

# NUTRITION NOTES



Spring/Summer

2018

## Farewell President's Pen

Hello GNC members!

Thank you all for the privilege and honor given me to serve as your president for 2017-2018. I have been blessed to have the opportunity to work with such fine and dedicated people as we have in our organization, people who are nutrition professionals who want to support and encourage others with an interest in nutrition to grow and pursue careers in our chosen field and who want to make life better for everyone.

It has been a busy year, but I am now excited as preparations are being made to pass the torch to our new officers that were just elected. Plans are being made for installation of officers and training of duties and plans for the new year. Incoming officers will be installed April 27. If you have been elected for the new year, please be sure to join us. More information is available in this newsletter. I look forward to supporting our new officers and seeing what the new year has in store.

While the anticipation is building, I challenge each of you as members to reach out and contact your colleagues to get them involved in the GNC. You are also encouraged to work with the new officers to see new growth and a restored commitment to the Georgia Nutrition Council. Let's make 2018-2019 our very best year! Your involvement is critical to our success. Please join us today!

Sincerely, Theresa Latta



## 2018-2019 GNC Executive Board Members

**Joelle Romanchik-Cerpovicz**  
*President*

**Rebecca McKemie**  
*President-Elect*

**Barbara Collins**  
*Secretary*

**Rebecca McKemie**  
*Treasurer*

**Vonsuela Baker**  
*Member at Large –  
3<sup>rd</sup> Historian*

**Kimberly Howell**  
*Member at Large –  
2<sup>nd</sup> Nominating*

**LaZavia Grier**  
*Member at Large –  
1<sup>st</sup> Scholarship*

**Pamela Burnett**  
**Amanda Pencek**  
*Nominating Committee*

**Theresa Latta**  
*Past President  
& Conference Chair*

**Brooke Walker**  
*Web Master*

**Amber Soles**  
*Newsletter Student Liaison*

**Joelle Romanchik-Cerpovicz**  
*Newsletter Editor*

**Phillip Petway**  
*Professional Awards  
Chair*

**Joelle Romanchik-Cerpovicz**  
*Student Presentations &  
Awards Chair*

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Emily Rollins with Kimberly Howell, GNC Scholarship Chair

## 2018 Scholarship Recipients

By: Kimberly Howell

### Emily Rollins: Holly B. Alley Scholarship

Emily graduated from The University of Georgia Summa Cum Laude with a Bachelor's degree in Dietetics (2014). She is currently enrolled in UGA's Masters and Dietetic Internship program, working as a research assistant and teaching assistant. Her research is in exploring the relationship between vitamin D supplementation and insulin-like growth factor 1 (IGF-I) in adolescents. She is working towards completing the School Nutrition Director's Certificate so that she can one day work in school nutrition as a director. Emily spent a couple weeks for the past two summers (when was not working internship rotations) serving and creating relationships in a small village in Southern Mexico. She ultimately wants to utilize her skills in under-served populations around the world, whether that be with school nutrition or another facet of life.

### Hannah Urban: Rita Waters Scholarship

Hannah Urban is an alumna of the University of Florida, where she graduated with her B.S. in Food Science and Human Nutrition. She is currently a Master's Student of Foods and Nutrition and Dietetic Intern at UGA. Hannah will graduate in August and hopes to work in the clinical setting after graduation. She is passionate about dietetics and the power that nutrition yields in our lives. Hannah hopes to enhance the lives of her future patients through the proven power of nutrition. She is overwhelmed and grateful for the love and support she always has from her husband Daniel and her family.

## Holly B. Alley Scholarship

The Holly B. Alley Scholarship is designed to recognize students who are committed to a career which would contribute 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 remains in their program of study and they have not previously been awarded the Holly B. Alley Scholarship. Students must have demonstrated excellence and be in good academic standing at their college/university in Georgia. The scholarship recipient must attend the annual conference of the Georgia Nutrition Council to accept the award.

## Rita Waters Scholarship

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 currently enrolled in school is eligible to apply for this \$500 award. Any student who has previously been awarded the Rita Waters Scholarship is not eligible to win a second time. The scholarship recipient must attend the annual Georgia Nutrition Council meeting to accept the award. Questions of eligibility will be determined by the GNC Scholarship Committee.

# GNC 2018 Conference Summary

## By Barbara Collins

The Executive Meeting, General Meeting and Awards Luncheon of the Georgia Nutrition Council met on March 2, 2018 at the National Museum of the Mighty Eighth Air Force in Pooler, GA. The theme of the event was "Eat to Win."

President Theresa Latta gave the history of The Georgian Nutrition Council and Past President Barbara Collins welcomed participants and gave the occasion. The Nominating Committee presented nominees for the 2018-2019 GNC Officers. The event included student research presentations and presentation of awards. The student Research Awards were presented by Dr. Joelle Romanchik-Cerpovicz. The student scholarship awards were presented by Kimberly Howell. Those awards included the Holly B. Alley Scholarship and the Rita Waters Scholarship. The Professional Award was presented by Phillip Petway. The Awards Luncheon Speakers were Helen Hope Kimbrough and Cynthia Whitehead Jackson.



The student Research Awards were presented by Dr. Joelle Romanchik-Cerpovicz. The student scholarship awards were presented by Kimberly Howell. Those awards included the Holly B. Alley Scholarship and the Rita Waters Scholarship. The Professional Award was presented by Phillip Petway. The Awards Luncheon Speakers were Helen Hope Kimbrough and Cynthia Whitehead Jackson.

**Helen Hope Kimbrough** is from Athens, Georgia and holds a Bachelor of Science degree in Marketing from Hampton University. She is the author of four multicultural children's books entitled *Ocean Waves and Other Tales*, *Play Dates and Other Tales*, *My Soul/African American Spirituals: Embracing the Journey*, and her latest book, *Yummy Healthy Tasties in My Tummy*, which will truly inspire children and families to eat healthy.

For over a decade, Helen has committed herself to interactive storytelling, writing, and literacy initiatives to support children and families. This is apparent in her commitments with nonprofits like Reading Partners, Promising Pages, the Literacy Council of Union County, the Charlotte-Mecklenburg Library Foundation, Jack & Jill of America, Incorporated, and as a 2016 award honoree by the General Federation of Women's Clubs in North Carolina for her role in making reading fun, engaging, and life-changing. Currently, Helen resides in Charlotte, North Carolina with her husband and sons.

**Cynthia Whitehead Jackson** is a native of Athens, GA and is committed to the overall wellness of children. In 2016, she founded Jackson Joy, LLC, a company geared towards publishing reading materials and fun educational interactive technology programs for children of all ages. She earned a Bachelor of Arts in Political Science from the University of Georgia and a Master of Divinity from Emory University. Cynthia is also very thankful to have such a supportive, loving husband and two wonderful kids who give her much joy and inspiration each day.

The day adjourned with all in attendance excited and hopeful for the next year.

## Influence of different cultivation systems on bioactivity of asparagus

Evaluation of functional and bioactive compounds of *Asparagus officinalis* L. growing in conventional and organic greenhouse and conventional open – field farming was the aim of this research. Polyphenols in cladodes grown conventionally were higher than organic. Flavonoids and carotenoids were the highest in cladodes in open field. Organic spears were richer in total phenolics (+6.9% and +19.1%) and flavonoids (+4.7% and 16.8%) and showed higher in vitro averages of antioxidant activities by three radical scavenging assays (+12.5% and +22.2%) than conventional. Partial differentiation of organically and conventionally grown samples was proved by multivariate statistics. The binding properties of polyphenols to HSA were relatively high in comparison with other plants. A strong positive correlation of binding properties and bioactivity of asparagus was estimated. All new found aspects for the first time lead to recommendation of inclusion of all investigated asparagus plants into the human diet in a wider scale.

Ku, Y. G., Kang, D. H., Lee, C. K., Lee, S. Y., Ryu, C. S., Kim, D. E., Gorinstein, S. (2018). Influence of different cultivation systems on bioactivity of asparagus. *Food Chemistry*, 244, 349-358. doi:10.1016/j.foodchem.2017.10.044



## Lemony Asparagus Salad

**While delicious cooked, raw asparagus feels extra fresh in this tart salad. The asparagus is shaved into thin ribbons. Serve immediately or let the salad marinate several hours to blend flavors.**

### Ingredients:

2 shallots, finely chopped  
1/4 cup lemon juice  
1 teaspoon Dijon mustard  
1 teaspoon honey  
1 pound asparagus  
2 tablespoons finely chopped fresh mint  
2 tablespoons finely chopped fresh parsley

### Method:

In a large bowl, whisk together shallots, lemon juice, mustard and honey. Trim root ends of asparagus and discard. Cut asparagus tips off spears and add to the bowl with shallot mixture. With a vegetable peeler, shave asparagus spears into thin ribbons, adding to shallot mixture as you go. Add mint and parsley, and toss salad to combine.

Lemony Asparagus Salad. (2018, March 24). Retrieved March 29, 2018, from <https://www.wholefoodsmarket.com/recipe/lemony-asparagus-salad>

## Fresh Strawberry Goat Cheese Crostini

### Ingredients:

Crusty Baguette  
Extra Virgin Olive Oil  
Salt  
Pepper  
Goat Cheese (4 oz)  
(softened)  
1/2 Cup Sliced  
Strawberries  
Fresh Basil  
Balsamic

### Method:

First, preheat your oven to 350 degrees Fahrenheit.

Slice your baguette bread & place them on a baking sheet lined with foil. Then brush each side with olive oil & sprinkle the tops with salt & pepper.

Bake the baguette for 15-20 minutes until golden, flipping the baguette slices half-way through to ensure both sides cook evenly.

Once golden & slightly cooled, spread softened goat cheese on each baguette, & top with sliced strawberries & fresh basil.

And finally, drizzle balsamic on top & enjoy



MILLER, G. (2017, MAY 29). FRESH STRAWBERRY GOAT CHEESE CROSTINI. RETRIEVED MARCH 29, 2018, FROM [HTTP://DOMESTICALLYBLISSFUL.COM/FRESH-STRAWBERRY-GOAT-CHEESE-CROSTINI/](http://domesticallyblissful.com/fresh-strawberry-goat-cheese-crostini/)

## Strawberry extracts efficiently counteract inflammatory stress induced by the endotoxin lipopolysaccharide in Human Dermal Fibroblast

A protracted pro-inflammatory state is the common denominator in the development, progression and complication of the common chronic diseases. Dietary antioxidants represent an efficient tool to counteract this inflammatory state. The aim of the present work was to evaluate the effects of strawberry extracts on inflammation evoked by E. Coli lipopolysaccharide in Human Dermal Fibroblast, by measuring reactive oxygen species production, apoptosis rate, antioxidant enzymes activity, mitochondria functionality and also investigating the molecular pathway involved in inflammatory and antioxidant response. The results demonstrated that strawberry pre-treatment reduced intracellular reactive oxygen species levels, apoptotic rate, improved antioxidant defences and mitochondria functionality in lipopolysaccharide -treated cells. Strawberry exerted these protective activities through the inhibition of the NF- $\kappa$ B signalling pathway and the stimulation of the Nrf2 pathway, with a mechanism AMPK-dependent. These results confirm the health benefits of strawberry in the prevention of inflammation and oxidative stress condition in lipopolysaccharide-treated cells.

Gasparri, M., Giampieri, F., Forbes-Hernandez, T. Y., Afrin, S., Cianciosi, D., Reboledo-Rodriguez, P., Battino, M. (2018). Strawberry extracts efficiently counteract inflammatory stress induced by the endotoxin lipopolysaccharide in Human Dermal Fibroblast. *Food and Chemical Toxicology*, 114, 128-140. doi:10.1016/j.fct.2018.02.038

# Another Successful Student Research Competition for GNC

By—Joelle Romanchik-Cerpovicz, PhD, RD

The Student Research Competition at the 2018 Georgia Nutrition Council Conference in Pooler on March 2, 2018 was a success with student representation from both the University of Georgia and Georgia Southern University. In addition, both graduate and undergraduate students presented their nutrition research.

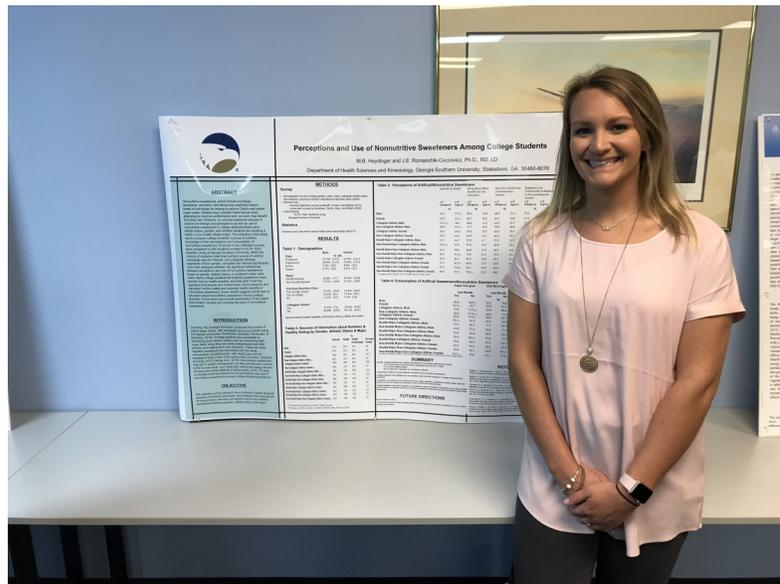
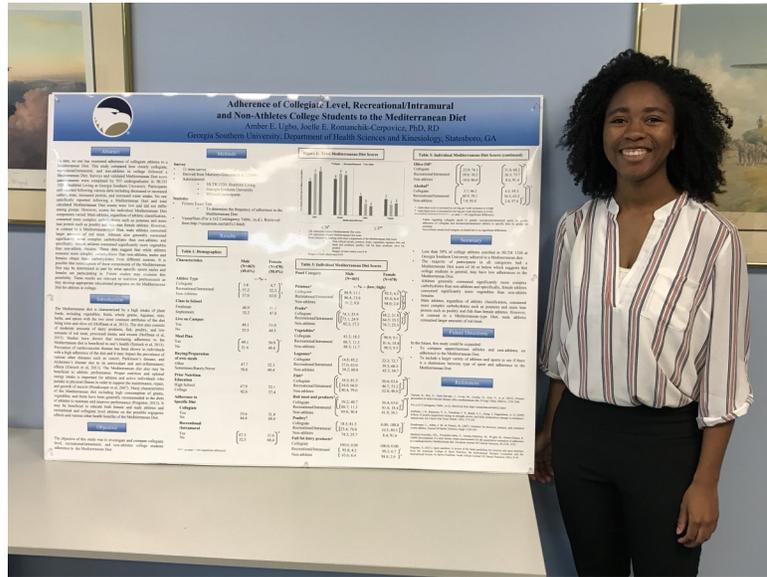
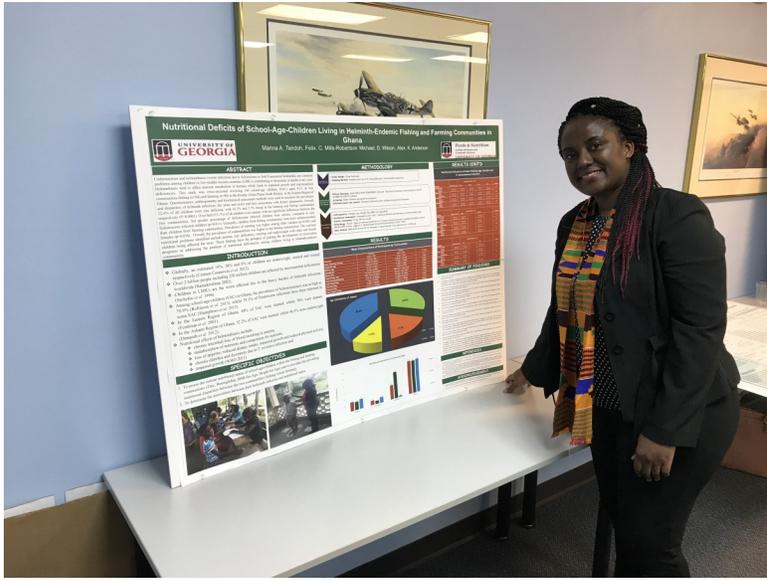
Winning first place in the research competition was Marina Tandoh, a PhD candidate from the University of Georgia, who presented her work entitled “Nutritional Deficits of School-Age-Children Living in Helminth-Endemic Fishing and Farming Communities in Ghana”. Marina’s project was completed under the direction of Dr. Anderson in the Foods and Nutrition Department.

Second place was won by Amber Ugbo, a BS-Nutrition and Food Science candidate from Georgia Southern University who presented her research entitled “Adherence of Collegiate Level, Recreational/Intramural and Non-Athletes College Students to the Mediterranean Diet”. Third place was won by Madison Heydinger, another BS-Nutrition and Food Science candidate from Georgia Southern University, who presented her research entitled “Perceptions and Uses of Nonnutritive Sweeteners among College Students”. Both undergraduate research projects were mentored by Dr. Romanchik-Cerpovicz in the Department of Health Sciences and Kinesiology.

A special thank you is extended to Rebecca McKemie and Kimberly Howell, two Georgia Nutrition Council members, who judged the research competition this year.



Pictured (left to right): Amber Ugbo, Madison Heydinger, Marina Tandoh, Dr. Joelle Romanchik-Cerpovicz <sup>6</sup>



# 2018 Georgia Nutrition Council Election Results

by Rebecca Hardeman

President-Elect:  
Rebecca McKemie

President:  
Joelle Romanchik-Cerpovicz

Secretary:  
Barbara Collins

Member-at-Large, Scholarship  
Chair:  
LaZavia Grier

Nominating Committee Mem-  
bers:  
Pamela Burnett  
Amanda Pencek

Pictured top to bottom:

1st place: Marina Tandoh

2nd place: Amber Ugbo

3rd Place; Madison Heydinger



# 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*  
([rlhard@uga.edu](mailto:rlhard@uga.edu))

To contribute to the next newsletter, please contact:

*Dr. Joelle Romanchik*  
([jromchik@georgiasouthern.edu](mailto:jromchik@georgiasouthern.edu))

PLACE  
STAMP  
HERE