



NUTRITION NOTES

GEORGIA NUTRITION COUNCIL

2019 Spring

GNC: A New Chapter

Welcome Springtime, GNC!!! I am not sure where you are reading this, but here in Southwest Georgia, the sun is shining, the birds are chirping, a cool breeze is blowing, and the flowers are beginning to bloom. Spring is a time of growth, renewal, and hope of things to come. What does that mean within GNC? It means it's time for Annual Conference and a new Executive Board. Our 2019 Annual Conference was held February 28 and March 1, 2019 at Rock Eagle in Eatonton, Ga. Everyone in attendance had a great time and we were honored to hear some of the best speakers from around Georgia and the United States. You can read a brief summary of some of the sessions within this edition of the GNC Newsletter but here is a teaser – there was a cooking demonstration, a talk incorporating yoga stretches, and even a chairsize session! At the end of the conference, the new Executive Board was sworn in and I have the great honor and challenge of being your 2019-2020 GNC President. This is not a position I take lightly and it is a privilege to continue to the great work of GNC. I want to thank Joelle for all of her hard work and dedication last year. Under her leadership, GNC membership increased by over 30% and conference attendance doubled. It is my hope and plan on carrying this momentum into the 2019-2020 year. The growth we saw in 2018-2019 was growth we hadn't seen in years! THANK YOU Joelle and the Executive Board – this wouldn't have been possible without all of you. We must keep this going. We must continue talking about GNC to coworkers and colleagues. We must continue spreading the mission and outreach of GNC. We have so much to offer, people just need to know it is available. I have personally seen the opportunities and growth within GNC. It began as a recipient of a Student Research Award in 2005 to serving on the Executive Board and helping with the Outreach Grants to now being your president. As we look forward to this year, begin to think about how you can help GNC continue to grow, renewing its purpose, and work for a stronger GNC. An organization can't bloom without active members! If you have any ideas for the Council or would like to help, please don't hesitate to contact me at rjmckemie@gmail.com and please mention GNC in the subject line. Happy Spring Y'all!!!



Rebecca McKemie

2019—2020 President

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2018-2019 GNC Executive Board Members

Rebecca McKemie
President

LaZavia Grier
Nominating Chair

Rebecca Hardeman
Web Master & Executive Officer

Barbara Collins
Secretary & Professional Awards

Chelsi Brown
Cassie Cunneio
Nominating Committee

Joelle Romanchik-Cerpovicz
Past President & Conference Chair & Student Research Presentation Chair

Kimberly Howell
Historian

Margaret Turner
Newsletter Editor

2019 GNC Annual Meeting Summary

Page Love, MS, RD, CSSD, LD

Enlightens Audience on Disordered Eating Resources and Tools Available to Professionals Working with At-Risk Athletes

By: Joelle Romanchik-Cerpovicz

Page Love, Registered Dietitian and Certified Specialist in Sports Dietetics, provided attendees with valuable information about resources available to nutrition professionals working with athletes at risk for eating disorders and also, discussed her experiences working with groups of athletes through the Eating Disorders Information Network. She emphasized that athletes face unique pressures to perform and that this psychological stress can contribute to this group being more susceptible to eating disorders. She introduced the audience to her community outreach work and newest online program that professionals can use to work with athletes to help identify signs and symptoms of eating disorders. Coupled with excellent case study examples from her work in the field, Page emphasized that “the work of a team of eating disorder professionals, in developing this curricula, play key roles in prevention and education and outreach” to help prevent eating disorders in athletes. If you’d like more information about the online tools that Page has developed, please contact her at page-love@nutrifitga.com.



Save the Date!!
2020 GNC Annual Meeting

“The Culture of Food and Nutrition in Georgia”

February 27-28, 2020
Georgia Southern University
Statesboro, GA

By: Joelle Romanchik-Cerpovicz
2019-2020 Past-President and GNC Annual Meeting Chair

Please join us at Georgia Southern University, in Statesboro, next February 27-28th for the 2020 GNC Annual Meeting entitled *The Culture of Food and Nutrition in Georgia*.

In addition to annually conducted student research presentations, exhibits, our exciting silent auction, and annual business meeting, the 2020 GNC Annual Meeting will feature groups of speakers and interactive sessions focused on the culture of food with special emphasis on its history and applications in Georgia and the Southeastern US. In addition, a Thursday afternoon session is tentatively planned with speakers and physical activity sessions designed to address nutrition and weight management. A packed agenda with tentatively 12 hours of continuing education credits is planned and will be delivered by ten confirmed speakers with expertise in these areas from either Georgia Southern University or East Georgia State College. Continuing education credits will be submitted for approval with the Commission on Dietetic Registration and tentatively other credentialing bodies. More details about the conference will be provided in late Summer 2019. In the meantime, please mark your calendars to attend the 2020 GNC Annual Meeting next February 27-28th. If you have any questions about or suggestions for the conference, please feel free to contact me at jromchik@georgiasouthern.edu.



New Positions

2019-2020 Elections were held from February 12, 2019 to February 26, 2019 as set by the Nominating Committee. Balloting was conducted by online survey and results will be announced at the 2019 Annual Conference. Only members with dues paid as of February 8, 2019 were eligible to vote.

Those who were on the ballot and won:

Name	Title
Rebecca McKemie	President
VACANT	President-Elect
Barbara Collins	Secretary
VACANT	Treasurer
Kimberly Howell	Historian
LaZavia Grier	Nominating Chair
VACANT	Scholarship Chair
Casie Cuneio	Nominating Committee
Chelsi Brown	Nominating Committee
Joelle Romanchik-Cerpovicz	Past President/Conference Chair
Rebecca Hardeman	Webmaster
Rebecca Hardeman	Executive Officer
Margaret Turner	Newsletter Editor
Barbara Collins	Professional Awards
Joelle Romanchik-Cerpovicz	Student Research Presentations

We encourage you to think about how you can further the work of the Georgia Nutrition Council. Did you know that while a position on the board is not too time-consuming, it can be quite beneficial to your career. It can grow your professional network, sharpen your professional skills, assist you in gaining exposure and insight and increase your visibility in the field (elevate, 2019).

Consider joining and taking the next step today.

— **Rebecca Hardeman**

Strawberry

Berries Reduce Postprandial Insulin Responses to Wheat and Rye Breads in Healthy Women

Starch in white wheat bread (WB) induces high postprandial glucose and insulin responses. For rye bread (RB), the glucose response is similar, whereas the insulin response is lower. In vitro studies suggest that polyphenol-rich berries may reduce digestion and absorption of starch and thereby suppress postprandial glycemia, but the evidence in humans is limited. We investigated the effects of berries consumed with WB or RB on postprandial glucose and insulin responses. Healthy females ($n = 13-20$) participated in 3 randomized, controlled, crossover, 2-h meal studies. They consumed WB or RB, both equal to 50 g available starch, with 150 g whole-berry purée or the same amount of bread without berries as reference. In study 1, WB was served with strawberries, bilberries, or lingonberries and in study 2 with raspberries, cloudberries, or chokeberries. In study 3, WB or RB was served with a mixture of berries consisting of equal amounts of strawberries, bilberries, cranberries, and blackcurrants. Strawberries, bilberries, lingonberries, and chokeberries consumed with WB and the berry mixture consumed with WB or RB significantly reduced the postprandial insulin response. Only strawberries (36%) and the berry mixture (with WB, 38%; with RB, 19%) significantly improved the glycemic profile of the breads. These results suggest that when WB is consumed with berries, less insulin is needed for maintenance of normal or slightly improved postprandial glucose metabolism. The lower insulin response to RB compared with WB can also be further reduced by berries.

Riitta Törrönen, Marjukka Kolehmainen, Essi Sarkkinen, Kaisa Poutanen, Hannu Mykkänen, Leo Niskanen; Berries Reduce Postprandial Insulin Responses to Wheat and Rye Breads in Healthy Women, *The Journal of Nutrition*, Volume 143, Issue 4, 1 April 2013, Pages 434-436, <https://doi.org/10.3945/jn.112.169771>



Strawberry Gazpacho

Ingredients:

4 pints hulled strawberries
1 cucumber - peeled, seeded, and chopped
1 onion, chopped
1/2 cup chopped fresh cilantro
1/2 cup chopped fresh parsley
1 bunch green onions, minced
1 jalapeno, seeded and minced
1/3 cup red wine vinegar
3 Tbsp fresh lemon juice
2 Tbsp olive oil
1.5 tsp salt
2 cloves garlic, minced
1 tsp dried tarragon
1 tsp dried basil
1/4 tsp hot pepper sauce
1/8 tsp ground black pepper
1 large avocado - peeled, pitted, and cubed

Method:

Blend 3 pints strawberries, 1/2 the cucumber, 1/2 the onion, 1/4 cup cilantro, and 1/4 cup parsley in a blender on high speed until pureed, about 30 seconds. Pour the pureed mixture into a large bowl.

Stir 1 pint strawberries, 1/2 the cucumber, 1/2 the onion, 1/4 cup cilantro, 1/4 cup parsley, green onions, jalapeno pepper, red wine vinegar, lemon juice, olive oil, salt, garlic, tarragon, basil, hot pepper sauce, and black pepper into the pureed strawberry mixture. Spread avocado cubes over the top of the gazpacho.

Cover the bowl and chill gazpacho thoroughly, at least 2 hours, before serving.

Per Serving

Kcal: 231 calories
Protein: 4.2 g
Carbohydrate: 31.4 g
Fat: 12.4 g

Ruiz, L. (n.d) Strawberry Gazpacho. Retrieved February 11, 2019, from <https://www.allrecipes.com/recipe/223508/strawberry-gazpacho/?internalSource=recipe%20hub&referringContentType=Search&clickId=cardslot%2032>

Roasted Beet, Arugula and Walnut Salad

Ingredients:

3 large beets, peeled and cut into cubes
2 Tbsp olive oil, divided
1/2 tsp coarse salt, divided
1/4 tsp ground black pepper, divided
1 bunch arugula, torn
1/3 c walnuts
1/4 c balsamic vinegar

Method:

Preheat oven to 425 degrees F (220 degrees C).

Mix beets, 1 Tbsp olive oil, 1/4 tsp salt, and 1/8 tsp black pepper together on a baking sheet.

Roast in the preheated oven until beets are tender, about 40 minutes.

Mix roasted beets, arugula, walnuts, balsamic vinegar, 1 Tbsp olive oil, 1/4 tsp salt, and 1/8 tsp pepper together in a bowl until well combined.

Per Serving

Kcal: 231
Protein: 6.2 g
Carbohydrate: 23.8 g
Fat: 14 g



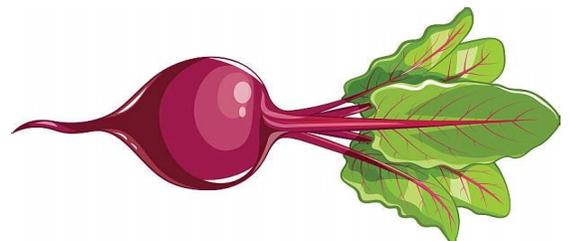
LILLISTON, A. (ND.D) ROASTED BEET, ARUGULA, AND WALNUT SALAD. RETRIEVED FEBRUARY 11, 2019. FROM [HTTPS://WWW.ALLRECIPES.COM/RECIPE/244512/ROASTED-BEET-ARUGULA-AND-WALNUT-SALAD/?INTERNALSOURCE=RECIPE%20HUB&REFERRINGCONTENTTYPE=SEARCH&CLICKID=CARDSLOT%2032](https://www.allrecipes.com/recipe/244512/roasted-beet-arugula-and-walnut-salad/?internalSource=recipe%20hub&referringContenttype=search&clickid=cardslot%2032)

Beet Stalks and Leaves (*Beta vulgaris* L.) Protect Against High-Fat Diet-Induced Oxidative Damage in the Liver in Mice

Some flavonoids identified in beet stalks can help the antioxidant endogenous defenses during a chronic inflammation process. The current study investigates the effect of polyphenols present in beet stalks and leaves on liver oxidative damage in mice fed a high-fat diet (HF). The control (CT) or HF diet groups were supplemented with dehydrated beet stalks and leaves (SL) or beet stalk and leaf ethanolic extract (EX). In terms of Vitexin-rhamnoside equivalents (VRE), EX groups received ~5.91 mg of VRE·100 g⁻¹ diet, while the SL groups received ~3.07 mg VRE·100 g⁻¹ diet. After 8 weeks, we evaluated fasting blood glucose; cholesterol, hepatic Malondialdehyde (MDA) levels and hepatic Glutathione (GSH), Glutathione peroxidase (GPx), Glutathione reductase (GR) and Superoxide dismutase (SOD) activity. Dehydrated beet stalks and leaves (HFSL) attenuated the deleterious effects of a HF diet on lipid metabolism, reduced fasting blood glucose levels, ameliorated cholesterol levels and reduced GPx and GR activities ($p < 0.05$) compared to the HF group. However; the addition of ethanolic extract from beet stalks and leaves was unable ($p > 0.05$) to prevent the liver damage caused by HF diet in mice. The presence of flavonoids, such as Vitexin derivatives in beet stalks and leaves can help the liver damage induced by HF diet.

Lorizola, I. M., Furlan, C., Portovedo, M., Milanski, M., Botelho, P. B., Bezerra, R., Sumere, B. R., Rostagno, M. A., ... Capitani, C. D. (2018). Beet Stalks and Leaves (*Beta vulgaris* L.) Protect Against High-Fat Diet-Induced Oxidative Damage in the Liver in Mice. *Nutrients*, 10(7), 872. doi:10.3390/

Beets



2019 GNC Scholarships

By: LaZavia Grier

What an amazing year for scholarships! As the scholarship chair, I received a total of 10 applicants for both scholarships and the competition this year was very steep. I received some remarkable applicants and I want to personally thank everyone who applied.

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.



Hannah Wilson: Holly B. Alley Scholarship Recipient

Ms. Wilson is a PhD student and Dietetic Intern at the University of Georgia. She is a Graduate Research Assistant with the Department of Foods and Nutrition. Along with a perfect GPA of 4.0 she is involved in many volunteer and practicum experiences. She plans on making her dissertation project focus on the effects of enhanced nutrition education on nutrition literacy, diet quality and weight loss outcomes in the Centers of Disease Control and Prevention Prevent T2 program in participants at high risk for developing type 2 diabetes. She quotes that "a scholarship will be instrumental in helping me to cover the fees, books and other expenses that I face as a graduate student and dietetic intern in order that I may share the life-changing message of proper nutrition for the health of individuals in our wonderful state, in our country and across the globe".

Elizabeth Klingbeil: Holly B. Alley Scholarship Recipient

Ms. Klingbeil is currently a PhD student and Dietetic Intern at the University of Georgia. She is a Graduate Research Assistant with the Department of Foods and Nutrition. She maintains a 4.0 GPA while also participating in many teaching opportunities while receiving her degree. She recently gave a seminar on total parental nutrition as a continuing education course to medical professionals in the Fargo-Moorhead area. She explains that she has discovered an inherent passion for teaching. A direct quote from her essay, "I hope to continue to utilize my nutritional expertise to educate my surrounding community – wherever I am".



2019 GNC Annual Meeting Student Research Presentation

By: Joelle Romanchik-Cerpovicz
GNC Student Research Awards Chair

The Student Research Presentations at the 2019 Georgia Nutrition Council Conference at Rock Eagle 4H Center on Friday, February 28th, 2018 was a success with an excellent poster presentation by Master of Science candidate Daniel Seeler. Daniel enlightened attendees on his food science work conducted under the direction of University of Georgia Professor Ronald Pegg. In his work, entitled *Soluble and Insoluble Dietary Fiber: Quantitation of the Unreported Components of Total Dietary Fiber in Various Tree Nuts & Peanuts*, Daniel is performing more accurate determinations of total, soluble, and insoluble dietary fiber in tree nuts and peanuts using the modern ANKOM Technologies' TDF Analyzer. He hopes that his more accurate and thorough measurements than current available data will contribute to updating the USDA Nutrient Database for these nuts and legume. Daniel's excellent research was recognized by the Georgia Nutrition Council with a monetary award at the conference. Congratulations Daniel!



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:

Margaret Turner
(turnerhmargaret@gmail.com)

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