Energy Bars: Gastronomic GoreTex vs. Snack Sensation
By Chris Cooper

Energy bars are now common as a snack or a meal on-the-go, as evidenced even within our own nutrition program at Teachers College. These convenience foods run counter to the program principle that minimally-processed food is preferable to a food product that has been condensed into a 4-inch slab. Yet for some reason, these modern munchies manage to meet our food-savvy lips anyway.

The energy bar dates back to 1987, when the PowerBar Company introduced its first high-carbohydrate bar for elite athletes. Balance Bar and Clif Bar quickly joined the market in the early 1990’s, reengineering the bars from gastronomic GoreTex to enhanced candy bars. With mass market appeal and availability in corner delis, supermarkets and drug stores, the bars drew sales of nearly half a billion dollars in 1999. They became institutionalized when corporate powerhouses Kraft Foods and Nestle, acquired PowerBar and Balance Bar, respectively, in 2000.

Americans were seduced by this power snack, advertised as affordable, portable and—compared to the traditional candy bar—guilt-free. In 2003, when Consumer Reports estimated that energy bar sales had reached $1.4 billion, the bars were dubbed “the Egg McMuffin for the health set.” Not just for muscleheads anymore, the energy bar became the mark of the nutritionally knowledgeable workaholic, and replaced the chocolate bar in many desk drawers. Is it the bars’ actual contents or just their growing popularity that make us suspicious of what lies beneath their Mylar wrappers? Whatever the reason, it turns out that we’re right to take a closer look at the “energy” these snacks actually provide.

A study performed by the private company ConsumerLab.com in 2002 showed that, of the thirty most popular energy and meal replacement bars, only 60% proved to have reasonably accurate nutrition and health claims on their labels. The most common labeling error was underreported carbohydrate counts, often due to the exclusion of glycerin. A careful lab analysis showed that eight bars contained significantly more sugar than listed on their wrappers, and four bars contained two to three times the sodium content listed. In addition, although U.S. law dictates that only products containing less than one gram of saturated fat can be labeled “low in saturated fat”, only two products marked as such actually satisfied this parameter.

Foreign markets have found bar manufacturers guilty of similar labeling discrepancies. In 2002, the Canadian Food Inspection Agency (CFIA) conducted an audit of sports nutrition products, most of which were manufactured in the U.S., and found a number of them to contain banned ingredients as well as finding several cases of nutrient mislabeling.

(Continued on page 8)
Letter From the Editors…

Dear Students, Faculty and Staff:

As the fall semester draws to a close, we hope you will take some
time to read through the latest issue of the Grapevine. We chose to
focus this issue on local foods, a subject very important to many of
the students here at Teachers College. We also feel it is an important
topic that deserves continued attention.

We hope you enjoy reading the articles from our many new writers
this semester. You may also notice that we’ve added a new section
on cultural foods. In each issue will be spotlighting a different ethnic
cuisine. If you have a suggestion for a future issue or are interested
in writing on this topic, let us know.

On another note, this is Rachel Blumenthal’s last issue as an editor at
The Grapevine. She has been an editor since the summer of 2004.
Her talents and enthusiasm will be missed. Best wishes to Rachel as
she enters the professional world, and congratulations on her upcom-
ing marriage to Elliot Tobin and their new house in the Washington,
D.C. area.

Finally, the Grapevine would like to wish all of the TC Nutrition
Program community and their families a happy, healthy, and safe
holiday season!

Sincerely,

Rachel Blumenthal and Maggie Moon

Note from departing Editor, Rachel Blumenthal:

It is hard to believe my time at Teachers College has almost come to
an end. I’ve had a wonderful experience here and I am very sad to
leave. I will miss working with everyone at the Grapevine, where I
had some of my most memorable moments. I would really encourage
all students to get involved with the newsletter in some point during
their time at Teachers College, as it is an excellent opportunity that
should not go to waste.

I’d like to thank Randi Wolf, Isobel Contento, Cynthia Green and all
the wonderful faculty and student writers for all their hard work and
contributions. It was great to work with all of you. I’ve learned a lot
working for the Grapevine and I know I will take that knowledge with
me as I move on in my professional career.

I would especially like to thank Maggie Moon, who has been a
fantastic co-editor. While I am sad to leave, I am confident The
Grapevine is in good hands and will continue to expand and improve.
I look forward to reading it as an alumni. Please keep in touch!
Rach703@aol.com
A Visit to the Union Square Farmers Market

By Kristin Mancinelli

Walk up to any booth at the Union Square Farmers Market and you’re bound to see a variety of items you’ve never seen before: purple carrots, orange cauliflowers, and small red pears, for starters. There are also green-and-white-spotted heirloom tomatoes, red corn, epazote, and Hubbard squash. Herb sellers display four different kinds of mint, including lime mint and chocolate mint, and six different kinds of basil. Heirloom varieties and luxury items abound. As a trip to the farmers market can attest, there is an astounding diversity of regional farm produce, yet much of it never finds its way into conventional markets.

One Monday morning I visited Union Square to explore the farmers market. Upon arriving, I found a greenmarket staff member explaining to a group of students that “farmers’ markets preserve variety.” Pointing to a head of purple cauliflower he said, “they don’t have this in stores because it’s a lot of work to grow them.” That staff member was David, the market operations manager and an expert on the disparity between what’s grown in the region versus those products more likely to be familiar to consumers.

“A lot of New York varieties don’t travel well; they get bruised easily,” he said. That’s a gamble for big grocery stores that prefer appearance and reliability to quality and diversity. “There are many indigenous heirloom varieties of apples,” David continued, “but they don’t look good, and people get freaked out by odd, ugly, bumpy things.”

Continuing on, I found myself at Red Jacket Orchards’ booth, which was overflowing with apples—some strange looking, others perfectly round and shiny. Lauren, a grower, gave me a great example of a lesser-known local variety: the long misunderstood 20 oz. Pippin. “This is one of the oldest varieties of apples, and we grow them, but not many people know about them,” she said. “It’s called the ugly apple, and because of that people think they don’t taste good.” Indeed, the Pippin is huge and has bumpy green skin. The texture is odd looking, but the taste is delicious. “People buy other apples because they are prettier,” Lauren added, “but these are really sweet.”

Lauren mentioned that some of the pear varieties grown in this area, like Yali and Seckel, are much sweeter than the typical Bosc pear, but few consumers have heard of them. “The Bosc pear will stay hard and sweet” she said, “so it’s easier to sell in stores. You find it everywhere, but it has no special qualities.”

Some lesser-known varieties are becoming more familiar thanks to the growing number of farmers markets and the farmers’ efforts to educate consumers. “We spent a lot of time doing sampling, and talking to people about different varieties in our catalog,” said Zaid of Norwich Meadows Farm. “Many varieties are unknown because they are not staples. Unless you go into a really high end restaurant or an ethnic restaurant you’re not going to run into a lot of the things we grow.” When I asked what grows well in the region, he pointed to his own purple and orange cauliflower and said, “there’s some stuff you don’t see everyday. But they grow well, and they’re good for you. In a few years you probably will see them in stores, but they’ll be a specialty item.”

Zaid also grows fingerlings, a lesser-known type of potato. “They’re becoming more popular—in a few years everyone will be growing them.” The same trend, he said, is happening with heirloom tomatoes. At one time difficult to find, local varieties are now showing up occasionally on restaurant menus and supermarket shelves. Zaid recognizes that once the varieties become too popular he won’t be able to afford to grow them. “Large producers can grow a lot, but theirs won’t taste as good. Mine taste better, but people don’t care.” I asked if that meant we should take sparing interest in lesser-known varieties, if just to preserve their growing integrity. Zaid didn’t think so. “Farmers markets are becoming much more popular,” he said. “Before people didn’t care, but now they’re changing, and that is a good thing.”
Local Food Comes to Columbia Dining Halls
By Sarah Shanahan

A small group of students from the Columbia University (CU) community organized last fall and formed the Columbia Food Sustainability Project (CFSP), to bring local foods and dormitory dining services together. Through meetings with CU Dining Services and many outside organizations, CFSP was able to add local apples and milk to dining hall fare last spring. Currently, they are responsible for the seasonal greens and potatoes that are available. With the support and expertise of outside organizations, CFSP found the right vendors to coordinate with Dining Services’ needs.

CFSP’s first success was bringing local apples from Red Jacket Orchards of Geneva, NY, to John Jay, the freshman dining hall. Apples seemed like the obvious and appropriate starting place since they are New York’s official state fruit, and New York is the second largest apple producer in the United States. Milk from Tuscan Dairy of Union City, NJ, was introduced shortly after.

Two Harvest Dinners were held in John Jay since last spring to highlight the changes that were made, educate students on the local food movement, and allow diners to taste dishes prepared with locally grown foods. The responses were overwhelmingly positive and helped show Dining Services that there is a campus-wide interest in sustainable dining practices.

Although there has been a tremendous amount of interest and support from Dining Services, there have also been barriers. Budget limitations determine the amount of food that can be purchased locally, so Dining Services cannot become entirely dependant on local producers for their food. It is unlikely that changes will be made to current recipes to accommodate new food selections, and it has been a challenge finding vendors who can reliably and consistently provide the variety and quantity of food needed at an affordable cost and in a single delivery.

CFSP is interested in introducing more local food at John Jay including eggs, tofu, and root vegetables. Their focus has also expanded to introducing local foods in other retail food outlets on campus. These outlets produce smaller quantities of food and therefore may be more flexible with their menus and purchasing, making them ideal targets for a change to more local items.

It is easier to get local food through Columbia’s Dining Services, because it is run independently, whereas Teachers College and Barnard out-source their dining services. Barnard Earth, a student group with similar goals as CFSP, is now facing difficulties for this reason. One way to ensure local food use with an outside food provider is to have a specific statement to this effect in the contract between the purchaser and the institution.

The movement towards local food at dining halls and kiosks in Columbia and Barnard presents a great opportunity for students at Teachers College to join the initiative and work together toward similar goals. Currently, there is no such student group active at Teachers College. Those interested in learning more about CFSP and Barnard Earth may e-mail Sarah Shanahan at sks2112@columbia.edu.

CFSP was the brainchild of an undergraduate student, Ingrid Haeckel (Columbia College, 2006), who is also responsible for helping to successfully start an on-campus Community Supported Agriculture (CSA) co-op.
Student Profile: Jill Pakulski
By Rachel Blumenthal

Trying to catch up with Jill Pakulski is no easy task. Not only are you being squeezed-in between training for a marathon in Greece, completing the dietetic internship, dressing up as characters at private birthday parties for kids, freelancing as a production assistant for films and working at Radio Disney, you might get to hear her talk about her one woman show, “Jill in the Box”, the off-off Broadway production she was featured in last summer, or the two cats she’s rescued from city streets. Always on the go, it’s not difficult to believe that striking a balance between nutrition and entertainment is hard for this busy Teachers College student.

Jill grew up in the town of Natrona Heights, a small suburb of Pittsburgh, Pennsylvania. She’s been extremely active since high school, where she was the captain of the cross country and track teams, the lead of the school musical and class valedictorian. She began college at Pennsylvania State University majoring in pre-medicine, but quickly changed directions after realizing that medical school would not help her fulfill her desire to communicate health through entertainment. She felt that nutrition could fulfill her interests in politics, sociology, biology and psychology.

After graduating with a BS in Nutritional Sciences, a minor in Theatre, and honors in Journalism, she enrolled at Teachers College, where she believed her ideas to use mass media and entertainment as health education tools would be supported and encouraged. She appreciates TC’s well known reputation for pioneering movements in education, as well as its location in NYC—an obvious plus for her as a performer and arts lover. Jill is currently in the Nutrition and Education program and the dietetic internship program. She expects to graduate in May 2007.

Jill believes that while the world is her stage, nutrition is her platform. She feels empowered by majoring in the health field, and intrigued by the way Americans learn to understand health based on media. Particularly interested in the way media affect children, she wants to create mainstream, interactive media that teach love for the body and promote the message that health is cool. In the future, she hopes to develop a television program for children called “Jumping Jacks with Jill” that teaches health through entertainment. Her passion for nutrition shines through in all her endeavors and she believes it is part of her soul.

In between running from rehearsals to class, and meetings to auditions, Jill enjoys exploring the city through off-beaten paths, obstacle courses, and by attending clothing swaps and dress-up parties. She is the lead singer/songwriter/pianist for a band called Sunset West, and just returned from a tour of the East Coast in August. You can contact Jill at jpak@nyc.rr.com. 

Have you seen The Grapevine Online yet?
Check it out at www.tc.columbia.edu/grapevine today!
Book Club Review:
Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket
By Maggie Moon

On Friday, November 11th, 2005, the fall book club event was held at Dr. Pam Koch’s beautiful, recently remodeled home. Seemingly designed just for the evening’s theme, the spacious kitchen area featured counters made from recycled NY glass and was full of local food and wine. It was the perfect environment to host a discussion on Brian Halweil’s Eat Here, a small book with big ideas that makes a persuasive argument for eating locally.

Brian Halweil was the special guest of the evening, and he, along with students, faculty, and some significant others, started the evening by enjoying local wines from Vintage NY, a wine store specializing in NY wines. The rest of the menu included contributions from Professors Pam Koch and Randi Wolf such as roasted rainbow cabbage, butternut squash and apple soup, and sautéed fall greens, to name a few. Many guests brought local wine to share, and one student, Haruko Oyama came bearing butternut squash cupcakes. (Note: The recipes from Pam and Randi’s kitchens can be found on page 18.)

After a satisfying dinner, the group retired to the living room for discussion. Questions ranged from picking Mr. Halweil’s brain about his writing process to asking where eating locally fits into the nutrition professions. The answer to the first inquiry was that it’s not as hard as it may seem. Mr. Hailweil used a lot of preexisting material and research, and some chapters are extended versions of previously published articles. Thematic chapters make Eat Here a quick and interesting read in which each chapter can stand alone like its own short story. As for the second question, the answer is up to us as nutritionists to determine.

Overall, it was a very special evening. The discussion was thoughtful, the turnout was fantastic, and the food was delicious, healthful, and, of course, local.

Thanks to Pam Koch for inviting the Book Club into her home, as well as for being an important part of the planning process and spending the day cooking for 20+ guests. Credit goes to Randi Wolf for creating and maintaining an informal event outside the classroom where we can learn and get to know each other better. And a special thanks goes to Professor Emeritus Joan Gussow who recommended the book and put us in touch with author Brian Halweil.

Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket
www.worldwatch.org

Vintage NY: 2492 Broadway @ 93rd St.
www.vintagenewyork.com

Get Ready for the Spring Book Club!

The next book club event is scheduled for spring 2006, and we’re looking for a great book. Please send your book recommendations to Maggie Moon at mm2630@columbia.edu.
Becoming a Master Composter
By Pamela Koch

The Teachers College Program in Nutrition hosted a Master Composter class facilitated by the Lower East Side Ecology Center during October and November. The ten participants ranged from Columbia undergraduates in the Sustainable Food Club to long time urban gardeners. Composting is one of my passions, and an important piece of eating locally and living an environmentally sustainable life. I really enjoyed reading Eat Here for the book club at the same time as taking the compost class. That said, I was inspired to write a poem:

Compost Here: Reclaiming the Nutrients in Food Scraps from Global Landfills

Brian Halweil wrote a book about eating locally called, Eat Here;
So, as you are supporting local farmers, compost those food scraps some place near.

If you want generations to come to have food;
Not composting is really rude!

Complete compost makes a soil amendment where new food can be grown;
But, when we throw away food scraps, they get land-filled, burned or even flown.

If I peel a carrot in Manhattan and put those peels in a garbage can;
It might travel as far as South Carolina to sit in a landfill made by modern man.

Composting is easy, there are many ways to do it.
You can make a pile, get a stackable bin or an indoor compost kit.

The New York City Botanical Gardens deserve to be in this poem for a bit.
They have compost displays that even include a bench to sit.

The Lower East Side Ecology Center collects food scrapes at Union Square;
Allowing all those city dweller compost collectors to keep their freezers bare.

Now, if you’re composting inside get some Eisenia Fetida;
And you will be making compost as fast as a cheetah.

Make sure to have the right mix of greens and browns;
To produce compost that makes smiles instead of frowns.

Now, as a master composter, I will make it my mission to work with the DOS*;
To make the organic portion of our waste stream less and less.

The food scraps created in making the meal for the book club were composted in the compost box in the EarthFriends room. If you are interested in learning more about composting, please contact me at pkoch@tc.columbia.edu

*DOS = Department of Sanitation

For more information on groups involved with composting in NYC, visit www.nyccompost.org/resources
A new trial suggests that current levels of fructose intake in the U.S. may cause gastrointestinal distress in healthy adults. This study found that up to 50% of healthy individuals may experience malabsorption in response to an oral fructose dose of 25 grams and up to 80% may malabsorb doses of 50 grams. Today’s leading juices and soft drinks typically contain between 25 g and 50 g fructose per 16-32 oz serving as high fructose corn syrup and/or fruit juices. Researchers administered oral doses of 25 g and 50 g crystalline fructose to a total of 15 white, healthy adult subjects (6 male and 9 female). Each subject endured a hydrogen breath test once every 30 min for 3 hours post ingestion; results were compared to individual baseline. A hydrogen breath test result of >20 ppm was considered indicative of malabsorption. Subjects were also asked to rate malabsorption symptoms on a scale of 0 to 3, with 3 being the most severe. The majority of subjects experienced disturbance in the form of flatus, abdominal pain, borborygmi (stomach rumbling) and/or loose stools. A direct relationship was observed between reported symptom severity and crystalline fructose dosage. Researchers concluded that the level of fructose consumption common today could be responsible for gastrointestinal complaints in otherwise healthy individuals, yet acknowledged that additional factors such as genetics, frequency and form of fructose consumption, and whether fructose is consumed alone or with other nutrients, may affect intestinal transport and absorption of this monosaccharide.


A recent study investigated amount and frequency of soy consumption in women at risk for breast cancer, along with factors that influenced soy food intake. Researchers recruited 452 women with a family history of breast cancer to complete self-reported Food Frequency Questionnaires on soy consumption. The questionnaires included over 100 isoflavone-containing foods that were either soy-based or non-soy-based, as well as an open-ended section for reports of other soy foods eaten at least once per month. Participants reported the amount, frequency and type of soy food consumed, reasons for consumption or non-consumption, and factors influencing their intake of soy foods. Information about demographic background, family history of cancer and health behaviors and diet was also collected. Based on their soy consumption, 32% of the women were classified as high consumers, whose intake was about 18 servings of soy foods per month. The most frequently reported soy foods were vegetable burgers, tofu, and soymilk. The primary reason for soy consumption as cited by consumers was health, while the non-consumers attributed their lack of soy consumption to insufficient knowledge about preparation of soy foods. No association was observed between soy consumption and smoking or breast cancer risk. Further results indicated that soy consumers were more likely to have a college education or beyond, and were more likely to obtain five or more servings of fruits and vegetables daily, as compared to non-consumers. Researchers concluded that soy food consumption may be one behavior in a pattern of behaviors comprising healthful lifestyles; further research is needed to clarify the relationship between breast cancer and soy in order to benefit women at risk.

Cultural Spotlight: Korean Cuisine
By Rachel Blumenthal

A rarity in today’s world, Korea is a country that has been able to modernize and still manages to maintain much of its traditional food and cooking methods. As a result, while similar countries are dealing with the switch from being afflicted by infectious diseases to non-communicable ones, Korea has largely managed to escape this trend. Korean food is relatively healthy and well-balanced, moderate in calories and low in fat, and Koreans are reaping the benefits with a relatively low rate of obesity compared with Asians from other countries.1

Like most traditional Asian cuisine, Korean food is based on the staple starch of rice. Rice noodles (sal-gookssoo) and bean curd (duboo) are common starch substitutes or additions, and the rice is often accentuated by a wide variety of meats and fishes, along with wild greens and vegetables. Overall, foods tend to be spicier than other Asian food, because of the use of the chili pepper. Other flavors used in cooking include sesame, ginger, soy sauce, bean paste, garlic, mustard and vinegar. While Korean food typically consists of less seafood than Japanese food and less oil than used in Chinese cooking, it uses similar methods of preparing food to those in China and Japan.

Most distinctive about Korean cuisine is its way of pickling vegetables. Pickled vegetables in Korean is called kimchi. It refers to pickled vegetables, and the name can be modified further to reflect the preparation and vegetable used. While not so common anymore, the type of kimchi used to be seasonal. Kimchi is often served every day, at all meals. The process of pickling takes 12-14 hours, but it can be days before the desired taste is reached, which again ranges depending on the type of vegetable used. Almost all available vegetables can be pickled but the most common in Korea are cabbage, turnip, and cucumber.

While kimchi is the most popular food in Korea, it’s the Korean habit of preparing meat as barbecue (bulgogi) that has spread the most around the world. The meat, usually beef or pork, is marinated in a sauce made from soy sauce, garlic, sugar, sesame oil, and other seasonings, and cooked over a fire in front of the table.

Koreans pay particular attention to the arrangement of food on the plates and the dishes on the table. All dishes (except rice and (Continued on page 11)

Restaurant Review: Korean Temple Cuisine
By Maggie Moon

Like most things in the east village, Temple is like a charming nook-awayslot place. If necessity is the mother of invention, the tight quarters at this shoe-box sized restaurant has inspired some amazing design. The space feels far from cramped with high ceilings, mirrors, and a floor-to-ceiling glass store front. Korean art graces one wall, and on the opposite, fresh flowers, romantic candles, and delicate mirrored-streamers are draped under low lights. You’ll feel right at home in this urban-chic establishment where you sit right next to fellow diners, which, rather than interrupt the ambiance, promotes the sense of sharing a meal with friends. Temple can be appropriate for romantic dinners or casual dinner with friends. Good food at good prices means that, either way, the fare is good.

To start, my dinner companion and I shared the vegetable dumplings (what are known as mahn-doo) for $5. Delicate skin covered a juicy vegetable filling that was complemented by a home made sauce, which had elements of kimchi.

For the entree, my curiosity drove me to order the miso-glazed salmon. Described as broiled salmon atop stir fried asian greens, this moist and tender salmon steak was sitting atop a mesclun salad, and buried under an assortment of lightly cooked al dente vegetables, priced at $14. My Korean mother enjoys preparing salmon, but other than that indeterminate connection to authenticity, I didn’t taste much in this dish that was quintessentially Korean.

My dinner companion ordered a more traditional Korean dish, bulgogi. This was a thinly sliced tender prime beef marinated Korean style, served on a sizzling plate with green leaf lettuce wraps and miso sauce, accompanied by white rice, for $14. For those unfamiliar with Korean marinade, though exact concoctions may vary, it always involves soy sauce and garlic.

No Korean meal can be reviewed without mention of the side dishes (in Korean they are categorically called bahn-chahn), which are akin to condiments. At Temple, they provide what they call their signature five side dishes which are artfully pre-
The findings of these tests demonstrate that even properly labeled bars require scrutiny by a trained eye to guarantee nutritionally integrity. To sell bars customized for particular niche markets, manufacturers produce nutritionally imbalanced bars, for example high-protein bars for weight lifters and Atkins dieters, and high-carb bars for hikers and bikers. While customizing a product may not be malicious in itself, the downside in the words of Health Supplement Retailer publisher Jon Benninger, a bar may have “great nutrients, but be high in fat; or have no fat but enough sodium to kill a pig.”5 A good rule of thumb for the consumer: if a bar features one special ingredient, be sure to take a closer look at the label.

Fat & Energy Bars
Perhaps the most glaring problem with today’s bars is that many contain large amounts of fat. Some varieties of the Atkins Advantage bar, for example, can pack up to ten grams of fat, up to six of which are saturated.6 Now that the low-carb fever has cooled, the health-conscious consumer will look for bars low in saturated and trans fat and high in health-promoting unsaturated fats. However, the lay consumer probably has difficulty discerning the quality of the fat in any particular bar since most labels don’t break down fat content in a clear, understandable way.

Although few manufacturers have marketed their products as low-fat, a handful have taken this route and can back up these claims in lab tests. Good examples of low-fat bars are the top-selling PowerBar and Myoplex Lite bar, both with 3.5 grams of total fat and one to 2.5 grams of saturated fat per bar. Some brands, such as various SlimFast and Clif bar varieties, note on their packaging that they are trans fat free.7

Sugar & Energy Bars
Most energy bars are loaded with fructose and dextrose. So common is the practice of adding sugar to bars that one candy industry trade magazine encourages companies who enter the energy bar market to adopt “confectionary thinking” to ensure sales success.8 Adding sugar to bars is the key to increasing sales when consumers are interested in better taste. During the low-carb craze, the key to flavor boosting was adding fat and artificial sugars, which both mean empty calories.

While the high-calorie jolt afforded by some bars may be helpful for some, it’s not ideal for most car- and desk-bound Americans. For most sedentary folks, says one nutrition consultant from Georgia State University, energy bars would be better called “calorie bars.”9 For example, the Special K breakfast bar is virtually identical in terms of nutrition to a Rice Krispy treat: low in fat, yes, but also high in sugar and nearly devoid of vitamins and minerals.10 Additionally, sugar-laden bars can cause a dramatic temporary rise in blood sugar followed by a drastic drop, which can stimulate hunger rather than satisfy it.

On the other hand, some energy bars have proven effective at controlling hunger. In a 2004 study of 108 overweight people who consumed a typical energy bar (containing 250 calories total, including 4g fiber, 14g protein, and 8g fat) following an overnight fast, participants’ hunger, stomach fullness, thirst and desire to eat were significantly below baseline for five hours after consumption. Further, an earlier study showed that the bar kept dieters satisfied for two hours longer than did a diet shake containing similar ingredients and only 30 fewer calories.11

Also good news for bar lovers, a study done on diabetics published in the Journal of the American Dietetic Association showed that energy bars containing resistant fiber can be effective as blood sugar stabilizers for some people.12 The results were similar to those seen in non-diabetics involved in earlier studies. It seems that, for diabetics and those concerned with appetite and cravings control, bars with high levels of insoluble fiber bars may be preferable. Another advantage to choosing an energy bar over sweets is that the bar’s portion of a day’s calories will usually be lower. For some junk food junkies, eating a single bar racks up 250 calories rather than the 500 or so that could accrue from snacking on a large bag of M&M’s.

Protein & Energy Bars
Another frequently occurring energy bar ingredient, soy protein isolate (found either alone or in combination with nuts and whey), is rumored to raise the risk of some cancers. But a review of current health literature shows that soy protein, even in isolate form, is unlikely to confer cancer risk, and may actually offer a number of modest cancer-fighting benefits. A meta-analysis published last spring in the Journal of the American College of Nutrition found that soy may help to reduce the risk of prostate, breast and colon cancers.13 The ADA calls the evidence behind the benefits of soy “very strong” and recommends that adults consume 25g of soy protein per day in order to help control LDL and total cholesterol.14 Thus, energy bars may serve as a tasty way to help meet this recommendation.
Movie Review: Darwin’s Nightmare
By Judith Belasco

Darwin’s Nightmare documents the intensely disturbing food web that surrounds the Nile perch fish industry in the African town of Mwanza, located on Lake Victoria in Tanzania. At the top of this food chain lies extreme poverty, prostitution, HIV, drug addiction and suspected covert weapons smuggling.

The Nile perch fish was introduced to the lake during the 1960’s in an effort to improve economic conditions in the area. The fish now threatens the survival of the world’s largest tropical lake and its surrounding communities.

Austrian director and writer Hubert Sauper uses painfully direct images to illustrate the tragic consequences of capitalization and globalization. The aseptic fish-processing factories produce filets too expensive for the famine ridden African area. Instead, 500 tons of fish are flown via large cargo planes to European and Japanese markets nearly every day. The discarded heads and other carcass scraps are left to dry outdoors in areas infested with flies and maggots; the disease-infested remains are prized by a band of hungry orphan boys who fight over a small pot of fish gruel and rice.

Everyone in the film is connected to the fish industry, some more directly than others. Men leave their villages to fish in the crocodile infested lake. Women find work as prostitutes for the local fishermen and cargo plane pilots. Children get high off fish bones that are cooked into potent glue.

Planes fly in and out of the small Mwanza airport with little security. While the planes depart carrying fish, it is unclear exactly what they may be bringing back into the country. Many of the local residents believe the planes arrive empty but as the film unfolds, it is suggested that the planes bring in weapons to be disseminated to war torn areas of Africa, such as Angola and the Congo. One Mwanza man who guards the fish industry’s offices for $1 a night astutely comments, “if the world does not want war in Africa, do not send weapons to Africa.”

The immense inequities in the global market are poignantly captured by one Russian pilot who says, "children in Angola receive weapons on Christmas Day, European children receive grapes. That's business, but I wish all children could receive grapes."

This emotionally raw and moving film relies on Sauper’s keen eye to create a heart wrenchingly close look at the suffering resulting from our massive global food market.

Theatrical release: August 3, 2005. It is no longer playing in theatres, but is available through NetFlix (www.netflix.com).

(Continued from page 9)

soup) are served family style with food placed in the middle of a low table and every diner choosing their fare. Traditionally, the number of side dishes varied from three for the lower classes to twelve for royal families. When a family hosts a party or celebration, a dozen or more dishes are often served. Table arrangements vary depending on whether a noodle dish or meat is served. Foods are supposed to be placed neatly in concentric circles or parallel linear columns and never in a disorderly fashion. The colors of the foods should alternate in a regular manner. Koreans typically use thin chopsticks, more commonly made of metal rather than wood. A spoon is used occasionally, particularly for soups.

Ordering from a Korean menu can be difficult because the names of dishes are not spelled consistently in transliteration and their descriptions are often rudimentary. In the United States, most Korean restaurants are designed primarily for Koreans; and Americans’ unfamiliarity with Korean foods has forced many westernized Korean restaurants to serve Japanese food, especially sushi, to lure more customers. However, by branching out and sampling a less familiar Asian fare, Americans may find that Korean food can be a refreshingly healthy (and delicious) option.

References
Bars offering a considerable dose of soy protein may offer small additional benefits. A study which appeared in the June 2005 edition of the Journal of the American College of Nutrition looked at the effects of commercially available meal replacements, one soy-based and one milk-based, on obese adults for 12 weeks. Those who consumed the soy-based bars lost more weight on a weekly basis, had lower serum cholesterol and LDL cholesterol, and slightly, but significantly lower serum glucose values. The principal investigator, Dr. James Anderson, summed up the results: “The bottom line is soy is healthy, and while incorporating it into weight loss may not have a more dramatic effect on your waistline than other nutrition plans, its benefits go beyond weight loss toward increasing overall health, lowering cholesterol and even slowing the development of diabetes.”

Expert Advice
Even as the list of health-enhancing ingredients in nutrition bars grows longer and more impressive, most experts still believe that this concentrated food form can’t match up to a traditional meal. Real food offers more complexity, points out Joanne Brown, a dietitian at Northwestern Memorial Hospital in Chicago. For example, the only phytochemicals in an energy bar have been added and even then, their bioavailability and functionality are dubious. If energy bars weren’t palatable and convenient, people would be more apt to swap a Clif Bar for a glass of skim milk and a banana. This “real food” snack, suggests Sally Squires of the Washington Post, offers about the same nutrition as an energy bar: 10 grams of protein, 40 grams of carbs and 185 calories.

Dr. John Pinto, who teaches Advanced Nutrition II at TC, points out another important aspect of getting nutrition from whole food sources: we don’t always want a blast of any one thing. He notes that the most promising health studies have been done on the effects of nutrients in food form, and that taking mega-doses of isolated vitamins and minerals over the long term may involve health risks that scientists do not yet fully understand.

One known danger is iron overload. Some bars contain up to 40% of the RDA for iron, which may place men, especially those genetically predisposed, at higher risk for cardiovascular disease. Furthermore, the same health-conscious crowd that consumes energy bars may also consume other fortified foods and multivitamins. Many of these nutrients, when consumed in large quantities, may take be harmful the body, and their effects may not be detected for some time.

What do successful RDs recommend for their clients on-the-go? Laura Pumillo, MA, RD, CDN, who works at Joy Bauer Nutrition in New York City and Rye Brook, NY, explains, “In general, I don’t advocate bars, but they are ideal for people-on-the-go, and who isn’t these days? I recommend those with balanced carbs, protein and fat that actually taste good. People like foods that are pre-packaged and have a long shelf life and clearly marked with a nutrition label.”

Joy Bauer, who frequently appears on The View, The Today Show, and other television programs and has authored a number of cookbooks as well as The Complete Idiot’s Guide to Total Nutrition, mainly counsels athletes and artistic performers at her private practice. Bauer says that she doesn’t recommend replacing meals with energy bars. She believes that if one really wants to work a bar into the diet, a high-quality bar meeting stringent standards is the only healthful route. Bauer’s qualifications for a nutritionally adequate bar include: 200 calories maximum, under 1.5 grams of saturated fat, zero trans fats, 12 grams of sugar or less, two or more grams of fiber, and at least 300 mg of calcium. “If you can find a bar that meets all of those qualifications, I say ‘go ahead,’ but it’s still best to eat bars only once in a while.”

As the current crop of bars demonstrates, these snacks are primarily designed to please the palate, not to fulfill daily nutritional requirements. If the decision is between skipping breakfast and having an energy bar, go ahead and eat the bar. If it’s between missing lunch or pulling a bar from your bag, again, have the bar. However, as Joy Bauer suggests, it may take a long time to concoct a bar that gives the body the same healthy, balanced dose of nutrients that, as of today, can only be found in a balanced and nutritious meal.

References

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Picks from the Vine: Energy Bars
By Chris Cooper

Nutrition Action, Consumer Reports and Consumer Lab published their own sets of energy bar ratings four to five years ago, but scores of new bars have hit the market since then. Here are some of the best choices that we could find on today’s market. When purchasing bars, it’s a good idea to check labels because nutritional values vary greatly between different flavors and varieties of the same brand. Prices also vary widely and thus we have not included a price category. Again, we must note that there is nothing like “real food.” Just like the candy bars they’re meant to mimic, energy bars are best eaten as a snack or treat, and not as a meal.

* indicates bars that are fortified with vitamins and minerals.

Bars listed in alphabetical order. The best bar in terms of nutritional value per calorie is the Kashi Go Lean, all flavors. If you have favorite bars that are tasty, affordable and nutritious, let us know by e-mailing grapevine@columbia.edu.

<table>
<thead>
<tr>
<th>Bar Name</th>
<th>Total calories</th>
<th>Total fat</th>
<th>Saturated fat</th>
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<td>6</td>
<td>1-2</td>
<td>15</td>
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<td>(Chocolate Crisp or</td>
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<td>Honey Almond)</td>
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<td>Boulder</td>
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<td>*Clif</td>
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<td>Genisoy Nature Grains</td>
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<td>0</td>
<td>11</td>
<td>41</td>
<td>3</td>
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<tr>
<td>*Kashi Go Lean</td>
<td>160</td>
<td>3-4</td>
<td>1.5 - 2</td>
<td>9</td>
<td>30-32</td>
<td>5</td>
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<tr>
<td>*Luna</td>
<td>170-180</td>
<td>4-5</td>
<td>0.5 - 3</td>
<td>10</td>
<td>26-27</td>
<td>3</td>
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<tr>
<td>*Odwalla</td>
<td>240</td>
<td>4</td>
<td>1</td>
<td>7</td>
<td>48</td>
<td>4</td>
</tr>
<tr>
<td>*Power Bar Harvest</td>
<td>240</td>
<td>4</td>
<td>1</td>
<td>7</td>
<td>45</td>
<td>4</td>
</tr>
</tbody>
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7. Squires, p. F01.
16. Eskin, p. 16.
17. Squires, p. F01.
The Grapevine is pleased to welcome the following new students to the Program in Nutrition.

**Roni Aviram** is from Tel-Aviv, Israel. She earned a bachelor of science degree in food science and nutrition from The City University of New York at Hunter College. She is currently in the Nutrition and Applied Physiology program as well as the Dietetic Internship. In the future, she hopes to work in the eating disorders field. She's proud to be part of the TC community and wishes everyone good luck. ra2211@columbia.edu

**Summer Butler, R.D.** is from Secaucus, NJ. She earned her bachelor of science degree in nutrition with a minor in health care from the Douglass College of Rutgers University. She is currently in the Community Nutrition Education program (M.Ed.) and plans to also major in Public Health and Nutrition (Ed.D.). Butler's future professional interests are: private practice, college professorship, government policy, administration and management. She holds a master of arts degree in health education and is currently working as a clinical dietitian as a diabetes consultant. slb2131@columbia.edu

**Cynthia Callear** is from Rochester, NY. She earned her bachelor of arts degree in psychology and philosophy from State University of New York at Genesee. She is currently in the Nutrition and Education program and looks forward to working as a registered dietitian.

**Hanna Chung** is from Orange County, California. She earned her bachelor of science degree in microbiology, immunology and molecular genetics from the University of California at Los Angeles. She is currently in the Nutrition and Education program and her plans are to become an R.D. and teach nutrition in a college or university setting. hsc2109@columbia.edu

**Christine Custodio** is from Stony Brook, NY. She earned bachelor of science degrees in psychology and sociology at State University of New York at Stony Brook. She is currently in the Nutrition and Education program and plans to enroll in the Dietetic Internship with future interests in counseling or teaching. mysolace5@hotmail.com

**Andrea Kapner** is from Fairport, NY. She earned her bachelor of science degree in health education from Ithaca College and is currently enrolled in the Nutrition and Education program. Her future professional interests include counseling, clinical work and working with food services in school systems. akapner@gmail.com

**Kristen Mancinelli** is from Queens, NY. She earned a bachelor of arts degree in chemistry from New York University. She is currently in the Nutrition and Public Health program. Manicelli is interested in community nutrition, food access advocacy and health and nutrition education. kmm2008@columbia.edu

**Cara Nemchek** is from Stamford, CT. She earned her bachelor of science degree in biology and society from Cornell University. She is currently in the Nutrition and Education program and enrolled in the Dietetic Internship. caranemchek@gmail.com

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Emily Bergeron Farina holds a Bachelor of Science degree in Nutritional Sciences from the University of New Hampshire. She received her Master of Science degree in Nutrition and Public Health from Teachers College in 2002, and also completed the dietetic internship program here at TC. Mrs. Farina talks to The Grapevine about her time as the founder and first editor of The Grapevine, lets us in on her current work and future goals, and offers some solid advice for current students.

**The Grapevine:** How did you come to TC and the field of nutrition?

**Emily Bergeron Farina:** I have always been drawn towards the sciences and have had a long-standing interest in my own personal health. Combining these two curiosities naturally led me to first study nutrition as a discipline. After finishing my undergraduate degree in nutritional sciences, I came to TC to gain a more applied perspective on the field of nutrition in an urban environment.

**TG:** What is your most memorable TC experience? Most memorable TC class?

**EBF:** There were three TC courses that shaped my decision to pursue studying nutritional epidemiology: 1) Analysis of current literature and research in nutrition taught by Randi Wolf, 2) Principles of epidemiology in health promotion taught by Chuck Basch and Randi Wolf, and 3) Social policy and prevention taught by John Allegrante. Taken together, these courses raised several remaining questions I had in the field of nutrition, as well as an introduction to addressing those questions through research and policy.

My experience in starting up The Grapevine under the advisement of Randi Wolf was also a formidable one; it gave me an opportunity to link the science of nutrition with policy and the public.

**TG:** Where do you currently work? What is your job title? Job responsibilities?

**EBF:** I currently work at the Friedman School of Nutrition Science and Policy at Tufts University, Boston, MA. My title is Doctoral Student in Nutritional Epidemiology and Graduate Research Assistant in the Dietary Assessment and Epidemiology Research Program. I am also a freelance science and health writer.

The responsibilities of a doctoral student and research assistant are vast and varied. Some activities of the “job” include grant writing, recruiting study participants, administering data collection interviews, performing quality assurance/quality control evaluations of interviews, revising data collection questionnaires, and performing statistical analyses on data. Primarily, however, a doctoral student in nutritional epidemiology is charged with training to become a research scientist capable of effectively designing, implementing, and analyzing nutrition-related epidemiologic studies. As a freelance writer I have reported on many current newsworthy topics in health and nutrition for publications such as Popular Science magazine and Environmental Nutrition Newsletter, and have also performed writing services as a ghost-writer.

**TG:** What do you like most/least about your work?

**EBF:** What I like the most about research is continuously being on the forefront of new information. Every question you are able to answer through research raises more questions and forms the basis of new hypotheses. I also like that epidemiological research can provide the necessary evidence (or lack of evidence) to support or refute public health policies. Aside from research, I enjoy keeping a hand in science and health writing because it is a unique creative outlet for me that is not that often associated with science.

**TG:** What are your future career goals?

**EBF:** My immediate goals are to complete my dissertation on the relationship between dietary fat intake and osteoporosis. Following the completion of my degree, I plan to pursue a career as a research scientist to advance the understanding of relevant issues in the field of nutrition through epidemiological investigations.
TG: What are your other professional responsibilities?

EBF: While completing my coursework at Tufts, I served as the Editor of BALANCE, a monthly health and nutrition section published in the Tufts Daily newspaper. I have also given talks on nutrition-related topics to various health-focused groups affiliated with Tufts University as a service to the profession.

TG: What other jobs have you held besides your current position?

EBF: Prior to beginning my doctoral studies, I worked as a Research Coordinator and Nutritionist at the Clinical Pharmacology Program in the National Institutes of Health-funded Obesity Research Center at St. Luke’s - Roosevelt Hospital, New York, NY. I’ve also worked as an Editorial Assistant for Obesity Research, the Journal of the North American Association for the Study of Obesity (NAASO); a Financial Analyst Assistant in the Administrative Information Services at Columbia University; and as a Teacher in the Earth Friends program at TC, in addition to freelance writing jobs.

TG: What do you like to do in your free time?

EBF: In my free time I love to let my competitive side run wild by hiking, mountain-biking, skiing, and weight lifting with my self-proclaimed “adrenaline junkie” husband, Andrew. It’s a nice contrast to the structured nature of academia.

TG: What advice or words of wisdom can you offer TC students?

EBF: My advice to TC students is to follow the path that works for you. There are so many areas to work in within the field of nutrition—pick the path that excites you the most!

TG: Anything else you would like to share about yourself?

EBF: In July of this year, after two lengthy years of long distance dating and four deployments to Afghanistan and Iraq, I married Captain Andrew Farina who currently serves as an officer in the U.S. Army Special Operations 75th Ranger Regiment, 2nd Battalion.

Emily Bergeron Farina can be contacted at emily.bergeron@tufts.edu.

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A Call for Canned Food Donations

Donations are needed to help with the City Harvest Food Drive. City Harvest is a program to end hunger in communities throughout New York City through food rescue, distribution and education. Last year it was a huge success: we donated over 40 large boxes of canned foods – mostly canned fruit, vegetables, and beans to City Harvest.

This year the food drive will take place from December 6th — 20th. Look for the donation box in the Main Hall Lobby.

Please e-mail any questions regarding the City Harvest Food Drive at TC to Randi Wolf at wolf@exchange.tc.columbia.edu
On the Internship Front

By Christina Riley

The summer was busy on the internship front with both foodservice and independent rotations being completed by dietetic internship students. I chose to work at a Flik school site for my food service rotation. Flik is a company that manages food service in a variety of settings, including corporate cafeterias and private schools. My assigned school, Fieldston School in Riverdale, had a very health conscious administration and parent committee who demanded nutritious food in the cafeteria. While this was a nice aspect of the site, it didn’t affect my roles and responsibilities as a food service intern. I found most of the work was done behind the scenes to plan and prepare food that is efficient, safe to eat, and appropriate and appealing to the population being served. Therefore, I had to take myself out of the role of assessing the health attributes of the foods and blend my knowledge and skills in food, cooking and management.

The food service rotation allows the opportunity to serve in many management roles. Throughout the rotation, I helped to ensure appropriate temperatures on the hot line and salad bar, observed inventory and ordering procedures, and assisted in planning and overseeing catering events. Additionally, I was involved in employee education by developing English and Spanish posters about safe food handling and delivering a session about personal health and wellness to all of the employees. I also developed a themed meal for the site which was fun for the foodservice staff, the students and me. My meal was Caribbean-themed and the menu included Jamaican jerk chicken, coconut rice and peas, roasted okra, spicy black bean soup, and sweet pepper and mango salad. I marketed the special event in the school beforehand and was responsible for overseeing production and service for that meal. Although foodservice management stretches beyond what is traditionally taught in nutrition classes, this rotation was both educational and fun.

During the second part of the summer, the internship class did a five-week rotation at a site of our choice. My career interests lie in educating youth and adolescents, so I chose to work with the LiFE program. LiFE (Linking Food and the Environment) is a food and nutrition curriculum being developed by a team at Teachers College, including Dr. Isobel Contento and Dr. Pamela Koch. During this rotation, I worked on curriculum development for the new Choice, Control, and Change component. Each member of the team was responsible for developing a set of lessons for the twenty-five lesson curriculum. Each week the team would meet to review and discuss changes in the lessons that had been developed. I was responsible for a unit called the Science of Food Choice. It included lessons that focused on taste, health components, and convenience factors and how each of these influences our decisions to eat certain foods. The last lesson in the unit focused on using the information the students had learned to identify their roadblocks to making healthy food choices and assisted them in developing their own solutions.

My independent experience was very timely as this curriculum was piloted in the partner schools just weeks after my rotation ended. I really enjoyed being a member of this team and learning about the best ways to reach out to youth and motivate them to make changes.

Congratulations to Rosanna Campitiello, Elise Chassen, Rachel Fassler, Nisha Melvani, Sari Schlussel-Leeds, Elizabeth Staum and Sotiria Tzakas, the newest Registered Dietitians at Teachers College!
The tenth annual Botanical Medicine in Modern Clinical Practice conference took place at Columbia University Medical Center from June 6-9, 2005. A wide range of participants, including physicians, dietitians, pharmacists and herbalists, gathered to analyze the current knowledge within the field of western botanical medicine.

The use of botanicals has increased dramatically over the past ten years. It is now essential for health-care providers to attain the skills necessary to appropriately assist their patients who choose to take botanical supplements.

During the conference, Dr. Andrew Weil, the well-known author of 8 Weeks to Optimum Health and Spontaneous Healing, lectured on topics including herbs for cardiovascular health, diabetes and gastrointestinal function, the value of functional foods, and herbal tonics and mushrooms. Dr. Weil is the director of the Program in Integrative Medicine at the University of Arizona, a co-sponsor of the conference. Other experts in different fields reviewed recent clinical research, issues of safety and toxicity, herb-drug interactions, and other professional considerations. The medicinal value of whole foods such as garlic, blueberries, cranberries and soy were also evaluated.

Experiential learning was incorporated through enjoyable activities. For example, after a lecture on tea and its effects on cardiovascular disease, cholesterol, cancer, and kidney stones, there was a tea tasting of green, white, black, and oolong varieties. Different processing techniques differentiate the teas and alter both the taste and the potential antioxidant benefits. The participants were also treated to a chocolate tasting following a lecture that reviewed the latest research connecting cocoa’s high flavonoid content with anti-oxidant, anti-lipidemic, anti-hypertensive, and anti-thrombotic properties. Dark chocolate beverages were prepared in ways thought to be similar to ancient meso-american traditional uses. The beverages used minimally processed cocoa and were bitter, spicy, and rich in flavonoids. Appropriate personal experimentation allows a practitioner to provide more nuanced information to clients.

Western medicine’s study of botanicals is still in its infancy. Not only is it important to learn from the many traditional herbal practices that are less mainstream in the U.S. before they disappear, but it is also important to keep up with current research in the field of alternative medicines in order to best help our clients. Dr. Pamela Rothpletz-Puglia, Ed.D., R.D, and TC Diet Therapy instructor, recommends making a professional contact with a reputable herbalist to lean on as a resource in this field. As individuals continue to seek health benefits from the plant kingdom, health-care professionals need to continue to research the power of nature to heal.

References
There will be an ADA Public Policy Workshop at the Capital Hilton in Washington, D.C. from March 14 – 16, 2006. This meeting will provide attendees with the opportunity to visit Capital Hill and discuss ADA’s priority issues with their senators and representatives. Also on the agenda are presentations by members of Congress serving on key committees with jurisdiction over ADA’s issues, representatives from federal agencies with responsibilities to implement nutrition programs and other highly qualified speakers on the subjects of nutrition and grassroots lobbying. All ADA members are encouraged to attend. For more information, please check ADA’s web site at www.eatright.org.

The American Council for Fitness and Nutrition (ACFN) and the American Dietetic Association Foundation (ADAF) announced at the annual ADA meeting that they have partnered to form a new obesity initiative focusing on African-American and Hispanic children. ACFN and ADAF will conduct a detailed analysis of existing data to assess the need and greatest opportunities for impact. Based on that analysis, the organizations will develop two separate authoritative guides for African-American and Hispanic community leaders on how to build and expand programs designed to help families adopt and maintain healthier lifestyles. ACFN also is distributing toolkits for community leaders, available online at http://www.acfn.org/b1/.

The Society for Nutrition Education will be holding their 39th Annual Conference on July 15 -18, 2006 in San Francisco, California. The theme of the conference is “Global Issues, Local Impact”. Abstracts are invited for poster presentations in any area of nutrition education, including those that incorporate the conference theme. Instructions for the 2006 Conference poster presentation abstracts are available online at www.sne.org/conference/call4abstracts.htm. Completed abstracts are due by January 18, 2006, however, late-breaking abstract submissions will be accepted from late January to March 1, 2005. For more information about the conference, visit http://www.sne.org/conference/general.htm.

A new web site, called PEERtrainer, has been introduced that helps encourages people to achieve their diet and fitness goals. The site features a shared, virtual environment where people can monitor and encourage one another. Participants are organized into groups of four and can take advantage of the diet and exercise logs, calorie counter, recipes and tips on the site. They can also read and write postings on the message boards in the “lounge” section of the site. The site is free of charge and available at www.peertrainer.com.

The Search Is On!
The Grapevine is seeking a new editor to start Spring 2006. This is an excellent opportunity to gain experience in editing, writing and publishing, working with students and faculty, and staying current in the field of nutrition. It is a part-time position in exchange for credit reimbursement. For more information, contact Rachel or Maggie at grapevine@columbia.edu.
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Sara van Saanen is from San Diego, CA. She studied nutrition as an undergraduate at New York University’s Steinhardt School of Education. She is in the Nutrition and Applied Physiology program and plans to earn her RD then go in to private practice. She’d like to work with a wide range of clients in a gym setting where she can offer both dietetic services and fitness training. Her interests are in sports, pediatrics and prenatal nutrition/fitness. She also has a special interest in tackling physical health related issues in Native American communities. She’s been a personal trainer for the past five years, is ACE certified and hold an AA as a Fitness Specialist from San Diego City College. She plans to earn an NSCA certification this summer and an ACSM certification when she graduates. smv2106@columbia.edu

Alison Wechsler is from New York, NY. She holds a bachelor of arts degree in biology from Pomona College, and is currently in the Nutrition Education program. In the future, Alison hopes to work with parents and kids, educating people about whole foods, healthy eating and local foods. awechsler@gmail.com

Mimi Wu is from Charlotte, NC. She holds a bachelor of science degree in neuroscience and behavioral biology from Emory University, and is currently in the Nutrition and Public Health program. Mimi's future plans include nutritional counseling, food policy and public health policy. mimiwu@gmail.com

The Grapevine wasn’t able to catch up with these new students, but would like to send them a warm welcome:

- Ting Chang
- Brooke Cherko
- Elaine Chuang
- Leigh Cursio (entered spring ‘05)
- Leora Davis
- Marguerita DeSanna
- Lauren Geller (entered spring ‘05)
- Chun Keong Ho
- Elizabeth Pope
- Palma Volino

Announcements

- Sunida Infahsaeng passed the RD exam in August and is currently working at New York Presbyterian Hospital Paybe Whitney Westchester Division in White Plains as a Clinical Dietitian. She is in charge of the schizophrenia unit, Womens' Program and The Haven.

- Maria K. Petrillo, RD, LDN will be starting a new job at the corporate headquarters (Horsham, PA) of LA Weight Loss. She will be giving nutrition support (via phone) to the sales consultants in the centers worldwide as well as developing their education materials.

- Congratulations to Amber Corbino in the APN program who became engaged in September to David Weiss.

- Welcome to baby Samantha, who was born to faculty member Stephanie DiFiglia-Peck in November.

- Jill Pakulski in the Nutrition and Education program independently released her debut CD, Hope on the Horizon, with her band Sunset West in August.
Want To Write For The Grapevine?

The search continues for student writers to contribute:

**Feature Articles**- Keep our program up-to-date by writing about a food, health, or nutrition related issue.

**Hot Topic**– Inform your colleagues of a controversial issue being discussed by the press.

**Journal Watch**– Give a comprehensive review of recent professional articles important to the field of nutrition.

**On the Internship Front**– Key fellow students in on the happenings and accomplishments of the dietetic internship class.

**Restaurant Review**– Think you can eat healthfully on a student budget at a Manhattan restaurant for dinner? Take along some friends to review a restaurant of your choice and tell us about it. Your challenge is to dine on $25.00 or less per person (drinks and tip included). In addition to cost, be sure to describe the healthfulness of the meal, décor, and service!

**Seasonal Recipe Corner**– We want to hear what interesting dishes you can make with seasonal foods.

We are already starting to work on our next issue. Share your ideas with us and be sure to include the following:
Recipes

These recipes were prepared using local ingredients straight from Randi and Pam’s kitchens. If you want to know more about them, just ask around: they were tasted and approved by at least 15 students in our program during the Fall Book Club event.

Butternut Squash and Apple Soup

**Ingredients**
- 5 pounds butternut squash (2 large)
- 2 tablespoons good olive oil
- 4 cups chopped yellow onions (3 large)
- 2 tablespoons mild curry powder
- 1.5 pounds of sweet apples (MacIntosh) (4 apples)
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups apple cider or juice
- 2 cups (or more) of water

**Instructions:**
1. Warm butter and oil in large stockpot over low heat. Add onions and curry powder and cook uncovered 15-20 minutes until onions tender.
2. Peel squash and cut into chunks. Peel apples and cut into chunks. Add squash, apples, salt, pepper and 2 cups of water to the pot. Bring to a boil, then cover, reduce heat to low, and cook for ~40 minutes until squash and apples are very soft.
3. Puree in a food processor or blender. Pour soup back into the pot. Add apple cider and enough water to make it the consistency you like. Serve hot!

Roasted Rainbow Cabbage

**Ingredients**
- 1/4 purple cabbage*, coarsely chopped
- 1/4 white cabbage, coarsely chopped
- 1 onion, chopped

**Sauce**
- 1 tablespoon olive oil
- 3 tablespoons balsamic vinegar
- 1 teaspoon cumin
- salt and pepper to taste

**Instructions**
1. Place the chopped cabbage and onion in a casserole dish.
2. In a small bowl, mix all of the sauce ingredients. Pour the sauce over the cabbage.
3. Bake at 350°F, for 45 to 60 minutes, until the cabbage is soft.

Note: If you only have one cabbage, the recipe works fine with only white or only purple cabbage.
Tofu with Peanut Sauce

Ingredients
1 package local tofu cut into half inch cubes
olive oil for sautéing

Sauce
1/4 cup peanut butter
2 tablespoons soy sauce
1 teaspoon honey
1 teaspoon garlic power, or 1 clove garlic smashed
1 teaspoon lemon juice
1/4 cup water or apple cider

Instructions
1. Mix all sauce ingredients well and set aside.
2. In a large frying pan, sauté tofu until just golden brown.
3. Add the peanut sauce, stir for 1 minute and turn off heat.

Note from Randi & Maggie: Pam made it look easy, but be sure to keep an eye on it to prevent scorching once the sauce is added.

Sweet and Savory Potatoes

Ingredients
5 medium sweet potatoes, cut into 1/2-inch cubes
2 apples, cut into 1-inch cubes
1/2 cup raisins

Sauce
1/3 cup honey
1 teaspoon cinnamon
1/4 teaspoon vanilla
1 teaspoon chile powder

Instructions
1. Place the chopped sweet potatoes, apples and raisins in a casserole dish.
2. In a small bowl, mix all the sauce ingredients.
3. Pour the sauce over the sweet potato mixture.
4. Bake at 350°F, for 45 to 60 minutes, until the sweet potatoes are soft.