Greetings!

The Tuskegee University Department of Food and Nutritional Sciences (DFNS) is excited to bring to you our second quarterly issue of the FNS Gazette (1st for 2015). As you know, The FNS Gazette is a publication produced by FNS students! The publication is intended to keep our faculty, staff, students, FNSAB members and alumni up to date on insightful and current information highlighting on-going activities in the department. Additionally, The FNS Gazette is designed to present programmatic and social content relative to food and nutritional sciences in the 21st century.

The 2015 spring semester has numerous and exciting on-going activities: National Nutrition Month (March) “Enjoy the Taste of Eating Right”, National Nutrition and Dietetics Day (March 11), Accreditation Council for Education, Nutrition and Dietetics (ACEND) Site Visit (March 22-24), The Institute of Food Technologists College Bowl in Gainesville, FL (last year, we ranked 4th of 12 in the Southeast United States), March 27-28, our biannual FNSAB meeting, April 9-10 and lastly our biannual fundraiser for FNS.

Students in the department are involved in many activities as a result of our program’s national status. Our Food Science program is approved by the Institute of Technology-Higher Education Review Board-HERB (525 W. Van Buren, Suite 1000, Chicago, IL 60607) and our Didactic Program in Dietetics is accredited by the Academy of Nutrition and Dietetics-ACEND, (120 South Riverside Plaza, Suite 2000, Chicago, IL 60606).

A major need for the department is to continually contribute toward a fully established endowed FNS alumni scholarship of $25,000. This endowment will assist us in recruiting more students into our academic majors: the Didactic Program in Dietetics (DPD), Food Science (FS), Nutritional Science (NS) and Public Health Nutrition (PHN). Students in FS and NS may also have a dual major with Biology.

Our first appeal to alumni and friends for financial support in October 2014 allowed us to reach more than 1/3 of our goal. Your continued support will enable our students to succeed, and assist us in recruiting and retaining more students.

Our FNS BRAND is 100% job and graduate school placement.

Ralphenia D. Pace, RD, LD, PhD
Professor of Nutrition and Head
Department of Food and Nutritional Sciences

Who are they?

Professionals in the food and nutritional sciences industry

What do they do?

They are an external arm who supports the department, mentor our students, advise them on employment and professionalism, provide real-life opportunities, assist in the internship process and provide scholarships. They also provide our students with guidance on the social aspects of the workplace such as networking and referrals. This board also supports many other departmental activities.

Vision:

To facilitate the continued growth and development of students and the Department of Food and Nutritional Sciences as an institution with “High Standards of Excellence” for education and research.

Mission:

To provide meaningful and effective advice and funding to support the development of cutting edge research program and curriculum to produce students that are prepared to succeed in their professional careers in academics, industry, public service and other specialty areas.

Announcements

Tuskegee University Food and Nutritional Sciences (TUFANS) Student Club

- TUFANS now meets twice monthly! Every other Thursday @ 5pm. (Subject to change to accommodate others)
- National Nutrition Month is approaching (March)! Look out for upcoming events on campus!
- Save the date for the George Washington Carver Lecture Series!
  - Wednesday, April 8, 2015
  - Kellogg Hotel and Conference Center at Tuskegee University
Kellogg Supports Tuskegee University’s Food and Nutritional Sciences


During the event, Kellogg presented the “Kellogg Company Theodora Morille-Hinds Food and Nutrition Science” $25,000 scholarship fund for students in the areas of food and nutrition study. Named “Kellogg Scholars,” the scholarship will help a deserving student offset the costs of pursuing his or her goals.

Kellogg chose Tuskegee University as a core school to invest in its programs and students and will include annual visits to recruit Tuskegee students for its internship program.

Later this month, Dr. Richelle Beverly, Brand Steward, Quality and Consumer Affairs, W.K. Kellogg Institute For Food and Nutrition Research (WKKI), will talk to Tuskegee students about “Career Management and Options.”

February is American Heart Month! This issue of The Gazette brings you tips for a healthy heart.

- Maintain normal blood pressure (<120/80 mmHg) and blood glucose levels (<100 mg/dL) to reduce stress on the heart.
- Maintain a healthy weight (BMI: 18.5 -24.9 kg/m²)
- Exercise daily (dance, yoga)
- Eat right (green leafy vegetables, whole grains, and dark, chocolate in particular)
- Reduce stress levels by sewing, knitting, crocheting, or even laughter

For more tips, visit:
Healthline website at http://www.healthline.com/health-slideshow/healthy-heart-tips
American Heart Association website: http://www.heart.org/HEARTORG/

“To eat is a necessity, but to eat intelligently is an art.”
- La Rochefoucauld
Uplift Conference
By: Jamilah Page (Junior, Dietetics Major)

On January 17, 2015 the SGA hosted an Uplift Conference for middle schools in and outside of the city of Tuskegee. The conference promoted the importance of confidence, self-esteem, and healthy living.

TUFANS successfully carried out the first session on nutrition for the conference. The presentation and discussion was led by Lauriel Stewart (Junior, Food Science Major) and Jamilah Page (Junior, Dietetics Major). After discussion of the food industry, it was followed by a discussion on the importance of healthy lifestyle choices, and MyPlate. The children then made a healthy snack of their own provided by TUFANS. Fruit pizzas were the healthy snack of the day made with a tortilla (pizza crust), Greek vanilla yogurt (pizza sauce), and a fruit mixture of green and red grapes, pineapples, and strawberries (toppings). The feedback was amazing. Many of the students along with the staff really enjoyed the snack.

Kudos to TUFANS for representing the department very well with their outreach to the next generation of leaders!

Stop Hunger Now
By: Jhaelynn Elam (Junior, Food Science/Biology Major)

On October 29, 2014, the Food and Nutritional Sciences students hosted a Stop Hunger Now meal packaging event here on campus. Stop Hunger Now is a non-profit, international hunger-relief organization that coordinates the distribution of food and other aid to crisis areas across the globe. At this event, over 100 students and faculty members together to package nearly 10,000 meals to be sent to countries that are being affected by hunger. One in every nine people on our planet go to bed hungry each night, and our university was able to provide some relief from this pandemic.

“Stop Hunger Now event in the student ballroom.”

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“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

-Ann Wigmore
National Nutrition Month
By: Jada Bone (Sophomore, Dietetics Major)

National Nutrition Month is celebrated in the month of March and is sponsored annually by the Academy of Nutrition and Dietetics (A.N.D.). This month is designed to raise attention to making important food choices, practicing good eating habits and doing some physical activity at least five days a week. The theme for 2015 is “Bite into a Healthy Lifestyle,” which encourages everyone to exercise daily and consume fewer calories to maintain a healthy lifestyle and reduce the risk for chronic disease.

National Registered Dietitian and Nutritionist Day
By: Jada Bone (Sophomore, Dietetics Major)

National Registered Dietitian Nutritionist Day will be celebrated Wednesday, March 11, 2015. The purpose of this day is to increase awareness about registered dietitians as they work with individuals in making the right decisions about their health. Dietitians are food and nutrition experts who know the science of food and how it may affect the body. Dietitians work in hospitals, schools, nursing homes, health clinics, food industry and fitness centers. Nutritionist may work in academia, industry, USDA, etc. This day will recognize all registered dietitians and nutritionists on their outstanding efforts in helping people implement a healthy lifestyle. For more information visit: www.nationalnutritionmonth.org

My Involvement with SGA and How I Was Able to Bring TUFANS into the Lime Light
By: Lauriel Stewart (Junior, Food Science)

I’ve been a Food and Nutritional Science major since I came to Tuskegee in the fall of 2012, and I’ve loved my major ever since. Along with trying to be as involved as possible in my department, I also wanted to branch out and become a student leader. I was a member of the sophomore class student government association (SGA) for the 2013-2014 school year, where I acted as the Sophomore Class President. During the spring semester of my sophomore year, I decided to run for the SGA treasurer at large. I was my class treasurer during my junior and senior year of high school and I felt that my experience would enable me to do a great job in the student government association in college.

Currently, acting as the student government association treasurer, I hoped to bridge the gap between my department and the university. I belong to a small department-The Food and Nutritional Science Department, which encompasses a very essential part of this university’s main majors. One of my goals as the SGA treasurer was to use my position in SGA to bring university wide attention to my department. I made sure that I assisted my department by helping to publicize various events that we held such as the Stop Hunger Now initiative that my department hosted last fall, as well as initiating a nutrition segment in a youth empowerment day that was held at the beginning of this semester by the student senate.

IFT College Bowl
By: Nemuel Bonner (Senior, Food Science)

Last spring, March 2014, I attended the IFT quiz bowl in Huntsville, Alabama with my department. The bowl was hosted by Alabama A&M University. It was an amazing experience because I had never been to an event like this. There were schools from all over the region that were present and I was able to network and get to know my peers that are interested in similar fields of study as my own.

I was really proud of my department because we advanced relatively far in the quiz bowl rounds, and I’m excited to go again this year when it will be held in Gainesville, FL. I know my department is preparing for the quiz bowl and I have high hopes that we will perform as well or better than last year.

“One should eat to live, not live to eat.”
-Moliere
"If you don’t take care of your body, where are you going to live.”

-Unknown

The Soothing Effects of Music
By: Kendra Wilder (Junior, Dietetics Major)

Music has been used for centuries to renew the mind and body. Studies have shown that soothing music can make distressed adolescents feel safe and secure. Soothing music also improves the quality of life and promotes communication. Listening to soothing music using headphones can especially lower stress in hospital patients before and after surgery. Additionally, music can decrease the sensation and distress of both chronic pain and postoperative pain. Lastly, music can help with depression and increase self-esteem among the elderly. Music therapy has shown to greatly lower emotional distress and improve the quality of life among adult cancer patients.

The Benefits of Dark Chocolate
By: Kendra Wilder (Junior, Dietetics Major)

Dark chocolate is a great alternative for those who love chocolate but are trying to stay healthy. It is filled with some of the best sources of antioxidants including polyphenols, flavanols, and catechins. It also contains a good amount of soluble fiber and contains many minerals. A 100 gram bar of dark chocolate with 70-85% cocoa has:

- 11 grams of dietary fiber.
- 67% of the RDA for Iron.
- 58% of the RDA for Magnesium.
- 89% of the RDA for Copper.
- 98% of the RDA for Manganese.
- An abundance of phosphorus, potassium, zinc, and selenium.

It is not recommended to consume such a large amount as 100 grams of dark chocolate everyday but it should be consumed in moderation.

Dark chocolate is mainly made up of saturated and monounsaturated fats with small amounts of polyunsaturated fat. It also contains caffeine and theobromine which are both stimulants but carry less caffeine than a cup of coffee.

Dark chocolate also may improve blood flow and lower blood pressure. This is due to the flavanols in dark chocolate that stimulate endothelium to produce Nitric Oxide. It also raises HDL and protects LDL against oxidation. Dark chocolate can also reduce insulin resistance which is a common factor for diseases such as heart disease and diabetes. Studies show that flavanols from cocoa can improve blood flow to the skin and protect it against sun-induced damage. Lastly, dark chocolate may improve the function of the brain.

With all these benefits of dark chocolate in mind, it is important to remember that it is only to be eaten in moderation. This could include maybe a square or two after dinner. When buying dark chocolate make sure to get quality chocolate such as organic, dark chocolate with 70% or higher cocoa content. As Valentine’s Day approaches, instead of buying milk chocolate make the healthier choice and buy dark chocolate!

Tuskegee University Department of Food and Nutritional Sciences

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“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”
- B.K.S. Lyengar