutrition Month (NNM) is right around the corner. JDA hopes to see some amazing efforts from our members. If you do anything for NNM, send me your pictures and some information about your event so we can highlight your efforts in the NNM photo album.

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

-Alexia Lewis, MS  
alexia.lewis@unf.edu

Only do what your  
heart tells you.



- Princess Diana

## CALENDAR OF EVENTS

### CEU MEETING

WEDNESDAY, FEBRUARY 29<sup>TH</sup> FROM 12:30 P.M. - 5:15 P.M.  
DUVAL COUNTY HEALTH DEPARTMENT, 900 UNIVERSITY  
BOULEVARD NORTH, JACKSONVILLE, FL 32211  
CE: 4.0 HOURS, COST TBD

### TOPICS INCLUDE:

- GENE EXPRESSION BY DR. JAMES SLYVESTER
- DIABETES AND OBESITY BY DANIEL MACOMBER, RD, LD/N, CDE AND JUANA BROWN, RD, LD/N
- OBESITY AND BREASTFEEDING BY PEGGY FORD, RD, LD/N, IBCLC AND JENNIFER BROWN RD, LD/N, CLC
- COMMUNITY PREVENTING OBESITY THROUGH PROGRAMS AND PARTNERSHIPS BY DR. HELEN JACKSON, RD, LD/N AND IRMATINE BEALYER RD, LD/N

RSVP SOON AT [WWW.EATRIGHTJAX.ORG/EVENTS.HTML](http://WWW.EATRIGHTJAX.ORG/EVENTS.HTML)

### JDA NOMINATIONS AND VOTING

- THROUGH MARCH 15<sup>TH</sup>: NOMINATIONS FOR 2012-2013 BOARD OFFICERS AND AWARD RECIPIENTS ARE BEING ACCEPTED. GO TO [WWW.EATRIGHTJAX.ORG/NOMINATE](http://WWW.EATRIGHTJAX.ORG/NOMINATE) TO ENTER A DESERVING JDA MEMBER'S NAME!
- APRIL 1<sup>ST</sup>: ONLINE VOTING BEGINS

### UPCOMING EVENTS

DETAILS WILL BE IN FUTURE ISSUES AND ON JDA WEBSITE

### CEU MEETING: CLINICAL FOCUS (TENTATIVE)

FRIDAY, MARCH 30<sup>TH</sup>  
UNIVERSITY OF NORTH FLORIDA

## 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>

## Meet Carambola!

By Jennifer Miller, MS, RD, LD/N and  
Catherine Wallace, MSH, RD, LD/N

Mainly a sour fruit with very mild sweet undertones, native to Asia and Malaysia, the Carambola, can also be found in other subtropical areas, including Florida. Carambola season typically runs from the middle of fall through late winter. You may be unfamiliar with Carambola; but you may know its common name when described as a yellow-colored fruit with prominent longitudinal ribs, a thin edible skin, and star-shaped slices.

Yes, you got it, the star fruit!



A ripe star fruit tastes like a blend of lemon, pineapple and plum. Some varieties are sweeter; but whether sweet or sour, all are extremely juicy when ripe. The texture is similar to grapes or plums.

Ripe star fruit is bright yellow in color and firm. Hints of light green are okay and the fruit may be dark brown along the ridges. Green fruit may be stored at room temperature to ripen. If the fruit has brown spots, it's over-ripe. Cut off ridges and both ends of the fruit and slice or eat as is - just beware of the small seeds.

Besides looking beautiful as a garnish, these star-shaped fruits pack a nutritional punch. One medium fruit contains only 30 calories and provides 25% of your daily vitamin C requirements, 2.5 grams of fiber, potassium and vitamin A. As with most other whole fruits, the star fruit is also a good source of polyphenolic antioxidants. Similar to the cranberry, some research suggests the star fruit also contains antimicrobial compounds.

Use caution in populations with kidney disease, oxalic-containing kidney stones, and those taking medications with a grapefruit food-drug interaction.



Educating the mind without  
educating the heart is no  
education at all.

- Aristotle

## CVD Resources

by Alexia Lewis, MS

As nutrition and dietetics professionals, we are all familiar with the medical nutrition therapy guidelines for cardiovascular disease. Limit sodium, cholesterol, saturated and *trans* fats. Eat an appropriate amount of calories to move towards or to maintain a healthy body weight. Eat lots of fiber from whole grains, fruits, and vegetables; lean proteins; unsaturated fats; and do not forget the mountain of minerals, a variety of vitamins, and plethora of phytochemicals and polyphenols. For good measure, top all that off with a small piece of dark chocolate, blueberries, and just one glass of red wine.

We recite these familiar guidelines to our clients and leave them wondering, "Well, what do I eat for lunch right now?" when they walk out of our doors. How can we help the layperson take these suggestions and translate them into a grocery list or meal plan?

Here are some resources to help them along their journey to better heart health.

- Keep the Beat: Deliciously Healthy Eating from the National Heart Lung & Blood Institute (recipes) [http://hp2010.nhlbihin.net/healthyeating/pdfs/KTB\\_Family\\_Cookbook\\_2010.pdf](http://hp2010.nhlbihin.net/healthyeating/pdfs/KTB_Family_Cookbook_2010.pdf)
- The Healthy Fridge from Open the Door to a Healthy Heart [www.healthyfridge.org/tips.html](http://www.healthyfridge.org/tips.html)
- Heart Healthy Eating from the Office of Women's Health [www.womenshealth.gov/publications/our-publications/fact-sheet/heart-healthy-eating.pdf](http://www.womenshealth.gov/publications/our-publications/fact-sheet/heart-healthy-eating.pdf)

And don't forget to remind everyone to floss!



## Calling all JDA runners for the Gate River Run!

March will be here before you know it and with March comes Jacksonville's annual Gate River Run.

It would be great to see JDA represented at the run.

We still have some of the JDA "Healthy is Sexy" running shirts.

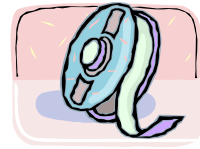
Let us know if you plan to run this year.

For information on the Gate: [www.gate-riverrun.com/](http://www.gate-riverrun.com/)



# Movie Review: Like Water for Chocolate

By Brittany Bialas, MS



The 1992 film, *Like Water for Chocolate*, is based on a novel published in 1989 by Laura Esquivel. This award-winning film is a story that takes place during the Mexican revolution, and conveys messages of intense emotions through the preparation of food and its subsequent effect on those who eat it.

The story unveils the tale of forbidden love between two people named Tita and Pedro who fall for each other at a young age. Tita is required to follow an ancient family tradition that prohibits the youngest daughter from marriage so that her life may be devoted to caring for her mother. When Pedro asks for Tita's hand in marriage, her mother refuses and offers the oldest daughter, Rosaura, instead. Pedro realizes the only way he can be close to Tita is to marry her sister, so he agrees.

Throughout the movie, food is used to display the love Tita and Pedro have for each other, despite the complications of their family relationships and living arrangements. Symbolism of emotions ranging from love and desire to pain and sadness is evident in the preparation and flavor of each meal. It shows how one's mood while cooking can affect the outcome of the food's flavor and the experience of those eating it.

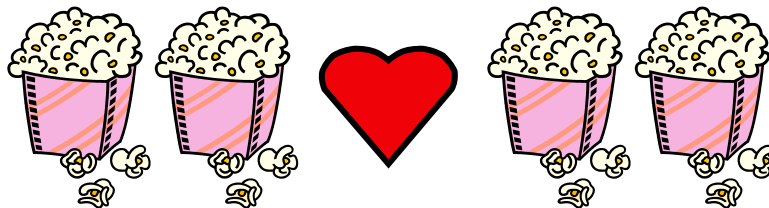
The passionate, forbidden love Tita has for Pedro is demonstrated in her cooking throughout the movie. When she is overwhelmed with desire for Pedro, her emotions transfer into the food she prepares and becomes evident in the flavor of her food. The movie claims Tita's cooking is a form of communication with Pedro and a way to seduce him from the distance that forces them apart.

When Pedro gives her flowers, she uses them to make a dove, rose-petal sauce. As she prepares the sauce, her appreciation for the flowers and the love she has for Pedro is apparent in her demeanor. When this meal is being eaten is a key scene in the movie that demonstrates the pleasure that can be found in food. The emotions Tita had for Pedro as she prepared the meal seemed to have transferred through the food into those who ate it, as one of her sisters exhibited obvious feelings of sensuality at the dinner table after taking a few bites.

In a similar way, feelings of pain and sadness while cooking also make an impact on the food. As Tita is heartbroken from the marriage arrangement between her sister and Pedro, a tear falls from her eye, into the cake batter she is mixing. Shortly after the tear-filled wedding cake is served to the guests, they all become ill as if they had been food poisoned.

Tita states the secret ingredient to her fabulous cooking is to do it with much love. With each meal she prepares, it is evident she puts her heart and soul into it. Whether she is fervently kneading dough while staring at her lover, passionately plucking petals for her rose-petal sauce, or crying into the wedding cake batter of the marriage that is breaking her heart, Tita's mood while cooking greatly impacts what she is making and how people will react to it.

If there is any truth to this movie's reoccurring examples of various moods and how they affect the meals we prepare, everyone should pay close attention to the types of emotions present in the kitchen and strive to make them positive, loving ones - at least, for the sake of the food!



If you really want to make a friend, go to someone's house and eat with him...

The people who give you their food give you their heart.

- Cesar Chavez



# Hey Jax! Whaddaya Know?

by Antwiwa Hyman

February is Heart Month for our sweethearts and our beating hearts. We long for the longevity of both, so we thought it would be fitting to see what the people of Jax know about CVD prevention:



Rick Y.

**What is the #1 thing you have heard about heart healthy eating?**

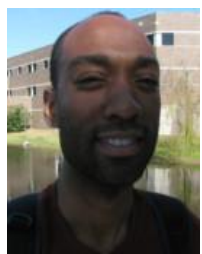
"You need to eat a lot of fruits and vegetables."

**Name 2 ways you eat to prevent CVD:**

"Eat lean meats and stay away from a lot of fat."

**Where have you learned about heart health?**

"Mainly my doctor."



Darryl J.

**What is the #1 thing you have heard about heart healthy eating?**

"Limiting the amount of sodium...overall caloric intake and eat balanced meals."

**Name 2 ways you eat to prevent CVD:**

"Limit my portions, I won't eat meat everyday... when I do I balance it out with vegetables."

**Where have you learned about heart health?**

"The media and my family."



Edith J.

**What is the #1 thing you have heard about heart healthy eating?**

"Not too much starch."

**Name 2 ways you eat to prevent CVD:**

"Eat less meat; eat more fish, salads, fruits and vegetables."

**Do you feel that salt intake has an effect on your cardiovascular health?**

"Oh yes! I would like to put less salt on (food) but when you get older, your taste buds get kind of thin so you put more salt on it!"



Paul G.

**Name 2 ways you eat to prevent CVD:**

"Fruits and vegetables."

**Name 2 sources of bad fats:**

"Meats and sweets."

**Where have you learned about heart health?**

"Doctor"



Briana B.

**What is the #1 thing you have heard about heart healthy eating**

"Low cholesterol, lots of whole grains and omega 3's"

**Name 2 sources of bad fats:**

"McDonalds and Burger King!"

**Where have you learned about heart health?**

"Family"



## Member Accomplishments



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

There are many things that will catch your eye; but only a few will catch your heart... pursue those.  
- Michael Nolan



## 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.

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

No matter their culture, everyone has some traditional food that feeds their soul and warms their heart.

-Jonathon Poullard

Be sure to order your "Trust Me. I'm a Dietitian." shirt to wear for National Nutrition Month



Show your JDA pride!



### JDA Journal Contributors

Antwiwa Hyman

Jennifer Miller

Catherine Wallace

Brittany Bialas

Editor and Publications/Projects Chair: Alexia Lewis  
Comments & Suggestions Welcome: alexia.lewis@unf.edu

