Coordinated Program Students Organize Health Fair
By Benjamin Glurich

On October 20th the juniors in the Dietetics Coordinated Program held a Health and Nutrition Information Fair. It took place in Bulger Communications Center during Bengal Pause. The fair was the result of a class project for NFS 445 Nutrition Care A. The students organized and planned the event with the help and support of the Nutrition Department and professor, Donna Hayes. I was one of the students involved with this project and had a lot of fun working with my classmates to create a successful event.

We divided ourselves into subgroups and chose relevant topics to present at various stations where students, faculty, and staff could interact with and learn from the dietetics students. The group was able to integrate other local farmer’s markets and related topics. Hollis Busch and Jane Calvert created the Buffalo Area Resources table, which focused on local markets, shops, and restaurants close to campus that offer ethnic and alternative food options for our diverse student body. The MyPlate table, run by Tim Butler and Melissa McDonald, focused on the new MyPlate guidelines set forth by the USDA. Chartwells, our new foodservice provider for Buffalo State, was present and discussed healthy foods and policies being offered to students. Doug Hope was responsible for this table and invited guest, Jillian Triano, RD, from Chartwells. The popular interactive quiz station, which tested knowledge and preconceptions about foods was run by Janessa Shaw. Lastly there was a table operated by graduate students, Kayla Maryles and Jessica Darvick, representing the Office of Health Promotions, which included free healthy snacks and handouts explaining what the office offers for students.

The bake sale was a central part of the health fair acting as incentive to attract people to the fair and to interact at the different stations. The participants were given one ticket for every station they visited which enabled them to earn a discount or free item from the bake sale. The bake sale was profitable and the funds raised were donated to the Food Bank of Western New York.

Overall, the fair was a great success garnering praise from students as well as staff members. Buffalo State students took great interest in the presentations that the health fair offered as evidenced by their numerous questions. The Dean of the School of Professions, Kevin Mulcahy, and the Chair of the Nutrition Department, Dr. Oh, were among the many guests. The event was a powerful learning experience for all involved.
Nutrition Club Hosts Dietitian Meet and Greet

By Emily Trunstall Frack

On November 18th the Nutrition Club hosted a Dietitian’s Meet and Greet in the Bulger Communication Center. Six local dietitians shared their experiences and offered advice to the dietetic students.

Sheila Flavin works for the Buffalo Center for Eating Disorders and owns a private practice. She discussed the importance of keeping your day job when transitioning to private practice because it takes time to establish yourself in the community. She also stressed the importance of taking initiative to be immersed in current knowledge, so that you can advocate for policy, as well as be better educated in your field.

Elaine Rathfus is currently working as a volunteer at the Buffalo Gluten Free Diet Support Group. Her education and career background is in nursing, but she later decided to go back to school to become a Registered Dietitian, taking a position in research upon completion of her degree. She encouraged dietetic students to appreciate and gain the understanding of the sciences behind dietetics, such as chemistry. She also encouraged students to volunteer in a field of interest during college.

Jessica Masterson came to the dietetics profession from a culinary background. As a former Buffalo State student, she now works as an RD in Niagara Falls. She pointed out that the dietetics world is small and to always keep good relations with fellow dietitians.

Erin Burch works for the Just Say Yes to Fruits and Veggies Campaign. She travels locally and creates workshops for those in the low-income bracket, focusing both on nutrition education and cooking demonstrations. She also teaches nutrition classes at Tops and is adjunct faculty at Trochair College.

Miles Sumner has experience in renal and long-term care, now working as a home-care RD. He stressed the importance of interaction and relationship building with patients. He is currently enrolled in graduate school to be a Physician’s Assistant.

Jill Patterson, a recent graduate, is now Buffalo State’s on-campus dietitian. As the only RD on staff at Buffalo State, she focuses on both health promotion (helping students make good food choices) and food service (taking into consideration food sales).

All of the visiting RDs had a common message—to gain experience working in your field now. The night finished out with a reception of a light meal and time for dietetic students and professionals to interact with each other.

Rotaract Club Participates in Heart Walk

By Janessa Shaw

On September 24th, 2011, the Rotaract Club participated in the Buffalo Niagara 17th annual Heart Walk. This is the second year in a row that the Rotaract Club took part in this walk, which is organized by the American Heart Association. This event is an implementation of their 2020 Impact Goal, which is to improve the cardiovascular health of all Americans by 20 percent while reducing deaths of cardiovascular disease by 20 percent.

The Heart Walk is one of the American Heart Association’s most lucrative fundraising events in Western New York. The walk helps to raise funds to support research, training, education and advocacy, which is important since Western New York has a high prevalence of heart disease and stroke. Survivors of heart attack, heart surgery and stroke were also celebrated and honored at the event.

The 5k walk began in downtown Buffalo at the Coca Cola Field and looped around Buffalo’s inner harbor. After the walk there were booths providing snacks, health screenings, exercise demonstrations, and prizes for the participants. The Buffalo Niagara Heart Walk is a fun way to be active and raise money for a good cause.
Research Study Compares Gatorade VS Fruit Juice

By Alexander Ford

This past summer, I was awarded the opportunity to execute a research study through Buffalo State College’s Undergraduate Summer Research Fellowship. My research project compared the effects of a commercial sports drink versus 50% diluted fruit juice in regards to athletic performance. Ten participants were asked to be involved in the study. Recruiting forms were created and distributed within the campus and also through email to individuals who showed interest in participating. Gatorade is a 6% carbohydrate solution with 110 milligrams of sodium per 8 fluid ounces. To create a similar solution to that of Gatorade, I produced 3 gallons of diluted fruit drink with table salt added to match the sodium content of Gatorade.

The carbohydrate solution for each gallon of juice was calculated as 5.92%. Three forms were constructed for the participants to reference during the study. The first form was a taste test evaluation. The participants were to measure the taste, tolerance, fullness and satisfaction of the three drinks they consumed at each session. The second form was a performance assessment that allowed each participant to record the date and time they exercised, location, incline gradient and speed of treadmill, length of time, heart rate, and perceived exertion while exercising. There was also a space provided at the bottom of the form for comments regarding each exercise session or feelings while exercising. The third form was a copy of the Borg Scale which was used to measure their rate of perceived exertion (RPE) while exercising.

Each participant was asked to sign a consent form and was provided the research study protocol prior to beginning. Gatorade was assigned as #1, diluted juice as #2, and water as #3.

Heart rate drift and RPE remained roughly the same between all three sessions. In the Gatorade and 50% diluted apple juice sessions, the average heart rates were nearly identical. While most of the average heart rates in the water session were similar to those in the other two, any variation that was present was major. The heart rates that varied in the water sessions were either significantly higher or lower than the averages in the Gatorade and 50% diluted apple juice sessions.

The results of the taste test evaluation showed that Gatorade was preferred only slightly over 50% diluted fruit juice in the taste category. In the categories of satisfaction and fullness, the 50% diluted apple juice scored higher and was tolerated significantly higher than Gatorade as well. Based on the data I can confidently promote 50% diluted fruit juice as an adequate alternative to that of Gatorade during physical activity.

Another Successful Chili Sale!

By Mike Christ

On November first, the juniors in the Dietetics Coordinated Program organized a successful chili sale. This sale took place during Bengal Pause in the food lab of Caudell Hall. The students began planning for this event in September and in the process learned how to modify recipes, budget, and follow HACCP (Hazard Analysis and Critical Control Points) before and on the day of the event. Every student in the coordinated program assisted to ensure that the day was a success.

For only $5, a complete meal was served that included a 12oz portion of chili (barbequed beef or vegetarian), a roll, a cookie and a bottle of water. Approximately $280 was raised, which will be added to the Health Fair’s $50 earnings, to make a total donation of $330 to the Food Bank of Western New York. To make this event possible, generous donations were made by Romeo and Juliet’s Café, El Vi Farms, and the Kenmore Volunteer Fire Department.

The Coordinated students made a visit to the WNY Food Bank to present the check and had a private tour of the facility.
Running and Working
By Dr. Suk. Y. Oh, Chair and Professor, Dietetics and Nutrition

I’ve always wanted to live a healthy lifestyle, mostly by doing two very simple but critical things: eating right and exercising regularly. I know I eat right, but historically, I had not been exercising regularly. I neglected to act on what I knew were the benefits of exercise. Today I want to share that I am finally doing the right thing—exercising. For the past three years I have changed my lifestyle by doing my favorite form of exercise, running, and reflecting on how it relates to my professional work. I love to run for the physical benefits (staying strong, fit and healthy) and also for the mental benefits (stress relief, clearing the mind, and improved concentration). I actually came up with most of this column while I was running in the recent weeks.

Here are seven tips on how to be a better runner... and professional.

1. Prepare with proper equipment: One reason why I love running is that I can go right outside my front door for fresh air and to clear my mind, yet only after I prepare myself. Before I start, I need proper fitting shoes so I don’t get a blister or get injured. Likewise, before I start teaching and research, I need to make sure I have the proper equipment, too. That means new editions of textbooks and references, newly published scientific articles and perhaps subscribing to a few professional journals to help guide me for my work.

2. Carve out time: We’re all busy and constantly barraged by more distractions than ever (e-mail, phone, Twitter, Facebook, the list goes on)! But if you want to run, or teach and do research, you need to carve out quality time in which to do so. Almost every day, I get up early at 5:30 am to run before work. I love the early morning solitude. Sometimes that’s hard and difficult in foul weather while it’s still dark and cold in the Buffalo winter. It’s the same with working on books, research papers, and writing memos. I prefer to spend my lunch break hunkered down with online news, but instead, find the time of day to spend quality time preparing for classes and reading journal articles for research and scholarship.

3. Find a system: Some people prefer short distance running, while others prefer long distance. Some prefer running on the treadmill, or track, or city streets, or trails, or beaches. Some like running in the early morning, afternoon or even at night. It’s generally more enjoyable (and productive) when I can run in my ideal conditions. I personally love running outside in my favorite park, Paradise Park, in the morning. I consider myself a mid-distance runner, covering about 4 to 5 miles. The same goes for working; I need to find my system. Some people are better suited for doing original research, while others prefer pursuing creativity. Some people love the thrill of scholarship or teaching, while others enjoy the combination of them. Whatever you ideal system is, find it and stick with it.

4. Keep track of results: I used to run at a solid pace for a respectable distance, but lately, I’ve ramped things up and started running noticeably faster and farther. I love to keep track of how often I run, how fast, how far and more. It’s the same with professional work. I try to evaluate past mistakes and successes. This helps me with future productivity. I try to learn from what I do wrong so I won’t do it again and conversely, I try to learn what I did right so I can repeat it.

5. Practice, practice, practice: As with most things in life, the more you run, the easier it is. You’ll be able to go faster, go farther and enjoy it more if you practice regularly. And if you stick to your professional working system and execute what you have planned when you’re supposed to (and not when you shouldn’t), you’ll find it’s easier too! Experience is often the best teacher and it’s a big part of my work.

6. Make it fun: Running is one of my favorite parts of the day. It’s something I do completely for myself and I always feel better after. If I’m stressed out, running makes my problems seem more manageable. Professional work can be the same way. For those of you who don’t engage in regular exercise, running can be a nice escape from everyday life. It’s a challenge and it makes you think. Plus, it’s fun to see your bodily system working and to enjoy good health!

7. Just do it: To quote a catchphrase from Nike, my last piece of advice is to just do it. Don’t worry that you won’t be as fast as other runners or get discouraged when you can’t run several miles right away. Likewise, don’t get so worried about your performance that you can’t actually start writing a book or research. It’s easy to become paralyzed by the mountains of information available or the constant progressive changes in your field of work, but if you find a system that works for you and you stick to it, you’ll eventually succeed.
Learning Fruit and Vegetable Seasonality
By Susan Lombardi

The changing of seasons significantly affects the varieties of fruits and vegetables in grocery stores and at farmers’ markets because it is directly tied to local growth and harvest cycles. From a practical standpoint, awareness of that seasonal change as it relates to quality, availability, and affordability of produce (factors that all affect purchase and consumption) is important. Educating oneself on the growing seasons of popular produce items can positively influence a person’s satisfaction with those foods in his or her diet. It can also decrease the amount of money they need to spend if they desire to eat fruits and vegetables fresh and not canned or frozen. Many educational resources are available; a book I recommend is Animal, Vegetable, Miracle by Barbara Kingsolver (HarperCollins 2007) in which the author explains the non-farmer how to predict the types of produce you will find based on seasons. Seasonality charts can also be useful tools.

People working in the field of nutrition can benefit from having more knowledge on fruit and vegetable seasonality because it can help them make appropriate suggestions to clients or patients on which fresh items to purchase. For example, blueberries are a healthy option, but timing is important—telling someone to stock up on fresh blueberries in January is not a good idea as berries will be more expensive and lower in quality during that period, their “off-season”. Over the summer, however, do recommend berries because they are grown in mass quantities closer to home; combined with shorter travel distances and lower transportation costs, the taste, appearance, and affordability of berries will be at their peak.

Knowledge of growing seasons can be a component of a good strategy at the grocery store, as less money can be spent for better produce.

The winter season that is now upon us has a lot of healthy and tasty produce to recommend. Many fruits are available and less expensive at this time of year; citrus, like oranges, make good snacks, and the edible seeds of pomegranates can be eaten alone or stirred into yogurt or oatmeal. There are many vegetables to choose from as well. Root vegetables such as carrots, turnips, and parsnips are great in soups and stews. As their name implies, winter squashes are also plentiful. They can make warm and nourishing dishes, and many colorful varieties are available - butternut, acorn, delicate (as pictured), and blue hubbard, to name a few—so a lot of experimenting can be done to try different tastes and textures. Therefore, we do not need to mourn the loss of our favorite fruits and vegetables as the seasons change and they become less available. We can think of the change as an opportunity to try the other produce that is better-suited to the time of the year.

Phi Upsilon Omicron
By Emily Gorman

Phi Upsilon Omicron is a prestigious and esteemed National Honor Society that has been offered to dietetic and fashion technology students at Buffalo State College for countless years. It was originally founded at the University of Minnesota in 1910 and since then the purpose has been to promote leadership in local communities, recognize achievement and excellence in the scholastic environment and encourage lifelong learning through our careers in the Family and Consumer Sciences.

In addition to serving the community, Phi Upsilon Omicron offers several scholarships, fellowships, and awards to its members. Members applying can earn up to $4,000 in scholarships for the following semester and fellowships are offered to those who are interested in graduate programs. A variety of service and grant awards are given every year to those members who demonstrate great service in the community and excellence in fulfilling personal and professional goals. Phi Upsilon members are encouraged to apply to the scholarships, which are due in February of each Spring semester. The scholarships require recommendation letters, so early planning is important to provide adequate time for the letters to be prepared.

This semester, Dr. Carr, President of Phi Upsilon Omicron, made a visit to Buffalo State’s Chapter to connect with students and inform them on scholarships and lifelong benefits of the Honor Society. The meeting took place during a one night outing in November at Buffalo's local restaurants: Spot Coffee and Panos on Elmwood Ave. It was encouraging for Phi U members to meet Dr. Carr as they continue striving for excellence.

For those who are interested in becoming a member of Phi Upsilon Omicron, please speak with your academic advisor. Eligibility requirements include at least 40 credits from Buffalo State College and a minimum of a 3.0 GPA. An application and brief character reference is included when applying. Initiation occurs in the fall and all members are obligated to participate in at least one community service project each semester.

Induction ceremony
Fall 2011
Baking with Bananas

By Emily Wax

Bananas are one of my favorite fruits; they are tasty, nutritious, and they even come with their own jacket so they’re easy to transport! But there are only so many times you can eat a banana fresh out of its peel, which is why I end up using them in many of the recipes on my blog, http://eatingchalk.com.

According to the USDA’s National Nutrient Database, one medium banana (7-8” long and 118 grams) has 105 kcal and 1.29 grams of protein. For those 105 calories you get 422 mg of potassium and 32 mg of magnesium. Bananas’ sweet taste and creamy texture help them to fit into many dishes. Bananas are great for vegan baking because they help to keep the final product moist. Did you know that you can create a delicious “ice cream” just by blending frozen bananas in a food processor?

The following is one of my favorite recipes that uses bananas as the star ingredient.

**Banana Breakfast Risotto**

This banana risotto is perfect for breakfast; it’s chewy and nutty with just a hint of sweetness. This recipe makes two large servings, but can easily be multiplied for a crowd. For any size batch use the proportions: 1 rice - to 1 coconut milk - to 2 water. This recipe can be modified to fit a vegan diet if you use a butter substitute.

Yield: 2 servings; Prep Time: 3 minutes; Cook Time: 25 minutes

**Ingredients:**

- 1 cup canned light coconut milk
- 2 cups water
- 1.5 tbsp. butter
- 2 medium bananas, chopped into bite-sized pieces
- 1 pinch salt
- 1 cup Arborio rice

1. In a small saucepan, combine coconut milk and water and heat to boiling. Reduce heat to low and cover the pan.
2. Melt butter in a large pan over medium heat.
3. Add bananas and sauté until they turn a deepened yellow color. Season with salt.
4. Add rice to the pan and toast, 1 minute.
5. Add approximately 1/2 cup of the liquid mixture to your pan. The liquid needs to be at a low simmer, so lower or raise your heat accordingly. Stirring constantly, cook until all of the liquid is absorbed.
6. Working in 1/3 cup increments and continuing to stir, add the rest of your liquid to the pan until it has all been absorbed.

**Topping Recommendations**
- maple syrup
- raisins
- chopped walnuts
- almond butter
- cinnamon
In 2009, the most recent year for which data is available, 63.2% adults were overweight/obese (BMI > 25) in the metropolitan area. Current behavioral models when applied to nutrition education have varying and often suboptimal success in predicting behavioral change (1). Overweight/obese individuals often try different strategies for weight loss (2). Interestingly, individuals endeavoring to lose weight often do not seek weight loss treatments that match their preferences (2). Investigating past weight management experiences may have potential value in designing more effective treatments (2).

The purpose of this study was to explore whether weight loss strategies preferred by women were associated with their weight loss experience. A questionnaire was mailed to 118 women who responded to an ad to participate in a larger study on calorie expenditure. Eligible women were non-pregnant, non-lactating, age 19 or older with BMI > 25. One hundred and nine (92%) returned questionnaires. The mean age was 43.2±12.3 years; BMI was 33±6. The most frequently used strategies were Weight Watchers (WW) (53.2%), lifestyle modification (LM) (48.6%), low carbohydrate diet (LC) (44.0%), and calorie counting (CC) (34.9%). Reported weight loss was 21.57±15.5 lbs. (WW), 16.5±10 lbs. (LC), and 20.4±19 lbs. (CC). X² analysis was used to evaluate associations between dieting history and weight loss strategy preferences. Sixty-two percent, 74%, and 91% with WW (p<0.003), CC (p<0.000), or LM (p<0.007) experience prefer the same strategies, respectively.

These data suggest that participants’ weight loss experience has a significant association with preferred weight loss strategies, i.e., many prefer to use the same strategies repeatedly. The exception is use of exercise only as a strategy. Participants, who used exercise alone, prefer a strategy that includes diet change. This is likely related to poor weight loss outcome with exercise alone. Conclusion: Weight loss strategies preferred by women with BMI between 25 and 40 are associated with their experience with weight loss strategies.

*T You Q. Lin was a senior in the coordinated program at the time of this study. She participated in the development of the research hypothesis, data entry, data verification, data analysis, and preparation of a poster for the 2011 Buffalo State Creativity Day Celebration.

Meet Our Editors

Anna Deskov, from Rochester, NY, is currently a junior in the Dietetics Coordinated Program. Her interest in nutrition has been growing since she began attending Buffalo State College in the Fall 2010 semester. She is excited about expanding her clinical knowledge through the hospital rotations in the Spring semester. Her dedication to the Nutrition Provision has paid off as she feels very invested in the department.

Alex is a senior in the Dietetics program and his hometown is Albany, New York. Alex’s decision to become a dietetics major was simply perchance. Alex’s love for food and fascination with the physiological effects of nutrition drew him to Buffalo States program. Upon graduating, Alex would like to first successfully pass the registration exam and then pursue graduate school. He desires to either attend the University at Buffalo and enter their Exercise Science program or return home and apply to the University of Albany’s Business program.

Anna and Alex encourage faculty, students, and guest writers to consider contributing an article for the Spring 2012 Nutrition Provision. Please email either Anna (deskovan01@mail.buffalostate.edu) or Alex (fordas01@mail.buffalostate.edu) with your ideas. They would love to hear from you over the Holiday break!

On behalf of the Nutrition Provision, we wish everyone a safe and Happy Holiday!