

UPCOMING  
EVENTS:

•Volunteer at Marra Farm in South Park, Seattle on Saturday, April 10 from 10am-2pm. We'll be getting our hands dirty and helping prepare the soil for spring planting.

RECENT  
EVENTS:

02/18—Food Group members watched *Food Fight*, a documentary about how American agricultural food policy and the local organic food movement developed. The film features Alice Waters, Michael Pollan and Wolfgang Puck.

02/26— Food Group Potluck at Sarah Shimer's house.

INSIDE  
THIS ISSUE:

A Nutritional 2  
Ethos

Optimal Eat- 2  
ing to Reach  
Your Goals

Chew On 4  
This

Alumni 4  
Spotlight:  
Erin Hoge

# FOOD FOR THOUGHT

VOLUME 4, ISSUE 11

MARCH 2010

## It's Time For a Change

BY DARA KIMMEL

Smack dab in the middle of the busiest time of the quarter, it's getting hard to see the light at the end of the tunnel. Group projects, papers and exams are reaching their due dates, and balance between school, friends and self-care is severely lacking. Don't despair, here are some ideas to help you push through the quarter and get some peace of mind!

Mix up your routine: When school is in full swing, it is easy to fall into the same pattern each day. It's comfortable, right? Try something different; get a little uncomfortable. Go to a different coffee shop to get your morning cup of Joe, wear a different color of eye shadow, or walk home after class instead of bussing it. If you change just a few things, there's potential for major improvements.

Breathe deeply: When we feel stressed, our breathing tends to become shallow. Over time, shallow breathing constricts chest and lung tissue, and decreases oxygen delivered to the body. In a study published in 2009 in the *New York Academy of Sciences*, Drs. Richard Brown and Patricia Gergarg report that yogic deep-breathing techniques are extremely effective in handling depression, anxiety, and stress-related disorders.

Focus on yourself: That's right, it's time to look out for numero uno! In our busy lives it's easy to forget to do this. Think about what you've accomplished and how far you've come! Now, take a moment to think about what's next. Do you want to set a new PR in a race? Is there a section of your thesis that you'd like to complete? Or maybe you'd like to try a new recipe for dinner? Whatever your goals may be, large or small, write them down on paper and post them where you can see them often (maybe near your computer at home). Studies conducted at University of North Carolina at Greensboro have shown that seeing your goals in writing augments your perceived self-efficacy, and helps motivate you to achieve those goals.

### RECIPE OF THE MONTH: BALSAMIC-GLAZED ROOT VEGETABLES

- 2 large carrots, peeled and chopped into coins
- 1 lb baby potatoes, washed and quartered
- 2 medium parsnips, peeled and quartered lengthwise, then halved
- 1 medium yam, halved and sliced 1/4 inch thick
- 1 small beet, washed and quartered with skin on



- 2 peeled garlic cloves, left whole
- 1 small onion, peeled and quartered

#### Marinade:

- 1/4 cup balsamic vinegar
- 1/4 cup virgin olive oil or melted butter
- 2 Tbsp honey
- 1/4 finely chopped fresh parsley
- Sea salt and freshly ground pepper to taste
- 2 sprigs of fresh thyme or rosemary

Preheat oven to 375° F. Combine first 4 ingredients of marinade in a bowl and set aside. Place vegetables into a large mixing bowl. Pour the marinade over top, season with salt and pepper, and toss to coat. Place into 13 x 9-inch pan and top with herbs. Roast uncovered, turning once or twice for about 45 minutes or until the edges are golden brown and they pierce easily with a knife. Toss with fresh parsley and serve.

*Adapted from Selengut, et al. Washington Local and Seasonal Cookbook. Lone Pine Publishing, Auburn, WA: 2008*

# Resolving To Be Resolved

BY RACHEL MYRHE

The beginning of a new year reminds many people of New Year's resolutions. And with that can follow a whole range of thoughts and emotions. Discouragement for not following through with last year's resolutions. Excitement for a fresh beginning. And despite the emotions, either good or bad, resolutions are made every year. Some are kept, many are broken. Why is this? Clearly, we don't have a problem with setting goals for ourselves or striving for improvement. Instead, maybe the struggle lies in following through with our goals and our commitments. Maybe this is not you, but I have to think this applies to many.

So here's my suggestion for a New Year's resolution – keep your New Year's resolutions. Whatever resolutions you have this year, keep them! But wait, there's more. My suggestion for a New Year's resolution implies that we develop a desire and discipline to follow through with what we say we'll do. Maybe this means paying somebody back the \$5 you borrowed and said you'd pay back. Maybe it means calling a friend that you haven't seen in awhile, even though you once told that friend, "We should hang out."

How this resolution plays out may look different from person to person. The point is that our integrity is being developed. We should let our yes actually mean yes, and our no actually mean no. Does this imply perfection and rigidity in our lives? That we will somehow breeze through life, following through with everything we commit to? Maybe not. Does this mean failure? NO! Be honest and transparent about areas where you have fallen short, instead of making an excuse or putting the blame on someone else unjustly. And continually check the motivation for your actions, words and thoughts. Do you find yourself saying things you don't actually mean simply to make yourself look good? If so, this New Year's resolution may be perfect for you!

My words to you are not to cause unnecessary guilt, but instead to encourage personal growth. And with this growth, the eventual fulfillment of looking back on the year and knowing that you met your goal. This New Year's resolution may not give you great abs, a faster mile pace or better grades, but it will develop character that will likely endure throughout our lives. Certainly longer than that six-pack.

## WHO WE ARE

Food Group at University of Washington **promotes and raises awareness of nutrition** on campus and in the greater Seattle area. We aim to **increase access to nutrition information** for students, **conduct educational outreach**, and **fundraise with promotional messages**.

Join us today! It's free. As a member you can enjoy our nutritious gatherings and active outings, get involved in the community through healthy eating and exercise, contribute to and receive this newsletter, and more.

To learn more, email [foodgrp@u.washington.edu](mailto:foodgrp@u.washington.edu) or visit us on the web at [students.washington.edu/foodgrp](http://students.washington.edu/foodgrp)

# A Nutritional Ethos

BY CASEY WILSON

As graduate students in Nutrition we are in a position to profoundly impact the health and well-being of communities and individuals. In the public arena, more and more evidence is pointing towards the environmental causes of obesity. The public is concerned and becoming increasingly aware of the mounting evidence that is presented. It's fascinating to imagine the varied roles that my classmates will enact in research, policy making and the clinical setting five years from now.

How do we improve the health of the people we work with and for? To provide good counsel to others there are four things we can do. We can improve our own character, understand the lives of others, know the evidence that supports our advice and develop our wits.

Knowledge of who we are and what nutritional expertise is within our scope of apprehension helps us understand our own character, and the duties that lie before us. Some of my classmates are experts in nutritional research, cancer and cardiovascular disease. As nutrition graduates all of us will be thought of

as nutritional academics. Accepting this aspect of our character gives us tangible limitations to any future advice that we might give.

My own suggestions have now become tinged with caution, especially as the piles of evidence overwhelm my ability to explain them to others. It is impossible not to admire our lecturers who have the skill to rouse our emotions with potential changes in public policy and quench this reasoning for action with a deep understanding of the elaborate nutritional biochemistry which backs up their council.

What is our role in nutritional advocacy? What are the strengths of these complementary approaches we surround ourselves with in academia? For some it is depth of character, for others it's empathy, knowledge or experience, and still others it's a keen tongue. As public understanding of nutritional problems and solutions grows, each of these voices will play an increasingly important role in the health of our communities. We need to provide our communities with the guidance they deserve. As we begin to learn our strengths and the limitations of our knowledge, I am hopeful that we will provide a strong and responsible voice for a new generation of nutritional science..

**We need to  
provide  
communities  
with the  
guidance they  
deserve.**

# Optimal Eating to Reach Your Goals

BY PAUL TOMKO

Making a health and fitness resolution is easy. Sticking to it is the hard part. Many people set fat loss or muscle gaining goals at the beginning of each year only to hit a plateau, get discouraged, and give up weeks later. Yet before you start blaming your new workout regime or your choice of foods, take a closer look at your food timing and your macronutrient intake, i.e. your fats, carbohydrates, and proteins.

It is important to eat several smaller meals throughout the day, as oppose to the traditional three square meals a day. This will help prevent your body from converting much of the food you eat to adipose tissue and raise your body's basal metabolic rate (BMR), so that you burn more calories all day long. I generally try to eat something every 2.5-3.5 hours. Also, keeping your macronutrient intake in balance is just as important as the actual food choices you make, especially if your goal is a change in your body's composition. Think about it, you could be eating healthy foods such as fresh fruits and whole grains, work out on a regular basis, yet if you are eating those healthy foods in excess or even at the wrong times each

day, you will be fighting an uphill battle and may have trouble reaching your goals.

Let us first take a look at protein. Your body is in constant demand for protein to be used for growth and repair. However, your body's amino acid reservoir is actually very small, and when it is depleted, your body will quickly turn to break down your expensive muscle tissue to get what your body needs to function. This is stupid, because you work hard in the gym to get that toned or muscular body, and losing precious muscle tissue will only lower your BMR and make you softer, working against your goals. So do your body a favor next time you sit down to eat, and aim to get some sort of protein source in each and every time. There is no need to over consume protein, as the jury is still out on the optimal amount of protein to intake at each meal, but in general the higher amount of lean body mass you have and the more active you are, the more protein you should intake. Just make sure to spread out that intake as much as possible.

Keep an eye out for the Spring Quarter Food For Thought



# Chew On This

BY SAM SPELLMAN

Although people often feel a little depressed in the winter, the good news is that nutrition and exercise can influence how we feel. Foods with serotonin, folic acid, B vitamins, and selenium can help lift our spirits. Some studies indicate that omega 3 fatty acids can help as well. Here are some diet and lifestyle tips to help conquer winter depression!

- Consume pastas, breads, and whole wheat crackers to boost the serotonin activity in the brain.
- Eat whole-grain cereal in the morning for a good source of selenium.
- For folic acid, get leafy greens at the McMahon 8 or the HUB on the way back from class.
- Eat a grape fruit every morning. Also, snack on pistachios at the library. Both contain lots of folic acid.

- At McMahon, the fruit sources of vitamin B6 that are usually available are: cantaloupe, grapes, honey dew, and pineapple.
- Bring raisins to class for B vitamins.
- Spread peanut butter on your bagel instead of cream cheese for more folic acid and B vitamins.
- Purchase walnuts and sprinkle them in your cereal or yogurt. Walnuts are a powerhouse for omega-3 fatty acids.
- As a busy student, it can be hard to find time to exercise. Our winter weather can also make it difficult to be active outdoors. As an alternative, find any building on campus and go up and down the stairs for about 15 minutes to squeeze in a mild to moderately intense workout.
- When you are done with class, walk home the “long” way.
- Don’t always take the elevator.

## Alumni Spotlight: Erin Hoge, MS, RD, CD

The UW's Yoshino cherry trees, now blooming in the Quad, were first brought to campus in 1964.



INTERVIEW BY JULIANNE GIBSON

**When did you graduate from the Nutritional Sciences program?** December 2009.

**What degrees/certifications do you currently hold?**

From UW, I earned an MS in Nutritional Sciences, and completed the DPD curriculum in order to be eligible to get the RD. In the future, the certifications that I work toward will depend on the direction my career takes. I may work toward being a Certified Diabetes Educator (good for outpatient or an education position), but I'm also interested in the Board Certification

in Nutrition Support (most useful in inpatient work.)

**How did you get involved with the American Dietetic Association, and what do you do?**

I was elected as a Student Representative. All student members of the ADA are members of the ADA Student Council, and the SCAC serves as the communicating body for the large body of students and the governing body of the ADA. They provide opportunities for students to communicate with each other and established leaders in the profession, plan programming and networking events (especially at FNCE) and help to establish the avenues in which ADA supports its student members. For instance, we helped to monitor the Student Member Forum on the website, by answering questions posted by students and by orchestrating discussion with current professionals such as DPG Chairs. The SCAC also plans and executes the student programming that takes place a day or two prior to FNCE.

**Any advice for current NS students?**

Apply for ADA Foundation scholarships every year that you are eligible! They really strive to help every student that they possibly can, and they aren't stingy about how much you really “need” it. Make an effort to meet and talk with every RD you can. You'll have these opportunities through the preceptors you'll have in the internship (they'll introduce you to every RD they know or work with).