

A top-down view of a diverse collection of fresh produce artfully arranged on a white wooden plank background. The assortment includes a bunch of dark blue grapes, a large green bell pepper, a whole green pear, a halved orange showing its segments, a whole red pomegranate, a sliced pomegranate revealing its seeds, a whole carrot, a head of broccoli, a green cucumber, a purple eggplant, a halved fig, several blueberries, small red cherry tomatoes, a yellow lemon, a green zucchini, a bunch of green beans, a whole red bell pepper, a whole yellow onion, a corn cob, a bunch of green herbs, a purple radish, and a small bunch of yellow bananas. The lighting is bright and even, highlighting the natural colors and textures of the various fruits and vegetables.

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NTDT Club Events

- **Heart Health Event** 
 - o Club members attended a UD Women's Basketball game to promote a heart healthy diet and hand out flyers!
- **"Embrace" documentary- NEDA**
 - o The club held a screening of "Embrace", a documentary about the body image movement and the promotion of loving yourself, in the Trabant Theater during National Eating Disorders Awareness (NEDA) Week
 - o Link to the trailer: <https://www.youtube.com/watch?v=dsfs5POp0aQ>
- **Greater Newark Cook Off Challenge**
 - o Members helped The Nutrition Center at STAR with spinning a nutrition wheel, doing giveaways, and providing nutrition information while engaging the crowd!
- **Health Fair**
 - o As always, our Health Fair Co-chairs prepared an amazing Health fair this semester in Trabant, with the theme of Eat Green in 2017. The Fair was held in March this year to coincide with National Nutrition Month, and there was a total of 273 attendees!
- **Healthy Cooking Night**
- **Food bank trips**
- **Anytime Fitness** 
 - o Club members did a presentation at Anytime Fitness on Eating Green in 2017!
- **Coffee & Correlations**
 - o The journaling club with graduate professor Dr. Robson was a success again this semester! Students had the opportunity to discuss interesting research articles while enjoying delicious coffee!
- **Sisters on the Move**
 - o Club members helped at The Sisters on the Move Health & Wellness week by making yogurt parfaits and discussing nutrition!
- **General Mills & Feeding America**



**These photos were from the
Healthy Cooking Night!
Vegetarian and gluten-free
Buddha Bowls were made in the
Food & Nutrition Lab kitchen in
Willard Hall. It was a fun night for
club members to bond and make
a healthy dinner together!**





This photo to the left is a group of students that worked with Dr. Baker for the MyPlate Instagram page. The Instagram page is @udmyplate, and it is meant to bring awareness to college students about healthy eating options and teach them about MyPlate standards! Students are encouraged to submit photos of their MyPlate meals to the Instagram to be featured.

Contributed by: Kimberly Loffis

Club members were encouraged to submit photos of their General Mills food packages with a code when the company teamed up with Feeding America in February! For every General Mills package with a code on the back, General Mills promised to donate \$0.45 on behalf of local food banks (enough to secure 5 meals!) This photo on the right is an example of a package with the code on it.

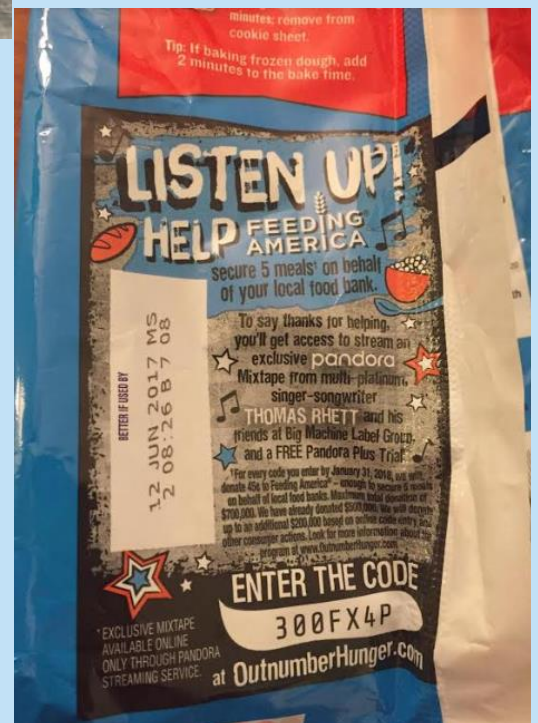


Photo contributed by Katie Hughes



Some of our club members at the Greater Newark Cooking Challenge! Contributed by Kimberly Loffis.



The photo to the left is at the Food Bank of Delaware. Our club members volunteered to help make bags of food for the Backpack Program. This program provides children at -risk for hunger with easy-to-prepare foods during weekends and holidays when school is not in session.

Contributed by Kimberly Loffis



During this food bank trip, volunteers packaged tacos with whole wheat tortillas, beef, cheese, and salsa and fruit cups for after school programs across Delaware, including the YMCA. They counted out 646 bags made, with a couple hundred to spare! Then, they sorted salads, celery sticks, graham crackers, and utensils also for children in after school programs.

Contributed by Lauren Burkett.



Recipes

Spring Vegetable Pasta

Contributed by: Carolyn Prieto

Source: <https://simplyfreshdinners.com/2014/03/spring-vegetable-pasta.html>



Ingredients:

- 16 ounces mixed spring vegetables - peas, sugar snap peas, asparagus
- 1 $\frac{3}{4}$ c tagliatelle pasta
- 1 lemon
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- 3 tbsp snipped chives
- Optional: garnish with grated parmesan (or vegan alternative), to serve
- Optional: add cherry tomatoes and dill when adding pasta to lemon sauce.

Directions:

1. Halve the green beans and cut the asparagus into 3 pieces on the diagonal. Cook the pasta, adding the vegetables for the final 5 mins of the cooking time.
2. Meanwhile, grate the zest from half the lemon and squeeze the juice from the whole lemon. Put juice in a small pan with the mustard, olive oil and a little black pepper. Warm through until smooth.
3. Drain the pasta and veg, adding 4 tbsp of the water to the lemon sauce. Return the pasta to the pan, reheat the sauce, adding most of the chives, then add to the pasta, tossing everything together well. Divide between 4 shallow bowls and top each with black pepper, Parmesan and the remaining chives.

Strawberry Avocado Salsa

Contributed by: Eileen O'Connor

Source: <http://www.myrecipes.com/recipe/strawberry-avocado-salsa-0>



Ingredients:

- 1 cup finely chopped strawberries
- 1/4 cup finely chopped peeled avocado
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 2 teaspoons finely chopped seeded jalapeño pepper
- 1/4 teaspoon sugar

Directions:

- Combine all ingredients in a medium bowl; toss gently. Serve immediately.

Chicken Salad with Grapes

Contributed by: Megan Breza

Source: <https://addapinch.com/chicken-salad-with-grapes-recipe/>



Ingredients:

- 1 lb. boiled chicken, cut into ½ - inch cubes
- 1 c chopped celery
- 1 c red grapes, halved
- ½ c dried cherries
- ½ c roasted pecans, chopped
- 1 c mayonnaise
- ½ tsp salt
- ½ tsp ground black pepper
- Celery leaves, chopped (optional)

Directions:

- Add chopped chicken to a large bowl along with celery, grapes, dried cherries, chopped pecans, mayonnaise, salt & pepper. If using celery leaves, add these as well. Stir together until just combined.
- To lighten up the recipe, you can use Greek yogurt instead of mayonnaise!

Three Bean Salad with Avocado

Contributed by: Samantha Lampert

Source: UD Hillel



Photo source: <http://noblepig.com/2016/06/avocado-three-bean-salad/>

Ingredients:

- 1 can black beans
- 1 can red beans
- 1 can chickpeas
- 1 can corn
- 1 large red bell pepper, chopped
- 1 tomato, diced
- 3 avocados, diced
- 2 tbsp cilantro
- 2 tbsp lime juice
- 2 cloves garlic
- salt and pepper

Directions:

- Mix all ingredients together & store in the fridge!

Chicken & White Bean Salad with Citrus Vinaigrette

Contributed by: McKenzie Weitz

Source:

<http://www.myrecipes.com/recipe/chicken-white-bean-salad-citrus-vinaigrette>



Ingredients:

- tablespoons fresh orange juice
- 2 tablespoons white wine vinegar
- 2 teaspoons country Dijon mustard
- 2 teaspoons honey
- 2 tablespoons minced shallot
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup olive oil
- 3 cups chopped cooked chicken
- 1 (15.5-oz.) can cannellini beans, rinsed and drained
- 1 (6-oz.) bag microwave steam-in-bag snow peas, steamed according to package directions and sliced into 1-inch pieces
- 3 cups shredded purple cabbage
- 2 oranges, sectioned
- 6 tablespoons roasted sliced almonds with salt

Directions:

- Whisk together orange juice, vinegar, Dijon mustard, honey, shallot, salt, and pepper in a large bowl; slowly whisk in olive oil.
- Add the chicken, cannellini beans, snow peas, purple cabbage, and oranges to the bowl. Toss the salad in the dressing until all the ingredients are thoroughly coated. Divide salad among 6 plates, and top each plate with 1 Tbsp. sliced almonds.

Mediterranean Stuffed Sweet Potatoes with Chickpeas & Avocado Tahini

Contributed by: Kristen Mathieson

Source: <https://www.asaucykitchen.com/mediterranean-stuffed-sweet-potatoes-chickpeas-avocado-tahini/>

Ingredients:

- 4 medium sized sweet potatoes rinsed well
- **Marinated Chickpeas**
 - 1 15 oz can chickpeas drained and rinsed
 - 3 tablespoons extra virgin olive oil
 - 1 tablespoon fresh lemon juice
 - 1 tablespoon lemon zest
 - 1 clove garlic crushed
 - 1 tablespoon freshly chopped parsley
 - 1 tablespoon fresh oregano
 - 1/4 teaspoon sea salt
- **Avocado Tahini Sauce**
 - 1 medium sized ripe avocado
 - 1/4 cup tahini
 - 1/4 cup water
 - 1 clove garlic crushed
 - 1 tablespoons fresh parsley
 - 1 tablespoon fresh lemon juice
- **Toppings**
 - 1/4 cup pepitas hulled pumpkin seeds
 - crumbled up vegan feta or regular feta* to keep it dairy free



Directions:

- Preheat the oven to 400°F. Use a fork to pierce a few holes in your sweet potatoes to allow air to escape. Place them on a baking sheet and bake for 45 minutes to an hour or until tender to the touch. The larger your sweet potato the longer they will need to bake.
- To make the sauce, add all the sauce ingredients to a blender and process until smooth. If you want a thinned consistency add another 1-2 tablespoons of water. Once smooth transfer the sauce to a small bowl and set aside until needed.
- Once the sweet potatoes are tender to the touch remove them from the oven and set aside until cool enough to handle. When you're ready cut a slit down the middle of each potato and carefully spoon the chickpeas inside. Top with the avocado tahini and sprinkle the pepitas over the top along with the crumbled-up feta. These are best served fresh, but you can keep them in the fridge for up to 2¹/₂ days

Zucchini Oat Greek Yogurt Muffins

Contributed by: Melissa Rolwood

Source: <http://www.runningwithspoons.com/2016/06/18/zucchini-oat-greek-yogurt-muffins/>



Ingredients:

- 1 cup (120 g) whole wheat pastry flour*
- 1 cup (80 g) old fashioned rolled oats
- 1/2 tsp ground cinnamon
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 large egg
- 1 cup (225 g) plain Greek yogurt
- 1/4 cup (80g) honey
- 2 tbsp (25 g) coconut palm sugar**
- 2 tsp vanilla extract
- 1 cup (115 g) shredded zucchini, squeezed of excess liquid***

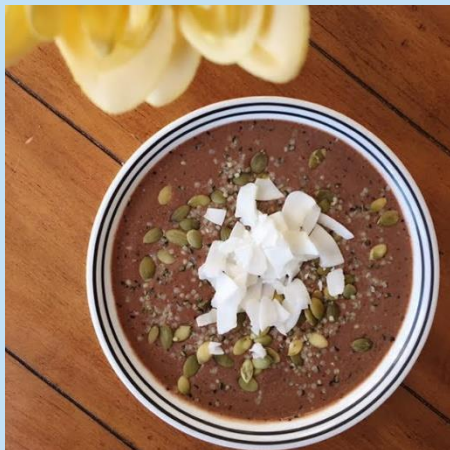
Directions:

- Preheat your oven to 350F and prepare a muffin pan by lining the cavities with paper liners or greasing them with oil or cooking spray. Set aside.
- In a large mixing bowl, combine the flour, oats, cinnamon, baking powder, baking soda, and salt. Set aside.
- In a separate bowl, beat the egg until it becomes slightly frothy. Whisk in the yogurt, honey, sugar, and vanilla, mixing until well combined. Fold in the shredded zucchini.
- Add the wet ingredients to the dry ingredients, mixing gently until just combined. Fold in the chocolate chips, if using.
- Divide the batter evenly among the 12 muffin cups, filling them almost to the top.
- Bake for 18-20 minutes, or until the tops of the muffins begin to turn golden brown and a toothpick inserted into the center comes out clean. Allow the muffins to cool in the pan for ~15 minutes before transferring them to a wire rack to cool completely. Store them in an airtight container at room temperature for up to 5 days, or freeze for up to 3 months.

Cold Brew Coffee Smoothie Bowl

Contributed by: Rachel Mahalow

Source: Original recipe



Ingredients:

- store bought cold brew coffee
- 1/3 cup almond milk
- handful ice
- 1 frozen banana
- 1 T of almond butter
- 1/2 frozen avocado
- Topped with sunflower seeds & unsweetened coconut flakes & hemp seeds

Directions:

- Blend coffee, almond milk, ice, bananas, almond butter & avocado in blender until smooth.
- Pour smoothie mixture into a bowl, and top with desired amount of sunflower seeds, unsweetened coconut flakes & hemp seeds

Fruit Salsa and Cinnamon Chips

Contributed by: Alysia Vega

Source:

<http://allrecipes.com/video/795/annies-fruit-salsa-and-cinnamon-chips/>



Ingredients:

- 2 Kiwis, peeled & diced
- 2 Golden Delicious apples- peeled, cored & diced
- 8 ounces raspberries
- 1 lb strawberries
- 2 tbsp white sugar
- 1 tbsp brown sugar
- 3 tbsp fruit preserves, any flavor
- 10 (10 in) flour tortillas
- Butter flavored cooking spray
- 2 tbsp cinnamon sugar

Directions:

- In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
- Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Interesting Reads

Trump Administration Relaxes Some Obama-Era School Lunch Rules

Contributed by: Marissa Dankosky



Photo source: <https://www.emaze.com/@ACWWLLRR/school-lunches>

This is a very interesting article that has great relevance to the field of dietetics. It discusses how the Trump administration is planning on changing school lunch regulations such as the Healthy, Hunger-Free Kids Act that were set in the Obama administration. Some aspects of the plan that may be changed are not making whole grains necessary, and re-introducing strawberry- and chocolate-flavored milk with fat. Many are most concerned that the sodium levels with the more relaxed food in school lunches will lead to increased risk of high blood pressure, heart attack, and stroke in students.

Read more here: <https://www.nytimes.com/reuters/2017/05/01/world/asia/01reuters-usda-education-lunch.html>

Learning from Our Parents' Heart Health Mistakes

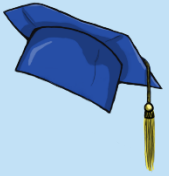
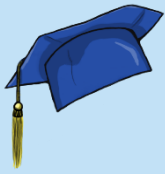
Contributed by: Emily Skeberdis



Photo source: <http://www.prakan4you.com/product-category/240707/BupaSenior.html>

This article compared rates of heart disease in the 50s and 60s to today, and looked at how advances in healthcare and research have improved quality of life in recent generations. In the 1960s, it was not uncommon for Americans to die of heart attacks in their 50s or 60s. Many Americans smoked, had high cholesterol levels, and high blood pressure. Looking at statistics from 2010, there has been more than a 70% increase in life expectancy since 1970, mostly due to fewer deaths from cardiovascular disease.

Read more here: <https://www.nytimes.com/2017/04/10/well/live/learning-from-our-parents-heart-health-mistakes.html>



Senior Sendoff

Congratulations to all seniors! You have all worked so hard throughout your college careers, and we hope NTDT Club has helped you not only find career resources and volunteering opportunities, but also connect with other Nutrition and Dietetics majors. Here is a list of senior club-members and their plans after graduation!

Kathryn Hughes: Stony Brook Medicine Dietetic Internship on Long Island NY and an MS in Nutrition at Stony Brook University at the same time.

Katie Russel: UD Masters in Human Nutrition with an assistantship. Will be teaching Spice Kitchen!

Julia Katcher: University of Delaware's Dietetic Internship

Laura Talbot: University of Delaware's Dietetic Internship distance option at her home in Westchester, NY and Fairfield County, CT

Emily Skeberdis: Sodexo Dietetic Internship in Maryland

Lauren Holfeld: "I will be attending Fontbonne University in St.Louis, MO to receive a Masters in Family and Consumer Sciences along with completing my Dietetic internship there in the form of an ISPP. I got in through the second-round match, and just want next year's seniors to know that should not give up after the first-round match. You never know what opportunity is just around the corner!"

Melissa Rolwood: Dietetic Internship through Cedar Crest College in Allentown, PA. She will be living there next year to complete the internship, take the CDR exam, and hopefully become a Registered Dietitian Nutritionist!

A Thank You

I want to thank everyone for reading, I hope you enjoyed it! I also want to thank all club members and the E-board for a wonderful year! I loved being the newsletter chair for this year, and I can't wait to do it again next year. I also want to congratulate the new E-board for 2017-2018:

Co-Presidents: Meghan Bohny

& Alanna Downey

Vice President: Sara Russell

Volunteer Coordinator: Kelsey Coulter

Treasurer: Kate Regan

Secretary: Rachel Cohen

Freshman Mentor: Amanda Krieger

Newsletter Chair: Stephanie Kramer

Artistic Coordinator: Bri Fachler

Health Fair Co-chairs: Sam Herman &

Alexandria Caruso