

FALL 2014 NEWSLETTER

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Contents

Note from the President	1
Mark Your Calendars	2
SVAND Members Attend FNCE	2
Radford Student Happenings	3
Book Review	4
Member News	4
Recipe Feature	5
Connect With Us Online	6

Note from the President

Hello SVAND!

FNCE 2014 in Atlanta was a dynamic event! It is energizing to learn of the amazing work being conducted by the Academy and our colleagues across the country. I learned of many member benefit initiatives involving nutrition informatics, technology, practice toolkits, advocacy and more. Be sure to check out the beta testing of the new professional site, <http://www.neweatrightpro.org>. The science based presentations ranged from topics such as the Gut Microbiome to Yoga Skills for Dietitians! It was a great update translating science into evidenced-based principles we can use in practice. It was great to see many of our SVAND practitioners, students and interns in attendance.



Now, for continuing education closer to home... SVAND is launching a pilot Journal Club with an Ethics Based Topic, "The Impact of Social Media on Business and Ethical Practices in Dietetics". This prior-approved activity can be conducted in small groups throughout our district. The activity is approved for 1.5 CPEs and is FREE for SVAND members and \$10 for non-members. SVAND members who are willing to facilitate a group will receive FREE admission to our Spring meeting. Journal Club participants will read an article and review a series of case studies. As a small group, perhaps meeting in a coffee shop, worksite, or someone's home, participants will discuss the reading and consider the ethical aspects of the cases. This new opportunity is designed to engage members throughout the district, including those in areas away from our city-centers. Groups can meet face to face for optimum interaction or by audio or video conference as an alternative. Watch for details coming in an e-news and posted on our website. The start date for this offering is November 7th, so make plans now to network with you colleagues while earning valuable CEUs on a topic of interest to all (Ethics, Learning Need Code 1050, Level II).

- Mary Jean Miller

FALL 2014 NEWSLETTER

EATRIGHTSVAND.ORG

Mark Your Calendars

January 21st, 2015:

Lobby Day

Lobby Day will be Wednesday, January 21st, 2015 with a rain date of January 28th. We are looking for a good turnout of support for the Southwest District. Contact Susan Noble, RD, for more information. Susanmnoble13@gmail.com

January 31st, 2015:

Professional Development Award

The Joan Dobek Harrell Professional Development Award provides \$500 for attendance at a continuing education event. The application deadline is January 31 and requires 2 letters of reference. Complete details are available on the VAND website.

Kay L. Clatterbuck, RD
Awards/Scholarship Chair

March 24th, 2015:

Spring Meeting

The SVAND Spring Meeting is set for March 24th @ Radford University's Selu Conservancy.

Topic will be Nutrition Communications

Details to come!



SVAND Members Attend FNCE!

Submitted by: Susan Meacham, Ph.D, R.D.

FNCE 2014, the annual Food & Nutrition Conference & Expo of AND, was held October 18th through the 21st in Atlanta, "the land of the peach and home of the braves!" More than 350 exhibits and 8,000 Registered Dietitian Nutritionists, nutrition science researchers, policy makers, health care providers and industry leaders were there for education, debating and networking, all in the interest of global nutrition.

The topics presented covered a broad content range. Presentations shared ways to cook to reduce sodium and fat, using spices and herbs in tangible ways to increase flavor, others offered explanations on how to understand and compare nutritional quality on restaurant menus as companies comply with this year's new nutrition labeling requirements on restaurants and vending machines. Well attended were sessions on the "Childhood Obesity, Childhood Hunger Paradox" and the "Science of Energy Balance: What We Know and Don't Know." The discussions on the value of the BMI and appropriate coding in hospital records were particularly informative.

Mark Your Calendars! FNCE 2015 is in Nashville, TN starting October 6, 2015, a 7 hour drive or 3 hour flight from Roanoke (flight tickets starting at \$400!)

FALL 2014 NEWSLETTER

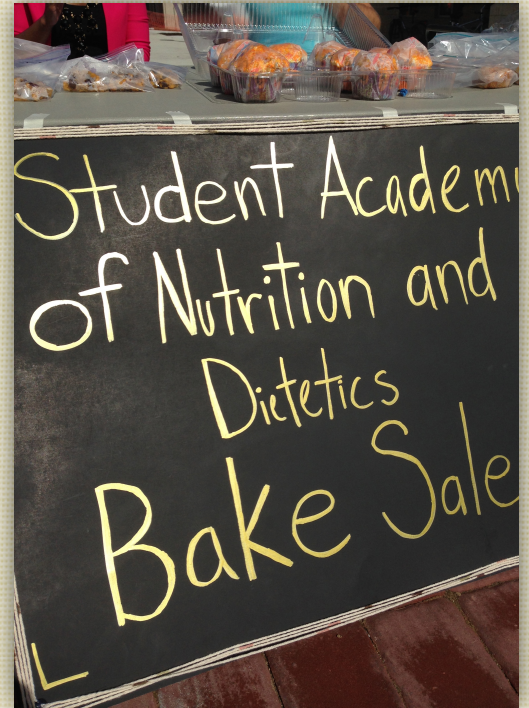
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Radford Student Happenings

By Sarah Gilbert

The start of the fall semester has come and gone and the semester is now just about half way over. The nutrition and dietetic students of RU made the trek down to Atlanta, Georgia to attend FNCE 2014. About 44% of the junior and senior classes attended the conference, many of which received student host positions. For all the students who attended, it was a great experience that included learning about new up and coming nutrition research and meeting other students and interns from around the country.

The Student Academy of Nutrition and Dietetics @ RU (SAND@RU) held their first fundraising bake sale in October. And what a success it was! A few of the students baked fall themed goods including pumpkin oatmeal cookies and pumpkin spice cupcakes that sold faster than you can say "pumpkin spice"!



Come November, SAND will be holding the first Thanksgiving themed potluck of the year. The meeting will include a mini presentation from Crystal Hazzard who will be discussing her experiences on becoming a RD and how current RU students can further prepare for internships.



Radford University Students @ FNCE 2014 in Atlanta, GA. Pictured L to R: Jordan Batson, Valerie Agyeman, Jennifer Pfautz, Mary Jo Muse, Stephanie Brocker, Sarah Gilbert, Caitlin Thedieck & Susan Kouzel.

FALL 2014 NEWSLETTER

EATRIGHTSVAND.ORG

Member News:

Congratulations to *Tammy Shelburne* & *Crystal Hazzard* who passed their RD exams in September!

Congratulations to Sarah Sawyers on welcoming into the world baby *Elizabeth Grace Sawyers*, born October 12, 2014



Congratulations to Susan Noble on welcoming into the world

Charlotte Harley Noble,
born July 22,
2014



Book Review: *Forks Over Knives*

Edited by: Gene Stone
Published by: The Experiment, LLC 2011

Review By: Alex Debow

"What if one simple change could save you from heart disease, diabetes, and cancer?" This is what the creator's of the documentary *Forks Over Knives* claim that a plant-based, whole food diet can do. The book provides a synopsis of interviews with a naturopathic doctor, various medical doctors, a professor of nutritional biochemistry at Cornell, and a handful of individuals who reported success after switching to this plant-based diet. Gene Stone, the editor, simply wrote this book to compliment the documentary and has no background in the field other than working on other books of similar subject. Lee Fulkerson, the independent filmmaker for the documentary, is an advocate for the plant-based, whole food diet as a means for fighting numerous diseases.

Claims: *Forks Over Knives* takes a stand against animal products, including red meat, poultry, fish, eggs, and dairy products, claiming that a westernized diet high in these foods causes increased risks of cancer and heart disease. The proposed cure is a low-fat, plant-based, whole food diet that will prevent and even reverse these chronic diseases. Four individuals are interviewed who embraced the diet, as well as the filmmaker himself, and saw significant positive results ranging from discontinued medications for diabetes, heart disease, and high blood pressure, weight loss and improved lipid panels. *Forks Over Knives* also interviews T. Colin Campbell, PhD coauthor of *The China Study*, "the most comprehensive large study ever conducted on the relationship between diet and risk of developing disease". Colin states that his study shows that a whole, plant-based diet is the best medicine for combating chronic diseases.

Synopsis of the Diet Plan: *Forks Over Knives* essentially proposes a vegan diet, with an emphasis on whole foods. Therefore, most processed vegan foods are not a part of this diet (Continued on following page).

FALL 2014 NEWSLETTER

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Recipe Feature: Butternut Squash Curried Chili

Ingredients

- 2 tsp coconut oil (or 1 tbsp olive oil)
- 1 medium onion, diced
- 2-3 garlic cloves, minced
- 1 medium butternut squash, diced into 1" cubes
- 2 large sweet potatoes, peeled & diced into 1" cubes
- 1 can black beans
- 1 can red kidney beans
- 2 red peppers, diced
- 3 medium tomatoes, diced
- 1 can diced tomatoes
- 1 can coconut milk
- 2 cups water
- 4 cubes curry mix



butternut squash
curried chili

Directions:

In a large pot, heat the oil over medium high heat. Add garlic + onion & sauté for 2-3 min until lightly browned. Add your butternut squash & sweet potatoes & sauté another few min. Add remaining ingredients & simmer 20 min until potatoes and squash are cooked through. Crock pot directions: Place all ingredients in crock pot and cook on high approximately 3-4 hrs.

Book Review: Forks Over Knives (Continued...)

The foods are broke up into these categories:

- Foods to Eat Freely: fruits & vegetables, including cruciferous vegetables, leafy greens, sprouts, tubers and more, mushrooms, legumes, and whole grains.
- Foods to Eat More Sparingly: avocado, coconut, dried fruits, nuts, seeds and olives.
- Lightly Processed/Instant/Ready-Made Foods that are okay to eat: Pasta sauces, plant milks, including soy, rice, oat, hemp, and nut milks, oil-free salad dressings, soups made with whole foods, and whole-grain breads, mixes, and crackers.

The book also provides tips for transitioning to the diet, a list of which kitchen tools would be helpful and a large list of great recipes.

Nutritional Pros and Cons: *Forks Over Knives* is a positive reinforcement to many of the nutrition recommendations given by registered dietitians today, such as consuming a wide variety of fruits and vegetables, limiting processed foods and added sugars, and eating whole foods as much as possible. The vegan diet can be successfully executed if done so with a toolkit of knowledge of healthy protein choices and what "whole" food really means.

The concerning points within this book are the minimal text given to what good plant-based protein options are and the emphasis on limited fat intake. The book tells the reader to limit fats that are normally considered healthy and have been shown to reduce the risk of heart disease, such as plant-based oils, avocados, nuts and seeds. The book also points the finger at animal products for the cause of all diet-related diseases without shedding any light on other contributing factors.

Bottom Line: A vegan, whole food diet can undoubtedly provide all the essential nutrients needed for optimal health, however achieving execution of this diet requires a high level of knowledge about which plant-foods provide these nutrients. Any diet that allows for a person to go from one extreme to the other will show extreme results, as shown in the individuals of this documentary. However, a vegan, whole-food diet is only one option for optimizing individual health and decreasing risk for chronic disease. This book is great for people considering a vegan diet and provides many ideas and recipes for getting started.

**Have content to contribute to an
upcoming newsletter?**

Please email **Kristen Chang**
to share your SVAND news!

Kristen.chang.11@gmail.com



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