

gSDA NEWSLETTER

THE GRADUATE STUDENT DIETETIC ASSOCIATION

OCTOBER 2016

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GSDA'S FIRST

MONTHLY MEETING

Friday, October 28, 2016

In our October meeting, gSDA welcomed Cynthia Burke, MS, RD, LDN, FAND as our guest speaker. She has worked with individuals with intellectual and developmental disabilities for over 30 years. She spoke to our members about the role of nutrition in the lives of these individuals while still recognizing their personal rights and choices. Ms. Burke also highlighted the interdisciplinary teamwork involved with these individuals' care, and the importance of relying on clear communication of evidence-based practices in order to cooperate with all who are involved in the care process.

FNCE 2016 RECAP

Dr. Deborah Hutcheson, CMD Program Director

Wow! What an exciting educational and networking event. There was something for everyone from malnutrition to specialty areas with a little added humor to boot. The opportunities for networking were outstanding and the speakers were inspiring role models for our profession. And the Expo... well the attendees did not go home with an empty suitcase. Pitt students made a remarkable showing in professional activities. Lena Aiken won the Pittsburgh Dietetic Association Leadership Development Award and Courtney Riedel, Public Policy Committee student representative, was the best Paul Revere impersonator I have seen. Our students and alumni also attended the Pitt Reception for some surprises – prizes to win and faces to remember. We met old friends catching up on life events and adventures. All I can say about the Gala was the entire room knew our students were there. Go Pitt - stole the show! We all owe a big thank you to Professor Dodd for her gracious donation to the Academy Foundation so that we might all attend. Thank you Judy. Next year is the 100th Anniversary for the Academy of Nutrition and Dietetics. Please start planning to go to Chicago to represent Pitt at the conference with a poster. We have much to share with others about our program as well as our research and educational activities in the 'Burgh.





STUDENT HOST AT FNCE

James Bock, CMD Yr 2

My FNCE experience was likely a little different than many other students. I was lucky enough to be selected as a student host, which made it financially possible for me to attend the event. I would encourage every student to apply next year. My duty was to aid the informatics booth during Sunday's session. Although my shift was for the full Sunday session, they still let me attend one of the speaker sessions and roam the expo floor for a while. The expo was the best part of everything for me because I was able to see new types of product packaging technology that I could utilize in the food delivery service I am business planning.

FNCE 2016, Oct 14-18

Lena Aiken, CMD Yr 2

FNCE, Food and Nutrition Conference and Expo, a place to learn, network, and experience other professionals that share the same passion for nutrition and dietetics. As the Pittsburgh Dietetic Association Leadership Development Award recipient, I had the opportunity to attend this year's FNCE in Boston. Like previous trips to this specific conference, I was exciting and eager to learn about what other dietetic professionals are doing throughout our occupation. I was able to listen to excellent speakers discuss where our field is heading and meet individuals who have left a lasting impression. FNCE is a wonderful place to see nontraditional aspects of dietetics and allow for the mind to wonder. My favorite part about attending FNCE is always the time spent experiencing the Academy of Nutrition and Dietetics Foundation Gala. Dietetic professionals across the country come together to promote the foundation while letting go and having a great time. Myself, along with other award recipients, were recognized during the gala for our achievements. It was fascinating having my name on screen with some of the most prestigious and influential people in this career. I have learned that FNCE is not only a place to expand your network but so much more. I would highly suggest making the trip to Chicago in 2017 to build upon your nutrition experience and have a little fun along the way. What is food without friends, laughter, and a passion to share it with the world?



NETWORKING & EXPLORING

Therezia Alchoufete, gSDA President, CMD Yr 1

Travelling is one of my favorite hobbies, so to attend the Food and Nutrition Conference and Expo (FNCE) in a city I had never visited, Boston, was a win-win. Not only did I get to explore the highlights of Boston, but I also had the opportunity to network with dietetic professionals from across the world. I attended talks about up-and-coming research on the Gut-Brain Highway as well as insightful lectures about using social media to expand the dietetic profession. There was even a talk about adding laughter to your business in order to optimize performance – presented by an RD/stand-up comedian! We also had the opportunity to explore the Expo, which was filled with product info and samples. In the evenings, we attended the Pitt Alumni Reception, as well as the Foundation Gala. It was definitely an experience that was packed with education and entertainment, and I am looking forward to the 100th celebration in Chicago next year.



UNIQUE EXPERIENCES

Tawnee Cunningham, CMD Yr 1

One of the sessions I attended was on the relationship between the environment and diet by Dr. Tim Griffin with Tufts University. Dr. Griffin was a contributor to the U.S. Dietary Guidelines for Americans 2015 position statement on sustainable diets, a section which was removed from the 2015 DGA because many believed it was outside the scope of the guidelines. However, Dr. Griffin explained that “you can’t have food security without a sustainable diet” and that because food security is within the scope of the DGA, sustainability must also be within the scope. However, he views the exclusion not as a failure but as a necessary first step to get those who determine America’s dietary pattern thinking about the Big Picture of our diet. It was good to see the Academy acknowledge the importance of sustainability in diet and I can only hope it’ll continue to promote discussion on the topic to its members.



FIRST FNCE EXPERIENCE

Rachael Solomon, CMD Yr 1

After attending fnce for the first time this year, I now know you must have a plan of action when walking through the expo. It can be very overwhelming at first - so many vendors trying to get your attention and try their products or read their pamphlets, having you sign up for their email chains. I recommend taking a look at the map provided, assessing the lay of the land, see what stands you would like to go to first. Try to map it out appropriately so you are not running from side to side, cover one area one day and then another area the second day. And most of all don't get greedy. I know it's going to be very hard to say no to free things but who needs 10 tote bags to take home with them?! I know I don't, but I just got so excited about free things being in college and all that I couldn't pass up the opportunity. Therefore, when campusing the expo make sure to have a plan, visit the stands you want to network with and try their products, try to refrain from all the free goodies, and most of all make sure to have a bottle of water with you! You will be eating a lot of fiber, protein and dairy!



PREPABILITY

Jacquelyn Klunk, CMD Yr 1

One Saturday per month, the Food Science Lab in Forbes Tower is bustling with activity - despite it being a weekend. The source of this activity is PrepAbility, a class offered through UPMC's BodyChangers program. The class is aimed at weight management skills, teaching participants to cook three healthy meals under 500 calories each. After each session, the participants take home three servings of three different recipes, as well as their new cooking knowledge and experiences. Myself and a senior dietetics student at Pitt (and volunteers, whenever possible) select and test recipes to plan for the class, conduct food demonstrations and provide brief educational information at the class, and lead the class participants through the cooking process. PrepAbility is a wonderful program for the participants who learn new kitchen skills and nutrition information. However, it has also provided me and the other students who have worked with the program an invaluable opportunity to develop cooking and teaching skills. We also love to have students volunteer to help with the program, and are always open to new volunteers!

MORE FNCE PICTURES!





ACORN SQUASH EGG IN THE HOLE

Selena Hasircoglu, CMD Yr 1

My mom is a big proponent of “eat more vegetables.” On a weekend visit home to Lancaster, she showed me one of her favorite recipes for using winter squash. We had two acorn squash in the house and stopped by the local market for some cherry tomatoes to add to this one.

Squash can be used in so many delicious ways! This recipe took about 45 minutes to prepare and finish. We think it made the perfect Sunday brunch. The squash come out hot, rich with breakfast aromas, and are a great way to add vegetables to your meal! Even dietetic students can use a healthy reminder from our parents to eat more veggies.

1. Preheat oven to 425°.
2. Trim off about 1/2 inch from each end of squash; discard. Slice remaining midsection of squash crosswise into 4 (3/4-inch-thick) rounds. Remove seeds and membrane with a spoon.
3. Brush both sides of squash with oil, and place on a baking sheet coated with cooking spray. Sprinkle with 1/4 teaspoon salt and crushed red pepper. Bake at 425° for 15 minutes or until squash is just tender.
4. Remove baking sheet from oven. Crack an egg into the center of each acorn slice; sprinkle eggs with 1/8 teaspoon salt. Return pan to oven, reduce oven temperature to 350° and bake for 12 minutes or until eggs are cooked. Transfer to plates using a wide spatula; sprinkle with thyme and bacon. Serve immediately.

Serves 4 (serving size: 1 squash and 1 egg) Calories: 157, Fat: 8.8 g, Protein: 9 g, Carbohydrates: 12 g, Cholesterol: 190 mg, Sodium: 347 mg

Source: <http://www.cookinglight.com/>

WANT TO GET INVOLVED?

Make sure to look out for emails from gSDA for opportunities! If you aren't a member yet, just email us at gSDAphg@gmail.com and we will add you to the list!

UPCOMING EVENTS:

NOVEMBER 11

GSDA MEETING + LUNCH

Join us at noon in Room 4015 for a talk by a Speech Language Pathologist (SLP) to learn about how he collaborates with dietitians to treat common swallowing problems such as dysphagia.

NOVEMBER 23 - 25

THANKSGIVING RECESS

DECEMBER 2

LAST FALL GSDA MEETING

Stay tuned for details about our last gathering of 2016, and some stress-relieving activities we have planned before Final Exam Week!

Keep a look out in your emails for different gSDA-related activities coming up in November and December!

MEET THE GSDA

President

Therezia Alchoufete

Vice President

Jacquelyn Klunk

Business Manager

Kaleigh Talbert

Newsletter Editors

Therezia Alchoufete

&

Selena Hasircoglu

INTERESTED IN WRITING?

Contact us if you'd like to contribute an article to next month's newsletter! Content can include activities you've participated in through gSDA, service projects you're doing in the field of nutrition and dietetics, or informative blogs on current nutrition topics.

We'd love to hear from you!