



NUTRITION NOTES

GEORGIA NUTRITION COUNCIL

2018 Winter

Nutrition Councils: An Important and Shared History

Winter 2018

President's Pen

Did you know that the Georgia Nutrition Council was founded as the Georgia Nutrition Committee for National Defense in 1940? As part of a nationwide federal initiative, committees were formed in every state to unite nutrition professionals to help improve the health of their citizens. The Georgia Nutrition Committee for National Defense and other states' nutrition committees played a vital role in improving and maintaining the health of our country as we emerged from the Great Depression and prepared for a looming world war.

While we changed our name in 1950 to the Georgia Nutrition Council, we maintained a similar mission to unite the efforts of nutrition professionals and concerned citizens in addressing nutrition problems in Georgia. Other states similarly changed their committees' names and today, we are still not alone in our continued commitment to address the nutritional needs of our state. We do this through our scholarships, annual meeting, outreach grant, professional awards, and newsletters. Similarly, the Maine Nutrition Council (<https://www.mainenutritioncouncil.org>) has an annual conference, scholarships and awards. The Ohio Nutrition Council (<http://www.ohionutritioncouncil.wildapricot.org>) boasts meetings and scholarships as well as newsletters to maintain communications with its members and still other nutrition councils are active across the country in such states as Kansas and North Dakota.

We have a rich history and again, are not alone in our continued efforts to improve the nutritional health of our state's citizens...and I might add...all for very reasonable membership dues of just \$25 a year for professionals. If you haven't already done so, please renew your membership for 2019 and consider supporting our efforts by contributing to our scholarship funds or by attending our annual meeting. Our 2019 Georgia Nutrition Council Annual Meeting will be held at the Rock Eagle 4H Center in Eatonton, GA on February 28th and March 1st! This meeting will include professional speakers, a student research competition, and good cooking to help us all relax and learn about the latest nutrition initiatives around the state and elsewhere. Details about the conference are featured in this newsletter on page 2!

As the President's gavel will be turned over to President-Elect, Rebecca McKemie, at the conference, I want to take this opportunity in my last President's Pen to thank you for the opportunity to serve as your 2018-2019 President. I've enjoyed working with all of you to support the GNC mission and look forward to planning a unique food and nutrition conference for the Georgia Nutrition Council in 2020!

Until the 2019 Annual Meeting, I wish you the best at the Holidays!

Be safe and eat healthy!

-Joelle Romanchik-Cerpovicz, PhD, RD, LD



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2018-2019 GNC Executive Board Members

Joelle Romanchik-Cerpovicz
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Rebecca McKemie
President-Elect

Barbara Collins
Secretary

Rebecca McKemie
Treasurer

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Member at Large – 3rd Historian

Kimberly Howell
Member at Large – 2nd Nominating

LaZavia Grier
Member at Large – 1st Scholarship

Pamela Burnett
Amanda Pencek
Nominating Committee

Theresa Latta
Past President & Conference Chair

Rebecca Hardeman (temp)
Web Master

Margaret Turner
Newsletter Student Liaison

Joelle Romanchik-Cerpovicz
Newsletter Editor

Phillip Petway
Professional Awards Chair

Joelle Romanchik-Cerpovicz
Student Presentations & Awards Chair

2019 Georgia Nutrition Council Annual Meeting

“Georgia Nutrition Rocks”

The Efforts of Nutrition Professionals in Georgia and Beyond

Join us at the Eagle Rock 4H Center in Eatonton!

February 28th—March 1st, 2019

Continuing Education: 8 hours (minimum)

Featured Topics/Speakers Include...

“Shake it Up! How to create a winning plate...with Demonstrations!”

- Leslie Bonci, MS, RD, Owner, Active Eating Advice

“Georgia 4H Updates: Developing Leaders in Nutrition and Health”

-Courtney Still Brown, PhD, RD, Georgia Extension 4-H Specialist

“Fulton Fresh—Creation of a Mobile Farmer’s Market in Fulton County”

-Vonsuela Baker, Georgia Extension—Fulton County

“The Transformative Power of Food and Nutrition”

-Donna Martin, EdS, RDN—Former President, Academy of Nutrition and Dietetics

“Strong4Life: Our Approach for Promoting Healthy Habits in All Place Kids Live, Learn and Play”

Courtney Griffin, CHOA

Full Conference- (includes lodging and meals): \$295.00 (Early Bird Deadline: 12/31/2018)

(no lodging): \$205; Student: \$95/\$65 (Thurs/Fri)

Registration Available at: <http://gnc2019.eventbrite.com/?s=36055522>

Final Call for Nominations

Join the Georgia Nutrition Council Executive Board and help shape the future of the council!

Nominations are sought for the following positions:

President-Elect

Treasurer

Member-at-Large

Nominating Committee (2)

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

Deadline: January 15th, 2019.

RITA WATERS and HOLLY B. ALLEY SCHOLARSHIPS

From: LaZavia Grier, GNC Scholarship
Chair

lazavia.grier@uga.edu

Please help us identify deserving students for the Rita Waters Scholarship and Holly B. Alley Scholarship awarded each year by the Georgia Nutrition Council to a college student in Georgia. Through your help, we received applications from outstanding students in past years. We hope that you will help us again this year by distributing the enclosed announcement and application forms to your eligible students.

The award will be presented at the annual Georgia Nutrition Council Conference from **February 28 to March 1, 2019** held in **Eatonton, Georgia** at the **Rock Eagle 4-H Center**. Please note that the scholarship recipient must attend the GNC business meeting on **March 1, 2019** to accept the award. All scholarship applicants must also join membership into the Georgia Nutrition Council. Please have all completed applications postmarked by **February 1, 2019**.

Your interest and participation in this process is needed, and very much appreciated. More information and applications are contained on the following pages.

Nominate a Nutrition Professional or Organization for a Georgia Nutrition Council Award

Georgia Nutrition Council (GNC) Membership,

This is a friendly announcement that the Georgia Nutrition Council Executive Board will be announcing its 2019 Friend of GNC Award and GNC Award for Excellence in Service at the 2019 GNC Annual Conference on March 1st.

We need your help with nominations.

The **Friend of GNC Award** recognizes an individual, business or organization that supports the Georgia Nutrition Council in a charitable manner at the state level.

Nomination and Selection Criteria: Any individual, business or organization is eligible to receive the award who:

- 1) Is a current supporter at the time application is made;
- 2) Has given observable or measurable support and contributions to the Georgia Nutrition Council.

The **GNC Award of Excellence** recognizes an individual who has advanced the field of nutrition through their service.

Nomination and Selection Criteria: Any member is eligible to receive the award who meets the description of the award given above.

Nominations for either award can be made by contacting Phillip Petway, GNC Professional Awards Committee Chair, at petwayp@fvsu.edu.

RITA WATERS SCHOLARSHIP ANNOUNCEMENT

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.

Eligibility:

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.

Applicants should submit the following information:

- Completed application form

- Two letters of recommendation, either from two faculty members or from one faculty member and the Dean of the applicant's school/college

- Copy of college transcripts

- A brief description (500 words) of self, family, interests and experience which led applicant to choose a career in Foods, Nutrition, or a related field. Include goals and plans for the future in the field of nutrition.

Completed application must be postmarked by this date: February 1, 2019

Criteria for selection:

- Scholastic rating

- Professional potential

- Leadership based on participation in college and community activities

- Contributions to field of food/nutrition revealed by college activities

- Accurate and complete application

Submit all materials to:

Georgia Nutrition Council-Scholarship Chair

UGA Extension Columbus-Muscogee County

420 10th Street

Columbus, GA 31901

Attn: LaZavia Grier

Note: The award will be presented on **March 1, 2019** at the annual Georgia Nutrition Council Conference to be held at the **Rock Eagle 4-H Center, Eatonton, Georgia 31024.**

GEORGIA NUTRITION COUNCIL RITA WATERS SCHOLARSHIP

Application Form

NAME: _____

ADDRESS (at College): _____

TELEPHONE: () _____ EMAIL: _____

PARENT'S NAME & ADDRESS: _____

COLLEGE/UNIV PRESENTLY ATTENDING: _____

MAJOR: _____

CLASS: Soph. ___ Jr. ___ Sr. ___ Grad. ___ EXPECTED GRADUATION DATE: _____

STUDENT/PROFESSIONAL ORGANIZATION MEMBERSHIPS: _____

NOTE: To be eligible for this \$500 award, you must be currently enrolled with a minimum of 2 quarters or 1 semester left before graduation. You cannot have previously been awarded this scholarship.

ATTACH THE FOLLOWING TO THE COMPLETED APPLICATION FORM:

Completed application form

Two letters of recommendation, either from two faculty members or from one faculty member and the Dean of the applicant's school/college

Copy of college transcripts

A brief (500 words) description of self, family, interests and experience which led applicant to choose a career in Foods, Nutrition, or a related field. Include goals and plans for the future in the field of nutrition.

I certify that the information provided by me is accurate to the best of my knowledge.

SIGNATURE

DATE

HOLLY B. ALLEY SCHOLARSHIP ANNOUNCEMENT

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.

Eligibility

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 remain(s) 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.

Applicants should submit the following information:

Completed application form

Two letters of reference from faculty members or employers/supervisors

Copy of college transcripts

An essay of 500 words or less describing your professional goals and aspirations, the contributions you desire to make through your chosen field of study, along with the contributions you have already made to the community (in the U.S. or abroad) through volunteer activities, community service, and/or work with culturally diverse audiences.

Completed application must be postmarked by this date: February 1, 2019

Criteria for selection:

Scholastic rating

Professional potential

Leadership based on participation in college and community activities

Contributions to field of food/nutrition revealed by college activities

Accurate and complete application

Submit all materials to:

Georgia Nutrition Council-Scholarship Chair

UGA Extension Columbus-Muscogee County

420 10th Street

Columbus, GA 31901

GEORGIA NUTRITION COUNCIL HOLLY B. ALLEY SCHOLARSHIP

Application Form

NAME: _____

ADDRESS (at College): _____

TELEPHONE: () _____ EMAIL _____

PARENT'S NAME AND ADDRESS: _____

COLLEGE/UNIV PRESENTLY ATTENDING: _____

STUDENT ORGANIZATION MEMBERSHIPS: _____

MAJOR: _____

CLASS: Soph. __ Jr. __ Sr. __ Grad. __ EXPECTED GRADUATION DATE: ____

NOTE: To be eligible for this \$500 award, you must be currently enrolled with a minimum of 2 quarters or 1 semester left before graduation. You cannot have previously been awarded this scholarship.

ATTACH THE FOLLOWING TO THE COMPLETED APPLICATION FORM:

- Two letters of reference from faculty members or employers/supervisors
- Copy of your college transcripts

An essay (maximum 500 words) describing your professional goals and aspirations, the contributions to the profession or community you plan to make through your chosen field of study, and the contributions you have already made to the community (in the U.S. or abroad) through volunteer activities, community service, and/or work with culturally diverse audiences.



Drinking Carrot Juice Increases Total Antioxidant Status and Decreases Lipid Peroxidation in Adults

High prevalence of obesity and cardiovascular disease is attributable to sedentary life-style and eating diets high in fat and refined carbohydrate while eating diets low in fruit and vegetables. Epidemiological studies have confirmed a strong association between eating diets rich in fruits and vegetables and cardiovascular health. The aim of this pilot study was to determine whether drinking fresh carrot juice influences antioxidant status and cardiovascular risk markers in subjects not modifying their eating habits. An experiment was conducted to evaluate the effects of consuming 16 fl oz of daily freshly squeezed carrot juice for three months on cardiovascular risk markers, C-reactive protein, insulin, leptin, interleukin-1a, body fat percentage, body mass index (BMI), blood pressure, antioxidant status, and malondialdehyde production. Fasting blood samples were collected pre-test and 90 days afterward to conclude the study. Drinking carrot juice did not affect ($P > 0.1$) the plasma cholesterol, triglycerides, Apo A, Apo B, LDL, HDL, body fat percentage, insulin, leptin, interleukin-1a, or C-reactive protein. Drinking carrot juice decreased ($P = 0.06$) systolic pressure, but did not influence diastolic pressure. Drinking carrot juice significantly ($P < 0.05$) increased the plasma total antioxidant capacity and decreased ($P < 0.05$) the plasma malondialdehyde production. Drinking carrot juice may protect the cardiovascular system by increasing total antioxidant status and by decreasing lipid peroxidation independent of any of the cardiovascular risk markers measured in the study.

Potter, A. S., Foroudi, S., Stamatikos, A., Patil, B. S., & Deyhim, F. (2011). Drinking carrot

Carrot Juice Float

Healthy Alternative to Classic Treat!

Ingredients:

2 Large Carrots, washed and trimmed
1/4 c vanilla ice cream

Method:

Juice the carrots in a juicing machine.

Pour carrot juice over ice cream.

ENJOY!!!

Per Dish
Kcal: 125 calories
Protein: 2.5 g
Carbohydrate: 21.6 g
Fat: 4 g



Leaves, A. (n.d) Carrot Juice Float. Retrieved November 28, 2018, from <https://www.allrecipes.com/recipe/107958/carrot-juice-float/photos/2891291/>

Egg White Collard Green Wraps

Ingredients:

4 egg whites
Small pinch of salt
1/2 sliced avocado
1-2 T sundried tomatoes
1 sliced roma tomato
2 collard green leaves
(stalk removed)

Method:

Preheat small skillet over medium low.

Spray pan with oil and add egg whites. Season with salt and pepper.

Allow eggs to cook for 3 minutes, covered. And flip.

Finish cooking for 2 minutes.

While eggs cook, removed stem from leaves and slice avocados and tomato.

Lay out leaves, lay eggs on top and arrange additional ingredients.

Roll up and ENJOY!!

Per Serving (1 egg wrap)
Kcal: 247
Protein: 16 g
Carbohydrate: 14 g
Fat: 15 g

PancakeWarriors



EGG WHITE COLLARD GREEN WRAPS. RETRIEVED NOVEMBER 28, 2018, FROM [HTTPS://BITESOFWELLNESS.COM/EGG-WHITE-COLLARD-GREEN-WRAPS/](https://bitesofwellness.com/egg-white-collard-green-wraps/)

Identification of the Phenolic Components of Collard Greens, Kale, and Chinese Broccoli

An LC-MS profiling method was used for a comprehensive study of the phenolic components of collard greens, kale, and Chinese broccoli, three *Brassica* green leafy vegetables. This study led to the identification of 45 flavonoids and 13 hydroxycinnamic acid derivatives in the three vegetables. Most of the identifications were based on comparison of compounds previously reported in the literature for *Brassica* vegetables. The results indicate that the three materials have very similar phenolic component profiles. For each, kaempferol glycosides and acylgentiobiosides were the major phenolic compounds, quercetin glycosides were minor compounds, and most of the flavonol glycosides existed in their acylated forms. In addition, each of the materials contained caffeoyl-, *p*-coumaroyl-, and feruloylquinic acid monomers with a 3-position derivative as the dominant isomer. This is the first report for most of these phenolics in collard greens and Chinese broccoli and for >20 of them in kale.

Lin, L., & Harnly, J. M. (2009). Identification of the Phenolic Components of Collard Greens, Kale, and Chinese Broccoli. *Journal of Agricultural and Food Chemistry*, 57(16), 7401-7408. doi:10.1021/jf901121v

Got Greens?

Food Safety Tips for Holiday Meals

A large crowd to cook for, a big bird to roast, and too many cooks in the kitchen can lead to food-borne illness from holiday dining. But handling and cooking a turkey should not be an illness waiting to happen. Following basic recommendations will help ensure safe food and prevent food-borne illness for diners—not only during the holidays, but year-round.

First be sure to keep everything clean! That includes your hands and kitchen surfaces while you are preparing holiday meals. Wash hands and kitchen surfaces often with hot soapy water. Also wash cutting boards, dishes, and utensils after preparing each food item and before you start another food item. Use paper toweling for cleaning up kitchen surfaces. Keep sponges out of the kitchen, they are not food safe!

Next, always separate raw and ready to eat foods. Cross-contamination is the scientific word for how bacteria can be spread from one food product to another. This process begins at the grocery store and continues to carry home bags, and your refrigerator. Use one cutting board for raw meat, poultry, and seafood and another cutting board for ready to eat foods. Never place cooked food on a plate that previously held raw meat and poultry unless the plate has been thoroughly cleaned.

Cook food to the proper temperature. Use a food thermometer to make sure meat and poultry are cooked to a proper temperature and keep a cooking internal temperature chart handy. Whole chicken and turkey should be cooked to an internal temperature of 165°F to be safe. Use a calibrated food thermometer to check the turkey for doneness. For reasons of personal preference, it is still best to cook turkey to higher temperatures such as 180°F to remove pink appearance and rubbery texture. Thoroughly reheat leftovers to 165°F internal temperature and be sure to bring gravies, sauces and soups to a rolling boil.

Finally, chill everything promptly! Refrigerate or freeze leftovers within 2 hours by placing them in shallow containers to cool rapidly. Keep the refrigerator temperature at 40°F or below and the freezer at 0°F. Monitor the temperature with an appliance thermometer. Always thaw food in the refrigerator, in a cold water bath, or in the microwave and marinate foods in the refrigerator.



—UGA Extension, The University of Georgia, Athens. September, 2018.



Healthy at the Holidays

By: Amanda Pencek

Making healthy choices at the holidays may seem like an impossible challenge, but it's easier than you may think! Making simple ingredient swaps can help make your classic holiday fest more healthful.

Does your family like to munch on snacks before the big meal? Make a festive tree out of sliced peppers and broccoli. Stuffing and dressings can be made with whole wheat breadcrumbs. By using low sodium or not salt added broths in dishes, you can control the amount of salt in dish. Substitute sour cream in potatoes or casseroles for plain nonfat yogurt. Yogurt will provide the same consistency and tangy flavor with fewer calories. Replace marshmallows on sweet potatoes with a crumb topping made from uncooked oats, walnuts, whole wheat flour, and cinnamon. Let's not forget about dessert! Baked or poached apples and pears not only look elegant, but they can help ensure your family is getting a serving of fruit during the holiday madness.

Feeling weighed down from such a big meal? Take a stroll around your neighborhood with your family to look at all the holiday decorations. If it's too cold out, get the whole family up and moving with a game of charades or dance off.

Use these tips and tricks to make your holidays happy and healthy!

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)

To contribute to the next newsletter, please contact:

Dr. Joelle Romanchik
(jromchik@georgiasouthern.edu)

PLACE
STAMP
HERE