Work and Play in Music City:
The 2015 Food & Nutrition Conference & Expo in Nashville
by Emily Braaten

The Food and Nutrition Conference and Expo (FNCE) experience is an odd one. FNCE is the national annual meeting for the Academy of Nutrition and Dietetics. This year’s conference took place October 3-6 in Nashville, Tennessee. FNCE is an inspirational who’s who of great practitioners, but fraught with expenses. It’s full of educational opportunities, but reeks of industry influence. Here’s a rundown.

People. As I keep hearing, the nutrition world is a small one. It should be no surprise then that FNCE is an enormous networking experience. If you have business cards, bring them. If you’re part of a Dietary Practice Group, find out where they’re meeting. If you know someone who might be attending, reconnect. I ran into one of my undergraduate professors and a DI director from another program who had interviewed me.

Cost. FNCE is notoriously expensive. Registration itself is hundreds of dollars. There are travel expenses. Then there’s lodging. Then the meals (whichever ones don’t comprise free samples). It adds up and, after all that, some of the seminars carry an enrollment fee.

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Dear Students, Faculty, Alumni, and Staff,

Happy fall! This is my first semester as Editor-in-Chief of the Grapevine Newsletter, and I am looking forward to collaborating with many of you on future issues.

In this issue we would like to give a warm welcome to the new students who began the Program in Nutrition in the spring and fall of 2015. In New Student Notes (p. 6), our new students share a little bit about their backgrounds, interests, and aspirations.

Thanks to all of the students who volunteered to write. To start us off, Emily Braaten takes us with her to Nashville, TN, for a peek at the Food & Nutrition Conference & Expo, and also gives us a taste of what’s cooking in Music City. Then Lela Swartz tells us about her visit to Stone Barns Center for Food And Agriculture (p 5). We get the low-down on orthorexia, an unhealthy obsession with healthy eating, from Gena Hamshaw (p 8). Tiffany Ammeter tells us about teff, a tiny gluten-free grain from Ethiopia that is a nutritional powerhouse (p 9). For insight into the world of grass-fed beef, check out Jen Cadenhead’s review of the documentary Grazers (p 10). If your workload is giving you a headache, you might be interested in the Journal Watch (p 11), which discusses a study linking trace elements and heavy metals to migraines. Finally, for warm fall foods, check out our Recipe Corner (p 12), where Jacki Zuckerberg shares a warm grain salad recipe (Rye & Spelt Tossed with Crimini Mushrooms & Broccolini) and Tyffanie Ammeter shares a simple teff recipe (Pumpkin Pie Breakfast Porridge).

For information about upcoming events and links to interesting nutrition-related articles, follow us on Facebook at facebook.com/TheGrapevineTeachersCollege. We are looking for volunteers to help contribute to the Facebook page and to help us create a Twitter and Instagram presence. Let me know if you are interested.

The Grapevine is written by the students in the Teachers College Program in Nutrition. I encourage all of you to get involved. Send your ideas to me at jmo2144@tc.columbia.edu.

Enjoy the issue!

Julie O’Shea
Editor-In-Chief
Master’s Candidate, Nutrition Education
facebook.com/TheGrapevineTeachersCollege
Fresh Off the Vine: Events and Announcements

• The New York City Nutrition Education Network (NYCNEN) is hosting its first fall event on November 13: Make Real Change: Nutrition Educators As Advocates. The keynote is “Soda Politics: Taking on Big Soda (and Winning),” Nutrition Advocacy in Action. Speakers include Marion Nestle, PhD, MPH. For more details see: http://us10.campaign-archive1.com/?u=dec1f88a929d0f7020e1d6b6d&id=biadogq98s

• Save the date for the 2016 Just Food Conference, in partnership with the Laurie M. Tisch Center for Food, Education & Policy, on March 13 at Teachers College: https://jfc2016.topi.com/register

• On October 16, the TC Health Nuts helped host a fall movie night at Isobel Contento’s home, along with Randi Wolf and Pam Koch. The group watched and discussed a short (and hilarious) segment about food waste from Last Week Tonight with John Oliver. In case you missed it, you can watch the video here: https://www.youtube.com/watch?v=i8xwLWb0lIY&feature=youtu.be

• View this issue of The Grapevine in color online at: https://www.tc.columbia.edu/health-and-behavior-studies/nutrition/section-more/program-more/grapevine-get-involved/content/grapevine-archives/

TEACHERS COLLEGE FOOD DAY 2015

The TC dietetic internship class and the Tisch Food Center hosted a Food Day celebration on on Thursday, October 22. Here are a few snapshots from the event.
Work and Play in Music City (continued)

I was able to forgo the registration cost through student volunteering but was informed that if I arrived late to my shift I would be charged the full cost of attendance. If you’re traveling on a budget, use the Academy’s Roommate Finder, look for hostels, and book early (FNCE 2016 is in Boston).

Education. Being a four-day conference, FNCE is full of seminars and lectures worth CPE credits. That’s insider talk for continuing professional education. RDs need to earn 75 CPE credits every five years to maintain their credentials. Below were a few of the programming options:

- Type 1 Diabetes and Eating Disorders: Treatment Strategies for Dual Diagnoses
- Online Grocery Shopping: Current and Future Opportunities for Nutrition Educators
- FODMAPS: Emerging Science and Implications for Practice
- The Science of Sweetness (sponsored by PepsiCo)

Industry. Aside from inappropriate sponsorships (see above), industry is most visible in the actual expo, or Product Marketplace. Companies faun over attendees and taut the benefits of various foods, beverages, supplements, and tools. Smaller businesses have booths, while huge players like Nestle and Dr. Pepper Snapple Group roll out their own flooring and furniture to make browsers more comfortable. The Academy even provides canvas bags to cart around all the free loot you’re likely to get. I picked up power bars, yogurt parfaits, raw salads, gluten-free everything, and endless samples. No need to pack a lunch.

The weather was not on my side when traveling to Nashville. After plane delays, I got to the Renaissance Hotel at 11:30 p.m. on Friday night. Nonetheless, even from my smartly decorated room on the 23rd floor I could hear the live music, so out I went.

Downtown Nashville is metropolitan but entirely walkable. Smooth, bricked sidewalks lead you to bars with live music of any genre. I have a strong aversion to country music so I followed my ears to Acme Feed & Seed. The three-level venue has an open rooftop for clubbing and a midlevel lounge. I gravitated toward the first floor, which boasts reclaimed wood and dozens of beers on tap (cheap by New York standards, and includes several local beers). The band put a Sublime-esque filter on covers like “Royals,” “Purple Rain,” “Ice, Ice Baby,” and “Sweet Home Alabama.” No matter what song, male bar-goers with tucked-in shirts will ask you to swing dance.

Just like in my college days, the route back to the hotel was packed with late-night food options. Nashville Street Taco is open until the wee hours and there seemed to be a hotdog stand on every other corner.

The next morning the lack of a continental breakfast sent me scavenging. My run took me past a 5k walk/run, through the beginnings of a festival in Centennial Park, and across Vanderbilt University’s campus. Heading back via South 12th Avenue, I stopped in at Bond Coffee Company. Their Golden Eye—a latte with apple, caramel, and cinnamon—was the perfect way to stave off hunger. A few blocks up the street, the aptly named Biscuit Love had a line out the door and around the corner.

The Saturday farmers market takes place just north of the Tennessee State Capitol. Cobblers of every variety were on display and peppers abounded (for the benefit of the local culinary favorite, Nashville hot chicken). Other wanderings might take you to the Country Music Hall of Fame, the Barbershop Harmony Society (yes, it exists), or the many billiards and karaoke sets of NashVegas, a miniature version of the neon strip.

Nashville’s dinner scene has a solid mix of pub fare, southern comfort food, and farm-to-table choices, with a few ethnic restaurants thrown in for good measure. M Restaurant & Bar is anchored in local, farm-fresh ingredients. Seated comfortably at the bar, I had a full view of the open kitchen and chatted up Chef John. Their Veggie Tower is a vegetarian’s dream, made with zucchini noodles, pecan pesto, portabella mushrooms, fried green tomatoes, roasted red bell peppers, and greens with a balsamic drizzle. I couldn’t leave without also tasting the Nashville Hot Chicken and Waffles, served with rosemary maple syrup. Excellent service, ambience, ingredients, and flavor made it my favorite outing in the city.

Back at my hotel room that same evening, I saw the twinkly lights of NashVegas and heard the music from hundreds of feet above it all. Tame by day and vibrant by night, Nashville will keep playing a loop until you get there.
If you haven’t visited Stone Barns Center for Food and Agriculture yet, I highly recommend that you do so. Stone Barns is a four-season nonprofit farm that focuses on education. Its mission is to create a healthy and sustainable food system by educating both children and adults about healthy, sustainable, seasonal food; to train new farmers to farm productively and sustainably; and to experiment with sustainable practices to improve farming methods.

I visited Stone Barns on a beautiful Friday afternoon and decided to take advantage of the free 40-minute farm tour. The property is 80 acres and the farm is gorgeous. In addition to the farm, there is the world-renowned Blue Hill restaurant, Blue Hill café, and a farm store.

The first stop on the tour was to see the thin Dorset lambs. The tour guide explained that they are currently doing a study with the lambs to determine whether what they eat can reduce the prevalence of a harmful parasite in their guts called Barber’s pole worm. To do so, several of the lambs graze on birdsfoot trefoil, several graze on mugwort, and the rest graze on their usual forage.

The next stop on the tour was to see the Rhode Island Red Chickens. These chickens are used for laying eggs for one year and then are slaughtered and used in stews at the restaurant. The chickens have plenty of space and roam around the grass during the day. When ready to lay an egg, they go into their houses and use 1-foot-by-1-foot resting boxes to do so. They also go into the houses at night because they are night-blind and are susceptible to predators such as coyotes.

The tour guide also showed us some of the fruits and vegetables that they are growing and explained how they rotate the plots. When a crop is planted in a plot, it will not be planted in that same plot again until the seventh year. In the sixth year, before the crop is planted in the plot again, a cover crop is planted. This process is done to maintain soil health.

The farm is located in Pocantico Hills, NY, so if you would like to visit you can either rent a car or take a Metro North train to Tarrytown and take a taxi to the farm from there. The farm has free 40-minute tours on Wednesdays, Thursdays, and Fridays at 3:00 p.m. They also have a 90-minute Insider Tour on Fridays for $20. On weekends, they have events all day, such as meeting the Blue Hill chefs, harvesting peppers, collecting eggs, making cilantro pesto, and multiple tours of the property. Weekend admission costs $20. If you are interested in seeing sustainable farming practices firsthand or just getting out of the city to enjoy a day on the farm, I encourage you to visit Stone Barns Center for Food and Agriculture.

The Grapevine is always looking for new writers, and we encourage all students to contribute. Email your ideas to jmo2144@tc.columbia.edu. Below are a few topic ideas, but other ideas are welcome too.

**Feature Story:** Write an in-depth investigation of a pertinent topic or issue.

**Hot Topic:** Explore a topic in nutrition, physiology, and/or public health that is controversial and currently receiving public attention.

**Out and About:** Describe a food, nutrition, or exercise outing (a conference, meeting, trip to a farm, etc.).

**Op-Ed:** Share your opinion on a current nutrition topic.

**On the Internship Front:** Typically reserved for DI students. Describe where you interned, what you did on a daily basis, and how it felt to partake in the rotation.

**Journal Watch:** Summarize a scholarly journal article.

**Book Review:** Provide a description of a book, highlighting the main points discussed, why the book is important, and any other interesting facts from the book that might entice the reader.

**Film Review:** Review a nutrition-based film, stating its themes, an overview of the plot, and why the film is relevant to the field.

**Restaurant Review:** Review a restaurant with healthy, delicious food.

**Traveling Tastes:** An exploration of food through travel, describe the foods of another country’s culture.

**Work it Out:** Investigate a current topic in exercise, physiology, or recreation, or share a favorite workout tip, move, or routine.
On behalf of The Grapevine and The Program in Nutrition, we would like to extend a warm welcome to the new students who began the program in the Spring 2015 and Fall 2015 semesters.

Matt Abel: From Philadelphia, PA, Matt attended the University of Miami, where he earned his undergraduate degree in International Finance and Marketing. Matt is enrolled in the Nutrition & Exercise Physiology program. He is an ultimate Frisbee player/enthusiast. Matt is obsessed with human and athletic optimization via training, diet, and supplementation.

Gabriela Barreto: From Larchmont, NY, Gabriela attended Binghamton University, where she earned her undergraduate degree in Nutrition & Exercise Physiology. She currently works for General Electric in the Global Leadership Center managing their health and fitness programs in Ossining, NY.

Meghan Barry: From Forsyth, IL, Meghan attended Southern Illinois University, where she earned her undergraduate degree in Human Nutrition and Dietetics. Meghan is enrolled in the Nutrition & Education program. Her future interests (as of now) include becoming a diabetes educator.

Andrea Bookoff: From Baltimore, MD, Andrea attended Binghamton University, where she earned her undergraduate degree in Integrative Neuroscience. Andrea is enrolled in the Nutrition & Exercise Physiology program. She has studied abroad in Argentina.

Marguerite Crosby: From Jamaica, W.I., Marguerite attended the University of Houston, where she earned her undergraduate degree in Business Administration. Marguerite is enrolled in the Nutrition & Exercise Physiology program. She competes in figure competitions and she loves to cook.

Matthew A. Dallefeld: From Illinois, Matthew attended Southern Illinois University, where he completed his undergraduate degree, master’s degree, and RD internship. He worked as a clinical RD for 6½ years and as an adjunct nutrition instructor at a community college for the last three years. His wife is also an MS RD/N.

Evelyn Grant: From Vancouver, Canada, Evelyn attended the University of British Columbia, where she earned her Bachelor of Arts in Family Studies and Bachelor of Education in Home Economics. She worked as a public school home economics teacher for five years. Her interests lie in curriculum and resource development for the home economics classroom.

Gena Hamshaw: From New York, NY, Gena attended Columbia University, where she earned her undergraduate degree in English. Gena is enrolled in the Nutrition & Education program. She is a vegan cookbook author and a professional vegan food blogger (www.choosingraw.com).

Geraldine (Geri) Herisse: From New York, NY, Geraldine attended Hunter College, where she earned her undergraduate degree in English. She spent a month in Haiti and experienced the challenges of outside cooking. In the heat it is difficult to keep food sanitary. However, her aunts and her mother gave her handy tips for handling food and how to keep pesky insects away.

Minerva Kim: From Long Island, NY, Minerva attended Johns Hopkins University, where she double majored in Public Health and Psychology. Minerva is enrolled in the Nutrition & Public Health program. This past summer she was an intern for a research study that looked at the effect of diet on cognitive function in low-socioeconomic-status pre-adolescents. She is continuing to help out with data analysis during the fall semester.

Hannah Kittrell: From Rochester, NY, Hannah attended Binghamton University, SUNY, where she earned her undergraduate degree in Integrative Neuroscience, with a minor in Health and Wellness Studies. She is an avid snowboarder and wakeboarder.

Adele Lee: From Hong Kong, China, Adele attended McMaster University in Ontario, Canada, where she earned her undergraduate degree in Sociology. She received her master’s degree in Nutrition from Syracuse University and completed the Dietetic Internship with the Tri-County Health Department in Colorado. Adele is enrolled in the Doctoral of Philosophy in Behavioral Nutrition program. Adele would like to work on different projects with an emphasis on improving breastfeeding practices. On a side note, she loves decorating her breakfast plates.

Jade Lopez: From New York, NY, Jade attended Vassar College, where she earned her undergraduate degree in Media Studies. Jade is enrolled in the Nutrition & Education program. She works at Soul Cycle on West 92nd St and Broadway. Go in for a ride on her or ask her anytime for a free pass.
### New Student Notes

**Marina Mattson:** From San Diego, CA, Marina attended Loyola Marymount University, where she earned her undergraduate degree in Natural Science. Her hobbies include surfing (when in California) and making jewelry with wire and sea glass.

**Alexandra (Ali) McDonough:** From Dix Hills, NY, Alexandra attended the Wharton School of the University of Pennsylvania, where she earned her undergraduate degree in Economics. Alexandra is enrolled in the Nutrition & Education program. She loves traveling.

**Tanya Mezher:** From San Diego, CA, Tanya attended the University of California, San Diego, where she earned her undergraduate degree in Economics. Tanya is enrolled in the Nutrition & Education program. She volunteered for Cooking Matters in Berkeley, CA. Her future professional interests include nutritional counseling and eating behaviors and disorders.

**Amy Ng:** From Brooklyn, NY, Amy attended Cornell University, where she earned her undergraduate degree in Biological Sciences. Amy is enrolled in the Nutrition & Public Health program. She just moved back to NYC from Texas.

**Karen Nielsen:** Karen attended Brown University, where she earned her undergraduate degree in Philosophy and Comparative Literature. She attended culinary school at the Natural Gourmet Institute.

**Rebecca O’Donnell:** From Southwest Harbor, ME, Rebecca attended the University of Maine, where she earned her undergraduate degree in Food Science and Human Nutrition with a minor in Sustainable Food Systems. Rebecca is enrolled in the Nutrition & Education program. She is a registered Maine Sea Kayak Guide.

**Viviane Polacow:** From Sao Paulo, Brazil, Viviane attended the University of Sao Paulo, where she earned her undergraduate degree in Nutrition. She also has a master’s degree in Physical Education and Sports Nutrition. Viviane is enrolled in the Nutrition & Education program. She is a sports lover who played volleyball for 17 years, practiced water polo and handball, and used to go tracking every vacation (one of her dreams used be to climb Mount Kilimanjaro). Today, her usual sport is to run after her 2-year-old daughter and to bike with her in her bike-stroller in Central Park to take her to the nursery. One of her dreams is to sleep through the whole night.

**Tyler Preston:** From Hickory, NC, Tyler attended the University of Southern California, where he earned his undergraduate degree in Human Biology. Tyler is enrolled in the Nutrition & Exercise Physiology program. He has lived out of the country much of his life in Germany, Hong Kong, and Shanghai.

**Annie Schwartz:** From New York, NY, Annie attended Skidmore College, where she earned her undergraduate degree in Psychology. She just completed an internship with an organization called With Food in Mind as their Nutrition Education and Community Engagement intern, holding workshops that combined food and art education in low-income/high-risk communities.

**Whitney Sturton:** From Croton-on-Hudson, NY, Whitney attended the University of Michigan, where she earned her undergraduate degree in Psychology. Her future professional interests include working in a clinical setting.

**Brittany Trainor:** From Yorktown Heights, NY, Brittany attended the University of Alabama, where she earned her undergraduate degree in Sports Broadcasting. Brittany is enrolled in the Nutrition & Exercise Physiology program. She is a cross-fit junkie.

**Lin Wan:** From Shenzhen, Guangdong, China, Lin attended Case Western Reserve University, where she earned her undergraduate degree in Nutrition. She wants to become a health and nutrition advocate in China.

**Chenyuan Wang:** From Qingdao, Shandong, China, Chenyuan attended Sichuan University, where she earned her undergraduate degree in Pharmaceutical Engineering. She is good at baking and cooking, and she hopes to combine nutrition with her life and delicious food.

**Madison Wright:** From Orlando, FL, Madison attended Florida State University, where she earned her undergraduate degree in Dietetics & Nutrition. She earned her graduate degree at Florida International University in Nutrition Science. She works at Exhale as a fitness instructor (core fusion teacher) and blog coordinator. She also writes for a blog, Like It’s Your Last, as the Health and Wellness contributor. She is very excited to be at TC.

**Cindy (Chieh-Hui) Yang:** From Taipei, Taiwan, Cindy attended the University of Illinois at Urbana Champaign (UIUC), where she earned her undergraduate degree in Food Science and Human Nutrition. She worked as a waitress when she took a year off after her freshman year at UIUC.
In nearly every culture, it is customary for hosts or cooks to wish pleasure upon their guests. The famous *bon appetit* in France—translated as “enjoy your meal”—is *kali orexi* in Greek, *buen provecho* in Spanish, and *guten Appetit* in Germany. These expressions invite us to do more than satisfy our hunger or take in vital nutrients; they imply that enjoyment is of equal if not greater importance than nourishment alone.

How much do we enjoy our food these days? Arguably, the gusto and pleasure that is traditionally attached to mealtime is diminishing. This is not because we’re less interested in food—on the contrary, I would argue that Americans are more obsessed than ever with their food choices. Healthy eating is a topic of constant scrutiny and debate. Sadly, our current culture of “nutritionism,” to borrow Michael Pollan’s famous phrase, has created a hysteria about healthy eating that can only hamper our enjoyment of food.

Orthorexia, defined as an unhealthy obsession with healthful eating, is not the same thing as taking an interest in nutrition. After all, many people are nutrition-conscious, while very few become unhealthily obsessed. But orthorexia is growing (it has yet to achieve DSM-5 status, but it has entered the eating disorder treatment lexicon for a reason), and it’s hard not to trace its lineage to our tendency to fret over macronutrient ratios, vilify ingredients (fat two decades ago, sugar today), and gravitate toward dietary extremes.

As recently as six years ago, when I began working in this space, I was asked curious questions about what foods were richest in micronutrients, and how best to prepare them healthfully. Today, I spend the majority of my time addressing fears, which range from the sensible (concerns about sugar intake) to the not-so-sensible (fear of fruit) to the all-but-unfounded (fear of whole grains and legumes—and while we’re at it, oils, soy foods, and raw kale). Each one of these fears originates with a germ of truth, but a lack of perspective amplifies small print into billboard lettering.

I dwell largely in the plant-based nutrition world, which may skew my perspective. I also realize that many would deem my own diet (vegan) as orthorexic by definition—a preconception that I would take issue with. More and more people are selecting specialized diets for good reasons; those reasons may include ecological consciousness, a concern for animal welfare, or food sensitivities. It is not disordered, *ipso facto*, to be concerned with what one eats. But concern so great that it subsumes pleasure is a big problem, if not an outright disorder.

Orthorexia affects a small and arguably privileged portion of the population, and with rates of obesity on the rise, it is understandably not the focus of most dietetics professionals. It is, however, a crippling and painful fixation for those who suffer, and I believe that registered dietitian nutritionists should know how to spot it and address it. We are in the privileged position of serving as ambassadors not only of good health, but also of good food. If we can teach the art of eating well in addition to the art of eating healthfully, we can help to renew a culture in which eating is rightly regarded as a joyous act.

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**Hot Topic: Orthorexia**

by Gena Hamshaw
Teff: One Tough Little Grain
by Tyffanie Ammeter

Are you looking to incorporate more whole grains into your diet? Are you gluten-free and can’t stomach another grain of rice? Maybe it is time you try teff—a tiny oval-shaped grain that comes in a range of colors from white to dark brown. Teff (Eragrostis tef) is the most important cereal of Ethiopia, where approximately 3.8 million tons are produced annually. Most of that teff is consumed domestically, where traditional uses of teff include injera (fermented flatbread), porridge, kitta (sweetened unleavened bread), and local alcoholic beverages such as tella. Outside of Ethiopia, teff has gained popularity for its gluten-free nature and high nutritional content. Research has found that its well-balanced protein profile is similar to that of an egg. You only need to consume 1/4 cup of uncooked teff to get the same 6 grams of protein that a whole egg provides. Teff also ranks high in iron, calcium, fiber, and antioxidants. Quite a nutritional punch for a grain that is only 1 mm long (the size of the letter “o”)! Its name comes from the Amharic word teffa, which means “lost” in reference to its small size.

Teff is now being grown all over the world. It is a low-risk grain that grows in a wide range of climatic conditions: from wet to dry, sea-level to altitudes of 9800 feet, Idaho and Kansas to India and Australia, in addition to its native Ethiopia and Eritrea. It can also survive harsh environments in which other grains would not survive. This characteristic will only elevate teff as we see deteriorating growing conditions worldwide due to climate change. You can find teff in the grocery store as either the whole grain or an already-ground flour. Ethiopia currently bans the exportation of teff as a grain or flour, so our increasing interest in the grain does not reduce Ethiopians’ access to this staple. Instead, the products that we have access to are mostly grown in the U.S.

The first step in using teff is to taste it raw. Try a bit on your finger and you’ll get a sense of its slightly nutty, yet sweet, flavor. Then whip up a warming porridge, use it as a thickener in soups or puddings, or bake some gluten-free treats! Teff substitution in baking is best when kept at or under 50% of the total flour needs, otherwise there is a noticeable loss in height and texture of the final product. However, a 50% substitution still can result in tasty baked goods that have greatly increased nutritional profiles. Additionally, teff is more resistant to staling than other flours, so baked goods will last longer—that is, assuming you don’t eat them all right away!

For a delicious fall-themed breakfast that incorporates teff, check out the Pumpkin Pie Breakfast Porridge recipe on page 12.

Side-by-side comparison of teff (l) and chia (r) to show this mighty grain’s tiny size.

References


Where do you want your meat to come from? Many of us are very concerned about the quality of our food, how the animals were raised, and even the farmers who raised them. Some of us may want to be able to choose meat from animals that were raised sustainably on smaller-scale farms. Grass-fed cows raised on small family farms fit this bill. However, if you reflect on it, other than in higher-end stores or through community-supported agriculture (CSA), it can often be tricky actually finding affordable grass-fed beef from authentic small, local farms. You would think that more small farmer products would be readily available, as there are a lot of people concerned about these same issues. Ever wonder about it?

We had the opportunity to learn more about the process at a New York City Nutrition Education Network (NYCNEN) movie night at Teachers College (TC) on June 23rd. Grazers, a documentary film, tells the two-year story of a cooperative of farmers in upstate New York who offer 100% grass-fed beef.

Joan Gussow, EdD, Mary Swartz Rose Professor Emeritus of Nutrition and Education at TC, said about the film, "They should show more films like that at TC. Things are always more complicated than they seem." The film teaches us a little about the complicated work that it takes for farmers to get purchasing contracts for restaurants and stores when they are not a part of the typical big-agriculture food system. "It's very difficult to pull off," Joan said. "They learned as they went. The farmers had a common purpose: to succeed."

Being in a cooperative is a very different way of doing business for them. She compares the experience to "herding cats." Many of the farmers were already struggling with financial difficulties before the cooperative started even with the help of funding from a NY state grant and were hopeful that membership would help increase their financial stability.

Sarah, along with the other cooperative farmers, initially thought that it would be easy to connect grass-fed beef with buyers in New York City. There are lots of places that would like grass-fed beef, like high-end restaurants, right? No. As Joan puts it, "The film makes it clear how difficult it is for people to succeed."

Yet, the ending was a happy one. One positive outcome was that FreshDirect, a NYC metro area online grocery store, now offers their products. As Joan said, "It is an excellent story worth telling the people about."

We follow the story through the point of view of cooperative organizer and film producer/co-director, Sarah Teale. Sarah was also available after the film viewing for commentary. The documentary details the difficulties of running the Adirondack Grazers Cooperative. From the farming end of it, Sarah stresses that farmers are used to solitary lives.

You can contact the directors or buy the film at their website: http://www.grazersfilm.com/. The editing could have been tighter, but the content was excellent. You can buy their products directly at www.FreshDirect.com.

Jen Cadenhead, a Master of Science candidate in the Nutrition & Public Health program, is in her 2nd year in the Program in Nutrition.
In the United States, 12% of people suffer from migraines. Considered a neurovascular brain disorder, migraines are disabling headaches often associated with nausea, vomiting, and sensitivity to light, sound, and head movement. Despite the numbers of people suffering, the etiology of migraines is not yet understood.

In a study published this past July in the Journal of Pakistan Medical Association, researchers hypothesized that migraine sufferers might have certain heavy metal toxicities, trace mineral nutrient deficiencies, or both. The results of their study supported their hypothesis. They found that migraine sufferers had significant heavy metal and trace element blood imbalances as compared with controls. Iron, manganese, cadmium, and lead blood levels were significantly elevated in migraine sufferers (p<0.05 each) compared with controls, whereas magnesium, zinc, and copper levels were significantly lower than controls. It is well known that high or low blood levels of certain metals are associated with neurological problems (e.g., early iron deficiency is associated with neurobehavioral impairment; lead poisoning is associated with encephalopathy). This study provides further evidence of the negative effects of heavy and mineral imbalances.

Building on the work of earlier studies that looked at the role of heavy metals or oxidative stress in the genesis of migraines, these results suggest that trace elements and heavy metals might be a part of the pathogenesis of migraine headaches by way of generating considerable oxidative stress in migraine sufferers, predisposing sufferers to acute migraine attacks (AMAs). The researchers discuss the mechanisms by which each metal may be involved in the pathogenesis of migraines, building on the findings of earlier studies also linking metals to migraines or headaches. This prospective study, done at Yuzuncu Yil University in Turkey, had 50 study participants: 25 migraine patients (mean overall age 36.4±8.9 years) and 25 controls (mean overall age 42.4±9.5 years). The migraine patients were randomly sampled from people walking into the emergency room for AMAs, and the controls were healthy volunteers who worked at the hospital. Excluded from the study were anyone taking antioxidant supplements, smokers, pregnant women, people who abused alcohol or intravenous drugs, and those with hypertension, diabetes mellitus, liver or renal disease, pulmonary disease, or a history of stroke or coronary artery disease affecting oxidative stress. The International Headache Society classification was used to diagnose migraines. Atomic absorption spectrophotometry was used to assess blood metal concentrations.

The limitations noted by the authors are the relatively small sample size of those with AMAs, and the fact that they did not examine blood samples from the AMA patients in the study before or after the attacks (only during) or from stable migraine patients. The authors recommend further larger investigations into the roles that heavy metals and trace elements play in the genesis of migraines.

The authors conclude that increasing levels of magnesium and zinc could reduce migraine frequency. The results of this study could potentially help lead to the creation of diagnostic indicators for the development of AMAs via a blood test.

Because migraines might be caused by environmental exposures to toxic (or toxic levels of) metals, metabolic abnormalities, or nutrient deficiencies, a dietary or supplemental approach to treatment ultimately may be found to help address the root cause of migraines.

References
Teff is a wonderful gluten-free grain that is high in iron, calcium, and fiber. It has a mild nutty flavor with sweet undertones that pairs well with fall flavors like apples, pears, and pumpkin. This recipe combines the nutritional power of teff and pumpkin to keep you healthy all fall. Not only is it warming, it'll keep you feeling full all morning. And the amount of pumpkin in this recipe gives you 190% of daily vitamin A needs!

Recipe by Tyffanie Ammeter

**Pumpkin Pie Breakfast Porridge**

*Ingredients*
- 1/4 cup gluten-free rolled oats
- 1/8 cup teff (whole grain form)
- 1/2 Tbsp chia seeds
- 1/4 cup plain pumpkin puree, canned
- 3/4 cup unsweetened soy milk (or other preferred milk)
- 3/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 3/4 tsp honey
- 4 pecan halves, broken up into small pieces
- 1 Tbsp sweetened, shredded coconut

*Directions*
1. Mix oats, teff, chia seeds, & 1/2 cup soy milk in bowl.
2. Microwave on high for 1 minute.
3. Stir in pumpkin, vanilla, cinnamon, and the rest of the soy milk. Mix well. Microwave again on high for 1 minute.
4. Stir in honey. Let stand 3-5 minutes to thicken. The longer it sits, the thicker it gets.
5. Top with coconut and pecans.
6. Enjoy!

*Nutritional Analysis per Serving:* Calories 408; Total fat 14g; Sat. Fat 4g; Protein 16g; Carb. 54g; Fiber 11g; Sugar 11g; Excellent source of calcium, iron, and vitamin A. Serves 1.

Recipe by Jacki Zuckerberg

**Rye & Spelt Tossed with Crimini Mushrooms & Broccolini**

*Ingredients*
- 1/2 cup dried spelt
- 1/2 cup dried rye
- 1 Tbsp olive oil
- 1 cup red onion, diced
- 2 cup crimini mushroom, thinly sliced
- 3 cups Broccolini florets
- Dash cayenne pepper
- 1/2 tsp salt

*Directions*
1. Soak the grains in a bowl covered in water for at least 8 hours.*
2. Drain the grains and place into a saucepan with 2 cups of fresh water. Place the saucepan over high heat and bring the water to a boil. Cover and reduce to a simmer for 45 minutes.
3. In a separate pan, heat the olive oil over medium heat. Add the onions and cook until softened, stirring frequently, about 4 minutes.
4. Add the broccolini florets and cook until softened, stirring frequently, about 6 minutes.
5. Add the mushrooms and cook another 4 minutes, stirring frequently.
6. Turn oﬀ the heat and set aside.
7. When the grains are tender and the water has dissolved, combine with the cooked vegetables. Season with salt and cayenne pepper.

*Nutritional Analysis per Serving:* Calories 393; Total fat 6g; Sat Fat .6g; Protein 18g; Carb 70g; Fiber 14g; Cholesterol 0mg; Sodium 350mg. Serves 4.

*The beneﬁt of soaking the grains is to reduce the cooking time and, more importantly, to increase the nutrient content. If you choose to skip the soak, use 3 cups of water and allow up to 1 hour and 20 minutes of cooking time.

This warm grain salad is a nourishing side dish to a chicken, fish, or bean entree.