

# University of Delaware Nutrition and Dietetics Club

## Spring 2016 Newsletter



Source: <http://veruslife.com/classes/Nutritional-Coaching>

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Arranged by: Katie Russel

# NTDT Club Events

*In addition to club meetings, members were involved in several events throughout the semester such as...*

## **Food Bank Trips** (pictured below)

Our vice president, Laura Dickens, has coordinated many volunteer opportunities for club members at the Delaware Food Bank during the semester.

## **Coffee & Correlations**

Professor Wiens and Dr. Shannon Robson started a monthly journal club which gave students a chance to critically evaluate recent nutrition research and discuss their findings- all while enjoying a delicious cup of coffee!



Lauren Burkett and Rachel Cohen sorting bananas at the Delaware Food Bank  
Photo contributed by: Lauren Burkett

## **Anytime Fitness Presentations (pictured below)**

A group of students planned a supermarket scavenger hunt and provided a nutrition presentation that combined the topics of “super foods” and balanced eating to gym members of Anytime Fitness near campus.

## **NEDA Week Information Tables**

Club members spread the word about National Eating Disorder Week with information tables across campus and by using the hashtag #loveyourbody throughout social media.

## **Free Fitness Classes**

Priscilla Licari, a fellow club member and personal trainer, provided free classes for members of the club to work out and have some fun together!



Katie Russel, Katie Hughes, Wyatt Oring, Olivia Roche, Tyler Reininga, Harriet Tsugranes, Megan Bohny, McKenzie Weitz  
Photo contributed by: Katie Hughes

# NTDT Health Fair

*“Commit to be fit!”*

**When:** April 21, 2016

**Where:** Trabant Student Center

Numerous club members were involved in making this health fair able to reach many people in the UD community.

A HUGE thank you to our Co-chairs Sara Strout and Megan O’Day for making this event amazing!

Kimberley Loftis



Pictured above: Sara Strout and Megan O’Day

Pictured right: Lauren Burkett



# RECIPES

## Sweet Potato Quiche Crust

Contributed by: Melissa Rolwood

Original source: <http://simmerandboil.cookinglight.com/2015/12/27/sweet-potato-quiche-crust/>



### Ingredients

- 2 medium sweet potatoes
- 1 teaspoon canola oil
- 1 (5-ounce) bag baby spinach
- 1/2 cup 1% low-fat milk
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 4 large eggs
- 2 large egg whites
- 1.5 ounces feta cheese, crumbled

### Directions

1. Preheat the oven to 350°, then peel and slice sweet potatoes. Coat a pie dish with cooking spray, then fill the bottom of the dish with a layer of sweet potato slices. Cut the sweet potato rounds in half and fill around the edges of the pie dish; round side facing up. Once the entire dish is filled, coat one more time with cooking spray. Bake for 20 minutes. Turn heat up to 375°.
2. For the filling, heat a nonstick skillet over medium heat. Add spinach; sauté 3 minutes. Remove from heat; cool.
3. Combine milk and next 5 ingredients in a bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375° for 35 minutes. Let stand 5 minutes; cut into 4 wedges.

Per Serving: CALORIES 196 FAT 8.5g (sat 3.5g, mono 3.2g, poly 1.2g) PROTEIN: 12g CARB 18g FIBER 4g CHOL 197mg IRON 2mg SODIUM 562mg CALC 155mg

# Peach Frozen Yogurt

Contributed by: Eileen O'Connor

Original source: <http://www.eatingwell.com>



## Ingredients

3 1/2 cups coarsely chopped frozen peaches (about 16 ounces)

1/2 cup sugar

1/2 cup nonfat plain yogurt

1 tablespoon lemon juice

## Preparation

Combine peaches and sugar in a food processor; pulse until coarsely chopped. Combine yogurt and lemon juice in a measuring cup; with the machine on, gradually pour the mixture through the feed tube. Process until smooth and creamy, scraping down the sides once or twice. Serve immediately.

# Pineapple Raspberry Napoleon

Contributed by: Ysabelle Badiang

Original source: <http://www.wholeliving.com/131506/pineapple-raspberry-napoleon?czone=e&center=136760&gallery=136044&slide=131506>

## Ingredients

1 small fresh pineapple

1/2 cup Enlightened Creme Fraiche  
or Yogurt Cheese

1 pint fresh raspberries



## Preparation

Using a large, very sharp knife, cut the top and bottom away from the pineapple and place it upright on a cutting board. Cut the rind away from top to bottom, rotating the pineapple 4 times to create a square. Slice the trimmed pineapple lengthwise into 6 even slices, cutting away the core as you slice. Stack the slices and cut them in half. Next, arrange a slice of pineapple on each of 4 dessert plates. Spread 2 teaspoons of Enlightened Creme Fraiche on each slice and top with raspberries to cover. Repeat twice to make 3 layers, ending with the raspberries.

# Shrimp & Avocado Salad with Miso Dressing

Contributed by: Julia Katcher

Original source: <http://pinchofyum.com/spicy-shrimp-avocado-salad-miso-dressing>

## Ingredients

*For the salad:* 1 teaspoon minced garlic, ½ pound raw shrimp (tails removed), ½ tablespoon butter, ½ teaspoon chili powder, ¼ teaspoon cayenne, 1½ cups sliced avocados (2 small), 1 cucumber, 4 cups chopped spinach or baby kale

*For topping:* fresh chopped cilantro, peanuts

*For the dressing:* 1 1-inch piece of fresh peeled ginger, 3 tablespoons oil, 3 tablespoons lime juice (more to taste), 2 tablespoons agave nectar, 1½ tablespoons white miso, ½ teaspoon minced garlic, ¼ teaspoon salt



## Directions

1. Heat the butter in a small skillet over medium high heat. Add the garlic and shrimp; sprinkle with the chili powder and cayenne directly in the pan. Sauté for a few minutes on each side until the shrimp are no longer clear and have a nice golden color on the outside.
2. Cut the avocados in half; cut lines through the avocado vertically and horizontally and scoop the flesh out with a spoon (like this). Peel and dice the cucumber. Chop the spinach or baby kale into small bite sized pieces. Arrange in a bowl with the shrimp.
3. Puree all the dressing ingredients together in a food processor until smooth. Taste and adjust to your preferences. Pour the dressing over the salad and serve immediately (or store the individual parts separately in the refrigerator until ready to serve). Top with fresh cilantro and peanuts for crunch.

# Cheesy Guacamole Tostadas

Contributed by: Lauren Holfeld

Original source: <http://www.twopeasandtheirpod.com>

## Ingredients

4 Old El Paso Flour Tortillas, taco size  
1 cup shredded cheddar cheese  
2 ripe avocados  
1-2 tablespoons fresh lime juice  
1/4 cup minced red onion  
1/4 cup finely chopped cilantro leaves  
1/2 ripe tomato, seeds and pulp removed, chopped  
Kosher salt and freshly ground black pepper, to taste  
Additional shredded cheese, for garnish, if desired



## Directions

1. Preheat oven to 400 degrees F. Spray both sides of the flour tortillas with cooking spray. Sprinkle a little bit of salt on each side of the tortilla. Using a fork, poke little holes all over the tortillas. This will prevent them from puffing up in the oven. Place on a large baking sheet and bake for 4-5 minutes, then turn tortillas over, and bake for 2 more minutes. Remove from oven and sprinkle cheese evenly on all of the tortillas. Place back and oven and bake just until cheese is melted, about 2 more minutes. Remove from oven and set aside.
2. To make the guacamole, cut the avocados in half and remove the seeds. With a spoon, scoop out avocado from the peel and put in a medium mixing bowl. Mash the avocado with a fork, leaving some chunks. Stir in the lime juice, red onion, cilantro, and tomato. Season with salt and black pepper, to taste.
3. Spread guacamole evenly on tostadas. Top with additional shredded cheese, if desired. Serve immediately.

# Yogurt Fettuccine Alfredo

Contributed by: Stephanie Kramer

Original source: <http://www.popsugar.com/moms/Yogurt-Fettuccine-Alfredo-24677479>

## Ingredients

1 pound fettuccine noodles  
1 small garlic clove, chopped  
1 cup plain yogurt  
1 tablespoon butter  
1/2 teaspoon salt  
1/4 teaspoon Italian seasoning  
1/2 cup grated parmesan cheese  
Dash of pepper  
Dash of nutmeg



## Directions

1. Bring a stockpot of water to a boil and add the pasta and simmer according to the directions on the box. To make this dish even healthier, use whole wheat noodles.
2. Chop the garlic and add it to the boiling water with the pasta. This mellows out the garlic and infuses the pasta with its flavor.
3. In a large mixing bowl, invite your child to measure and add the yogurt, salt, and Italian seasoning. Give the mixture a stir.
4. Once the noodles are cooked through, turn off the heat, strain, and return the noodles to the hot pot. Add the butter and toss so the pasta is coated.
5. Carefully add the pasta to the yogurt mixture and stir until the sauce is evenly distributed.
6. Sprinkle with the parmesan cheese and give it another toss. Serve with extra cheese and a dusting of salt and pepper and a hint of nutmeg.

# Watercress, Avocado, & Tangerine Salad

Contributed by: Alysia Vega

Original source: <http://www.vegetariantimes.com/recipe/watercress-avocado-and-tangerine-salad/>

## Ingredients

3 Tbs. finely chopped shallots  
3 Tbs. seasoned rice vinegar  
2 Tbs. vegetable oil  
2 tsp. minced, peeled fresh ginger  
½ tsp. toasted sesame oil  
6 cups trimmed watercress sprigs  
(2 bunches)  
1 cup sliced mushrooms  
4 tangerines, peeled, and sliced  
½-inch thick  
1 large ripe avocado, cut into ½-inch wedges



## Directions

1. Whisk together shallots, vinegar, vegetable oil, ginger, and sesame oil in small bowl. Season with salt and pepper, if desired.
2. Toss together watercress and mushrooms in large bowl with half of dressing. Spread salad out on medium platter. Tuck tangerine slices and avocado wedges in between watercress sprigs. Drizzle remaining dressing over salad.

Source: <http://coas.siu.edu/academics/masters-degree/food-nutrition/>



# Greek Yogurt Biscuits

Contributed by: Samantha Cummings

Original source:

healthyrecipesblogs.com

## Ingredients

2 cups all-purpose flour  
2 teaspoons sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 cup plain, low fat Greek yogurt  
1/2 cup reduced-fat milk



## Directions

Preheat the oven to 425 F.

Whisk together all the dry ingredients, add the yogurt and 1/4 cup of the milk, and stir until it's doughy. Then transfer it to a floured counter top. Add the other 1/4 cup of milk to the bowl to pick up the leftover dough and flour bits and add that to the countertop as well. Knead the whole dough a few times just until smooth, and it's ok if it's still sticky. Roll the dough out to 1 inch thickness and use a drinking glass to cut out circles. Place these about an inch apart on a baking sheet lined with parchment paper and bake about 15 minutes until golden brown.

## Nutrition info:

Serving size: 1 biscuit

Calories: 98

Fat: 0.8g

Carbs: 18g

Sugar: 2g

Sodium: 29mg

Fiber: 0.6mg

Protein: 4.4g

# INTERESTING READS

## 5 Reasons to Eat a Protein-Packed Breakfast

Contributed by: Laura Talbot

Read more: <http://www.healthyeating.org/Healthy-Eating/Healthy-Living/Health-Nutrition/Article-Viewer/Article/569/5-Reasons-to-Eat-a-Protein-Packed-Breakfast.aspx>

1. Skipping breakfast correlates to an unhealthy weight.
2. Using breakfast to consume more protein can help balance the amount of protein eaten throughout the day, instead of eating the majority during dinner.
3. Eating a healthy breakfast helps us reach our daily doses of important nutrients- such as calcium, potassium, magnesium, phosphorus and zinc, and vitamins A, E, B6, C and folate.
4. Eating breakfast helps manage blood sugar levels and cholesterol levels.
5. Those who skip breakfast may tend to eat more later in the day.

## Common Nutrition Misconceptions Explained by a Dietitian

Contributed by: Kelsey Komisak

Read more: [https://www.washingtonpost.com/lifestyle/wellness/5-common-nutrition-misconceptions-explained-by-a-dietitian/2016/04/01/a9b8c48a-f756-11e5-a3ce-f06b5ba21f33\\_story.html?postshare=5951459525735358&tid=ss\\_fb-bottom](https://www.washingtonpost.com/lifestyle/wellness/5-common-nutrition-misconceptions-explained-by-a-dietitian/2016/04/01/a9b8c48a-f756-11e5-a3ce-f06b5ba21f33_story.html?postshare=5951459525735358&tid=ss_fb-bottom)

*Misconception: There isn't any nutritional value to cereal.*

Opting for whole grain, unsweetened cereals such as shredded wheat, oat cereal or flakes can be the foundation of a nutritious breakfast- especially if milk is added.

*Misconception: Greek yogurt is always better than regular yogurt.*

It's really a trade-off: Because of the way that Greek yogurt is processed, it contains a lot more protein than regular yogurt. It may, however, contain less calcium than regular yogurt.

*Misconception: Coconut oil is a healthy alternative to olive oil.*

Coconut oil is mostly saturated fat, which raises total cholesterol and LDL. Olive oil primarily consists of unsaturated fats which aid in heart health.

## 7 Ways to Enhance the Flavor of Your Meals

Contributed by: Ysabelle Badiang

Read more: <http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/enhancing-the-flavor-of-your-meals>

Taste tops nutrition as the main reason why people choose to buy or not buy a certain food. Here are some ways to improve flavor while still retaining nutrients from the Academy of Nutrition and Dietetics:

- High-heat cooking techniques will brown and add flavor to meat, poultry, and fish.
- To add a sweet, smoky flavor to vegetables, grill or roast them in a very hot (450°F) oven.
- Bring out the naturally sweet flavor of onions by heating them slowly in a pan over low heat with a little bit of oil.
- “Pep it up with peppers!” Use red, green and yellow varieties.
- Citrus juice or grated citrus peel (lemon, lime, or orange) can add a tangy flavor.
- Use small amounts of ingredients that have bold flavors. These include pomegranate seeds, chipotle pepper, or cilantro.
- Good-quality condiments give a burst of flavor in any dish, such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade, and salsas of all kinds.



## **Eating Healthy Fats May Reduce Deaths from Heart Disease**

Contributed by: McKenzie Weitz

Read more: <http://jaha.ahajournals.org/content/5/1/e002891.full?sid=0a36c75c-736a-4662-91b0-e28f70223ae6>

An adequate consumption of healthy fats (those from fish, nuts, and olive oil, for example) could help prevent one million deaths worldwide each year from heart disease.

A new study found that the number of deaths from heart disease due to insufficient intake of healthy fats is actually around three times greater than the number of deaths due to excessive intake of saturated fats. One of the study authors, Dr. Dariush Mozaffarian, concludes, “Policies for decades have focused on saturated fats as the priority for preventing heart disease, but we found that in most countries, a too-little intake of healthy fats was the big problem, bigger than saturated fat.”

## **Surprising Facts about Walnuts**

Contributed by: Nicole Randazzo

Read more: <http://health.usnews.com/health-news/blogs/eat-run/articles/2016-04-18/10-surprising-facts-about-walnuts>

- They're a nutritional powerhouse, full of protein and fiber.
- Walnuts are the oldest tree food known to man (dating back to 7,000 B.C.)
- They stay fresher for longer when kept cold in the refrigerator.
- You can make “walnut” milk.
- They may help your bones.



Source: <https://www.organicconsumers.org/>



## **Many thanks to this year's E-board members!**

**Co-Presidents:** Sara Murphy and Cat Hartman

**Vice President:** Laura Dickens

**Secretary:** Brianna Rosa

**Treasurer:** Brielle Evangelista

**Volunteer and Event Coordinator:** Katie Hughes

**Health Fair Co-Chairs:** Megan O'Day and Sara Strout

**Newsletter Chair:** Katie Russel

**Freshman Mentor:** Daria Jacob

**Artistic Coordinator:** Ashley Kudler

## **Congratulations new E-board members!**

**Co-presidents:** Katie Hughes & Katie Russel

**Vice President:** Kimberley Loftis

**Treasurer:** Patricia Conklin

**Secretary:** Kelsey Komisak

**Volunteer and Event Coordinator:** Megan Rider

**Health Fair Co-Chairs:** Alysia Vega & Olivia Stanikski

**Newsletter Chair:** Stephanie Kramer

**Freshman Mentor:** Kelsey Felter

**Artistic Coordinator:** Brianna Fachler

