



NUTRITION NOTES

GEORGIA NUTRITION COUNCIL

2020 Spring

Happy Fall, GNC!

I hope you all are doing well and staying healthy. While it has been a challenging year, full of doubt and uncertainty, it has also presented itself with lots of learning opportunities. I am amazed how quickly everyone was able to adjust to a virtual world and became creative with their way of living and working. I truly believe that we all are making the best of it, despite all that's going on. Since I mentioned virtual world, I would like to use this opportunity to invite you to our "Virtual World" aka our social media.

Did you know that GNC has a **Facebook** page? Yes, we do! And we would love to connect with you. If you aren't already following, us, please make sure to follow us on Facebook at **@georgiagnc**. It is a great place to connect with like-minded professionals. Currently we are featuring our **Executive Board** members and any members who want to share about themselves. We would also love to hear from you on some fun and creative things that you have implemented in

your personal or professional life that are beneficial to you. Feel free to e-mail me at zsoltanmammedova@uga.edu



As you guessed it, **2021 Annual Conference** will also be virtual and will focus on health and wellness. I strongly encourage you to attend and also submit a proposal to present. This year's conference theme allows presenters to submit proposals on a wide range of topics surrounding the global pandemic. Visit gagnc.org for details and instructions on submission.

Lastly, *in our last newsletter I challenged you to help us increase our membership, and in this issue, I kindly ask you to help us spread the word about the membership and the awesome conference that we are planning. After all, we are Georgia's best kept secret when it comes to an organization that brings together professionals from all fields of food and nutrition.*

I want to leave you all with a reminder that despite all that's going on, each one of you is Rockstar! **"When things get tough, the tough gets going"**

Zohregul Soltanmammedova

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Professor challenges students on diet culture

By: Cal Powel

Weight stigma can be harmful to many, including marginalized identities

Not long after coverage of the COVID-19 pandemic hit the news, phrases like “quarantine-15” and “fattening the curve” began popping up on social media.

A reference to weight gained during stay-at-home orders, a quick hashtag search of these phrases turns up thousands of posts, many of them “before and after” memes and at-home workouts designed to help stem weight gain.

The content, most of it created for lighthearted laughs, highlights the country's fixation on diet culture, which can be harmful to many but particularly for marginalized identities, said Emma Laing, clinical associate professor and director of dietetics in the University of Georgia College of Family and Consumer Sciences.

“Poking fun about gaining weight perpetuates the idea that thinner bodies are more disciplined, healthier and more worthy of attention, and this is simply untrue,” Laing said. “The thin ideal standards of beauty are unrealistic for people who are genetically larger.”

Another hidden message is the assumption that people have the privilege of focusing on health goals at the moment, Laing said. The messages also ignore critical issues like socioeconomic status, food insecurity and compromised air and water quality that can lead to stress and chronic illness, she added.

“Many individuals have had drastic changes to their work demands, are experiencing financial hardships or have legitimate concerns for their safety, so concerns about healthy eating or exercise might not be taking precedence,” Laing said.

Preoccupation with diet culture is an emerging topic in the dietetics field, one that is shifting how nutrition professionals view weight and body image.

Many professionals, including Laing, entered the field because they wanted to do their part in combating obesity.

“During my dietetics education, we were instructed to help people lose weight,” Laing said. “However, the field is evolving to a place where body kindness, social justice, diversity and inclusion are shifting this paradigm and it’s important that students have exposure to this discussion.”

Even before the pandemic had spread to the U.S., Laing’s students were learning about weight-inclusive care, which prioritizes well-being over weight and having access to non-stigmatizing health care.



They discuss how dieting and weight stigma can lead to harmful effects, such as repeated cycles of weight loss and regain, reduced self-esteem and disordered eating behaviors.

Students also learn the traditional weight-normative approach, with an emphasis on body weight in defining health and disease management, including diet, exercise and behavior change.

"While weight-normative strategies – pursuing weight loss to improve health – elicit long-term successes for some individuals, many are unable to maintain this," Laing said. "Using body weight alone as a measure of success can backfire, particularly if indicators like blood pressure, blood sugar and cholesterol levels improve regardless of changes in weight."

Laing's students, primarily dietetics and nutritional sciences majors, also address weight bias in health care and the psychological stress it can cause patients.

"Stressors caused by any type of discrimination, such as weightism, sexism and racism perpetuate fat phobia and chronic illness," she said. "Students need to ask themselves how useful they will feel as a practitioner if patients avoid coming to your office because they fear being shamed due to their weight."

Laing said it's important for students to think critically about the potential benefits or harm of dieting for weight loss and then figure out for themselves where they fall on this continuum of treatment approaches.

"I want students to feel comfortable with the discomfort of challenging diet culture and understanding that the concept of health includes mental health as well as other aspects beyond simply body size," she said.

Regardless of where they stand on these approaches, Laing encourages her students to eliminate any external messages that make them feel guilty or negative about how their body looks.

"Fill your newsfeed with body-positive images that encourage self-compassion, particularly during this time," Laing said. "Amplifying the messages from underrepresented health professionals on social media, directly from those who have lived experience, is also important to broaden students' cultural awareness and provide a space that is inclusive of the many ways we can approach health."

If a person is uncomfortable with how their body has changed over the last few months, Laing suggests seeking guidance from a registered dietitian who can help them achieve wellness goals.

At UGA, students can access nutrition counseling through Dining Services, the University Health Center or the ASPIRE Clinic. They can also become involved with the BeYou Peer Educator program, which helps to promote body positivity on campus.

"Developing eating and activity habits that are enjoyable and best support overall health should be the primary goal for those who are able," she said.



apple

Modified apple polysaccharide influences MUC-1 expression to prevent ICR mice from colitis-associated carcinogenesis

The present study tried to assess the effects of modified apple polysaccharide (MAP) on colitis associated carcinogenesis and the expression of Mucin 1 (MUC1). One hundred and twenty 5-week-old male ICR mice were used. The control mice were just administered with saline, and the rest mice were injected intraperitoneally with 1, 2-dimethyl-hydrazine (DMH) and dextran sodium sulfate (DSS). In the 7th week, the mice in MAP-treated groups were bred with the basal diets mixed with different doses of MAP (w/w: 1.25%, 2.5% and 5%) for 13 weeks. The pathological findings demonstrated that: in the 20th week, adenocarcinoma and/or adenoma occurred in the colons of all the mice in model group. MAP treatment decreased the incidence of colorectal cancer significantly. In the early phase of inflammation, MUC1 expression in colonic mucosa had no significant changes. However, when the inflammation developed and tumor formed, MUC1 expression increased remarkably ($P < 0.01$). And the MAP treatment (especially at the dose of 5%) reduced MUC1 expression significantly. These data suggested that MAP could prevent against colitis associated colorectal cancer in ICR mice effectively, and MUC1 may be a potential therapeutic target in colorectal cancer prevention and treatment.

Sun, Y., Fan, L., Mian, W., Zhang, F., Liu, X., Tang, Y., Li, Y. (2018, September 25). Modified apple polysaccharide influences MUC-1 expression to prevent ICR mice from colitis-associated carcinogenesis. Retrieved November 05, 2020, from <https://www.sciencedirect.com/science/article/abs/pii/S0141813018329908>



Apple Pie

Ingredients:

2 cups all-purpose flour
1 teaspoon salt
3/4 cup shortening (recommended: Crisco)
Ice water
Filling, recipe follows
Serving suggestion: warm with vanilla ice-cream

Filling:

1/2 cup to 1 cup all-purpose flour
6 to 7 cups apples cut into thin slices
(recommended: Green Golden and Jonathans)
1 cup white sugar
1 cup brown sugar
1 teaspoon cinnamon
2 tablespoons butter

Method:

1. Preheat oven to 375 degrees F.
 2. In a medium-mixing bowl cut the shortening and salt into the flour by hand or with a pastry blender hands until it's the texture of cornmeal. Sprinkle 1 tablespoon of ice water over the mixture and mix just until the dough is moistened. Repeat by adding 6 to 8 tablespoons water (one at a time) until all the dough is just moist. Take care not to over mix.
 3. Preheat the oven to 375 degrees F. Divide the dough in half and roll into a ball. Roll 1 ball into a circle to fit a 9 to 10-inch pie plate. To transfer the pastry to the pie plate, wrap it around a rolling pin and ease it into the pie plate. Be careful not to stretch the pastry. Trim it even with the edges of the pie plate. Add the apple filling into the pastry lined pie plate. Make sure they are laying flat. Cut butter into small pieces and put on top of the filling.
 4. Roll the remaining pastry into a 12-inch circle. Place on top of the filling. Trim off 1-inch beyond the edge of the pie plate. Crimp the edges as desired. Cut slits to allow steam to escape when baking. Sprinkle a little sugar and cinnamon over the pie.
 5. Cover the edges with foil to prevent over browning. Bake for 25 minutes. Remove the foil and bake for another 20 to 25 minutes, or until it is golden brown. Serve warm with vanilla ice cream.
- Filling:**
Yield 4-6 Servings.
6. In a medium bowl combine the apples, with the brown and white sugar. Add flour, cinnamon and continue mixing until they are well coated.

Anderson, S. (n.d.). Traditional Apple Pie. Retrieved November 06, 2020, from <https://www.foodnetwork.com/recipes/traditional-apple-pie-recipe0-1940684>

Roasted Carrots

Ingredients:

12 carrots
3 tablespoons good olive oil
1 1/4 teaspoons kosher salt
1/2 teaspoons freshly
ground black pepper
2 tablespoons minced fresh
dill or parsley

Method:

1. Preheat the oven to 400 degrees F.
2. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally in 1 1/2-inch-thick slices. (The carrots will shrink while cooking so make the slices big.) Toss them in a bowl with the olive oil, salt, and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until browned and tender.
3. Toss the carrots with minced dill or parsley, sea-



Garten, I. (2015, January 13). Roasted Carrots. Retrieved November 06, 2020, from <https://www.foodnetwork.com/recipes/ina-garten/roasted-carrots-recipe-1940444>

Pharmacological evaluation of ethanolic extract of *Daucus carota* Linn root formulated cream on wound healing using excision and incision wound model

Daucus carota L. (Carrot) (Apiaceae) is used in the traditional medicine for the treatment of variety of ailments. The aim of present investigation was to formulate and evaluate wound healing activity of ethanolic extract of *Daucus carota* L. root on excision wound model and incision wound model.

Ethanolic extract of *Daucus carota* L. root cream formulation when applied topically did not show any sign and symptoms of skin irritation. Animals treated with topical EEDC cream formulation (1%, 2% and 4% w/w) showed significance decrease in wound area, epithelization period and scar width whereas rate of wound contraction significantly increased ($P < 0.01$, $P < 0.001$ and $P < 0.001$ resp.) as compared to control group animals in excision wound model. In incision wound model there was significant increase ($P < 0.01$ and $P < 0.001$) in tensile strength, hydroxyproline content and protein content of animals treated with topical EEDC cream formulation (2% and 4% w/w, respectively).

Wound-healing property of ethanolic extract of *Daucus carota* L. root may be attributed to the various phytoconstituents like flavonoids and phenolic derivatives present in the root and the quicker process of wound healing could be a function of either its antioxidant or antimicrobial potential. The present findings provide scientific evidence to the ethnomedicinal properties of *Daucus carota* in wounds healing activity.

Patil, M. V., Kandhare, A. D., & Bhise, S. D. (2012, September 06). Pharmacological evaluation of ethanolic extract of *Daucus carota* Linn root formulated cream on wound healing using excision and incision wound model. Retrieved November 06, 2020, from <https://www.sciencedirect.com/science/article/abs/pii/S2221169112602901?via=ihub>

Carrots

Tips to avoid overeating while working from home

By: Cal Powel

Overeating is a normal reaction to being bored or anxious, but in light of the COVID-19 pandemic, the phenomenon has taken on a new dimension.

With many Americans now rapidly adjusting to working or studying from home – often within arm’s reach of the refrigerator or pantry – the temptation to overeat is a real one, and it can have real consequences.

A recent study in the University of Georgia’s College of Family and Consumer Sciences showed that occasional overeating can have long-lasting health effects.

The study found that adults going on a one- to three-week vacation gained an average of nearly a pound during the trip, and suggested that small weight gains that add up over time can lead to obesity.

Here, experts from the College of Family and Consumer Sciences department of foods and nutrition provide some tips to avoid overeating while sheltering in place.

Create a flexible schedule: Schedules are unpredictable as many people are now balancing online meetings and classes, educating their children and caring for others ranging from infants to older relatives.

“These tasks have been added to our many other responsibilities,” said Emma Laing, clinical associate professor and director of dietetics. “So if something has to give as we strive to find our new normal, routines surrounding eating and physical activity might go out the window.”

As you seek to reclaim some sense of normalcy, start by carving out times during the day to engage in movement you enjoy and to eat regular meals and snacks that provide adequate energy and hydration, Laing said.

“In creating this schedule, do so while maintaining flexibility,” Laing said. “It’s important to trust our bodies’ cues for hunger, so listen to those first.”

Move around: Social distancing doesn’t mean you have to stop exercising. In fact, staying active is among the most positive stress management strategies.

“Physical activity is good for maintaining immunity, in addition to adequate nutrition,” said Ali Berg, assistant professor and Cooperative Extension nutrition and health specialist. “Being active is also good for mental health.”

According to federal guidelines, adults should aim for 150 minutes of moderate aerobic (cardio) activity per week, 75 minutes of vigorous aerobic activity per week or a combination of moderate and vigorous activity, along with twice weekly muscle-strengthening activities.



If you don’t have weights, you can make your own. Fill empty milk jugs with dirt or sand, or use common items like books, detergent bottles or bags of fruit to add resistance to exercises.

Children and adolescents should get at least 60 minutes or more per day of aerobic activity, which should include active play time.

With gyms and yoga studios closing in the wake of the pandemic, find creative ways to incorporate movement.

Brigman offered several simple ways to stay active: play with your pets, find workouts on YouTube or via free apps, play board games with the family and even clean the house.

Curb mindless snacking: It's important to figure out why you're feeling an urge to snack in the first place.

"If you are snacking out of boredom, try to find an alternative activity, like reading or getting outside," said Barbara Grossman, clinical associate professor

Grossman also cautioned against snacking while watching television, which can lead to passive overeating.

"When the snacking urge starts," Berg said, "try an 'exercise snack' instead, such as one minute of jumping jacks, marching in place, seated punches, dancing or a lap or two around your house."

Another strategy is to plan healthy snacks for easy access when you're hungry.

"Try to snack on some lower-calorie foods, such as raw veggies and hummus," Grossman said.

Laing suggested focusing your attention on what you can add instead of what you should limit.

When ordering takeout or planning your shopping list, aim to meet U.S. Department of Agriculture MyPlate recommendations of filling half your plate with fruits and vegetables, one-fourth with grains, of which at least half should be whole grains, and one-fourth of your plate with lean protein.

When choosing dairy, aim for low-fat or fat-free options.

Fresh fruits and vegetables are packed with nutrients, but canned and frozen varieties are also excellent options and can be stored longer, Laing said. Rice pastas, cereals, canned meat and beans and shelf-stable milks also can be stored.

Looking for inspiration? Several free apps like MyPlate, Yummly and All Recipes can guide you in creating recipes from the foods you currently having your pantry.

Bottom line: seek balance: Having an unprecedented and abrupt shift in routine likely will lead to disruptions in your normal eating and activity patterns – and routines are being redefined each day.



Laing emphasized that healthy eating and exercise should be a priority, but now is not the time to embark on a trendy diet; nor should you obsess over the changes in your exercise or eating patterns if it adds more stress to your life.

"The way we are coping with stress and anxiety over the current situation is more important than stressing about the fear of gaining weight," she said.

This can be further complicated if you have disordered eating tendencies or have a diagnosed eating disorder.

If overeating is causing you physical discomfort or feelings of shame or guilt, reach out to your primary health care provider, mental health professional or registered dietitian for advice and support. Many are able to offer telehealth services.

Visit the Academy of Nutrition and Dietetics' COVID-19 page for more information: <https://www.eatright.org/coronavirus>

How to prevent the spread of:

CORONAVIRUS DISEASE 2019 (COVID-19)

INFECTION PREVENTION STEPS

- ✓ **Wash** your **hands often** with soap + water.
- ✓ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ✓ **Cover** your **cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.



USE SOAP



PALM TO PALM



BACK OF HANDS



FINGERS INTERLACED



BASE OF THUMBS



FINGERNAILS



WRISTS



RINSE HANDS



DRY HANDS

PROPER HANDWASHING TIPS

- Wash hands **thoroughly** with soap + warm water.
- Wash for **20-30 seconds** or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, **use an alcohol-based hand sanitizer**, that contains at least **60% alcohol**.

HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces** of your hands + fingers until your hands are dry.

For more information: dph.georgia.gov/novelcoronavirus
cdc.gov/coronavirus/2019-ncov/index.html

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