Nutrition Club Host Meet and Greet with Alumni
By Tim Butler

Several dozen interested students gathered in the east lecture hall of Bulger Communications Center on Friday the 29th of April. Not just to listen to another cumbersome class lecture, but for a meet and greet with two alumni. Kathy Hinton and Deborah Richter who both graduated from Buffalo State’s Coordinated Dietetic Program and are now working professionals in the field.

Following brief introductions and fielding questions from students and faculty, Hinton and Richter joined all in the lobby for refreshments. While munching on a sandwich and sipping on Dr. Rao’s world famous mango punch, Richter talked about her successes as a medical nutrition therapy counselor at the St. Joseph Campus of Sisters of Charity Hospital. She recalled a patient whom she guided to a 90lb weight loss, “He has a convertible now, and is dating for the first time in his life at sixty years old. It’s a great feeling to be able to change someone’s life like that.” Richter is a Registered Dietitian and a Certified Diabetes Educator (CDE). Read more triumphant stories and more about Deborah Richter at http://www.chsbuffalo.org/Services/Nutrition/NutritionSSJC

Deborah Richter

Hinton, also a Registered Dietitian, was very excited to speak to students, remembering the days when she used to sit in the classroom as a non-traditional student. Soon after graduating she was hired at Erie County Medical Center and then moved to Buffalo General Hospital where she managed all dietitians on staff. “I really don’t mind managing, but I missed working with patients,” said Hinton. Now, she is at DeGraff Memorial Hospital where she is able to manage and work with inpatients and outpatients. Her non-stop smile proves how happy she is with her present position.

When asked about any advice they could give to dietetic students, both Richter and Hinton had similar responses. Their advice was that no matter how hard classes get, and they will, just keep going, It will all be worth it in the end.

This event was organized by the Buffalo State Nutrition Club and sponsored by the Dietetics Department of Buffalo State College.

Nutrition Club Officers

Dietetics and Hospitality Students Collaborate

Abstract By Ashley Ray and Jane Calvert
Faculty Mentors: Professor Tina Colaizzo-Anas, Dietetics & Nutrition, Professor Kathleen O’Brien, Hospitality & Tourism

Section 4205 of the Affordable Care Act set federal requirements for nutrition labeling of foods sold at chain restaurants and similar retail food establishments. This has contributed to and resulted from an atmosphere in which customers are more conscious of their health and want to know what they are eating even when they dine out.

Though Buffalo State College Campus House Club, Inc., a faculty/staff dining club, is not required to abide by this new federal law, the literature suggests that providing nutritional information when requested can enhance the fine-dining experience for customers interested in weight management. The purpose of this project is to develop nutrition information materials for Campus House patrons. A Hospitality student gathered information on ingredients used in eight standard recipes prepared at Campus House. Nutrient analysis was performed using NutritionistPro software by a Dietetics and Nutrition student. Once the analysis is complete, nutrition information will be made available to Campus House Club members and their guests, upon request.

This project serves as a starting point for collaboration between the Hospitality and Tourism Department and the Dietetics and Nutrition Department that will support Campus House in responding to the changing needs of its patrons.

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Interview with Graduate Lindsay Putzback

Interview Conducted By Lindsey Bonasera

What made you decide to be a dietetics major?
I have always had an interest in cooking and health and fitness, but when I first began college I actually started as an interior design major. I had taken a lot of art courses in high school and thought I would continue with an art related degree in college. However, after my first year of college I decided to switch to Dietetics. It was actually a very spur of the moment decision that, looking back, I am glad I made. For me dietetics has been the perfect combination of my love of food and fitness, and my desire to help people and make a difference in their lives.

What field did you hope to work in as a dietician and have that stayed the same throughout your college experience?
When I first started I wanted to work in an area that I felt I could make the most difference in, so my thought was pediatric counseling or possibly working with eating disorder patients. That has remained consistent, although throughout my college career I developed an interest in counseling for disease management in adults as well, especially diabetes. Through supervised practice rotations and work outside of school, I was able to gain experience in hospitals and long term care, which I really enjoyed. However, I still continue to prefer more counseling and community nutrition as opposed to clinical.

What was the most challenging experience or aspect of your college career?
For me the most challenging aspect, as it probably is for many students, was managing my time with school and everything else I had to do. Between school, other activities on and off campus, work, and having a life, it was difficult and stressful to balance everything at times.

What was the most awarding or enjoyable part of your college career?
I really enjoyed all of the different experiences that I was able to have. Because our program was relatively small I was able to develop friendships with everyone in my class as well as the professors, so it was fun and more than just coming to school for classes and then leaving. Also, with the coordinated program I had amazing opportunities to experience so many different areas of the nutrition field. That really helped to give me a better idea of where I wanted to go after college, and feel more confident in any area that I do end up in.

What advice would you give to a new dietetics major?
First off, I would tell them to make sure that they get all of their general education courses out of the way as soon as possible. It will save them a lot of stress and allow them to really focus on their dietetics courses - oh, and when you get to those courses, study, I mean really study. It is not just about passing tests and getting good grades in classes. If you really learn the material it will make clinical rotations and studying for the RD exam much easier down the road. Other than that, the best advice I could give would be to get involved and get experience - anywhere and everywhere you can. Take advantage of local organizations and networking opportunities, and try and get a part time job or volunteer in the field if you can. Experience, even just a little, really helps build confidence which will help you throughout your time in the program.

What clubs and activities were you involved in and have they had a positive impact on you?
I was a member of Rotaract Club at Buffalo State and Phi Upsilon Omicron Honor Society. Both of these really helped develop connections with other students, as well as give me leadership and organization skills, and community service experience. I also volunteered with the American Red Cross and worked as a Dietary Aide and Dietetic Technician at Oakwood Nursing Home, which really helped to give me some experience and insight into the field earlier on in the dietetics program.

What are your plans for the near future and what are your long term goals in the field?
I have started my first job as a Dietitian for Trinity Medical WNY where I will be doing primarily pediatric nutrition counseling and obesity prevention. I also plan to get my Master’s degree in Public Health, with a focus on community health and health behavior, and will be starting classes at the University at Buffalo this fall. Long term I am not really sure where I would like to be. I plan to just start and get my feet wet and see where it leads me!
Food for Thought: Available at Your Library!

By Lisa A. Forrest, Public Relations & Outreach Librarian/forresla@buffalostate.edu

Did you know that E. H. Butler Library subscribes to many resources specific to the field of dietetics? These quality resources, available to Buffalo State students, faculty, and staff, are accessible through the library’s home page. Interested in learning more? Check out the Dietetics & Nutrition Subject Guide available at http://library.buffalostate.edu/sp/subjects/DIE. Here’s just a sampling of the diverse resources you’ll discover!

**Periodical Databases (with full-text journal articles):**
- *Alt HealthWatch*
  Journals, magazines, and other material on alternative health care and wellness.
- *Health Reference Center Academic*
  Journals, magazines, pamphlets, newsletters, and additional information covering health topics.
- *Health Source: Consumer Edition*
  Consumer health information from periodicals, pamphlets, and reference books.
- *MEDLINE with Full Text*
  Journals published internationally covering all areas of medicine.
- *Dietetics and Nutrition: Encyclopedias*
  Academic encyclopedias and reference sources on the topic of dietetics and nutrition.
- *Natural Standard*
  Presents peer-reviewed, evidence-based information about complementary and alternative therapies in the medical and health/wellness spectrum.

**E-books:**
- *ebrary*
  Thousands of full-text e-books covering many subject areas, including dietetics and nutrition.
- *FOODnetBASE*
  Books covering topics in food science such as food safety, quality assurance, additives, nutrition, food regulation, and more.
- *Springerlink Books*
  Full-text electronic books covering many topics.

**Streaming Video:**
- *Films On Demand*
  Over 7,000 academic-level educational streaming videos covering most subject areas, from Films Media Group.

**Books:**
- Don’t forget about our collection of hard copy books! Use the Library Catalog, located under the “Quick Search” box on the home page (http://library.buffalostate.edu) to locate books by key words, title, or author.
- Having trouble with your research? Librarians are here to help. Visit the Research Help Desk in the lower lobby of Butler Library, e-mail us, or request a research appointment at http://library.buffalostate.edu/research/help.php.

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Congratulations to Spring 2011 Dean’s List Students!

Kaitlin Andrews  
Rachel Bauer  
Lindsey Bonasera  
Hollis Busch  
Jane Calvert  
Mike Christ Jr.  
Abigail Copenhagen  
Anna Deskov  

Alexander Ford  
Emily Frack  
Benjamin Glurich  
Marla Guarino  
Douglas Hope  
Lindsay Johnson  
Kelli Kehoe  
Robin Kieffer  

Melissa Kopf  
Susan Lombardi  
Melissa McDonald  
Kimberli Murrell  
Kamila Mysiak  
Charlie Porgraputson  
Daniel Rockwell  
Andrew Romoda  

Donna Rossbach  
Janessa Shaw  
Jessica Thomas  
Jamie Vallone  
Jonelle Virgin  
Emily Wax  
Jennifer Whiteside  
Brian Zimmerman

Criteria for Dean’s List:

- Earn a minimum term GPA of 3.5
- Must complete a minimum of 12 credit hours
- All courses must be taken at Buffalo State
Get Charged at the Annual Food & Nutrition Conference & Expo!
By Donna Hayes MS., RD., CDN., Professor

Each year the American Dietetic Association (ADA) holds an annual meeting called the Food & Nutrition Conference & Expo (FNCE). FNCE is held in a different city every year. It is an opportunity for dietetic professionals from all areas of practice to gather. Last year in Boston more than 10,000 professionals attended the meeting.

FNCE is a great way to network, hear the latest research, re-affirm your knowledge, hear new ideas of how to practice, apply your knowledge, and have fun. That's a lot packed into three days! If you want more, you can attend workshops before or after the regular meeting. The workshops are often planned by Dietetic Practice Groups (DPGs) or by ADA. If you go several days before the meeting starts, you can attend the House of Delegates meetings. Dietitians know how to pack a lot into a little time.

Each day of the meeting, you have the opportunity to choose among multiple continuing education sessions. The sessions are presented at different levels: I to increase knowledge and application, II to enhance knowledge or application, or level III synthesis of recent advances and future directions. You can also attend poster sessions where practitioners, researchers, students and interns present and discuss their projects, surveys, and research. Poster sessions give you an opportunity to identify what others are doing and to discuss the “poster” with the author.

If you enjoy eating/tasting, then the “Expo” is where you head. Small and large companies market their wares - food, supplements, books, software, and services. It is literally collect bags upon bags of information, “souvenirs”, and purchase food, educational material, and/or equipment. Regardless of the reason that you attend, FNCE is a great way to network, hear the latest research, re-affirm your knowledge, hear new ideas of how to practice, apply your knowledge, and have fun! It is a great way to learn more about the professions and to charge your “batteries”.

Students have the opportunity to attend FNCE when they are seniors. There is special programming for students, opportunities to meet and interview with potential employers, learn about graduate programs, and about the profession. FNCE will be held fall 2011 in San Diego on September 24-27; fall 2012 in Philadelphia, and fall 2013 in Houston. Think about attending!

“Eating Healthy is too Expensive”
By Kim Murrell

In today’s society, the food market is full of fancy organic products and stores like Whole Foods that may not be conducive to the average person’s budget. It can be misconceived that “eating healthy” is just too expensive. In reality, eating healthy doesn’t require expensive health food stores or organic products, simply learning smart choices and using the tips listed below will get the most out of your dollar:

- **Use your resources:** Check your supermarket flyer every week. Here you will find which items in the produce section are on sale. For example, Aldi’s often offers discounted produce, like fresh grapes at only $.99/lb, or bananas for $.49/lb at Wegmans.

- **Modify your recipes:** In NFS 200, we did a cost analysis of full fat products vs. fat modified products. What we discovered from analyzing five different recipes was that the cost hardly changed when comparing full fat to reduced fat substitutes. So for example, if you are adding cheese to a recipe, reach for reduced-fat instead.

- **Buy in season:** Not only will a package of blueberries cost a lot more in the dead of winter, but they will taste pretty terrible too. Learn the growing seasons of fruits and vegetables to better optimize your budget and get the best nutritional quality from your foods.

- **Take advantage of farmer’s markets:** One of the greatest things that I have discovered is the abundance of fresh local vegetables and fruits available from late spring to fall. By doing so, you will be supporting locally grown products which help to stimulate the local economy, and saving money with the reduced costs! This link provides a complete list of the markets in NY state: [http://www.agmkt.state.ny.us/ap/communityfarmersmarkets.asp](http://www.agmkt.state.ny.us/ap/communityfarmersmarkets.asp)

- **Take advantage of bulk shopping:** For example, Aldi’s often offers discounted produce, like fresh grapes at only $.99/lb, or bananas for $.49/lb at Wegmans.
Six Tips For an Eco-friendly Meal

By Janessa Shaw

Making even minor changes in your meal planning can help to benefit your environment as well as your community. Here are some tips to becoming a more eco-conscious consumer.

Buy Local-When you buy local you are not only reducing the amount of fossil fuels used for transporting non-local ingredients, you are also helping local agriculture and economy. Shopping at a local farmers market is a great way to get fresh produce as well as interact with the local community.

Eat Seasonal-While it is easy to pick up exotic foods from different countries virtually anytime of the year, choosing foods that are in season result in a more eco-friendly meal. Although this may be hard to do throughout the entire year, just choosing to buy local produce when it is in season rather than the same type of food from thousands of miles away can help.

Eat Lower on the Food Chain—Choosing to eat lower on the food chain means eating a mostly plant based diet. From a food resources perspective this is a good choice because it takes several pounds of plant to create a pound of meat. Grass fed, free range and sustainably raised meats are often given a better diet with less hormones than factory farmed meats, which can be beneficial for the environment, the consumer as well as the animal.

Be Selective with Seafood—Over fishing and destructive fishing practices have led to a collapse in some fish populations as well as aquacultures. Look for wild fish from well-managed populations as well as farmed raised that control pollution and population. Fish raised in polycultures as opposed to monocultures recycle nutrients in a more efficient way and are more sustainable. Monterey Bay Aquarium offers a seafood watch list to help customers decide which are the most ecofriendly fish to buy.

Avoid Unnecessary Packaging—Often times plastic and Styrofoam food packaging is excessive and unnecessary. Look for recycled paper or biodegradable packaging. When possible, buy in bulk and bring your own containers. Bringing your own shopping bags is an easy way to reduce logically unfriendly packaging.

Are you planning to start a business in the future? Meet our BSC alumni, and Owner of Balanced Nutrition, Melinda Bewley, RD

Interview Conducted By Anna Deskov

Please share with us your education credentials.
I graduated from Fairleigh Dickinson University in 2000 with a Bachelor of Science in Hotel Restaurant Tourism Management. It was my goal to have a private practice when I decided to go back to school for a second degree. In 2010, I completed the Bachelor of Science in Dietetics through the Coordinated Program from Buffalo State.

Tell us about your business, Balanced Nutrition.
Balanced Nutrition is a private practice, and I do not currently have any employees. I offer individual nutrition counseling, small group counseling/support groups, and nutrition classes. I have also presented at corporate lunch and learn sessions, participated in school wellness fairs, and presented sports nutrition seminars to teams and training groups.

What were your resources when building your business? Having previous business experience helped me know some key areas to focus on that you may not learn in a dietetics program. It takes a long time to develop a plan, so I started planning before I graduated. It was helpful to make notes and gather information as I went through school. I tried to network as much as possible, which helped tremendously. Having other dietitians and health care professionals to go to for advice and to refer business to each other is a huge asset. I also joined the Nutrition Entrepreneurs Practice Group with the American Dietetic Association.

Tell us about your experience with building a client. It hasn’t been too difficult to gain clients. Word of mouth spreads pretty quickly. Again, networking has helped me make a lot of connections in the community. I haven’t spent any money on advertising, other than on my website development and business cards. I may do some more advertising in the future, but for right now networking and word of mouth seems to be working very well. Being an insurance provider also helps to spread the word to the medical community.

Would you be willing to invite students to shadow you? I would definitely love to help students in any way I can. I think it is important to help give back once you are a professional. I wouldn’t be where I am if I didn’t have help and support from my professors, classmates, or coworkers. Students can email me at melinda@balancednutritionwny.com or call me at 716-553-7826.
New Edition of Dietary Guidelines for Americans Released

By Rachel Bauer

The United States Department of Agriculture (USDA) has recently released the seventh edition of the Dietary Guidelines for Americans. Since the last update in 2005, the 2010 Dietary Guidelines for Americans have several added factors. Due to the fact that one-third of children and over two-thirds of adults are obese, the updated guidelines have a major emphasis on proper calorie consumption as well as increasing physical activity. The guidelines advocate physical activity not only to maintain a healthy weight, but also to reduce the risk of chronic diseases, including hypertension, cardiovascular disease, and type 2 diabetes. The following list shows the key alterations made in the updated version:

Increase intake of the following:
- Vegetables
- Fruits
- Whole grains
- Fat-free and low-fat dairy products
- Seafood

Decrease intake of the following:
- Sodium (consume less than 2,300 milligrams)
- Saturated fats (consume less than 10% of calories)
- Trans fats (consume as minimal as possible)
- Added sugars
- Refined grains
- Cholesterol (consume less than 300 milligrams)

Eat proper portions
- Enjoy food, but eat less
- Fill half of your plate with fruits and vegetables
- Replace sugary drinks with water
- Switch to fat-free or low-fat milk
- Compare sodium content in various foods, and try to eat foods with the lower content
- Replace solid fats with oils

Physical Activity recommendations
- Children and adolescents should do 60 or more minutes of physical activity daily and this should include bone and muscle-strengthening activities on at least 3 days of the week.
- Adults should do 2 hours and 30 minutes a week of moderate intensity, or 1 hour and 15 minutes of vigorous-intensity aerobic activity. Adults should also include muscle-strengthening activities 2 or more days a week.
Congratulations Fall 2011 Scholarship Awardees

**Dorris M. Closs Scholarship**  
Kimberli Murrell

**Eunice Frisbee Mason Scholarship**  
Stevie Lyn Smith

**Alma R. Roudebush Scholarship**  
Charlie Higgins

**Blanche Kelsey Scholarship**  
Rachel Masters

**Grace Powell Scholarship**  
Anna Deskov

**Mildred L. Sipp Scholarship**  
Lindsey Bonasera

**Mary S. Switzer Scholarship**  
Abigail Andrew Copenhaver

Information on upcoming scholarships for 2012 will be posted on the bulletin board across from Caudell 207 in January.

Congratulations Graduates!

**Coordinated Program**
- Chelsey Becker
- Megan Braun
- William Colosimo
- Rebecca Deubell
- Dawn Fronczek *
- Monica Kirsch
- Sara Leckey
- You Q. Lin
- Brianna Marrin
- Jennifer Oswald
- Lindsay Putzbach
- Brittany Seaman
- Rawan Shamaa
- Jessica Sickau
- Alexandra Wilson
- *will graduate in August

**Didactic Program**
- Mary Elizabeth Maziarz

**Awards**
Lindsay Putzbach and Rawan Shamaa were selected for the *Who’s Who Among Students in American Universities and Colleges* 2010-2011.

Lindsay Putzbach has been selected as the New York State Dietetic Association’s Outstanding Dietetics Student for 2011. She received the award at the NYSDA Annual Meeting on May 13, 2011.