



NUTRITION NOTES

GEORGIA NUTRITION COUNCIL

2018 FALL

President's Pen—Joelle Romanchik-Cerpovicz PhD, RD, LD

What has the Georgia Nutrition Council (GNC) done for you and what have you done for your GNC? These two questions are the focus of my Presidency with the GNC in 2018-2019. Beginning in April, when the 2018-2019 Executive Board was sworn in during its Spring Meeting in Macon, the Board thoroughly reviewed their positions and began what I anticipated would be a very active year. It has been and we're only half-way through the year! Communication has been a big emphasis of our efforts this year and in late April, our newsletter was again published and circulated to members, and efforts to update and add additional information relevant to members was made on our website (www.gagnc.org). Please check it out because the GNC has a lot to offer you! Information about scholarships and grants available to members are on the site as will be details and registration information about our annual conference in February as it becomes available. In May, the GNC conducted a Membership Drive. Reaching out to nutrition professionals including County Extension Agents and School Nutrition personnel throughout the State as well as current GNC members, an incentive of a free 2019 conference registration was given away to one lucky winner who either joined or renewed their membership. As a result of the drive, our membership increased almost 30%. Congratulations to Denise Parsons—our lucky member who won a free 2019 conference registration! Membership renewal for 2019 will be upon us in October, and to continue to increase our membership we'll be conducting another drive whereby anyone joining or renewing their membership in October will be entered into a drawing to also receive a free 2019 conference registration. Speaking of our annual conference, our Past-President, Theresa Latta, has been busy organizing this coming year's event. Please check out her article on page 2 about the conference to be held February 28th and March 1st at the Rock Eagle 4H Center in Eatonton, GA! I turn now to ask...what have you done for your GNC? No organization can thrive without the service of its members. I'm proud of the efforts of this year's Board in considering revisions to our By-Laws, recruiting students for scholarships and research presentations at the annual conference, organizing the 2019 conference, and developing long-range plans for the Council among other efforts. We've been blessed by having 5 dietetic interns from the State of Georgia Department of Public Health program volunteer this year to help the Council. Their efforts with this newsletter and the 2019 Conference are invaluable. I'll ask again...how can you help your Georgia Nutrition Council? It may be as simple as contacting Theresa Latta to recommend a speaker for the conference...maybe even yourself...in your area of expertise. Or...maybe you'd consider nominating yourself or a fellow GNC member for one of our Executive Board positions available for 2019 and presented on Page 3. Check them out! No organization thrives without the efforts of its members. This includes you! Maybe consider beginning by renewing your membership in October for 2019 and plan on attending our annual conference in February! If you have any ideas for the Council or would like to help, please don't hesitate to contact me at jromchik@georgiasouthern.edu.



In This Issue

- GNC Conference 2019 — Page 2
- Long Range Planning— Page 3
- Call for Nominations— Page 3
- Lets Go Nuts — Peanuts and Pecans— Pages 4-5
- Scholarship Opportunities —Page 6
- History of GNC — Page 7
- Join the GNC—Page 8

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Joelle Romanchik-Cerpovicz
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SAVE THE DATE!
GNC Annual Conference
“Georgia Nutrition Rocks”
February 28-March 1, 2019
Rock Eagle 4-H Center
Eatonton, Georgia

Hello everyone!

I'm Theresa Latta, your past president and the 2019 Conference Chair. I've got great news for you. Yes, you!

Quick!

Grab a bold color pen and mark your calendars to *SAVE THE DATE* for *February 28-March 1, 2019*, to attend the **GNC Annual Conference**. The theme for the annual meeting will be **Georgia Nutrition Rocks!** We will be meeting at the **Rock Eagle 4-H Center in Eatonton, Georgia**.

The conference kicks off Thursday morning, February 28 and continues through the annual Awards Luncheon on Friday afternoon, March 1, 2019. Mark your calendar now to be sure you can be there! We will soon send registration forms to you to reserve your spot to join us for a variety of nutrition topics with information from great speakers, student research, scholarships, awards, exhibits, and so much more! You've got to be there! Reach out to someone who loves nutrition and sign them up as well! It's time to rock our organization and see it grow!

How long has it been since you were last at Rock Eagle? Yesterday? Months or years ago? Too long to remember? Never? You are in for a treat! Rock Eagle cabins have been completely rebuilt and are all new facilities. Each cabin has 6 private rooms. Each room houses 2 people (4 if you're a camper-- but we are not camping!) with its own private bath and includes desks and dressing areas. Linens and blankets are provided. Each cabin also includes a large commons area for networking and television (if desired) with both heat and air conditioning but I doubt we need cold air. Meals will be provided in the Rock Eagle dining hall. By the way, the food is fabulous! Lodging and all meals are included in your registration. This includes Wednesday night too.

Watch for more information to be announced regarding our speakers and activities. Do dress comfortably and wear your walking shoes. Oh yes, there's a special treat on Thursday night and it's..... Oh, I forgot, it's a secret. Come on! You don't want to be late! I can't wait!

Save the Date for February 28!

Georgia Nutrition Rocks!

Your GNC—Long Range!

*By Rebecca McKemie, MS, RD, CSR, LD
President-Elect, Georgia Nutrition Council*

When thinking about GNC and where we want it to be in the future, whether 6 months from now or 6 years. I think it is best that we all go back and remember the Mission Statement. It is as follows: “The purpose of the Georgia Nutrition Council is to bring together professionals from all fields of nutrition in order to broaden their perspectives of nutrition and to unite their efforts in addressing nutrition problems in Georgia. Specific objectives of the organization shall be to: 1. Promote and provide nutrition education; 2. Promote awareness of current nutrition research; and 3. Serve as a source of nutrition information.” From this we are reminded that as an organization, we are tasked with coming together as nutrition professionals to not only learn from each other, but to lead and guide the next generation of nutrition professionals. The best way to accomplish this is by working together. Objective one can be accomplished by participating in local events such as health fairs or business expos to career days at schools. Objective two is accomplished by the Executive Board and all members of GNC. As a member of the Executive Board, I believe it is our duty and responsibility to ensure we organize an outstanding annual conference each year. Our annual conference should be a place nutrition professionals look to gain valuable insight into current nutrition education and research. Lastly, how do we continue to serve as a source of nutrition information? We can accomplish this by continuing to discuss GNC with co-workers, interns, and students so we grow and reach more. As an organization we have a longstanding history of student and community support, let us remember this and strive to become better.

Call for Nominations

The Georgia Nutrition Council is seeking to fill several Executive Board positions in 2019.

If you have an interest in shaping the future of the GNC by serving in any of the following positions:

President Elect

Treasurer

Member-at-Large (Scholarship Chair)

Nominating Committee (2 people)

For more information or to nominate someone (or yourself) for one of these positions, please contact Kimberly Howell, Nominating Chair, at kimberly.howell@uga.edu.

Phenolic acids and flavonoids of peanut by-products: Antioxidant capacity and antimicrobial effects

Peanut skin (PS) and meal from dry-blanching peanuts (MDBP) were evaluated as sources of phenolic compounds. PS rendered the highest total phenolic content, antioxidant capacity towards ABTS radical cation, DPPH and hydroxyl radicals as well as reducing power. Phenolic acids were present in PS and MDBP whereas proanthocyanidins and monomeric flavonoids were found only in PS as identified by HPLC-DAD-ESI-MSn. Procyanidin-rich extracts prevented oxidation in non-irradiated and gamma-irradiated fish model system. Both extracts inhibited the growth of gram-positive (*Bacillus cereus*, *Staphylococcus aureus*, *Listeria monocytogenes*, *Geobacillus stearothermophilus*) and gram-negative bacteria (*Pseudomonas aeruginosa*, *Pseudomonas fluorescens*, *Salmonella Enteritidis*, *Salmonella Typhimurium*, *Escherichia coli*). Regardless of the strain, phenolic acid-rich extracts showed the lowest minimum inhibitory capacity (MIC); therefore presenting higher antibacterial effect. The MIC of phenolic acid-rich extracts (24–49 µg phenolics/mL) was higher but comparable to Ampicillin (10 µg/mL). Thus, phenolics in PS and MDBP may serve as antioxidants and antimicrobial compounds.

Camargo, A. C., Regitano-Darce, M. A., Rasera, G. B., Canniatti-Brazaca, S. G., Prado-Silva, L. D., Alvarenga, V. O., . . . Shahidi, F. (2017). Phenolic acids and flavonoids of peanut by-products: Antioxidant capacity and antimicrobial effects. *Food Chemistry*, 237, 538-544. doi:10.1016/j.foodchem.2017.05.046



Peanut Berry Waffles

Peanuts pack more protein than any other nut and contain good fats that help hunger.

Ingredients:

1 C whole wheat pastry flour
1 C peanut flour
3 T granulated Sugar
1 T baking powder
4 egg whites
1/4 tsp salt
2 C skim milk
1/2 C unsalted, roasted peanuts, finely chopped
1 C fresh or frozen blueberries

Method:

Heat up waffle iron.

Mix flours, sugar and baking powder together. Set aside.

Beat eggs and salt on high for one minute (until fluffy).

Add milk and peanuts to flour mixture and whisk until just combined.

Fold in 1/2 c egg whites using a spatula until combined and repeat.

Coat waffle iron with cooking spray and place a heaping 1/2 cup in the iron. Top with 2T blueberries and close the lid. Cook for 3 minutes. Repeat.

Enjoy immediately or freeze for up to three months.

Per 1/2 cup mix (1 prepared waffle)
Kcal: 94.25
Protein: 5.73 g
Carbohydrate: 10.44 g
Fat: 3.51 g

Iserloh, J. (n.d) Peanut Berry Waffles. Retrieved August 28, 2018, from <http://www.nationalpeanutboard.org/recipes/peanut-berry-waffles.htm>

Creamy Spiced Apple Pecan Chicken

Ingredients:

3-4 chicken breasts
(pounded thinner)
2 tsp cumin
1tsp cinnamon
1/2 tsp cardamom
1/2 tsp salt
3 T olive oil divided
1 clove garlic, crushed
2 apples, peeled and
diced
1 c chopped pecans
1.5 c full fat coconut milk
1 T arrowroot starch
1 T water

Method:

Heat a large skillet over medium high heat.

Mix cumin, cinnamon, cardamom and salt together and coat chicken.

Add 2 T olive oil to pan once hot. Add chicken and sear for 2-3 min per side. Remove chicken, cover and set aside.

Place remaining oil in pan and add garlic, apples and pecans. Cook for 3-4 minutes scraping the pan to get chicken spices.

Pour in coconut milk and add chicken back to pan.

Mix water and arrowroot powder and add to pan.

Cover and let cook for 3-5 min.

Serve immediately.

Per 1 serving (1 chicken breast and 1/4 cup apples/sauce)
Kcal: 716
Protein: 23.5 g
Carbohydrate: 61.8 g
Fat: 42.41 g



MILLER, G. (2016, SEPTEMBER 25). CREAMY SPICED APPLE PECAN CHICKEN. RETRIEVED AUGUST 28, 2018, FROM [HTTP://WWW.WHOLESOMELICIOUS.COM/CREAMY-SPICED-APPLE-PECAN-CHICKEN-DAIRY-FREE-PALEO-WHOLE30/](http://www.wholesomelicious.com/creamy-spiced-apple-pecan-chicken-dairy-free-paleo-whole30/)

A Pecan-Rich Diet Improves Cardiometabolic Risk Factors in Overweight and Obese Adults: A Randomized Controlled Trial

Evidence from observational and intervention studies has shown a high intake of tree nuts is associated with a reduced risk of cardiovascular disease (CVD), mortality from type 2 diabetes (T2DM), and all-cause mortality. However, there is limited data regarding their effects on indicators of cardiometabolic risk other than hypercholesterolemia, and little is known about the demonstrable health benefits of pecans (*Carya illinoensis* (Wangenh.) K.Koch). We conducted a randomized, controlled feeding trial to compare the effects of a pecan-rich diet with an isocaloric control diet similar in total fat and fiber content, but absent nuts, on biomarkers related to CVD and T2DM risk in healthy middle-aged and older adults who are overweight or obese with central adiposity. After 4 weeks on a pecan-rich diet, changes in serum insulin, insulin resistance (HOMA-IR) and beta cell function (HOMA- β) were significantly greater than after the control diet ($p < 0.05$). Pecan consumption also lowered the risk of cardiometabolic disease as indicated by a composite score reflecting changes in clinically relevant markers. Thus, compared to the control diet, the pecan intervention had a concurrent and clinically significant effect on several relevant markers of cardiometabolic risk.

McKay, D.L., Eliasziw, M., Chen, C.Y.O., & Blumberg, J.B. (2018) A Pecan-Rich Diet Improves Cardiometabolic Risk Factors in Overweight and Obese Adults: A Randomized Controlled Trial. *Nutrients*, 10(3), 339. <http://doi.org/10.3390/nu10030339>

\$500 Scholarships Available from the Georgia Nutrition Council

By LaZavia Grier, Scholarship Chair

Do you know any undergraduate students, graduate students, or dietetic interns attending a program in Georgia...maybe even yourself... who are deserving of scholarship money for their outstanding work and professional goals? Please help us identify these students for the 2019 Rita Waters Scholarship and Holly B. Alley Scholarship awarded each year by the Georgia Nutrition Council.

The Rita Waters Scholarship is a \$500 award available to any Georgia citizen who is a junior, senior, or graduate student with a major interest in the area of Food, Nutrition, Dietetics, or Food Technology, and is a currently enrolled student. Rita Waters was a former University of Georgia Cooperative Extension Nutritionist. She was a highly respected nutrition educator, and was very interested in the health of our state's citizens. At the time of her death, she was involved in initiating a pilot project with the goal of improving the food habits of low-income families. She was also a strong advocate for the Georgia Nutrition Council.

The Holly B. Alley Scholarship recognizes students who are committed to a career that contributes to the health and well-being of individuals and communities. The recipient of this award will be a student who has demonstrated a desire to help others through his/her commitment to a field that would include nutrition education (nutrition, dietetics, family and consumer sciences, home economics education, health education, health promotion, public health). Rising juniors, seniors, and graduate students are eligible to apply for this \$500 award if a minimum of two quarters or one semester remain in their program of study. Holly B. Alley dedicated her life to helping others lead healthier lives. She served in the Peace Corps, where she taught nutrition and health in Central and South America. Upon her return to the United States, she earned a Master's degree in nutrition and was a Nutrition Specialist for the University of Georgia Cooperative Extension for 17 years. She was a "voice for the under-served" and took a special interest in education for culturally diverse audiences. She was active in her community and served on the board of the Bulloch County Food Bank.

To be eligible, applicants/scholarship recipients must also join the Georgia Nutrition Council (\$10.00 student dues for 2019) and must attend the annual Georgia Nutrition Council Conference and specifically, its business meeting on March 1, 2019 in Eatonton, Georgia at the Rock Eagle 4-H Center. Completed applications must be postmarked by February 1, 2019 to be considered. Applications and more information are available at www.gagnc.org under "Grants & Scholarships".



Emily Rollins with Kimberly Howell, GNC Scholarship Chair

History of Georgia Nutrition Council

Reprinted from a 2014 GNC Newsletter

In 1941, a total of 37 organizations met to determine the nutrition needs of the State and thus founded Georgia Nutrition Council. The mission was to promote and carryout the goals of the Georgia National Nutrition Program. During World War II the committee was active and effecting in maintaining and improving the nutritional status of Georgians through education programs.

In 1945, the Georgia Nutrition Committee decided that an active coordinated nutrition program should be maintained. In 1946, the Committee's peacetime objectives were clarified. The Georgia Nutrition Committee would:

- Coordinate sound nutrition program activities to more effectively reach ALL Georgians.
- Emphasize the wise use of the available food supply, the food dollar, and help protect the consumer with respect to the price of foods.
- Promote the production, processing and distribution of food with high nutritive value, and in adequate amounts.
- Emphasize nutrition for the middle-aged individual.
- Continue efforts for proper legislation for enrichment of four, meal, and cereals.
- Stress the importance of obtaining vitamins from vitamin –rich foods rather than relying on supplements.
- Support the economists and agriculturists in their efforts to combat the effects of soil erosion on our food supply.

Working on the Food Primer and low cost diet plans for the Agricultural Extension Service during the early years of post war was a significant accomplishment. The Georgia Nutrition Committee also procured the enactment of the law requiring the enrichment of all white bread, flour, de-germed cornmeal and grits. Unfortunately, the Commissioner of Agriculture did not enforce the law during that time.

The resignation of Miss Lurline Collier, Chairman of the Georgia Nutrition Committee led to the formation of the Georgia Nutrition Council. A constitution and by-laws were developed, officers were elected, and it was decided that membership should pay dues \$2.00. What a bargain!

The constitution of the new organization stated that “any person interested in food and nutrition in Georgia is eligible for membership”. That same philosophy is true today as the current membership includes both nutrition professionals and the lay Georgia public. The original constitution provided for two meetings each year and five working sections: Food Production and Preservation, Community Nutrition, Research, Food Service and Work in Educational Institutions.

The first program that the council presented covered a number of broad topics including “Nutrition in Relation to Parasites”, “School Lunch Program”, “Nutrition in Schools”, and “Food Additives”, all of which addressed the goals of the organization, which were to help its members grow professional to unite their efforts in helping to solve urgent nutrition programs in Georgia....goals which continue to this day.

Why Join the Georgia Nutrition Council?

Joining the GNC gives you opportunities to:

- Earn CEU's for attending the annual GNC Conference
- Present workshops or posters in a professional venue
- Apply for student scholarships
- Apply for an Outreach Grant to fund projects aimed at helping the nutritional health of Georgians
- Network with others in the profession

Contact Us

For Membership questions, please contact:

*Rebecca Hardeman
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To contribute to the next newsletter, please contact:

*Dr. Joelle Romanchik
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PLACE
STAMP
HERE