On April 23, Robert Post, PhD, gave a talk at Teachers College. Formerly at the USDA, he helped to oversee the 2015 Dietary Guidelines Advisory Committee. He spoke about how through the years, the different committees’ recommendations have detailed what Americans should be eating based on food availability and research. He noted that Americans may be confused as to how experts could recommend eating large quantities of butter in the early twentieth century, yet now suggest limiting red meat, but not worry about cholesterol intake (recent research shows that dietary cholesterol has little effect on most people’s blood cholesterol levels).

The Dietary Guidelines are meant to reflect the current status of accessible foods and address the population’s specific overall dietary needs. In the early part of the 20th century, people were calorie malnourished. Supplementing the diet with more butter, one of the few readily available sources of dense calories, was a good

continued on pg. 4
Dear Students, Faculty, Alumni, and Staff,

What a wonderful two years I have had as editor of The Grapevine. In the past two years, I started a Facebook page for the newsletter and archived pdf copies of the issue on the Program in Nutrition website. It has been a real pleasure getting to know many of the writers through The Grapevine.

This is my last issue as editor, as I will be graduating from the dietetic internship at the end of July. Starting this fall, I will be co-editor of the Greater New York Dietetic Association’s newsletter, The Greater New Yorker. I look forward to continuing my editing experience there.

I would like to officially pass the baton to the new Grapevine editor, Julie O’Shea. Welcome!

Thanks to all of the students who volunteered to write. Each summer, we catch up with some of the Program in Nutrition alumni. We love hearing about the career paths that students take after graduate school. Our alumni spotlight this issue features Pamela R. Cole, who is currently an active duty dietitian in the US Navy!

The Grapevine is written by the students in the Teachers College Program in Nutrition. Stay tuned for an announcement from Julie in the TC Nutrition News Blast regarding submissions for the fall 2015 issue.

And don’t forget to “like us” on Facebook at

Facebook.com/TheGrapevineTeachersCollege

Special thanks to students Ian Ang and Julie O’Shea, who help find exciting stories to post on our Facebook page.

Enjoy the issue!

Stephanie Lang, MS
Editor–In-Chief
Nutrition Education
Fresh off the Vine: Events & Announcements

• The Health Nuts Events Committee would like to give a big welcome to the two newest members: Isabelle Carren-LeSauter and Bianca Passos. We are excited to have their expertise in planning fun events for students in the Program in Nutrition!

• Congratulations to students Carrie Russo and Tyffanie Ammeter on receiving the Patsyjane O’Malley Memorial Scholarship by the Academy of Nutrition and Dietetics for the 2015-2016 year.

• On behalf of The Grapevine, we send our congratulations to the May 2015 graduating class, and we wish all of the Dietetic Interns starting in the fall a fruitful and fulfilling internship experience.

U.S. is Cool on WTO Rule
By Gioacchino Taliercio, MS

The World Trade Organization (WTO) ruled that a United States country-of-origin labeling (COOL) law unfairly discriminates against meat imports and gives the advantage to domestic meat products. The WTO ruling allows Canada and Mexico to impose yet-to-be-determined retaliatory sanctions on U.S. exports if the labeling requirements remained in place. In a recent vote, the U.S. House of Representatives reacted quickly by voting to repeal COOL. It is now up to the Senate and President Obama to determine the law’s fate.

Background: According to the USDA, “Country of Origin Labeling (COOL) is a law that requires retailers, such as full-line grocery stores, supermarkets, and club warehouse stores, notify their customers with information regarding the source of certain foods.” The latest version, put into effect in 2013, requires meat sold in grocery stores to indicate the country, or countries, where the animal originated.

Keeps Food Safe: In my opinion, COOL is a key component of a comprehensive national policy on food safety. The updated law includes protective provisions such as eliminating the allowance for commingling of meat muscle cut covered commodities of different origins and specifies the definition for “retailer” to include any person subject to be licensed as a retailer under the Perishable Agricultural Commodities Act (PACA). Among other benefits, the rule results in labels that provide more specific information as to the place of birth, raising, and slaughter of the animal from which the meat is derived.

Dilemma: Possibility of retaliatory sanctions vs. consumer’s right to know. The House Agriculture Committee Chairman was recently quoted saying that, “$3 billion in retaliatory sanctions against U.S. exports would... would hurt nearly every sector of the U.S. economy.” Organizations representing consumers say that grocery shoppers deserve to know where their meat originates. Food & Water Watch Executive Director Wenonah Hauter said, “The United States should appeal the ruling and continue to fight for sensible consumer safeguards at the supermarket.”(1)

Take Action: Contact your federal government representatives at www.usa.gov/elected-officials and let them know how you feel about COOL (see contact for NY Senators below). The Office of the U.S. Trade Representatives said that all options were being considered, including the possibility of appealing the ruling (2).

NY Senators: Gillibrand, Kirsten E. - (D - NY)  Schumer, Charles E. - (D - NY)

References:

idea then. Today, people are dealing with obesity, diabetes and cardiovascular disease. The food environment is completely different; it is filled with highly processed foods loaded with sugar, sodium, an overreliance on (saturated fat-filled) red meat, with an abundance of empty calories from refined grains.

Research indicates that many of the health problems that people are experiencing today are because of this diet and lack of physical activity. As a result, the committee noted that Americans generally need a diet with more “vegetables, fruit, whole grains, seafood, legumes, and nuts; moderate in low- and non-fat dairy products and alcohol (among adults); lower in red and processed meat... low in sugar-sweetened foods and beverages and refined grains.” (Probably not news to you, right?)

Industry has reacted most negatively to the recommendation to lower (NOT eliminate.) red meat, a change from the prior recommendations to lower saturated fat, as well as the recommendation to encourage the nation to eat more sustainably—in part by relying more on plant-based proteins.² Despite numerous studies indicating the benefits of a mostly plant-based diet lower in saturated fat, critics state that red meat provides a valuable source of nutrients like iron and zinc and accuse the committee of using misleading science. (Per Dr. Post, a bit of tension arose in the committee regarding the meat recommendation.³)

These same critics have appealed to some lawmakers claiming that the committee overstepped its directive by addressing environmental issues and sustainability at all.⁴ This is puzzling for many reasons. For instance, the record drought in the West increasingly threatens the availability of California agriculture, upon which the nation greatly relies, and ignoring the problem will not solve it; a sharp drop in California food production puts the nation’s food security at risk.

Despite the news headlines that focus on the recommendations in a self-interested piecemeal manner, perhaps the key take away message should be “Americans need a better OVERALL diet—for health—and by definition sustainability.” Decide for yourself. At least check out the executive summary (the first reference below). It is worth the read.

The official guidelines are slated to be released in Fall 2015.⁵

References:


A 2013 study published in the journal *Nutrients* found that 100 percent of children with chronic constipation were cured when put on a cow’s-milk-free diet. The study was a crossover clinical trial in which participants were first given either cow’s milk or soymilk for two weeks, followed by a 2-week “washout” period during which both cow’s milk and soymilk were eliminated from the diet, and then two weeks on the other milk (i.e., participants who started the trial on soymilk were switched to cow’s milk, and vice versa).

Participants were children aged 1 to 12 years who had been diagnosed by a pediatrician with chronic functional constipation, defined as fewer than eight bowel movements per two weeks, not remedied by medications. Excluded from the study were children with conditions known to cause constipation, such as celiac disease, cerebral palsy, or Hirschsprung’s disease, and children using medications known to cause constipation. Any children using laxatives stopped use for the duration of the trial.

When consuming soymilk, no participant experienced constipation. In addition, in the “washout” period, during which no cow’s milk or soymilk was consumed, only one participant experienced constipation, and that was following the cow’s milk portion of the trial.

Several earlier studies that looked at the relationship between cow’s milk and constipation found improvements for many participants when cow’s milk was replaced with a milk alternative. However, no studies until the Crowley et al study controlled for the background diet. Uniquely, the Crowley study controlled for the background diet by entirely eliminating cow’s milk products (e.g., butter, cheese, etc.) from participants’ diets. When all cow’s milk and cow’s milk products were eliminated, 100 percent of participants’ constipation resolved.

Constipation is a common problem in children and can last years, continuing into adulthood for one in three children. The first line of treatment is usually adding fiber and water to the diet. If that does not work, a laxative, most commonly Miralax, is prescribed. Miralax is not intended for use in children or for long-term use, though until recently it generally has been thought to be safe for children. However, it is currently being studied due to reports of serious side effects such as tremors, tics, and obsessive-compulsive behavior in children.

Last year the FDA awarded $325,000 to The Children’s Hospital of Philadelphia to study whether PEG 3350 (the active ingredient in Miralax) is linked to development of psychiatric problems in very young children.

The Crowley study is limited by its small sample size. Additional studies would need to be done using a larger sample size. These results offer the hope of a diet-based intervention for chronic constipation in children, especially for children for whom medication is ineffective, without the risk of side effects presented by medication, or other potential adverse effects from an undetected cow milk allergy or intolerance.

References:


Each summer at The Grapevine Newsletter, we dedicate our issue to the Teachers College Program in Nutrition alumni. We love hearing about all of the different career paths that our graduates have taken. Feeling inspired? Reach out and make a connection!

**Tomi Akanbi, MS, RD**, graduated with an MS in Nutrition and Public Health in 2013. Tomi is a program manager of the Hunger Prevention and Nutrition Assistance Program (HPNAP) for the United Way of New York City. takanbi@gmail.com

**Roni Aviram-Friedman, MS, PhD, RD**, graduated with an MS in Nutrition and Exercise Physiology in 2008 and a PhD in 2015. She is a post-doctorate fellow studying neurobiological modulation in obesity in Israel. Roni says to make sure that you enjoy your work. aviram.f.roni@gmail.com

**Greta Breskin, MS, RD**, graduated with an MS in Nutrition Education in 2015. She was working as a supermarket dietitian for ShopRite, but recently relocated to Chapel Hill, NC. Greta is looking to continue working in wellness and prevention or outpatient nutrition counseling. greta.breskin@gmail.com

**Marissa Burgermaster, MS, PhD**, graduated with a PhD in Behavioral Nutrition in 2015. She is a postdoctoral research fellow at Columbia University College of Physicians and Surgeons, Department of Medicine, Division of Preventive Medicine and Nutrition. Marissa designs and evaluates educational and policy interventions to improve patient outcomes and reduce health disparities in clinical nutrition. Her responsibilities include needs assessment, intervention design, evaluation planning and implementation, research dissemination, and research supervision. She is excited to remain a part of the Columbia community and looks forward to continuing to work with TC Nutrition faculty and students in her new role. mb3381@tc.columbia.edu

**Paula Cerqueira, MS, RD**, graduated with an MS in Nutrition Education in 2012. She is the director of nutrition and compliance at City Fresh Foods in Massachusetts. cerqueira.paula@gmail.com

**Vanessa Stasio Costa, MS, RD**, graduated with an MS in Nutrition Education in 2013. She is an RDN at Nutrition Energy, a private practice in Manhattan, where she counsels clients for a wide range of nutrition-related issues, such as weight management, eating disorders, sports nutrition, diabetes management, and cholesterol management. Vanessa also works as a freelance writer and she consults for a nutrition communications firm with clients from the food and beverage industry.

**Christie Custodio-Lumsden, MS, PhD, RD**, graduated with an MS in 2009 and a PhD in 2013. She is an Associate Research Scientist at Columbia University College of Dental Medicine. Christie is a member of the research faculty in the Section of Population Oral Health. She is responsible for grant writing, designing interventions, conducting nutrition and oral health research, and teaching research methods to pediatric dental residents. clc2123@cumc.columbia.edu

**Jessica DeCostole, MS, RD**, graduated with an MS in Nutrition Education in 2015. She is an outpatient dietitian at MedStar Good Samaritan Hospital in Baltimore, Maryland, where she provides diabetes self-management education to patients and medical nutritional therapy to patients with prediabetes, congestive heart disease, chronic kidney disease, GERD, obesity, and other diseases. Jessica gives lectures and talks for various parts of the hospital, including oncology and general employee health. jdecostole@gmail.com

**Lisa Fencik, MS, RD**, graduated with an MS in Nutrition and Exercise Physiology in 2011. She is an Eat Well Play Hard (EWP Health) nutritionist for the New York City Department of Health, where she teaches EWP curriculum in childcare settings by hosting food-tasting classes with 3-4-year olds and running parent workshops. Lisa also provides nutrition counseling services at the Center for Urban and Community Services. lisamariefencik@gmail.com

**Laura A. Guerra, MS**, graduated with an MS in Nutrition and Public Health in 2015. She is a doctoral candidate in Health Education at Teachers College, Columbia University. lag2177@TC.Columbia.edu

**Niharika Jaiswal, MS, RD, CDN**, graduated with an MS in Nutrition Education in 2011. She is the chief clinical dietitian at Cabrini of Westchester, where she supervises dietary staff, develops clinical nutrition policies and procedures, performs Q&As, and provides in-service training, nutrition assessment, and care plan development. Since October 2012, Niharika has also served as the Webinar Lead for the Diabetes Care and Education Webinar Committee of the Academy of Nutrition and
Alumni Notes

Dietetics (AND). She has also been a reviewer of On the Cutting Edge - Diabetes Care and Education from the AND since February 2014. rd.niharikajaiswal@gmail.com

Michelle Keh, MS, RD, graduated with an MS in Nutrition Education in 2015. She is a clinical dietitian at Alta Bates Summit Medical Center in northern California, where she provides acute inpatient clinical dietitian services and outpatient counseling. Michelle helps patients with nutrition in the hospital setting, and counsels cardiac rehab clients, bariatric surgery clients, and the general population in the outpatient setting. She also works as a wellness dietitian for UC Berkeley, providing nutrition education and counseling to the university's food service, housing, and groundskeeping staff. In addition, Michelle is a health coach for Evolution Eat, a startup that provides nutrition education and counseling to clients via an app. “There are so many nutrition-related opportunities out there, from hospital to private practice to tech companies to food service (and more) -- I’m sure you'll find a career that suits your strengths and interests!” mtk2119@tc.columbia.edu

Lauren Maddahi, MS, RD, graduated with an MS in Nutrition Education in 2014. She is a clinical bariatric dietitian at UCLA, where she educates and counsels patients before and after bariatric surgery. Lauren also develops new educational materials and gives seminars on pre- and postoperative nutrition behavior changes and skills. “Everyone out here is so impressed with my education and degree! So happy to carry the TC/Columbia name loud and proud.” maddahlRD@gmail.com

Dalia Majumdar, PhD, graduated with a PhD in 2013. She is the program director for the Diabetes Program at Sinai Urban Health Institute in Chicago, Illinois, where her responsibilities include diabetes program development, implementation, and evaluation; grant writing and management; overseeing a team of community health workers, an epidemiologist, and a research assistant; data analysis; and reporting outcomes in academic journals and to funders and stakeholders. dm2442@tc.columbia.edu

Elizabeth Micale, MS, RD, LDN, CPT, graduated with an MS in Nutrition and Exercise Physiology in 2014. She is a senior wellness coordinator at Flik Hospitality Group (Compass Group) in Massachusetts. As a food service dietitian her responsibilities include menu development, employee engagement, and wellness initiatives. elizabethmicale@gmail.com

Julia Rosenbaum, MS, RD, graduated with an MS in Nutrition Education in 2014. She is an RD at a treatment center for eating disorders. The treatment center has partial hospitalization and intensive outpatient programs. Julia works as part of a treatment team, alongside therapists and psychiatrists, and conducts individual nutrition counseling sessions with clients, leads nutrition groups, supports clients during meals, and collaborates with the in-house chef on menus, recipes, and meal service. rosenbaum.julia.e@gmail.com

Jenna Rosenfeld, MS, RD, graduated with an MS in Nutrition Education in 2013. She is a clinical dietitian at New York Presbyterian Hospital.

Catherine Staffieri, MS, RD, CDN, graduated with an MS in Nutrition Education in 2014. She is a registered dietitian/nutritionist at Greenwich Cardiology & Roundtable Nutrition LLC, where she provides outpatient nutrition counseling, focusing on cardiovascular health and weight loss. Catherine also works for Your Secret Ingredient, a nutrition consulting business in Westchester and Fairfield counties (www.yoursecretingredient.com). She enjoys developing her entrepreneurial skills as well as her counseling skills in both jobs. staffierich@gmail.com

Robyn Kotek Turetsky, MS, RD, CDN, graduated with an MS in Nutrition Education in 2012. She is a clinical dietitian at Terrance Cardinal Cooke Health Center, where her responsibilities include long-term clinical nutrition care. rkturetsky@gmail.com

Dana Youkilis, MS, RD, graduated with an MS in Nutrition Education in 2012. She works as a farm-to-preschool nutritionist at the Child Care Council of Nassau. Her job responsibilities include education, gardening, writing, cooking, and farmers’ market management.

Jacqueline Zimmerman, MS, RD, graduated with an MS in Nutrition Education in 2010. She is a nutritionist in the Division of Adolescent Medicine at NorthShore-LIJ, Cohen Children's Medical Center, where she provides outpatient counseling to adolescents with a variety of health issues, with a specialty in eating disorders. Jacqueline's patients and their families are provided with individualized nutrition counseling for the treatment of anorexia, bulimia, binge eating, and other disordered eating behaviors. She is also involved in nutrition-focused research conducted within the Division of Adolescent Medicine. jacq.zimmerman@gmail.com
We recently caught up with Teachers College Nutrition alumnus, Pamela Cole. She is a registered dietitian-nutritionist and Certified Sports Specialist Dietitian. Pamela received her Masters in Nutrition and Exercise Physiology in 2010. Read on to get a taste of her career and to snag some valuable words of wisdom.

How did you come to TC and the field of nutrition? What was your undergraduate degree in?
I was a competitive gymnast growing up so I've always been interested in the field of nutrition, especially sports nutrition. The program at TC seemed like a perfect way to achieve my goals of becoming a dietitian with a specialization in sports nutrition. My undergraduate degree was in Biochemistry.

Where do you currently work?
I am an active duty dietitian in the US Navy. I am commissioned as an officer in the Medical Service Corps and I am currently stationed at Naval Medical Center San Diego.

What is your job title? Job responsibilities? What do you like most/least about your work?
I am a division officer for the nutrition management department. I work mostly in the area of clinical nutrition where I see both outpatient and inpatients. After I return from my upcoming deployment, I will transition to work more with the fleet directly to help active duty sailors. I also assist my department head with the food service operation here at our hospital. Outside of the clinical arena I also have a variety of other military obligations.

What are your future career goals?
This fall I will be taking the CDE exam to become a Certified Diabetes Educator. While I have enjoyed my work with athletes, I am interested in working with people with diabetes in the future.

What other jobs have you held besides your current position?
After I graduated from TC I started my own business and consulted with professional and amateur athletes. Unfortunately this was not as rewarding or as lucrative as I hoped it would be. I then took a job contracting as a health and wellness dietitian with the US Air Force and that is what inspired me to serve. I joined the Navy in January 2013.

What do you like to do in your free time?
I enjoy spending time with my family, and training my two dogs as therapy dogs.

What advice or words of wisdom can you offer TC students?
My best advice is to keep your mind open to what opportunities life may throw your way. When I was a student I had a very strict vision of what my life was going to be like as a dietitian. In a tough economy I found it challenging to make my own business work and I felt like a failure because of it. I had to accept that some things just don't work out and it's not necessarily because of mistakes. Timing and circumstances can often just be harsh.

I never envisioned that at age 30 I would be going through boot camp and then taking a tour forward deployed overseas for my first assignment. Had I not kept an open mind about my career path I would have missed out on many exciting opportunities.

Anything else you would like to share about yourself?
From May 17 to September 27 of this year, I will be deployed as the dietitian on board the hospital ship the USNS MERCY for the medical humanitarian mission Pacific Partnership 2015. We will be visiting Fiji, Papua New Guinea, the Philippines and Vietnam to provide medical care and education to communities in need. This is the first time in a while that only one registered dietitian is going for the mission so I will likely be very busy. Diabetes and cardiovascular disease will be the two biggest areas of focus. Additionally, I will likely see many pediatric patient for failure to thrive and adults for malnutrition. I have also been invited to speak on the subjects of nutrition therapy for traumatic brain injury and spinal cord injury while on site in Vietnam. You can follow our journey on the Pacific Partnership Facebook page.

Pamela speaks to Sailors during a health promotion event aboard the guided-missile cruiser USS Antietam in August 2014.

Image from http://t.usa.gov/1dGekZm
For five weeks during May and June, I interned with my fellow dietetic intern, Casey Siegel, at the Calhoun School for the food service rotation of our dietetic internship. The school, a private school on Manhattan’s Upper West Side, serves breakfast and lunch everyday to a population of kindergarten through twelfth grade students and faculty. Chef Bobo runs the kitchen, and he cares very much about the ingredients, healthfulness, and quality of the food he gives the students.

The chefs in the kitchen rotate positions planning out a menu every 10 days, giving everyone in the kitchen a chance to create a unique menu. There is consideration for color, texture, and taste when planning the menus, and nearly everything is made from scratch, including the ricotta cheese!

A hot entrée is offered daily for lunch, and entrée portion size does not exceed three ounces. A 10-day menu plan includes 40 percent chicken, 20 percent red meat, 20 percent fish, and 20 percent vegetarian options. A vegetarian, dairy-free, and gluten-free entrée option is also available each day. One hot fresh vegetable is offered daily, as well as a salad bar with homemade salad dressings, a starch or grain, a soup, and a sandwich. Fruit is considered dessert on the majority of menus, and one prepared (homemade) dessert is served every five days, with the portion size not exceeding one ounce. The kitchen is nut free.

My typical day at the school started at 7:45 AM. I would come in and eat breakfast, usually oatmeal with raisins, house-made granola, yogurt, and coffee. After breakfast, I would change into my chef coat, headband, and non-skid shoes and begin to help with lunch or party prep. A few days a week, I helped serve the lunch line. I was very impressed with the students at the school, who were chowing down on broccoli rabe and roasted fish with pleasure. The school also has a rooftop garden, so some days, Casey and I went to the roof to harvest salad greens and herbs.

Part of my role as a dietetic intern in food service was to learn how to analyze the nutrition and cost of a menu and to make sure food is safe to eat by understanding the flow of food from purchasing to receiving, storing, cooking, holding, cooling, reheating, and serving.

Casey and I, along with one of the chefs in the kitchen, also prepared a table for the school's health fair where we sampled three different brownies made with healthy ingredients—avocado, black bean, and beet. We cut the brownies into tiny shapes and had students and faculty taste and try to identify which healthy brownie was which (thanks to some of our peers for the idea, which was originally tested at Teachers College’s own Wellness Fair back in March).

Another task that Casey and I helped with was conducting some food safety trainings for the kitchen staff on cross-contamination with gluten and on the importance of cleaning the “nooks and crannies” of the kitchen.

It was a fabulous five week rotation. I was sad to leave, and a large part of that had to do with how much I missed all of the fresh, cooked-from-scratch food I ate for lunch. Check out some photographs of the amazing school lunch meals that I ate on my blog, figsinmybelly.com.
How to Go Out on the Cheap Each Night of the Week: A Daily Happy Hour Guide for Grad Students (and Cheap People)

By Jessica Laifer

Summer's here, and along with the nice weather comes the urge to go out and explore all that New York City has to offer. Oftentimes, this includes eating and drinking, which, let's face it, can cost a pretty penny in these parts. Here are ways to go out every night of the week (though I would not recommend it without breaking the bank).

SUNDAY

**East Village**
Start your night at intimate wine bar and cevicheria Desnuda (122 E 7th St between 1st Ave and Ave A) with $1 oysters and free truffle popcorn all night on Sundays and Mondays. Next, mosey on over to Northern Spy Food Co. (511 E 12th St between Ave A and Ave B), where a three-course Sunday Supper prix fixe is offered for $30.

Alternatively, spend a thrifty evening at The Mermaid Inn (96 2nd Ave between 5th and 6th Sts). Start with $1 oysters and discounted beer, wine and cocktails during happy hour from 5-7 pm, then order up their lobster special, which includes a 1 1/4 lb. lobster, corn and potatoes for $28.

MONDAY

**SoHo**
Start your evening at upscale Lure Fishbar (142 Mercer St between Houston St and Prince St) for happy hour from 5-7 pm, which includes discounted wine, beer and cocktails, as well as snacks, such as Lobster Croutons ($10), Oyster Shooters ($11) and Deviled Eggs ($8). Next, walk east for Industry Night at Osteria Morini (218 Lafayette St between Kenmare St and Cleveland Pl). With all of Michael White’s delicious, handmade pastas at only $10 a pop after 9 pm, it will be difficult to resist ordering them all. Reservations can be hard to come by, so make them in advance or try your chances as a walk-in at the bar or Chef’s Counter.

**Flatiron**
Not one for Meatless Monday? Hill Country Barbecue (30 W 26th St between Broadway and Ave of the Americas) offers all-you-can-eat brisket, chicken, spare ribs and sides for $32 per person on Monday nights. Come early for their happy hour from 4-7 pm, featuring pitchers of beer and margaritas for a mere $20.

TUESDAY

**East Village**
Head back to the East Village on Tuesday night for discounted drinks and half price tapas during Loco Tuesday at Yuca Bar (111 Ave A between 7th St and St. Mark’s Pl) until 8 pm. The atmosphere is fun and lively, and the Platano Relleno, Arepa Con Carne and Empanadas are all highly recommended.

WEDNESDAY

**Greenwich Village**
Go to 100 Montaditos (176 Bleecker between Sullivan St and MacDougal St), where you can get Spanish-style tapas sandwiches and fountain drinks for just $1 on Wednesdays, and fries for $2. The $1 deal also includes Sweet Montaditos, so you won't have to go elsewhere for dessert.

**Flatiron/Chelsea**
Start your night at Danny Meyer’s Maialino (2 Lexington Ave between Gramercy Park North and 22nd St.) for steaks at the bar from 5-7 pm. Resist ordering the tempting Cacio E Pepe, because you’ll need to save room for all-you-can-eat mussels at Petite Abeille (44 W 17th St. between 5th Ave and 6th Ave) for $27. Then, head back to Maialino for a nightcap at their late night happy hour from 10:30 pm -12 am.

THURSDAY

**East Village**
Got a hankering for more shellfish?

Start at Upstate (95 1st Ave between 5th St and 6th St) for happy hour from 5-7 pm, and enjoy your choice of six oysters and a craft beer for $12.

FRIDAY

**West Village**
Begin your evening with happy hour at Rosemary’s (18 Greenwich Ave between Charles St and 10th St), offering discounted beverages and snacks (including more oysters!) from 3-6 pm. Check out the rooftop garden upstairs, before happy-hour hopping over to TC Program in Nutrition favorite Ellary's Greens (33 Carmine St between Ave of the Americas and Bedford St). Their deal runs from 4-7 pm, and includes a selection of small plates like House Smoked Organic Deviled Eggs and Chipotle Hummus with Crudite and Dippers (both $5).

Just up the block, enjoy some goat’s milk soft serve at Victory Garden (31 Carmine St between Ave of the Americas and Bedford St). Get the halvah topping, and bring a friend because it’s 2-for-1 from 5-7 pm.

SATURDAY

**Midtown West**
Keep it simple Saturday night at Momofuku Ma Peche (15 W 56th St between 5th Ave and 6th Ave). From 4:30-6:30 pm, you can enjoy beer, a Seven Spice Sour (sake, lime, yuzu, togarashi), spirit pours (neat, rocks, old fashioned, sour) or the bartender’s choice of the day at the bar for a mere $5, and wine for $10. The bar menu offers great dishes, too, like David Chang’s signature Pork Buns, the addictive Broccoli Salad with sunflower seeds, miso and lime, and the Cheese Toast with bonito and nori.
**Recipe Corner**

**Summer Slaw: Vegan Cole Slaw Tossed in Avocado Cilantro Dressing**

Yields 8 servings

**For the Cole Slaw:**
- 4 cups shredded red cabbage (1 small cabbage)
- 2 cups grated carrots (2 medium carrots)
- 1/2 cup chopped scallions (3 scallions)

**For the Dressing:**
- 1 tablespoon water
- 1 tablespoon honey
- 1 cup chopped avocado
- 1/4 cup lime juice (2 limes)
- 1/4 cup chopped cilantro, packed
- 1 teaspoon Dijon mustard
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

1) Place the cabbage, carrots and scallions in a bowl. Stir and set aside.
2) In a separate bowl, mix the water and honey. Add the avocado, lime juice, cilantro, mustard, pepper, and salt. Using a fork, mix until combined.
3) Pour dressing over the cabbage mixture and stir until the cabbage is fully dressed.

**Simple and simply delicious!**

---

**Blueberry-Banana Millet Bake**

Yields 9 servings

- 1/2 cup dried millet
- 1 1/2 cups water
- 3 very ripe medium-large bananas, mashed
- 3 tablespoons ground flax seeds
- 6 tablespoons hot water
- 1/2 cup almond slivers or other chopped nuts
- 1/2 cup frozen wild blueberries
- 1 teaspoon vanilla extract
- Cinnamon

1) Bring millet and water to a boil. Once boiling, cover, lower heat and cook for 15 to 20 minutes until all of the water has been absorbed.
2) Preheat the oven to 350 degrees & lightly oil a 9 in. x 9 in. glass dish.
3) Mix the flax seeds with 6 tablespoons hot water and let set for 5 minutes until a gel has formed.
4) Mash the bananas in a large bowl and incorporate the flax seeds and vanilla extract.
5) Add the cooked millet (approx. 2 cups) and mix well.
6) Mix in half of the almond slivers & all of the blueberries.
7) Pour mixture into the baking dish and top with remaining almond slivers.
8) Sprinkle with cinnamon and bake for 40 to 45 minutes until the top starts to brown. Cut into 9 portions. Serve warm or cold.

**Nutrition Analysis Per Serving:** 149 calories; 7g fat; 1g sat. fat; 21g carbohydrate; 3g fiber; 4g sugar; 4g protein; excellent source of copper, phosphorus, manganese, and magnesium.

---

**Millet is a fabulous whole grain alternative to incorporate into your repertoire. This recipe makes a great breakfast thanks to its high fiber and low sugar content. It is also gluten-free and vegan. Eat it alone or top with your favorite seasonal jam or homemade compote!**

- **Tyffanie**

---

**Recipe by Jacki Zuckerberg**

**Recipe by Tyffanie Ammeter**
Student Snapshots

Congratulations to the May 2015 Graduating Class!

Students smiling with Marion Nestle at the Gotham on a Plate Conference, held this past April.

A Health Nuts outing to the New York Botanical Garden, where students learned about the nutrition education programming from the Garden’s Edible Academy Manager, Annie Novak.

Dietetic interns Brianna Farrand and Susie Ter-Jung Zachman cooking and sampling healthy recipes at their food service rotation.

Dr. Wolf and some of her students from her spring Analysis of Current Literature class touring the New York Times newsroom with health writer Anahad O’Connor.

Have a great summer!

-The Grapevine