



NUTRITION NOTES

GEORGIA NUTRITION COUNCIL

2019 FALL

Happy Fall GNC!!

What do you think of when someone mentions the Fall season? Is it the changing leaves and a crisp breeze is in the air or is it the return of tailgating and football or maybe it is smell of pumpkin spice and cozy sweaters?? Whatever you think of when you think of the fall season, I hope you are enjoying every second of it. I know for some of us within GNC, we are ready for the crisp breeze as we have been facing record-breaking heat. For GNC, the Fall season means it is time for our 2nd Annual Fall Membership Drive! What does this mean for you? Anyone who joins or renews their membership between October 1st and October 31st will be entered into a drawing to receive free registration to the 2020 GNC Conference. This is a great opportunity to continue to remain active and support GNC while potentially gaining a reservation at what will be a great 2020 Annual Conference. Did you know that this years meeting will be the 70th Anniversary of the GNC Annual Conference?? YES, this great meeting has been enriching and furthering our knowledge base since 1950. The GNC was originally founded in 1940 as the Georgia Nutrition Council for National Defense and later shorted to Georgia Nutrition Council in 1950. Our guiding purpose then and now has always been “to bring together professional from all field of nutrition in order to broaden their perspective and unite their efforts in addressing nutrition problems in the state of Georgia.” In an effort to remain true to the mission, our past-president Joelle Romanchik-Cerpovicz has been busy organizing this historic Annual Conference which will be held at Georgia Southern University in Statesboro, Ga on February 27th and 28th. More details are forthcoming, but I promise this will be a meeting you don’t want to miss! As always, if you have any ideas for the Council or would like to lend a helping hand, please do not hesitate to reach out to me or one of the Executive Board members. Together, we can continue the legacy of the Georgia Nutrition Council so it may thrive for another 70 years.



Rebecca McKemie, 2019—2020 GNC President

In This Issue

- GNC Conference 2020 — Page 2
- New RDIs—Page 3
- Georgia Grown Feature—Pecans and Tomatoes Pages 4-5
- Food Safety Tips —Page 6
- Upcoming Events — Page 7
- Join the GNC—Page 8

2019-2020 GNC Executive Board Members

Rebecca McKemie
President

Zoe Soltanmammedova
President-Elect

Barbara Collins
Secretary & Professional Awards Chair

Diandria Barber
Treasurer

Kimberly Howell
Member at Large 3rd – Historian

Emma Laing
Member at Large 1st - Scholarship Chair

LaZavia Grier
Member at Large 2nd - Nominating Chair

Chelsi Brown
Cassie Cunnello
Nominating Committee

Rebecca Hardeman
Web Master & Executive Officer

Margaret Turner
Newsletter Editor

Joelle Romanchik-Cerpovicz
Past President & Conference Chair; Student Presentations & Awards Chair

“The Culture of Food and Nutrition”

2020 Georgia Nutrition Council Annual Meeting

(12 hours CPE applied for with the Commission on Dietetic Registration)

February 27-28, 2020

Georgia Southern University

Statesboro, GA

Join us as we focus on the “Culture of Food and Nutrition” and also celebrate the 70th anniversary of the founding of the Georgia Nutrition Council (1950) and the 80th anniversary since the founding of its predecessor - the Georgia Committee for National Defense in 1940.

We begin our conference and learning most appropriately with a keynote address about being present in the moment professionally and then, work through our two days with various cultural topics in food and nutrition beginning with a historical and anthropological perspective of food and culture pre- and post-colonization in the Southeastern regions. This session will be followed by sets of related presentations including both the sustainability of food in a university and addressing food allergies in a university setting dining setting. We turn to our outdoor environment and its impact on food and nutrition with several presentations including Herbs and Medicine, Unusual Edibles - Bugs, Grubs, Slugs and More, and the Nutrition of Honey and Making it Your Own through Beekeeping. A final set of sessions shows the professional collaboration possible between nutrition and fitness professionals in the context of weight management and well-being. This conference on the “Culture of Food and Nutrition” is rounded out by a session of exhibits including companies and organizations related to our sessions as well as research presentations on food and nutrition from students and interns from throughout the State of Georgia.

Continuing education credits for registered dietitian nutritionists (12 hours CPE) have been applied for with the Commission on Dietetic Registration. Registration opens October 15th and will continue through February 15th with both extra early bird and early bird as well as member discounts. Check out our registration process on line at www.gagnc.org beginning October 15th.

Revised RDIs

Following a thorough review of evidence by The National Academies of Sciences, Engineering, and Medicine, the previously established 2005 Dietary Reference Intakes (DRIs) for sodium and potassium have been changed. The Food and Nutrition Board committee deemed former evidence for potassium intake unsuitable due to limitations and insufficient support for the estimated average potassium needs or distribution of physiological requirements in a healthy population. Based on the committee's review, there is not enough evidence to establish an Estimated Average Requirement (EAR) or Recommended Dietary Allowance (RDA) for potassium. Study findings have led to the revision of potassium's Adequate Intake (AI) values throughout the DRI age, sex, and life-stage groups.

Furthermore, the same conclusion was determined for sodium ERAs and RDAs. Following a review of several studies, including evidence presented in the DASH-Sodium trial, the committee was unable to find sufficient evidence of health risks associated with low sodium intakes. Instances of sodium deficiency within participant groups were not reported for any trials aimed to achieve low intakes of sodium. Therefore, sodium AIs have been updated for the following age groups: infants 0-6 months, children and adolescents 1-13 years, and adults ages 51 years and older.

TABLE 4-7 Comparison of Potassium Adequate Intakes Established in This Report to Potassium Adequate Intakes Established in the 2005 DRI Report

DRI Age, Sex, and Life-Stage Group	Potassium AI Established in the 2005 DRI Report (mg/d)	Updated Potassium AI Values (mg/d)
Infants		
0–6 months	400	400
7–12 months	700	860
Children		
1–3 years	3,000	2,000
4–8 years	3,800	2,300
Males		
9–13 years	4,500	2,500
14–18 years	4,700	3,000
19–30 years	4,700	3,400
31–50 years	4,700	3,400
51–70 years	4,700	3,400
> 70 years	4,700	3,400
Females		
9–13 years	4,500	2,300
14–18 years	4,700	2,300
19–30 years	4,700	2,600
31–50 years	4,700	2,600
51–70 years	4,700	2,600
> 70 years	4,700	2,600
Pregnancy		
14–18 years	4,700	2,600
19–30 years	4,700	2,900
31–50 years	4,700	2,900
Lactation		
14–18 years	5,100	2,500
19–30 years	5,100	2,800
31–50 years	5,100	2,800

NOTES: Intake values are presented in milligrams. To convert the milligram value to mmol, divide the intake level by 39.1. DRI = Dietary Reference Intake; mg/d = milligrams per day.

TABLE 8-10 Comparison of Sodium Adequate Intakes Established in This Report to Sodium Adequate Intakes Established in the 2005 DRI Report

DRI Age, Sex, and Life-Stage Group	Sodium AI Established in the 2005 DRI Report (mg/d)	Updated Sodium AI Values (mg/d)
Infants		
0–6 months	120	110
7–12 months	370	370
Children		
1–3 years	1,000	800
4–8 years	1,200	1,000
Males		
9–13 years	1,500	1,200
14–18 years	1,500	1,500
19–30 years	1,500	1,500
31–50 years	1,500	1,500
51–70 years	1,300	1,500
> 70 years	1,200	1,500
Females		
9–13 years	1,500	1,200
14–18 years	1,500	1,500
19–30 years	1,500	1,500
31–50 years	1,500	1,500
51–70 years	1,300	1,500
> 70 years	1,200	1,500
Pregnancy		
14–18 years	1,500	1,500
19–30 years	1,500	1,500
31–50 years	1,500	1,500
Lactation		
14–18 years	1,500	1,500
19–30 years	1,500	1,500
31–50 years	1,500	1,500

NOTES: Intake values are presented in milligrams. To convert the milligram value to mmol, divide the intake level by 23.0. AI = Adequate Intake; DRI = Dietary Reference Intake; mg/d = milligrams per day.

The development of 2020-2025 Dietary Guidelines for Americans is in the Advisory Committee scientific review stage. The revised guidelines are set to include recommendations for women who are pregnant and infants ages 0-24 months (Food and Nutrition Service, 2019).

To read the study in its entirety, visit: <https://www.nap.edu/catalog/25353/dietary-reference-intakes-for-sodium-and-potassium> and select “read this publication online for free” located in the right-hand corner.

Brittany Moment, Dietetic Intern 2019



Pecans

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.

Maple Pecan Shortbread Squares

Ingredients:

1 cup all-purpose flour
1/3 cup packed brown sugar
1/2 cup softened butter
1 egg
1/3 cup packed brown sugar
3 tablespoons pure maple syrup
1/2 cup chopped pecans

Method:

Preheat to 350n degrees F

Combine flour and 1/3 cup of brown sugar in mixer. Mix in softened butter until a dough has formed.

Press into 8x8-inch baking dish; prick with a fork.

Bake until golden brown (20 minutes).

While baking, beat egg in bowl with 1/3 cup brown sugar, maple syrup, and pecans.

Pour the mixture over the crust and return to oven. Continue baking until firm, 12 to 15 minutes.

Remove from oven, run a knife around the edges to prevent sticking.

Per Square

Kcal: 152 calories

Protein: 1.6 g

Carbohydrate: 18 g



Kessler, Tracey (n.d.). Maple Pecan Shortbread Squares. Retrieved September 24, 2019 from <https://www.allrecipes.com/recipe/214883/maple-pecan-shortbread-squares/?internalSource=hub%20recipe&referringContentType=Search&clickId=cardslot%2015>

Tomato Jam

Ingredients:

1 ½ pounds ripe tomatoes cored and chopped
1 c sugar
2 T lime juice
1 t minced ginger
1 t ground cumin
¼ t ground cinnamon
⅛ t ground cloves
1 t salt
1 jalapeño, stemmed, seeded and minced

Method:

Combine all ingredients in a heavy medium saucepan. Bring to a boil over medium heat, stirring often.

Reduce heat and simmer, stirring occasionally, until mixture has consistency of thick jam, about 1 hour 15 minutes. Taste and adjust seasoning, then cool and refrigerate until ready to use; this will keep at least a week.



TOMATO JAM. RETRIEVED OCTOBER 1, 2019, FROM [HTTPS://COOKING.NYTIMES.COM/RECIPES/1017532-TOMATO-JAM?EM](https://cooking.nytimes.com/recipes/1017532-tomato-jam?em)

Absorption and Distribution Kinetics of the ¹³C-Labeled Tomato Carotenoid Phytoene in Healthy Adults

Background: Phytoene is a tomato carotenoid that may contribute to the apparent health benefits of tomato consumption. Although phytoene is a less prominent tomato carotenoid than lycopene, it is a major carotenoid in various human tissues. Phytoene distribution to plasma lipoproteins and tissues differs from lycopene, suggesting the kinetics of phytoene and lycopene differ. **Objective:** The objective of this study was to characterize the kinetic parameters of phytoene absorption, distribution, and excretion in adults, to better understand why biodistribution of phytoene differs from lycopene. **Methods:** Four adults (2 males, 2 females) maintained a controlled phytoene diet (1–5 mg/d) for 42 d. On day 14, each consumed 3.2 mg ¹³C-phytoene, produced using tomato cell suspension culture technology. Blood samples were collected at 0, 1–15, 17, 21, and 24 h and 2, 3, 4, 7, 10, 14, 17, 21, and 28 d after ¹³C-phytoene consumption. Plasma-unlabeled and plasma-labeled phytoene concentrations were determined using ultra-HPLC–quadrupole time-of-flight-mass spectrometry, and data were fit to a 7-compartment carotenoid kinetic model using WinSAAM 3.0.7 software. **Results:** Subjects were compliant with a controlled phytoene diet, consuming a mean ± SE of 2.5 ± 0.6 mg/d, resulting in a plasma unlabeled phytoene concentration of 71 ± 14 nmol/L. A maximal plasma ¹³C-phytoene concentration of 55.6 ± 5.9 nM was achieved 19.8 ± 9.2 h after consumption, and the plasma half-life was 2.3 ± 0.2 d. Compared with previous results for lycopene, phytoene bioavailability was nearly double at 58% ± 19%, the clearance rate from chylomicrons was slower, and the rates of deposition into and utilization by the slow turnover tissue compartment were nearly 3 times greater. **Conclusions:** Although only differing from lycopene by 4 double bonds, phytoene exhibits markedly different kinetic characteristics in human plasma, providing insight into metabolic processes contributing to phytoene enrichment in plasma and tissues compared with lycopene.

Moran, et al. (2016) *Absorption and Distribution Kinetics of the ¹³C-Labeled Tomato Carotenoid Phytoene in Healthy Adults*. *The Journal of Nutrition*, V. 146:2, 368–376, <https://doi.org/10.3945/>

to m a t o

From the End Zone: Touchdown Tips for Food Safety

Sports fans are gearing up across the country to tackle tailgating. This season, the Academy of Nutrition and Dietetics offers tips to defend your pre- and post-game gatherings from the most challenging opponent — food poisoning.

Wash

- Wash hands before, during and after preparing food for a tailgate. Sing your favorite team's fight song — while lathering with soap and water for 20 seconds.

Be sure to pack moist towelettes for guests to clean up before digging in.

Separate

- Always defrost meats in the refrigerator or in the microwave — never at the tailgate. Marinate meat in the refrigerator and don't reuse the marinade unless boiled.
- For the trip to the tailgate, tightly seal raw or thawed meat in plastic wrap to prevent juices from contaminating other food items. Consider packing meat products in one cooler and additional foods in another.

Keep raw meats, poultry, seafood and eggs and ready-to-eat foods separate. Pack extra or color-coded plates or utensils to help prevent cross-contamination. Use one set for raw foods and another for cooked foods.

Cook

- Cook to proper temperatures. A food thermometer is the only reliable way to ensure foods are safe to eat.
- Tailgating favorites like hamburgers and bratwurst should be cooked to at least 160°F and chicken breasts to 165°F.

Refrigerate

- Pack food in a well-insulated cooler with plenty of ice or icepacks to keep temperatures below 40°F. Keep a refrigerator thermometer inside the cooler at all times to monitor the temperature.
- In cool-weather climates, transport coolers in your trunk rather than in a heated car — the cold temperatures outside will help keep food chilled. For warmer climates, do the opposite. Transport coolers in the backseat of your air-conditioned car instead of the hot trunk, especially for long road trips.
- Don't forget that carry-out and/or pre-prepared foods are also susceptible to food poisoning.
- Throw away perishable tailgate items before entering the game. Foods should not be left unrefrigerated for more than two hours. In hot weather (90°F or above) this time is reduced to one hour.
- After the game, serve and eat only non-perishable foods unless foods packed in the cooler remain stored at 40°F or below.

Reviewed by Eleese Cunningham, RDN June 23, 2015



Upcoming Events in Georgia

October:

3-13: Georgia National Fair

14-19: 2019 National School Lunch Week

18-19: Georgia Peanut Festival

November:

4-10: Savannah Food and Wine Festival

9: Atlanta Vegan Festival

Featured Recipe



Gracy's Snack Mix

ingredients

- | | |
|------------|---------------------------------|
| 1 1/2 cups | • whole grain cereal, bite-size |
| 1 cup | • mini pretzels |
| 1 cup | • cheese crackers, bite-size |
| 1/4 cup | • raisins |

directions

- Measure each ingredient. Place in medium bowl or large plastic bag.
- Stir or shake gently. Break up clumps of raisins.
- Divide into 1/2 cup portions. Place each portion in an individual zip-top sandwich bag.

Recipe adapted from UGA Food Talk



CLAYTON FRESH
MOBILE MARKET
GROWING REAL AWARENESS WITH CLAYTON YOUTH



UNIVERSITY OF GEORGIA
EXTENSION
Clayton County



@ugaclaytonfresh

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

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)

PLACE
STAMP
HERE