

# YUMMY TIDBITS



Benedictine University Nutrition Department  
[www.ben.edu/nutrition](http://www.ben.edu/nutrition)

**Success isn't a result of spontaneous combustion.  
You must set yourself on fire.** (Arnold H. Glasow)

## Department Award Recipients

It is with enthusiasm that we announce the 2017 departmental undergraduate award recipients:

- Outstanding Senior Nutritionist Award– Tatiana Arturo
- Clinical Nutrition Award – Kristin Bulat
- Nutrition Research Award – Kelsey Bartlow
- Nutrition Education Award - Emily Burns
- Nutrition Systems Management Award - Jacalyn Edwards
- Community Nutrition Service Award - Janet Beltran
- Senior Nutrition Recognition Awards - Hayley Bingen, Elizabeth Mancuso, Nicole Michehl, and Justyna Walkosz
- Nutrition Achievement Award – Hristina Tasevski
- Nutrition Recognition Award – Molly Fanning, Viridiana Hernandez, Kellie Kirschbaum, Amanda, Malak, Mariah Manqueros, Amanda Severson, Monica Wedemann, Monica Wojcik, and Sydney Wojciak

## COEHS Award in Academic Honors

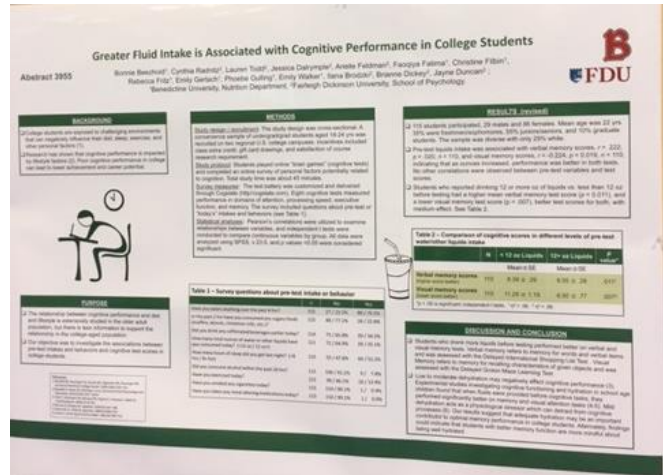
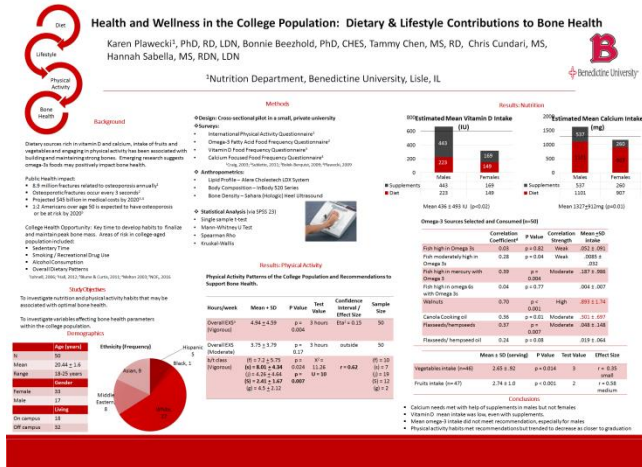
We are thrilled to announce that Kelsey Bartlow, a spring 2017 Nutrition Major graduate, was the recipient of the BenU College of Education and Health Services Award in Academic Honors!

## Nutrition Major Placements

Natalie Tatiana Arturo	Lenoir-Rhyne Solmaz Institute Master of Public Health/Dietetic Internship program
Janet Beltran	Dominican University M.B.A./Dietetic Internship program
Kristin Bulat	Benedictine University M.S. in Nutrition and Dietetics/Dietetic Internship program
Emily Burns	Northern Illinois University MS in Nutrition/Dietetic Internship program
Jacalyn Edwards	Loyola University MS in Dietetics/Dietetic Internship program
Zainab Hussaini	Benedictine University M.S. in Nutrition and Dietetics/Dietetic Internship program
Elizabeth Mancuso	Benedictine University M.S. in Nutrition and Dietetics/Dietetic Internship program
Jennifer Melcher	UW Madison Health Dietetic Internship program
Nicole Michehl	Rush University MS in Clinical Nutrition/Dietetic Internship program
Safiya Saeed	Loyola University MS in Dietetics/Dietetic Internship program
Justyna Walkosz	Loyola University MS in Dietetics/Dietetic Internship program

## Research is creating new knowledge. (Neil Armstrong)

Two peer-reviewed research poster sessions were delivered at the Experimental Biology conference in April 2017! Each abstract was published in the FASEB journal. **Congratulations to the nine alumni whose stellar work contributed to these presentations!**



The [above] research poster *Health and Wellness in the College Population: Dietary & Lifestyle Contributions to Bone Health* was a team effort by Dr. Karen Plawecki, collaborating with Dr. Bonnie Beezhold, and Dr. P.'s research team of Tammy Chen, Chris Cundari, and Hannah Sabella.

The [above] research poster *Greater Fluid Intake is Associated with Cognitive Performance in College Students* was a collaborative effort between Benedictine University Nutrition Department and Fairleigh Dickinson University School of Psychology. Dr. Bonnie Beezhold let the BenU research team: Faqiya Fatima, Christine Filbin, Rebecca Fritz, Emily Gerlach, Phoebe Gulling, and Emily Walker.

Congratulations to three teams of students in our online MS in Nutrition and Wellness program, who delivered their thesis as webinars in spring 2017 under the guidance of Dr. Catherine Arnold.

- Kelsey Conrow, Linda Dahn-Do, Therese Hrcirik, and Jamie Lass presented *The Association between BMI and Emotional Difficulties in Children*.
- Renee DeFrang, Victoria Gravini, Lesli McGuire, and Tammie Row presented *Attributes, Priorities, and Preferences of Undergraduate Nutrition Students: A Comparison between 2008 and 2015*.
- *Research Self-Efficacy, Perceived Benefits and Barriers Among Nutrition Professionals* was presented by John Brooks, Emilie Ferenz, and Peggy Kampa.

## Networking at FNCE

Do plan on attending the Academy's Centennial milestone, the FNCE® at McCormick Place in Chicago, IL on October 21 through October 24, 2017! Benedictine University will be at **booth 2148** in the Expo. Stop by and chat on Saturday October 21 6:30-7:30 p.m., or during the day Sunday through Tuesday!

## **Graduate Program on the Go!**

The MS in Nutrition and Wellness degree has expanded! The graduate degree underwent a review (evidence-based, of course!) and was remodeled into four separate degrees to optimize its growth and reach the educational needs and desires of nutrition and health professionals (more on each below). All options include our new Health Promotion and Wellness course (NTR 501) to set the foundation. This intriguing course integrates the Benedictine Hallmarks. For each degree option, we are moving to the cohort model. This cohort model fosters the development of a community as students collaborate and move through their academic journey together.

### **New graduate degree highlights:**

The MS in Nutrition and Wellness degree is now more focused on nutrition science, including new life cycle courses. Never fear...metabolism and thesis research remain as foundational courses. All concentrations were converted to certificates and moved to the new Master of Art (MA) in Nutrition and Wellness option.

The MA in Nutrition and Wellness is new and targets those in the community and wellness sectors. The MA is about the “art” of applying nutrition. All students still earn a research certificate, but the research and capstone are descriptive, in lieu of a thesis. Those in the MA have the opportunity to align the curriculum with their goals through a choice of one of three certificates in Community Nutrition Engagement, Nutrition Entrepreneurship, or Health Promotion and Education. This MA degree is 100% online.

The dietetic internship program continues to be integrated with a graduate degree, but now features a new name of Nutrition and Dietetics. Similar to our former program, the MS in Nutrition and Dietetics offers application-based nutrition courses, which build the foundation for the dietetic internship and research thesis. Our MS in Nutrition and Dietetics continues to have the Lisle campus as its home base. We are pleased to announce that we have been approved by ACEND for expansion of our dietetic internship to satellite locations. This satellite dietetic internship option is combined with an online MA in Nutrition and Dietetics. Although the applications of research are more descriptive in this degree, students do earn a research certificate. Our first satellite location is in Kankakee, IL.

*Thank you for being such strong representatives of the program!*

## **Graduate Nutrition Thesis Seminar**

Join us for our annual graduate student nutrition thesis seminar, approved for CPE for RDNs and NDTRs. The seminar is scheduled for the morning of Tuesday, December 5, 2017. Check the calendar on the COEHS website for more details in October - <http://www.ben.edu/college-of-education-and-health-services/index.cfm>. We hope to see you there!

## 12<sup>th</sup> Annual Hot Topics in Nutrition and Wellness Seminar

The Dietetic Internship Class of 2016-2017 presented the 12<sup>th</sup> Annual Hot Topics in Nutrition and Wellness Seminar on Tuesday, May 16, 2017. The day was filled with presentations on many interesting topics, and the audience was engaged throughout the day as was evidenced by the discussion and questions that sprang from each intern's presentation content. The seminar was attended by alumni, site preceptors and nutrition faculty. Everyone had an opportunity to network and chat to catch up with one another. *Congratulations to the Dietetic Interns for a job well done!*



### SCHEDULE OF EVENTS

<u>Time</u>	<u>Title</u>	<u>Presenter</u>
8:30-8:55	<b>Registration &amp; Continental Breakfast</b>	
8:55-9:00	<b>Welcome</b>	-----
9:00-9:20	Mom's Diner: Always Open, Always Free: The Benefits of Breast Feeding Over Formula Feeding	Brooke Erwin
9:20-9:40	"Getting Schooled"	Christine Blank
9:40-10:00	The Missing Puzzle Piece: Alternative Nutrition as Treatment for Autism Spectrum Disorders	Zoe Nzimande
10:00-10:20	<b>Break</b>	-----
10:20-10:40	Is This Stool Taken?	Deanna Canello
10:40-11:00	Kefir, Kombucha, Kimchi, 'Kraut: What's all the fizz about?	Becka Palmquist
11:00-11:20	State of the Plate: Status of US Fruit and Vegetable Consumption	Linda Cox
11:20-11:40	Artificial Sweeteners: Too sweet to be true?	Kristina Parrish
11:40-12:00	Infiltrate The Dealers, Find The Suppliers	Vincenza Ranallo
12:00-1:00	<b>Complimentary Lunch</b>	-----
1:00-1:20	Intermittent Fasting: The key to weight loss?	Megan Dockweiler
1:20-1:40	Weighing the Benefits: Evaluating Apps for Weight Loss	Kelly Koyano
1:40-2:00	The Hot Topic is Ectopic Fat	Wesley Gayoso
2:00-2:20	What's the Word on Employee Wellness?	Sam Ballard
2:20-2:40	Don't Go Breaking Your Heart!	Paige Lueken



# Dietetic Internship Program Rotation News


The Dietetic Interns are keeping busy with their 1200+ hours of practical experience. They are learning a good deal in their rotations, and also create and implement a variety of projects that help to support the work of their sites. Here are just a few samples of the good work by the DI Class of 2016-2017.

## Lunch and Learn: Spices of India

**Date:**  
**Monday,  
May 15<sup>th</sup> at  
12pm**

**Outside Villa  
Center Bistro**

**Independent  
Living**



By Kelly Koyano and Vincenza Ranallo

Learn about the health benefits of Indian spices and try our spiced chickpea cucumber salad!

Healthy Table Bulletin Board by  
Zoe Nzimande and Becka Palmquist



**MAY**

**BREAKFAST**

**HEALTHY EATING - DURING FINALS -**

**SHACKS**

**BRAAI'S BREAK**

**CAFFEINE! CAREFUL!**

**NEED A TREAT?**



### Sweet Facts

Strawberries are loaded with antioxidants like ellagic acid or anthocyanins.

8 large berries, or 1 cup of berries sliced or halved is equal to 1 serving of fruit. You need at least two each day.

Not only is one cup of strawberries delicious, but it's only 50 calories and has 3 grams of that fabulous fiber.

By weight, strawberries have MORE vitamin C than oranges.

1 entire pint of strawberries has less than 120 calories.

**Sources**

1. Agrawal, B. H., Feron, R. G., Johnson, S. A., Figueroa, A., Prasadhar, S., Naranjo, N., & Johnson, N. S. (2008). Effects of Strawberry Consumption on Vascular Parameters in Prevalent Stage 1 Hypertensive Participants: Results of a Randomized, Double-Blind, Placebo-Controlled Trial. *The JGIM Journal*, 23(1) Supplement, 90A-96.
2. Feron, R. G., Johnson, S. A., Prasadhar, S., Feron, M. L., Naranjo, N., Johnson, N., & Agrawal, B. H. (2008). Daily Consumption of Strawberries for Eight Weeks Increases Serum Levels of HDL in Nonhypertensive Women. *The JGIM Journal*, 23(1) Supplement, 92B-92.
3. Cuda, R., Serran-Rodriguez, F. A., & Fomon, J. C. (2005). Metabolism of antioxidant and phytochemicals: ellagic acid, anthocyanins, quercetin, and vitamin C in humans: identification of biomarkers and individual variability. *Journal of Agricultural and Food Chemistry*, 53(2), 488-492.
4. Meyers, R. J., Williams, C. B., Pinn, M. P., & Lu, R. H. (2004). Antioxidant and antiproliferative activities of strawberries. *Journal of Agricultural and Food Chemistry*, 52(1), 488-492.
5. Wang, J., Yue, C., Gilliland, K., McCaskey, V., Luby, J., & McFerrin, J. (2004). What Consumers Are Looking for in Strawberries: Implications from Market Segmentation Analysis. *Agribusiness*.
6. Park, D., Park, Y., Lee, Y. H., Choi, I. Y., Park, K. C., Park, S. U., & Park, N. I. (2017). A Comparative Study of Phenolic Antioxidant Activity and Phenolic Compound-Related Gene Expression Between Korean and Winter Strawberry Cultivars. *Journal of Food Science*, 82(2), 341-348.
7. Centre for Agriculture and Bioscience International. *Programme strawberry* [Updated 6 February 2017]. Accessed 26 April 2017. Available at: <http://www.cabi.org/isc/iscdb/24866>
8. United States Department of Agriculture. *FRUIT & VEGETABLE*. Accessed 26 April 2017. Available at: <https://nrc.ars.usda.gov/>

## Strawberries

*Fragaria ananassa*

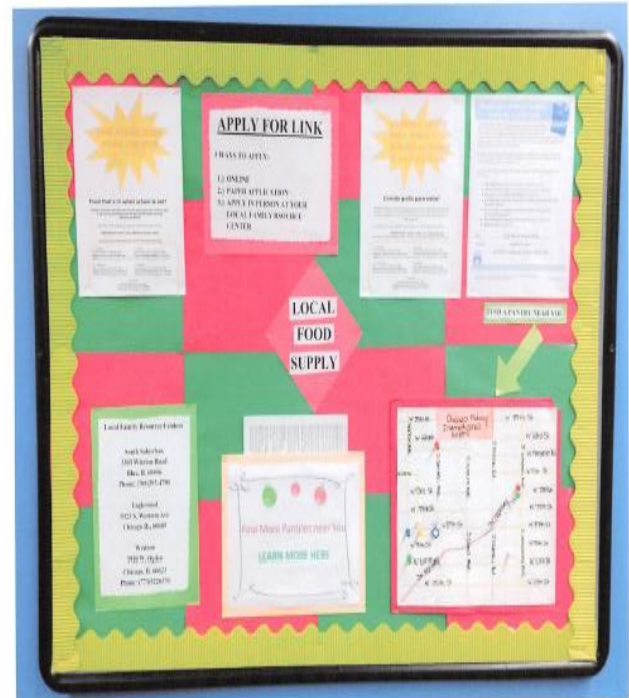
A closer look at deliciousness



**All About the Strawberry**

Wesley A. Gayoso  
MSNW Candidate, Dietetic Intern

WIC Bulletin Board by Kristina Parrish



**APPLY FOR LINK**

**LOCAL FOOD SUPPLY**

**LEAD BY THE HEAD**