



San Francisco State University

Student Dietetic Association Newsletter

October 2016 Issue



Hello Dietetic and CFS students, fall is officially here and the semester is in full swing! With midterms and holiday planning upon us, I wanted to create an issue with self-care tips to lower stress, healthy recipes, and upcoming events.

The Dietetic Internship Workshop is this upcoming weekend, so please RSVP for the event Saturday, October 22 [HERE](#) and we look forward to seeing you all there. Best of luck with

your exams and enjoy the Thanksgiving break!

Kindly,

Lisa Hamilton

Newsletter Editor



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Contributors:

Patrick Newton- Recipes

Maryn Brown and Sandra Chavez- CAND BADA Events

Laura Zimmerman, Jackie Gaytan, Julie Shimko- Interview Questions

Danielle Davidson- Farmer's Market Events and News

Lana Myronenko- DI Infographic



Self Care- Make your health a priority!

Taking care of our health- mental, physical, and emotional- are crucial during times of high stress to stay happy and well. Below are some ways to rejuvenate and de-stress during midterms and the approaching holiday season!

Questions to Check-In With Yourself

- 1. Sleep-** did I sleep enough last night to feel rested and function at my optimal level today? If yes, note how many hours you slept. If not, note how many hours you would like to sleep tonight.
- 2. Food-** Have I made choices that are supporting nutrition and wellness? Am I eating an array of fruits and vegetables, whole grains, and enough food to sustain my energy throughout the day? Am I paying attention to hunger and satiety clues?
- 3. Tension/Relaxation-** Notice your breath, are you taking full and deep breaths that oxygenate your body fully. Take a few moments to inhale for 5 seconds, hold for 2 seconds, and exhale for 5 seconds. Now, bring attention to your shoulders. If you are feeling tightness, first bring them up to your ears for ten seconds. Drop your shoulders and allow them to relax. Roll your head clockwise three times and counter clockwise three times.
- 4. Self Talk-** Think of three things you are grateful for today and make a mental note to express gratitude to at least one person you are thankful for today!



Exercise

The American Heart Association recommends at least 150 minutes of moderate exercise per week. With temperatures cooling down, hiking and jogging are a great way to get out into nature and burn some calories.

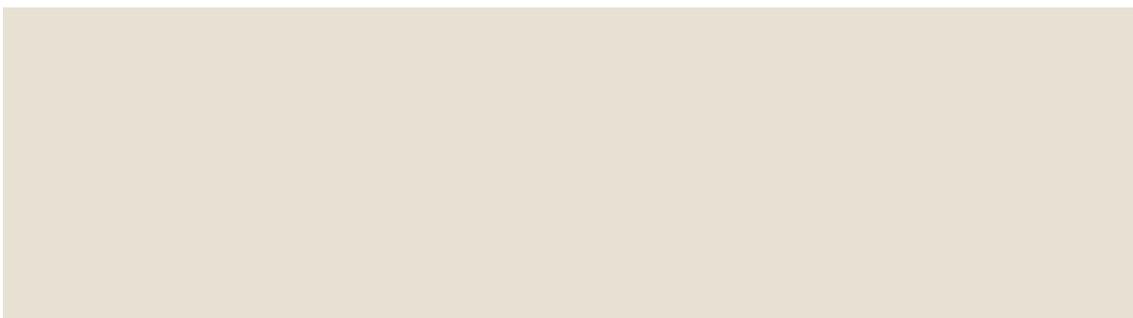
Did you know San Francisco State's Rec Department offers free weekday classes like yoga, samba, and belly dancing to students and staff? Check out the [Group X website](#) for class times!



Laughter

Laughter yoga is a method of breathing, laughing, and exercising all in one! Designed by an Indian doctor and gaining popularity all over the world, it is a great way to laugh off some steam. The OSHER center for integrative medicine at UCSF offers classes twice a month, upcoming events are October 19th and November 9th 5:30-6:30 PM, more information can be found on their [website](#).

What do vegan zombies eat? Grraaaaiiiiiinnnnsssss!!! Laughter is great medicine and actually helps with depression, anxiety, strengthening muscles, and increasing blood flow. So, next time your'e feeling a little under the weather treat yourself to some cat videos or your favorite comedy.





Massage

According to the Mayo Clinic, studies have found massage may be helpful for anxiety, headaches, joint pain, and other ailments.

The holistic health center folks in HSS 329 provide FREE massage on Wednesdays 10:30 am to 12:30 pm. The students are trained by a massage therapist and offer a relaxing way to de-stress between classes. Tips are welcome to maintain the holistic health center.

Self massage is a great way to treat yourself to a little R&R. YouTube has some wonderful videos to get you started such as one found [HERE](#). It only takes a few minutes to love yourself!



[Upcoming Events on Campus and in the Community!](#)

California Academy Nutrition and Dietetics Diablo Valley District Meeting

When: Wednesday, October 20, 2016

Time: 5:45 pm, Speaker to begin at 6:30

Where: Civic Park, Conference Room, 1375 Civic Drive, Walnut Creek, CA, 94596
/Student price is \$25.

Raffle: We will be raffling a local craft beer and will provide snacks!

The guest speaker is Dr. Bamforth from UC Davis whose specialty is the science of brewing and malting (he's the beer guy!)

SDA Dietetic Internship Workshop

When: Saturday, October 22, 2016, 8:30-2:30

Where: San Francisco State University Room Location TBD

Food, fun, and information about Dietetic Internships!

Please join us for CAND-BAD's next networking event! This event will be held at Triple Rock Brewery & Alehouse (<http://www.triplerock.com/>) on Wednesday, November 16 from 6-8pm. This is a casual event that is open to members and those looking to join.

Triple rock is located in Berkeley and is a 5 minute walk from the Downtown Berkeley Bart station.

Please RSVP to maryannchristofas@gmail.com by Friday, November 11.

San Francisco State University's
Student Dietetic Association

Presents

Dietetic Internship Application Workshop

Saturday, October 22, 2016
8:30am - 3:30pm at SFSU
Burk Hall, Room T.B.D.

Featuring Presentations by:

- Claire Walsh, MS, RD, LD, CHC:
SFSU DPD Director
- Wanda Siu-Chan, MS, RD:
SFSU DI Director
- Susan Roe, Ph.D.:
SFSU Assistant Professor;
personal statement & resume guru
- Dietetic Intern Panel:
Interns from SFSU, Golden Gate,
UCSF, Napa State Hospital,
& Morrison Healthcare



**Space is
Limited**

RSVP Today at:
www.sfsu-sda.com/di-workshop.html

FREE for SDA Members
\$10 for SFSU non-SDA Members
\$15 for non SFSU Students
Join SDA at Workshop: \$20 for year



**THE PRESIDENTIAL ELECTION
IS NOVEMBER 8th, 2016!**

Have your voice heard and make a difference this Fall. For a full list of [California Propositions visit here](#). If you have not registered yet, you can do so on the [California Online Voter Registration!](#)

The Farmer's Market Subcommittee have been busy teaching healthy eating on the go and the importance of food choices in our health.

They Invite you to Join Some Upcoming Events:

Thursday October 27th, 11-1: A Spooky Halloween theme to kick off your ghostly weekend with some farm fresh tips.

Thursday November 10th, 11-1: Learn about eating healthy on a budget! Opportunity to speak with a CalFresh expert to determine if you qualify for a program helping students afford fresh food, assistance and sign up available on-site.

Images Below: Maedbh, Danielle, and Thao spreading the fruit and veg love





Locavore: Recipes from our Community

By: Patrick Newton, SDA President

At the last SDA meeting, Patrick prepared some awesome dishes! Sharing is caring so the recipes are below for your enjoyment

Honey Ginger Fruit Salad

Ingredients

1 cup Fresh Blueberries	1 pint Blackberries
1 cup Strawberries	1 cup Seedless Green Grapes
1 cup Nectarines	1 cup Kiwifruit (peeled)
1 large Mango	1 Orange (juiced)
2 Tbl Lemon Juice	1 Tbl Honey
1/8 tsp Ground Nutmeg	2 tsp Grated Fresh Ginger
1/2 tsp Vanilla Extract	

Directions

1) Dice strawberries, nectarines, and kiwi. Slice berries and grapes in half. Add cut fruit to a medium bowl

2) Peel and cut mango into chunks. Add to a blender along with orange juice, lemon juice, honey, nutmeg, vanilla, and ginger. Puree on high until smooth.

3) Mix mango sauce with diced fruit and serve.

-The sauce can also be made with peaches, pineapple or cherry. Substitute seasonal fruit for any of the diced items as desired. Harder fruits like pears or apples will benefit from 1-2 hours marinade in the sauce.

Persillade Sauce

Ingredients

1 Bunch Flat Leaf Parsley	3 Cloves Garlic
1 Medium Shallot	1 1/2 Cup Extra Virgin Olive Oil

Directions

1) Chop the thick stems off the parsley and discard. Wash the leaves and pack loosely in a blender jar

2) Slice the shallots and garlic thinly. Add the shallots and olive oil to a small saucepan and heat on medium until it just begins to tan in color (3-4 minutes).

3) Add the garlic and cook until shallots and garlic are a rich golden color and everything smells toasty.

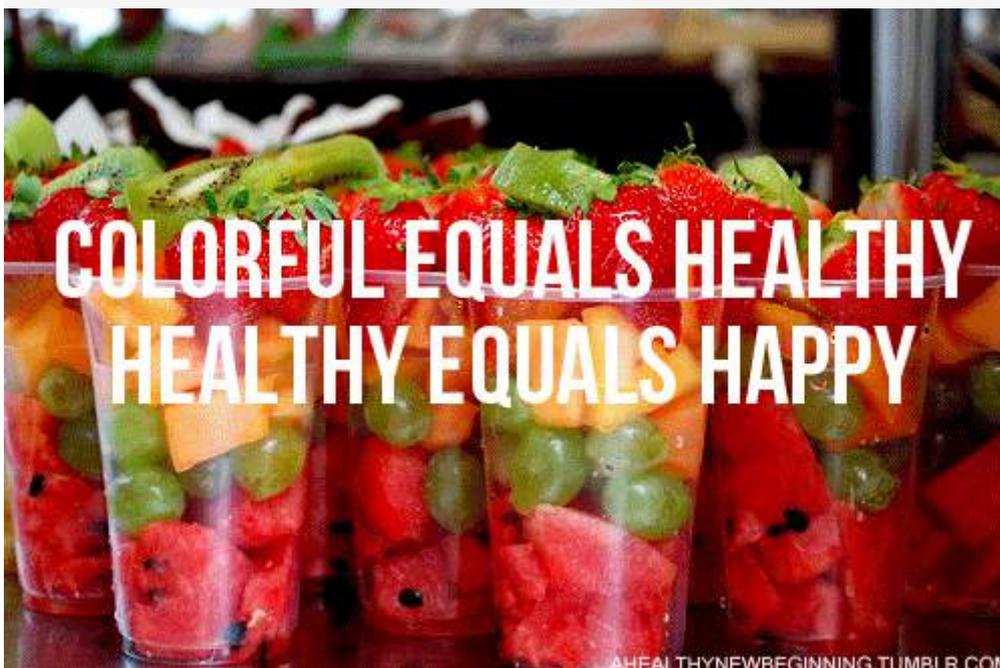
4) Pour the hot oil mix over the parsley in the blender jar and puree on high until smooth; you can add more oil or a touch of water if needed.

5) Chill sauce in a small bowl over an ice bath.

-Mix with mayo and a squeeze of lemon juice for a salad dressing

-Add lemon juice, chili flake/chopped jalapeno, and salt for a quick chimichurri sauce for grilled meat or veggies. Great on potato salad too.

-Freeze the excess in ice cube trays or small containers. Throw a cube in a soup at the end or mix into hamburger meat.





Eating 5 a Day from the Rainbow

Fall is a great time to commit ourselves to a five a day fruit and vegetable challenge. A variety of unique fruits and vegetables come back into season and we can use this time to find new recipes or add a few new varieties to our grocery baskets. Some of my favorite fall fruit and veg in season:

Pumpkins, Figs, and Grapes

Squash- Butternut, Acorn, Chayote

Pears- Asian, Cactus, California

Brussel sprouts and Broccilini

Persimmons and pomegranates

Apples- of all colors and sweetness

See a full list from [*Fruits and Veggies, More Matters!*](#)

What ***inspires you*** on your path to becoming a registered dietitian?

This week jot down a few ways you are inspired as a DPD/CFS student and future

professional in the health care field. Think about what gets you excited to be studying in the field of Nutrition and make a note of inspirations!



Laura Zimmerman- SDA Vice President

One of the things that inspires me the most these days is The NY Times! My Tuesday morning ritual is to enjoy a cup of coffee with the Science Times Section of the newspaper (I'm a bit old school). Reading about new research findings and current health/food trends keeps me motivated to pursue a career in dietetics. I LOVE that I am studying something that is consistently in the news, is relevant, and has the ability change peoples lives.

Jackie Gaytan- SDA Treasurer and Mentor Leader

Being on a path which is enjoyable, fascinating, and rewarding is what inspires me the most. The world of nutrition and dietetics is constantly evolving. I often find myself "ooo-ing" and "ahh-ing" at random nutrition articles and wanting to learn more.



Julie Shimko- SDA Co-treasurer

I am inspired each day by my pre-diabetic group members I work with each day. I am a Certified Diabetes Lifestyle Coach, and have facilitated the CDC Diabetes Prevention Program to nearly 500 people since April of 2015. This role has taught me food truly is medicine and is a powerful tool in health, longevity, and being able to feel one's best. How lucky am I to be able to help people achieve health every single day, and be able to give the gift of a longer life!





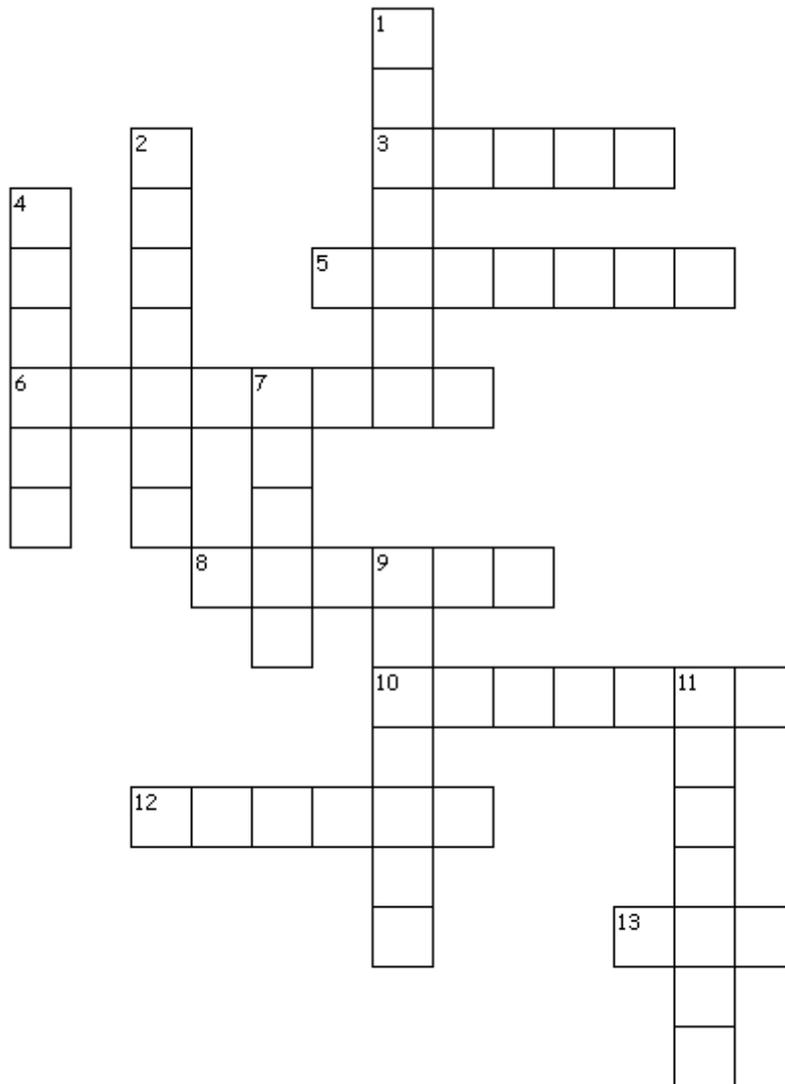
Healthy Halloween?

An alternative guide to treats for the sweetest holiday of the year!

With halloween parties and candy so cheap you could eat it at every meal, this can be a time of the year for sugary induced headaches and binges

Buy healthy snacks like grapes and carrots sticks, watch candy portions, and give out stickers or temporary tattoos to trick-or-treaters for a healthy and fun twist for the spooky holiday!

Feel free to print the crossword below for a fun activity for kids or yourself. For more healthy recipes visit [Food Network's Halloween recipes page.](#)



Across

- 3. The average cups of sugar a trick-or-treater consumes on halloween
- 5. The author of Frankenstein
- 6. Most popular child's costume.
- 8. Morticia and Fester are two of the characters from this family.
- 10. One cup of this fall gourd provides almost 200% of daily vitamin A
- 12. States The most popular candy in this country is M&Ms
- 13. Nocturnal Flying Mammal

Down

- 1. 20 were burned at the stake
- 2. This famous magician died on Halloween.
- 4. The friendliest ghost
- 7. 2.3 Billion dollars spent on this each halloween
- 9. 2500 varieties of this popular fruit are grown in the U.S.
- 11. This UK country is believed to be the birthplace of Halloween.

Thank you for reading the October Newsletter! if you have any events, photographs, news stories, tips, or recipes to share please email me at lisarenaye@gmail.com to be included in our December issue.

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