Let’s Celebrate—
It’s National Nutrition Month!

This year we are celebrating with the theme “Eat Right Your Way, Every Day,” which “encourages personalized healthy eating styles.” This theme acknowledges the impact of culture, ethnicity, personal preference, lifestyle and health concerns on food choices. Registered Dietitians are the trained food and nutrition experts who help people make informed choices.
My name is **Avanelle Thomas**, and I am a sophomore at Oakwood University in Huntsville, Alabama. My way of eating right, my way, every day, is by eating breakfast with a bowl of whole grain breakfast cereal. I eat breakfast because without it, I will not have adequate amounts of essential nutrients, or energy to keep me boosted throughout my day. I choose whole grain cereals as part of my breakfast because it is quick to eat, simple to prepare, and delicious, as well! Not only that, but it provides me with substantial health benefits. For example, whole grain cereals such as my favorite Honey Nut Cheerios® provide me with 12 vitamins and minerals such as calcium, zinc, iron, vitamin C, Niacin, vitamin B6, riboflavin, thiamin, vitamin A, folic acid, vitamin D, and vitamin B12. Eating this cereal enriched with B12 is extremely essential for me because I am hardly able to incorporate it into my diet being that I do not consume animal products, which are natural sources of vitamin B12. Honey Nut Cheerios® also contains whole, rather than refined grains, along with fiber, which helps to reduce my risk of developing chronic diseases such as hypertension and Type 2 diabetes, and helps me with healthy digestion, as well. Eat right, your way, with a bowl of whole grain cereal each day!

My name is **Loica Marc**, and I am a senior at Oakwood University. I eat right, my way, every day with a smoothie. I prefer a peanut butter-banana smoothie with honey, milk (I like almond milk) and sometimes oats and flaxseeds. There are many health benefits found in this amazing drink. Bananas are rich in fiber and potassium which helps to alleviate various diseases and give a boost of energy to my day. Peanut butter contributes many essential nutrients such as vitamin E, niacin, folic acid, magnesium and oleic fatty acids, which benefit the heart. Peanut butter is also an excellent source of protein which reduces the rate in which sugar enters my blood, and instead helps me maintain consistent energy levels. Honey also contains a wide variety of vitamins and minerals including niacin, riboflavin, calcium, magnesium, potassium, zinc and glucose for energy. Oats, an excellent source of fiber, help stabilize blood sugar levels, boost the immune system, lower HDL-cholesterol levels, and helps prevent heart disease and some cancers with the aid of lignans. Finally, flaxseeds provide omega-3 fatty acids, which are excellent for brain health. When you’re feeling low on energy, instead of reaching out for coffee (which lacks many essential nutrients), reach for a peanut butter & banana smoothie instead. Your body will appreciate you for eating right, your way, every day!
I am proud to have chosen my career as a registered dietitian. Initially, I did not choose my profession in the healthcare field. I graduated with a Bachelor’s degree in math and sciences. During my late 20s, God redirected my path to the field of dietetics, which I learned is a highly qualified health profession where dietitians are recognized as experts in food and nutrition. I was employed in a variety of healthcare and educational settings after my graduation.

First, I worked at the Health Department, a government job, as a public health nutritionist and researcher. Later, I worked as a clinical dietitian. I was a vital part of the medical team in the healthcare facility. For the past 12 years, I have been working as a Dietetics and Nutrition professor and internship director. During this time, I have had more than 200 dietetic graduates from across the US who have been accepted into the dietetic internship here at Oakwood University. The internship is open to our students as well as to students from all over the country once they have completed their undergraduate or even graduate degree. Our interns come into the internship with various other backgrounds such as biology, chemistry, sociology, communication, nursing or psychology. Some of them have a Masters or PhD degree.

Registered dietitians can expect good pay and benefits. It's a stable job in a pleasant atmosphere. The Joint Commission, formerly the Joint Commission on Accreditation of Healthcare Organizations, requires that every healthcare institution have a registered dietitian as part of their interdisciplinary healthcare team in order to obtain accreditation or certification.

If you would like more information on the field of dietetics, please contact me at (256) 726-7228 or, email me at mssoyvanhadi@oakwood.edu.

You can also contact Mrs. Claudia Follette, MS, RD, LD, the Didactic Program in Dietetics Director at 256-726-7230 or email her at cfollette@oakwood.edu.
Throughout the nation, college campuses uphold policies related to drugs and alcohol. Where the administration’s attitude toward drugs is pretty serious, when it comes to alcohol, it is more relaxed. On Oakwood’s campus, there is a Residential Life Guide policy that clearly states, “non-prescription drugs, tobacco, alcohol, or marijuana are not permitted on campus, or in and around the residence halls, annexes or West Oaks Apartments. Violations of this policy will be subject to disciplinary action.”

Given the strength of the policy and the Christian influence, could one assume that the presence of alcohol is not a consideration on this campus or by our students, anywhere? However, to accept this statement would imply that what is happening on other campuses, and the problems associated with them, does not apply here. Does that make us naïve?

Maybe, maybe not.

Let us assume, for the sake of naïveté, that alcohol consumption does occur here. What are some things we can do to prevent it from becoming a campus-wide problem? According to collegeDrinkingPrevention.gov, a website created by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), there are measures that can be taken to prevent alcohol abuse and binge drinking. One of the best ways is to apply some “critical thinking” techniques to the myths about alcohol consumption.

Did you know that many students believe they can drink and still be in control? Yet the fact is, alcohol seriously impairs judgment which increases the likelihood that you may do something that you may regret later such as have unprotected sex, damage property, or become involved in date rape…hmmm.

Another myth that students succumb to is the notion that drinking somehow isn’t all that dangerous. Yet statistics show something different. One in three 18 – 24 year olds admitted to hospital emergency rooms for serious injuries is intoxicated. Not to mention that alcohol has been associated with homicides, suicides, and drowning on college campuses.

Is it true that sobering up is no big deal? Can a person really sober up quickly, if necessary? Science indicates that it takes about three hours to eliminate the contents of two drinks and that depends on your weight! And, did you know that NOTHING can speed up the process – not even coffee or a cold shower? Imagine what happens after drinking a 40 oz.

My belief is alcohol abuse and binge drinking doesn’t occur on Oakwood’s campus. But, just in case it is going on, I urge you to put on your “critical thinking” cap!
Dan Beutner and the National Geographic discovered five areas in the world that they dubbed ‘Blue Zones.’ These are areas in the world where people live significantly longer. In these areas, you will find a high number of people who live to be in their late 90’s and early 100’s.

One health “Blue Zone” area discovered by Dan Beutner was Loma Linda, California, where we know many Adventists live long and active lives. You may not know that the health of Seventh-day Adventists has been studied since 1958 at Loma Linda University. Two studies, funded by the National Institutes of Health (NIH), known as the Adventist Mortality Study (AMS) from 1958 to 1966, and the first Adventist Health Study (AHS-1) from 1974 to 1988, were among the first to show the relationship between diet and health.

Beginning in 2002 the Adventist Health Study-2 (AHS-2), was conducted and included nearly 26,000 black Seventh-day Adventists, many of whom live in Huntsville, Alabama, and who were missing from the previous Adventist Health Studies. AHS-2 is one of very few large health studies of Black/African Americans.

In 2007, initial results were reported. The study found that black Seventh-day Adventists were “less likely than white Adventist to be lifelong vegetarians and more likely to be overweight or obese. Exercise levels were lower for blacks than for whites, but blacks were as likely as whites not to currently smoke or drink. Blacks reported higher rates of hypertension and diabetes than did whites but lower rates of high serum cholesterol, myocardial infarction, emphysema, and all cancers. The prevalence of prostate cancer was 47% higher for black men than for white men”.

Non-Adventist Black Americans tend to suffer from high rates of heart disease and cancer. Initial findings from (AHS-2) suggests that black Adventist participants benefit even more than white Adventist from a healthy diet and a tobacco-free, active lifestyle in reducing heart disease and most cancers.

In 2006 the Adventist Religion & Health Study (ARHS), otherwise known as the biopsychosocial religion and health study (BRHS), was conducted to look at the association between mental health, religion or spirituality on physical health. There is strong evidence that the associations of religion and health are largely positive.

Furthermore, researchers are looking at the health advantages for black Seventh-day Adventists as promising in the fight against health disparities seen in the general U.S. black population.

References
Dietitians are experts in designing nutrition programs to protect health. Clinical dietitians provide medical nutrition therapy for patients in institutions such as hospitals and nursing care facilities. They assess patients' nutritional needs, develop and implement nutrition intervention, and evaluate and report the results. They confer with doctors and other healthcare professionals in order to coordinate medical and dietary needs. In addition, clinical dietitians in nursing care facilities, small hospitals, or correctional facilities may manage the food service department.

Dietitians work in food and pharmaceutical companies as sales representatives. They also work for infusion companies to provide enteral and parenteral nutritional care.

Community dietitians develop nutrition programs designed to prevent disease and promote health, targeting particular groups of people. RDs in this practice area may work in settings such as public health clinics, corporate wellness programs or home health agencies. According to the Bureau of Labor Statistics the occupational outlook for dietitians is expected to increase 20% from 2010 to 2020 which is faster than the average for all occupations. Could this field be the right one for you?

ASK THE R.D.
Q. If a person wants to lose weight, is it safe to go on the famous "no carbohydrate" diets, or are they unhealthy? ~ Beatrice
A. The low-carb craze is on the downswing, and that’s a good thing because over the long haul, very low carb diets simply aren’t good for you. Focus on “good” carbs, also known as whole grains. Whole grains contain fiber and important vitamins and minerals such as iron, magnesium, selenium and B vitamins, all of which are lost when grains are milled to remove the bran and germ (making them “refined”). Eating whole grains may lower the risk of cardiovascular disease and is linked to lower body weight; it may also help prevent type 2 diabetes.

The 2010 Dietary Guidelines for Americans recommends consuming at least half of all grains as whole grains. So opt for 100% whole wheat or whole grain bread to replace honey wheat or enriched breads during breakfast. Choose whole wheat pasta instead of enriched pasta at lunchtime. Include brown or wild rice instead of white rice for dinner.

Q. Do I have to take food supplements even though I think I eat a healthy vegan diet? ~ Jamie

DIETETIC MAJORS WANTED
Call (256) 726-7230 or visit http://www.oakwood.edu/academics/academic-departments/family-a-consumer-science/degrees-a-programs
A. There is concern for vegans consuming adequate dietary B12 because it is naturally found only in animal products. B12 deficiency can cause pernicious anemia, nervous system damage, and heart disease. Vegan or plant based sources of B12 are foods fortified with B12 such as soy or almond milk, meat analogues, some breakfast cereals and B12 supplements. Eat fortified foods two or three times a day to get at least three micrograms of B12 a day or take one B12 supplement daily providing at least 10 micrograms of B12 or take a weekly supplement providing at least 2000 micrograms B12.

Source: Veganhealth.org | Academy of Nutrition and Dietetics. Please send your questions to “Ask the RD” for our next issue to cfollette@oakwood.edu. Now in the News...http://www.chicagotribune.com/health/sns-rt-us-health-menu-caloriebre91e15o-20130215,0,2092530.story

SWEAT EQUITY

Exercise, if done for a long period of time, has so many benefits, to the point of being called “the closest thing to a wonder drug.” According to the American Journal of Preventive Medicine, “the benefits of exercise are cumulative –the more years people spend exercising, starting in early life, the more physically fit they are in old age. The World Health Organization recommends a minimum of 150 minutes a week of moderate to intense physical activity.

In 2012, a study published by The Lancet showed that a lack of exercise causes as many as 1 in 10 premature deaths around the world each year. For the study, led by I-Min Lee in the division of preventive medicine at Brigham and Women’s Hospital, “scientists calculated something called a population attributable fraction (PAF), a measure of the contribution of risk factors like physical inactivity to diseases such as heart disease or diabetes, and even risk of death. The PAF told researchers how many cases of disease could be prevented if the risk factor were eliminated. They were able to estimate that lack of exercise causes about 6% of heart disease, 7% of Type 2 diabetes, and 10% of breast and colon cancers worldwide.” Staying active and maintaining an average body weight can lead to a 7.2-year gain in life expectancy, according to this same study. By being physically active, overweight or obese people can increase their life expectancy as compared to someone their weight who is not active.

Researchers examined kinds of interventions that might help people get active. They found some simple strategies that seemed to work. They include using signs to motivate people to use the stairs instead of the elevator or offering free exercise classes in public places such as parks. They also found that maintaining streets and improving lighting increased activity levels by as much as 50%.

To start exercising: Invest in a good pair of shoes. Start off slowly: you can benefit from exercising 10-15 minutes several times each day to build your endurance or to fit it into a busy schedule. Find an exercise buddy or join a class or group. Set up reminders by putting your gym bag in the car and leave your walking shoes by the door. Track your activity by writing it down or by using a pedometer.

Upcoming Events

The Food Committee is sponsoring The “Next Top Recipe.” It’s not too late for students, faculty and staff to submit recipes to loica.marc@oakwood.edu. The Food Committee will choose six finalists to participate in the “cook off” on March 24th in the Food Lab (Cooper Complex Bldg #3 Room 512) at 4:00 p.m. On the same day (March 24), you are invited to come out to the taste test and judge which recipe will be the “Next Top Recipe.” The “Next Top Recipe” winner will have their name and recipe added as a part of the regular menu cycle in the Student Dining Hall beginning March 28th.

The Dietetics Program will host an open house on Friday, March 22 at 2:00 p.m. Our special guest will be Julie Barret RD, LD, Pediatric Therapeutic Nutrition Specialist from Abbott Laboratory. Topic: Pediatric Parenteral/Enteral Nutrition. We are located in Cooper Complex Bldg #3, Room 512.

On Monday March 25, The Dietetic Club is sponsoring a video presentation entitled “The Weight of a Nation” in the Sodexo Dining Hall at 5:30 pm. Standard Sodexo charges apply.

On Sunday, March 31, you are invited to our “Alumni & Friends Brunch” at 11:00 a.m. in Cooper Complex Bldg #3 Dining Room. There is a fee for this event. Register by email: cfollette@oakwood.edu.

Oakwood University
Department of Family and Consumer Sciences